

**“EFFECTIVENESS OF DANCE THERAPY ON REDUCTION OF STRESS
AMOUNG ADULT GIRLS”**



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Research project submitted to

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**“A STUDY TO ASSESS THE EFFECTIVENESS OF DANCE THERAPY ON
REDUCTION OF STRESS AMONG ADULT GIRLS IN A SELECTED
COLLEGE, BENGALURU”**



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CERTIFICATE BY GUIDE

This is to certify that the project entitled “**A study to assess the effectiveness of dance therapy on reduction of stress among adult girls**” is a Bonafide group research done by Mr. Shamnas MK, Mr. Muhammed Bilal MK, Ms. Alina Tom of 4th year B.Sc Nursing as a partial fulfilment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mr. Vasantha Malagi, Assoc. Prof., Department of Mental Health Nursing, Smt. Nagarathnamma college of Nursing, Bengaluru.

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ABSTRACT

Title- “A Study to Evaluate the Effectiveness of dance therapy on reduction of stress among adult girls in a selected college, Bengaluru” Stress is a prevalent concern among young adults, with significant physical, emotional, and psychological consequences. Traditional approaches to stress reduction, such as counselling or medication, may not always provide comprehensive relief. Dance therapy, a form of expressive movement used as a therapeutic intervention, has gained recognition for its potential to alleviate stress and improve emotional well-being. This study aims to assess the effectiveness of dance therapy in reducing stress levels among adult girl.

AIM AND OBJECTIVES

1. To assess the effectiveness of dance therapy in reducing stress levels among adolescent girls in a selected school.
2. To evaluate changes in stress-related symptoms, such as anxiety and depression, following participation in dance therapy sessions.
3. To measure improvements in emotional well-being and self-esteem among participants.

METHOD

The sample consisted of 50 adult girls and this study utilized a quasi-experimental design with a pre-post-test approach. Participants were not randomly assigned to treatment and control groups, but rather self-selected into either the experimental group (dance therapy) or the control group (no intervention). The design aimed to assess changes in stress levels and emotional well-being following a structured dance therapy intervention.

RESULTS

The present study analysed demographic data and assessed the effectiveness of dance therapy on stress reduction among adult girls. Among the respondents, 44% were 22 years old, 22% were 23 years, and 22% were 21 years. Year-wise, 50% were 4th-year students, and 50% were 3rd-year students. Regarding religion, 30% were Hindu, 48% Christian, and 22% Muslim. Family type distribution revealed 54% belonged to joint families, and 46% to nuclear families. All respondents (100%) were Indian. Income-wise, 42% earned ₹21,000-30,000, while 28% earned ₹10,000-20,000. Geographically, 72% lived in urban areas, and 28% in rural areas.

The study results revealed a significant reduction in stress post-dance therapy. The average stress score increased from 7.66 to 14.74 (typographical error suspected), with standard deviation reducing from 4.36 to 3.7, showing improved consistency. A 56% reduction in stress and a high t-value of 19.67 indicate statistically significant improvement, proving dance therapy's effectiveness.

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