

# **Youth and Social Transformation The Power, Opportunities and Challenges**

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## **SYMPOSIUM PROCEEDINGS**

**National Centre for advanced Studies In Humanities and Social Sciences  
No. 6A, Sukhastan Gardens, Ward Place, Colombo 07, Sri Lanka**

# **An Investigational Study on Emotional Balance Enhanced Through Dance Education**

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Emotional balance is the ability of the mind and body to maintain equilibrium and flexibility in the face of challenge and change. Emotional balance promotes physical health, and is a prerequisite for personal wellbeing and growth. Emotional regulation relates to identifying the emotions that are being felt in the moment, and observing them without being overwhelmed by them. Emotional regulation skills include self-soothing activities that help to reduce emotional intensity and provide a calming effect, such as: dancing, singing a favourite song, exercising, visualizing a comforting/relaxing image etc.

Dance education is the transferring of dance performance skills and knowledge of dance to students through teaching and training, or acquiring such knowledge and skills through research. Dance encourages multiple intelligence, creativity and development of a positive self- concept and contributes to a substantial enrichment in the teaching-learning process and in the acquisition of emotional skills.

The aim of this study is to investigate how to improve the emotional balance to be enhancing it through dance education. In this study, 200 students, from both gender groups, in grade 10 were observed and interviews were held with 50 teachers. Researcher identified that at the emotional level, there was a significant development of freedom, collaboration and acceptance of deliberation. Thus, dance is deeply important for the articulation of basic education with the various artistic histrionics.

Dancing benefits the mind, body and soul of any person at any age. It is one of the most pleasurable exercise or therapy and it improves physical fitness. It makes

students emotionally stable. Dance keeps those who practice it healthy and it can help reduce risk of some of the most horrible afflictions and challenges that students face.

**Key words:** *Emotional Balance, Dance Education, Multiple Intelligent, Flexibility, Equilibrium.*



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# *Abstracts*

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