

Emotional Intelligence and Quality of Life among Professional Dancers

Shibangi Rattna Baruah^{1*}, Dr. Rema M. K²

ABSTRACT

In the present study, the researchers have attempted to assess the relationship between emotional intelligence and quality of life among 100 professional dancers comprising of 50 males and 50 females. A Pearson's correlation and independent sample t-test was used in the present study. A significant difference was found between males and females on the variables Emotional Intelligence (EQ/EI) and quality of life. Both the variables were in favour of the females. A significant relationship was found between emotional intelligence and quality of life.

Keywords: *Emotional Intelligence, Quality of life, Professional Dancers*

Dance forms are an essential part of our life in any form or genre as it is an expression of our thoughts and our inner self. In some places dances were initially a social pastime and in some countries it is a part of daily prayers and rituals. As the human civilisation proceeded forward to make its journey, dance has been modified to the point that now it is more practised as a medium of expression, keeping oneself fit, persuasion of one's passion with diligence and making a livelihood out of it.

When one thinks of taking up dance professionally, they have to be both emotionally intelligent and also think of their quality of life ahead. They have to fend for themselves, one is expected to be in class every day, be responsible and take care of themselves, know their roles, etc. If a professional dancer joins a dance company or owns it they are expected to practise full time for eight to ten hours (not because that they have just learnt the steps but for keeping themselves in check with their technique), learn and pick up steps and movements fast. In the first initial years of their joining in as a professional company artist they need to learn every single thing from the basics, ensure that they are being corrected and noticed by their guides or masters, practise intensively, travel, perform the same roles and pieces of the productions repeatedly for every single show with precision, coordination with the whole team and again back to classes for their practise of the upcoming performances. Also, in this process there are chances that the dancers might injure themselves and get sprains, fracture and in extreme situations they might have to go through surgeries, to prevent this from

¹Kristu Jayanti College (Autonomous), Department of Psychology, Bangalore, India

²Asst. Professor, Kristu Jayanti College (Autonomous), Department of Psychology, Bangalore, India

*Corresponding Author

Received: May 31, 2021; Revision Received: June 22, 2021; Accepted: June 30, 2021

Emotional Intelligence and Quality of Life among Professional Dancers

happening, proper training and conditioning of the body is very important. It is more like athletics. The dancer should be aware about how to pace themselves. Laziness and procrastination might lead them to failure in their business. This business includes not only just putting up a show and making everyone happy but it has got a lot of brainwork from selling tickets, to experiencing harshness of the realities (directors orders, eating disorders, illness, financial problems), maintaining a delightful relation with their families, their friends and business contacts. Sacrifice is the main thing for all this. Dancers do not make so much of money and they also have a family to contribute towards. One has to love what they are doing, constantly ask themselves if they are ready to proceed with this or else it will be kind of 'crumbled under the crusher'.

Emotional Intelligence (EQ) is the ability to identify one's own emotions and the emotions of others and use this information to guide behaviour judiciously. Apparently, it is one of the most important skills for any individual to manage their everyday problems and try to come up with a solution in an effective manner. Emotional intelligence is a broad range of related objects including qualities, values, ideas, etc something which can be learnt and can be improved eventually with experience.

The concept of Emotional Intelligence was more influenced by the definition provided by Daniel Goleman(1998), due to the popularity of his book on this particular subject, though he draws heavily on the landmark work of Salovey and Mayer. They defined Emotional Intelligence as "the ability to monitor one's own and other's emotions, to discriminate among them and to use the information to guide one's thinking and actions"(1990).

Quality of Life is something when one is satisfied with their life and the standard of living. Basically, when they are satisfied with their physical health, mental health, emotional regulations, involved actively in interpersonal relations and social work activities, getting opportunities to showcase their skills and abilities, safety, making their life's decisions. The quality of life is usually low in people who undergo physical illness, treatment, disabled and aged. In the recent years, enhancing the quality of life is becoming a particular concern for the society. For some people quality of life has nothing to do with materialistic possessions. For them it is about spending the highest amount of time in activities they like, unlike those people who have got enormous amount of wealth but poor quality of life, completely consumed by things that they do not like. Well, developing a good emotional intelligence can lead one to have a good quality of life.

REVIEW OF LITERATURE

Hipola and Ferrer (2019) did a research on emotional intelligence and its widely accepted areas on dance and emotional intelligence. Here dance was understood from a very pragmatic point of view, in each of the studies they did. This was done without distinguishing the discipline of dance and the study included various dancers practising their art forms and their different stages of life was also included. It was found that dance is something that is a very beneficial component for the development of emotional intelligence and the practitioners benefit highly from it.

Stevens and Higdon did a research on understanding the passed out graduate students of dance about their notion of futures and continuation in dance. These students perceive their life in dance as a diverse journey of their continuous development and learning more from different sources. They are full of passion, self-reliance, continuation of learning, determined

Emotional Intelligence and Quality of Life among Professional Dancers

to recognise the obstacles of financial, emotional, physical and mental, etc. whatever comes their way.

Cardoso, Reis, Marinho, Vieira, Boing and Guimaraes has done a research on the the professional dancers and their training routines and they found that the dancers body is the raw material through which their art forms (dance) is expressed, but for this they require a lot of discipline and persuasion of the technical and artistic excellence and finesse. To meet this, they are required to engage themselves in strenuous training routines, which might sometimes lead to development of injuries in this environment. These group of dancers were compared with another group of same population. To see this, the researchers have used different articles, different methods of data collection, experimental designs that were published in different languages in the world. Case studies, books, theses, cross referenced articles and the published studies within the last ten years were included. They included 1,149 participants, practising different forms of dance. They found that the dancers' bodies had different types of lesions like on foot and ankle, upper and lower limbs lesions, anterior and cruciate ligament. Though there are no instruments for the detection of the lesions in the dancers but many prevalence studies are aimed at studying the classical dances (Indian, ballet,etc) which has an evidence of higher frequency in lower limb involvement.

Hernandes, J. C., Di Castro, V. C., Mendonça, M. E., & Porto, C. C. (2018) has done a study on the quality of life of the women who practise dance forms professionally. Their main motive was to investigate the gradual rising in the quality of life. Their target population were the female population which is growing demographically and professionally. As it was found that the women were suffering more from the problems like stress and other physical illnesses. This study has found out that the practise of dance, which is amongst many other forms of practises (meditation, yoga, martial arts, singing, painting) can improve their level in Quality of Life (physically, mentally and socially). Practising dance have promoted their self-esteem, confidence, motivation and increased amount of interaction with the society or their audience and they have increased their overall positive emotions and the quality of life. Usually, we find a lot of studies focusing on both the genders on their quality of life and dancing career but this study is one of the first studies that was done on entirely on the adult female population to see how practise of dance impact their lives.

Witchett,E., Angioi,M., KoutedakisY., Wyon M. (2010) has done a research on the professional classical Ballet dancers to assess their daily work load in terms of their work intensity and and rest data. The information about their every single days workload was obtained and by the end of the test. The test examined the amount of time they had spent on their daily basis. Many studies do not include information regarding the actual demands of the dancers physiological demands. In this study the information regarding their single day work was obtained using a multiple accelerometer to examine the amount of time that was spent by these professional dancers. In results it was found that 90% of the dancers time spent in rest was less than 60 consecutive minutes and for some it's only 20 minutes. In many dance companies these female dancers need to devise their work-rest schedules, so that they can avoid fatigue and resultant injuries.

Sara, H., (2011) did a study on the parkinsons disease and the dance practisioners. It was found that there can be temporary relief of the symptoms by the small amount of dance practise sessions. Evidences suggests that dancing to a music and that dance can aid some people with Parkinson's to cope better with their everyday actions. Now in the case of dance practitioners, however they approach their sessions as a way of engaging themselves in their

Emotional Intelligence and Quality of Life among Professional Dancers

artistic and social practise. Many a time it happens that people with Parkinsons can fall regularly, rigidity in their muscles, slowness, lack of coordination and difficulty in balancing

METHODOLOGY

The researchers have raised the following questions which have been answered in the present study.

Research Questions

1. Is there a relationship between emotional intelligence and quality of life among professional dancers?
2. Is there any gender difference in emotional intelligence among professional dancers?
3. Is there any gender difference in quality of life among professional dancers?

Objectives

1. To assess the relationship between emotional intelligence and quality of life among professional dancers.
2. To find out the gender differences in emotional intelligence among the professional dancers.
3. To find out the gender differences in quality of life among the professional dancers.

In order to achieve the above objectives, the following hypotheses have been formulated and generated in the study.

Hypotheses

- H₀1 : There is no significant relationship between emotional intelligence and quality of life among professional dancers.
- H₀2 : There is no significant gender difference in emotional intelligence among professional dancers.
- H₀3 : There is no significant gender difference in quality of life among professional dancers.

Design of the study

The design used for the present study was correlation research design to assess the relationship between emotional intelligence and quality of life.

Sample

For the fruitful study of the topic first hand data has been collected from total number of 100 professional dancers mainly from Guwahati, Assam and other states of India practising and teaching dance professionally. The sample consisted of 50 males and 50 females, ranging from age 20 to 60 years.

Sampling framework

Professional dancers from Guwahati and other states of India								
Dancers from Guwahati	Dancers from Bangalore	Dancers from Kolkata	Dancers from Delhi	Dancers from Tamil Nadu	Dancers from Manipur	Dancers from Kerala	Dancers from Uttar Pradesh	Dancers from Odisha
30	14	9	7	10	5	12	7	6
Total professional dancers- 100								

Emotional Intelligence and Quality of Life among Professional Dancers

Tools and technique used

Variables	Tool	Developer	Psychometric properties
Emotional Intelligence	Emotional Intelligence Self-Assessment tool by	Emily A. Sterrett (2000)	This standardised scale measures 4 different areas/domains of Self i.e Self Awareness, Self-Management, Social Awareness and Relationship Management. It has got 20 items which is a 5 point Likert Scale from 1- Never, 2-Rarely, 3- Sometimes, 4- Usually and 5- Always. The total score is the sum of all the four domains which ranges from a low of 5 to a high of 25. Since Emotional Intelligence is learnable and developmental, this questionnaire acts as a kind of feedback from others.
Quality of Life	Quality of Life Scale (QOLS)	John Flanagan (1970)	This 16-item QOLS satisfaction scale is internally consistent ($\alpha = .82$ to $.92$) and had high test-retest reliability ($r = 0.78$ to $r = 0.84$)

RESULTS AND DISCUSSION

The collected data were scored, tabulated and their descriptive statistics were calculated. The results were treated hypothesis wise with inferential statistics. The obtained results are presented and discussed as follows.

Hypothesis 1. There is no significant relationship between emotional intelligence and quality of life among professional dancers.

In order to test the hypothesis, the mean scores, standard deviation was computed obtained by the professional dancers. Further, the significant relationship between emotional intelligence and quality of life among the professional dancers was computed using the correlation test, which yielded the following.

Table 1. Significance of the relationship between emotional intelligence and quality of life among professional dancers.

	<i>N</i>	<i>M</i>	<i>SD</i>	<i>r</i>	<i>p</i>
<i>EI</i>	100	16.42	4.96		
<i>QOL</i>	100	78.38	18.16	.337**	0.001

**Correlation is significant at the 0.01 level (2-tailed).

The mean for emotional intelligence was found to be 16.42 and 78.38 for quality of life. The standard deviation for emotional intelligence and quality of life was found to be 4.96 and 18.16 respectively. There was a significant relationship between emotional intelligence and quality of life ($r = .337^{**}$, $p > 0.001$, $N = 100$). Therefore, the null hypothesis (H_0) has been rejected and alternative hypothesis (H_1) has been accepted, at 0.01 level of significance. It means that there is a significant relationship between emotional intelligence and quality of

Emotional Intelligence and Quality of Life among Professional Dancers

life among the professional dancers. People with low emotional intelligence have poor quality of life and people with high emotional intelligence have high quality of life (Anjum, 2017). Emotional intelligence is an important aspect in the field of dance and sports psychology. The present study findings clearly shows that when emotional intelligence is good the individual also has a good ability to manage their life and have a good quality of life.

Hypothesis 2. There is no significant gender difference in emotional intelligence among professional dancers.

In order to test the hypothesis, the mean scores, standard deviation was computed obtained by the professional dancers. Further, the significant gender difference in emotional intelligence among the dancers was computed using the 't' test, which yielded the following.

Table 2. Significance difference in emotional intelligence between males and females

	N	M	SD	t	df	p
Males	50	13.88	4.62	5.93	98	.000
Females	50	18.96	3.89			

In the above table, the significant difference in emotional intelligence between males and females is shown. The sample size out of (N= 100), 50 were males and 50 were females. The mean value of emotional intelligence for (M= 13.88) and for females was (M= 18.96). The standard deviation for males was (SD= 4.62) and for females was (SD= 3.89). The difference between the scores is low, although the mean is deviated towards the females. The degree of freedom was found to be (df= 98). To find the statistical significance of the difference between two means, a t- test was conducted and the t value was found out. The t- value was (t= 5.93) and p value to be (p>.000), which is statistically significant at 0.05 level of significance. This means that there is a significant difference in emotional intelligence between males and females. These results were also supported by the studies done by (Makvana, 2014 and Roy, Alonso & Viswesvaran, 2018) that females exhibited superior level of emotional intelligence.

Hypothesis 3. There is no significant gender difference in quality of life among professional dancers.

In order to test the hypothesis, the mean scores, standard deviation was computed obtained by the professional dancers. Further, the significant gender difference in quality of life among the dancers was computed using the 't' test, which yielded the following.

Table 3. Significance difference in quality of life between males and females

	N	M	SD	t	df	p
Males	50	68.04	18.28	6.90	98	.000
Females	50	88.72	10.70			

In the above table, the significant difference in quality of life between males and females is shown. The sample size out of (N= 100), 50 were males and 50 were females. The mean value of quality of life for (M= 68.04) and for females was (M= 88.72). The standard deviation for males was (SD= 18.28) and for females was (SD= 10.70). The difference between the scores is moderate, the mean is deviated towards the females. The degree of freedom was found to be (df= 98). To find the statistical significance of the difference between two means, a t- test was conducted and the t value was found out. The t- value was

Emotional Intelligence and Quality of Life among Professional Dancers

($t= 6.90$) and p value to be ($p= >.000$), which is statistically significant at 0.05 level of significance. This means that there is a significant difference in quality of life between males and females. Some researches support similar result like ours and have found that there are gender differences in quality of life led by males and females in a study conducted by Bonsaken (2012).

CONCLUSION

The aim of the study was to find the relationship between emotional intelligence and quality of life. From this study, it can be concluded that emotional intelligence has a positive correlation with quality of life, significant difference in emotional intelligence between males and females was found and a significant difference in quality of life between males and females was also found.

This study paves the way for the future researches to look upon the professional dancers, especially males and their emotional intelligence, so that they can also have a good quality of life.

IMPLICATIONS

A larger population can be studied to examine the relationship between emotional intelligence and quality of life. Future research can also be done by selecting samples that belong from the same socioeconomic and professional background to get a precise result. Future research can also look into the area of the effect of dance on the dancers and non-dancers in relation to stress. Dance and its effect on the therapeutic healing of psychological illnesses, dance movements therapy as a part of treatment and social inequality and quality of life.

REFERENCES

- Bandura, A., Adams, N.E., Hardy, S.B., & Howells, G.N. (1980). Tests of the generality of self-efficacy theory. *Cognitive Therapy and Research*, 4, 39-66.
- Brooks, D. & Stark, A. (1989). The effect of dance/movement therapy on affect: A pilot study. *American Journal of Dance Therapy*, 11, 101-111.
- Cardoso, A., Reis, N., Marinho, A., Vieira, M., Boing, L., Guimaraes, A. (2017). Injuries in professional Dancers: A Systematic Review. *Rev Bras Med Esporte*, 6.
- Ferrer, B., Hipola, P. (2019). Emotional intelligence and dance: a systematic review. *Research in Dance Education*, 21, Issue 1, 57-58
- Hernandes, J. C., Di Castro, V. C., Mendonça, M. E., & Porto, C. C. (2018). Quality of life of women who practice dance: a systematic review protocol. *Systematic reviews*, 7(1), 92.
- Houston, S., (2011). The Methodological Challenges of Research into Dance for People with Parkinson's. *Dance Research*. 29, 329-351
- Liebert, R.M., & Morris, L.W. (1967). Cognitive and emotional components of test anxiety: A distinction and some initial data. *Psychological Reports*, 20, 975-978.
- Rees, S., (2019). Re-imagining employability: an ontology of employability best practice in higher education institutions. *Teaching in Higher Education*, 18, 1-16
- Scobel, D. N., (1975), "Doing away with the factory blue", *Harvard Business Review*. 53, 132-142.
- Bonsaksen, T. (2012). Exploring Gender Differences in Quality of Life. *Mental health review journal*. 17. 39-49. 10.1108/13619321211231815.

Emotional Intelligence and Quality of Life among Professional Dancers

- Witchett,E., Angioi,M., KoutedakisY., Wyon M. (2010). The Demands of a Working Day Among Female Professional Ballet Dancers. *Journal of Dance Medicine & Science*. 14, 127
- Berzon,RA., Donnelly, M.A., Simpson R.L. Jr., Simeon GP., Tilson, HH. (2020). Quality of life bibliography and indexes: 1994 update. *Qual Life Res*. 1995 Dec;4(6):547-69. doi: 10.1007/BF00634750. PMID: 8556015.
- Reeves,AJ., Baker R.T., Casanova M.P., Cheatham S.W., Pickering, M.A. Examining the factorial validity of the Quality of Life Scale. *Health Qual Life Outcomes*. 2020 Feb 18;18(1):32. doi: 10.1186/s12955-020-01292-5. PMID: 32070369; PMCID: PMC7026960.

Acknowledgement

It is a genuine pleasure to express my heartfelt gratitude to my research supervisor, dance gurus(teachers), my family friends and to all the participants (professional dancers) contacted, for their valuable guidance support and response.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Baruah S. R & Rema M.K (2021). Emotional Intelligence and Quality of Life among Professional Dancers. *International Journal of Indian Psychology*, 9(2), 2109-2116. DIP:18.01.208.20210902, DOI:10.25215/0902.208