Introduction

Many people choose to practice dance as an alternative activity for a healthier and more active life. Most of them realize the improvement in everyday life about reducing anxiety and stress.

According to Verderi (1998), "dance is the art of movement and, from it, man can demonstrate social roles and play relationships within a society whatever". Thus, dance is an art of expression that can also be an exercise or physical activity, a fun, a social leisure, a work and much more. For each one an importance.

For Faro (2011, p.8), "each era understood the importance of the human body, or that at least had the sensory notion of its structure, its requirements, its limitations and the combination of genius and sensitivity that are to it. inherent cultivated, worshiped the dance".

It is not known exactly when the man began to dance but can be said to occur since he began to express, that is, from...
Dance, like all the arts, is the need that man must express, as well as several other needs, the dance came in order to express feelings, related to happiness and sadness, or others.

Since the Portuguese customs, beliefs and education were imposed on the colonized in Brazil, we can see the importance of dance as art, which was already expressing itself in palaces and other places of celebrations and ceremonies.

Over time, dance started to be practiced also in the gym, divided in some modalities with objectives related to health and quality of life.

Of all the arts, dance is the only one that dispenses materials and tools, depending only on the body. That is why they say the dance, the one that the human being has carried within himself since time immemorial. Before polishing the stone, building shelters, producing utensils, instruments and weapons, man tapped his interior and emotions and communicated. Thus, from caves to the computer age, dance has made and continues to make history (PORTINARI, 1989, p. 11).

Being an art that depends only on the body and fully expressive, dance has become one of the alternative ways in gyms to lose weight and prevent/mitigate diseases that may occur due to obesity and physical inactivity. Nowadays dance has become one of the top choices for people looking to exercise their body and mind, causing most gyms to adopt dance-related modalities.

In gyms, dance is one of the aerobic training alternatives that help with fitness and weight loss, for example. The reasons why people seek dance are not only physical, some mental health issues can also cause people to look for something to escape routine and soothe the mind.

Mental health specialists use prescription measures such as physical activity, meditation, acupuncture and art therapy. Called integrative or complementary medicine, is very common today and has shown a great result.

According to psychiatrist Serson (2016, p. 158), “We value the idea of an integrative medicine that combines treatment efforts and can prevent problems, reducing the possibility of repeating disorders in the future.” Thus, dance (as an alternative physical activity) can and is also indicated by mental health specialists to reduce and prevent anxiety and stress.

Therefore, the present study aims to determine the stress and anxiety levels of sedentary and fitness dance women by comparing the levels between the groups. The study can also be a way of encouraging people to alternative practice for the prevention, rehabilitation or even cure of physical and psychological illness.

Materials and Methods
This study was conducted from a literature review using the descriptors: stress level, anxiety, dance fitness and physical inactivity for the subjects. A field survey was also used using the IDATE questionnaire - State-Trait Anxiety Inventory formulated by Spielberger et al. (1970) and validated by Biaggio and Natalício (1979) for the Brazilian population.

The sample consisted of 60 women, 30 fitness dance practitioners and 30 sedentary women. The average age of the participants was 34.5 years, with a minimum age of 18 years and a maximum of 52 years. Women practitioners are enrolled in a gym in the Joinville / SC region, where there are two types of fitness dance, while sedentary women were randomly selected in the Joinville too.

Initially, the head of the academy was contacted to perform the data collection of women who practice fitness dance. Sedentary women were also counted so that collection could be performed at their homes. The inventory has forty statements, twenty of which are to describe the state-anxiety level (positioning according to the option that best describes the individual's emotional state now) and twenty other statements regarding trait anxiety (positioning as individual usually feels). It has an estimated time of 10-15 minutes to be answered.

Each statement has a score (1 to 4 points), where the score corresponding to the answer of everyone is assigned, but for the positive questions the score is reversed (example, if the respondent scored 4, score 1). The degree of anxiety is measured as follows: by adding the points of each self-report (state and trait) it is possible to obtain results between 20 and 80 points, and the scores may indicate a low degree of anxiety (0-30), a moderate anxiety (31-49) and a high degree of anxiety (greater than or equal to 50), the lower the scores, the lower the degree of anxiety.

The participants answered the questionnaire and then the score was counted separately. Soon after, the data were entered an Excel spreadsheet where they were analyzed and then compared by the Student's t test to obtain the results. The study was approved by the Research Ethics Committee under number 2,883,470 and all participants who answered the questionnaire signed the informed consent form.
As already commented, the level of trait anxiety is determined from statements of how the individual generally feels (basal). In Graph 01, 26.67% have low anxiety-state level, 56.67% have moderate level and 16.67% have high level.

According to Serson (2016, p. 141) “Some daily stresses and circumstances may be reviewed and changed, while others, chronic and repetitive, derive from a harmful lifestyle.” In Graph 01, most practitioners have levels of Moderate and low anxiety-state, including physical activity in any individual’s routine can help you lower these levels when it comes to anxiety / stress by circumstances. Another factor that can lower stress and anxiety levels is the hormonal release that occurs when an individual engages in some physical activity. Many experts indicate alternative physical activities for treating anxiety and stress. For Serson (2016, p.22):

In cases of anxiety and depression, psychological and lifestyle change can have the effect of medicines as it acts in other ways on the production of neurotransmitters and neurohormones (such as adrenaline, cortisol, endorphins, melatonin, oxytocin), and many others), which ultimately finely modulate the physical and mental state of the individual.

Therefore, in addition to the use of medicines for treatment, dance and other alternative physical activities help to reduce anxiety and stress.

b) As shown in graph 02, of the 30 sedentary women (Group 2), 6.67% have low anxiety-state level, 40% moderate level and 53.33% have high level.

c) Of the 30 practicing women (Group 1), 26.67% have low trait anxiety level, 60% moderate level and 13.33% have high level (Graph 03).

d) Of the 30 practicing women (Group 1), 26.67% have low trait anxiety level, 60% moderate level and 13.33% have high level (Graph 03).

As already commented, the level of trait anxiety is determined from statements of how the individual generally feels (basal). In Graph 03, the highest percentage of practitioners regarding the level of trait anxiety was moderate and low, so it can be stated that throughout physical activity, in this case dancing, stress and anxiety levels tend to decrease.

For Samulski and Lustosa (1996) “Aerobic exercise, through its positive effects on stress, mood and self-concept, has been shown to be an efficient means to achieve psychological well-being.” Consequently, when an individual becomes psychologically well-off, he or she can reduce anxiety and stress levels.

d) Of the 30 sedentary women (Group 2), 10% have low trait anxiety level, 40% have moderate level and 50% have high level (Graph 04).

From the results shown in graph 04, it can be said that 50% of sedentary women have very high level of trait anxiety compared to the level of practicing women (graph 03) which is only 13.33%. It is noteworthy that with the practice of fitness dance,
Therefore, it can be said that well-being is associated with physical activity, as these exercises can make the individual forget the problems of everyday life for a while, feeling good, reducing anxiety, reducing the stress and having various other social, psychological and social benefits.

The sense of well-being that comes from the practice of physical activities is attributed to the interaction of physiological and psychological mechanisms. From a physiological point of view, the possible causes of well-being appear to be increased cerebral blood flow, oxygen release to brain tissues, changes in brain neurotransmitters (example, norepinephrine, endorphins, serotonin), muscle tension (MALINA, 1994, p. 390).

In this study, and many others, there is a remarkable significance in reducing physical activity-related stress and anxiety. Petruzello, et al. (1991) apud Araújo, et al. (2007) concluded that “aerobic exercise promotes beneficial effects in..."
reducing anxiety and that this type of exercise is superior to non-aerobic anxiety." As dance fitness is an aerobic activity, it can be said to have effects on anxiety and stress and may be beneficial for practitioners.

Conclusion
The aim of this study was to determine the anxiety and stress levels of sedentary and fitness dance women by comparing the two groups.

In this study it was possible to conclude that women fitness dance practitioners have lower anxiety and stress levels than sedentary women. Sedentary participants had high levels of trait anxiety (50%) and state anxiety (53.33%), compared with practitioners who had mostly moderate levels (state anxiety 56.67% and trait anxiety 60%).

Therefore, we can say that aerobic activities are extremely important for the control of anxiety and stress levels, since all individuals are pre-disposed to go through stressful situations or that cause emotional and behavioral changes.

Referências


Anxiety and Stress Levels of Fitness and Sedentary Dance Practicing Women

Abstract: Anxiety derives from stressors making people have a chance to thrill and change behavior. A dance as a physical experience can have common stress episodes from day to day. The objective of this study was to determine the level of anxiety and stress in fitness and sedentary women practitioners from the Joinville region. The IDATE - State Trait Anxiety Inventory formulated by Spielberger et al. (1970) translated into Biaggio and Natalício (1979) for the Brazilian population, as a protocol to measure the degree of anxiety and stress. The same was applied to 60 women, a group of fitness (30) and sedentary (30), with a mean age of 34.5 ± 6. The result was 56.67% of the practitioners with high level of anxiety-state and 53.33% of the sedentary high level high. The sedentary women are 19.8% (p = 0.0008) higher than those of fitness dance practitioners. The anxiety-state level of sedentary women is 22.9% (p = 0.001) higher than those who practice it. Age does not interfere with results. Based on the collected data, it can be affirmed that, as the dance practitioners are conditioned, they have levels of anxiety and stress lower than the sedentary women.

Keywords: stress; anxiety; dance; women; sedentarism.
Resumen: La ansiedad proviene de situaciones estresantes que hacen que el individuo tenga reacciones emocionales y cambios de comportamiento. La danza como actividad física puede aliviar situaciones de estrés cotidiano. El objetivo de este estudio fue determinar el nivel de ansiedad y estrés en mujeres sedentarias y de baile físico de la región de Joinville. El STAI - Inventario de ansiedad por rasgos de estado formulado por Spielberger et al. (1970) traducido por Biaggio y Natalício (1979) para la población brasileña, como un protocolo para medir el grado de ansiedad y estrés. Esto se aplicó a 60 mujeres, un grupo de practicantes de baile físico (30) y un sedentario (30), con una edad media de 34.5 ± 9.6. Los resultados mostraron que el 56.67% de los practicantes tienen un nivel moderado de ansiedad estatal y el 53.33% de los sedentarios tenían un nivel alto. Con respecto al rasgo de ansiedad, el 60% de los profesionales presentaron un nivel moderado y el 50% de los niveles altos sedentarios. Se encuentra que el nivel de ansiedad del estado de las mujeres sedentarias es 19.8% (p = 0.0008) más alto que el de las practicantes de baile físico. El nivel de ansiedad del rasgo sedentario es 22.9% (p = 0.001) más alto que los practicantes. La edad no interfirió con los resultados. Según los datos recopilados, se puede afirmar que los practicantes de danza física tienen niveles de ansiedad y estrés más bajos que las mujeres sedentarias.

Palabras clave: Estrés; Ansiedad, Danza, Mujeres, Sedentarismo.