Dance in the CNMI

How Does Modern Dance Affect the CNMI’s Community?

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A general browser search with Google on October 14, 2018 on the topic of “Dance” resulted in 3,110,000,000 hits with majority of publications being magazines, dance websites, and studio websites based on dance. Another general search with Google Scholar on October 14, 2018 on the topic of “Dance Effectiveness” resulted in 653,000 hits with majority of publications being articles on dance therapy and it’s positive effects. This is important since dance has not really been covered and it would be great to know how dance has affected/ benefited communities, as well as finding out how others use different strategies with dance. Having these literature sources will help provide the information the student researcher will need to answer their research question about the effectiveness of dance. The non-academic literature is mainly about the history and benefits of dance. The academic literature are mainly about the effectiveness of dance and how it helps with therapy. The student researcher has gathered and reviewed eight sources of literature that discuss dance and its benefits, as well as how it can be used in different ways.

Dance was known to be used for ancient rituals, spiritual gatherings, and social events. Throughout the years, dance has generated into a form of art which expresses ideas, emotions, and gives one the ability to release energy. This form of art can be used to convey a message. People can inspire others with their message, which could be a great advantage to the community. Dance can also be used in different ways, such as therapy which has been used for this practice for thousands of years. Being able to use dance as a type of therapy can help strengthen one’s self and can bring out joy. Dance is mainly known for its benefits, how it can be a comfortable form of expressing oneself, and how it can build confidence.

The student researcher will use this information to help further explain the topic of dance. Because not everyone is familiar with the art of dance, these literature sources will help provide the knowledge they will need. The student researcher plans to search further into the topic to be able to let their readers understand why this topic was chosen. Not only will the student researcher explain the art of dance to those with little knowledge, but will also try to convince the readers that dance could also benefit the community. Due to some negative outlooks on dance, the student researcher plans to explain how dance can truly be an advantage, as well as let them know how dance has affected the rest of the community.

The information from these literature sources will benefit the student researcher’s topic. They cover the definition of dance, its benefits, and the different ways it could be used. Since the topic revolves around the effects of dance on a community, these sources will help the student researcher further explain their research. The information given will help give more insight on dance and how it can be an advantage to the community.

This essay summarizes the literature sources reviewed for the student researcher’s investigation on the effectiveness on dance. The information given provides the student researcher with details on dance, its benefits, the effectiveness, and how it can be used as therapy.

References:

Non-Academic

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Academic

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