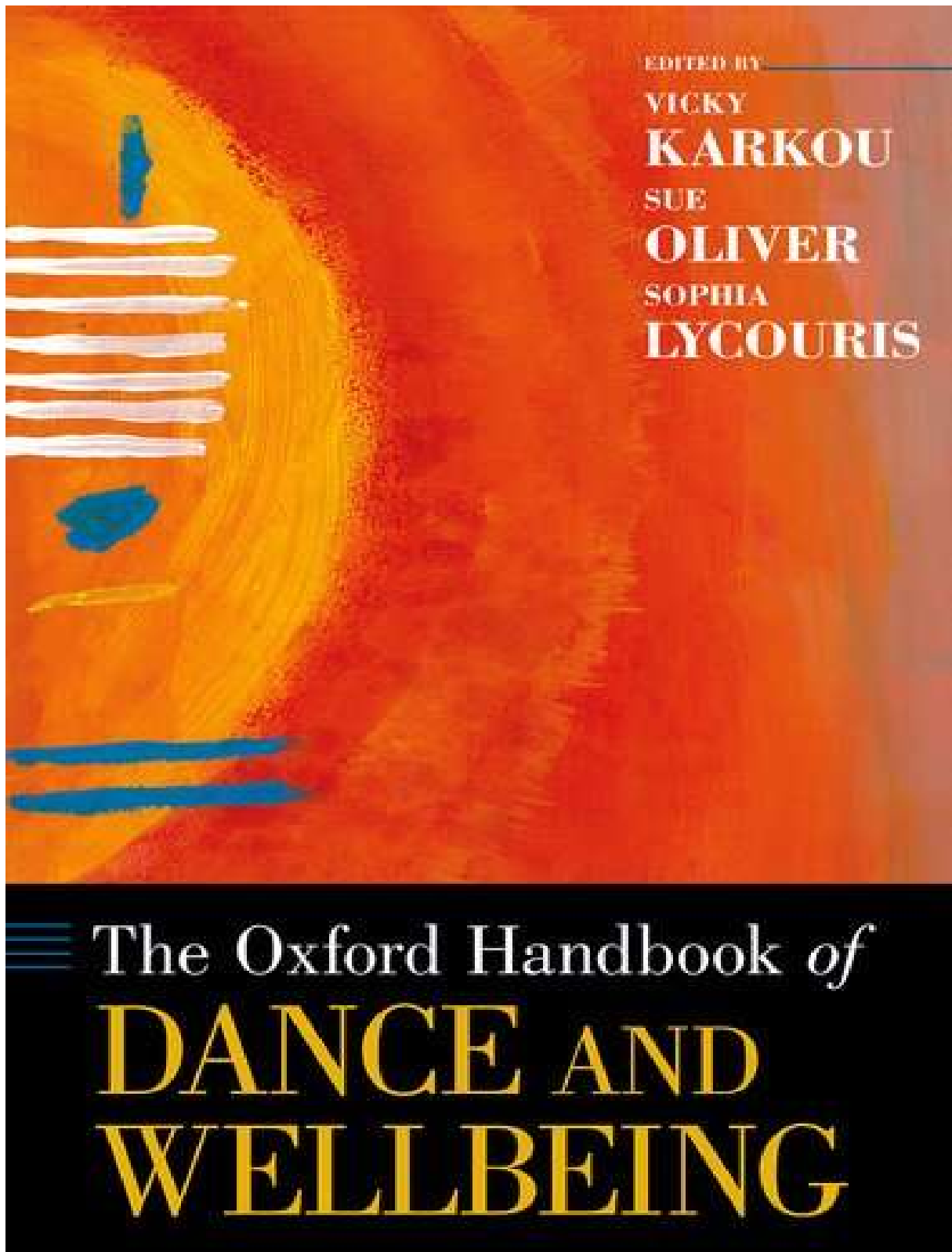


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CHAPTER 4

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EVIDENCE-BASED BIODANZA PROGRAMMES FOR CHILDREN (TANZPRO- BIODANZA) IN SCHOOLS AND KINDERGARTENS

*Some Effects on Psychology, Physiology, Hormones,
and the Immune System*

.....

MARCUS STUECK AND ALEJANDRA VILLEGAS

..... since 2010 Development of Evidencebased Biodanza Programms for Institutions (in a Project of the German Ministry of Health).

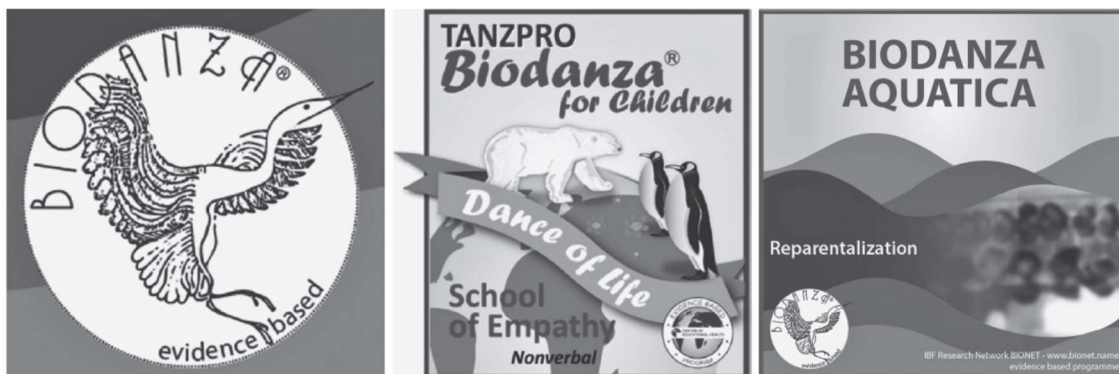


FIGURE 4.1. Examples of evidence-based Biodanza programmes (Logos). (Credit: M Stueck.)

Table 4.2. Overview of sessions and related themes of basis version of TANZPRO-Biodanza.

Sequence	Theme	Notion (life focused value)
1	Travel to Spain	Love and care
2	Travel to Egypt	Joy
3	Travel to Tanzania	Leisure and courage
4	Travel to Chile	Wishes and risk
5	Travel to Brazil	Feeling of security and embrace
6	Travel to Mexico	Diversity and friendship
7	Travel to Ireland	Acceptance and integration
8	Travel to Russia	Humbleness and sportsmanship
9	Travel to China	Creativity and solidarity
10	Travel to Germany	Respectful communication

Some results:

Change in Cortisol Level in Kindergarten Children because of TANZPRO-Biodanza

This study showed the change in cortisol of kindergarten children after taking ten sessions of TANZPRO-Biodanza. Children initialized with high cortisol level seemed to be ‘normalizing’, whilst those with low cortisol level seem to be already ‘normalized’ (Stueck et al. 2015). Furthermore, the findings from this study suggested that there might be an autoregulatory effect of TANZRPO-Biodanza sessions in children of kindergarten age.

Effects on Emotional Recognition and Its Relation to Cortisol Reduction

The same study (ten children, aged 4–5; ten sessions of TANZPRO-Biodanza) confirmed that cognitive performance in children (e.g. emotion recognition, measured with the Emotion Recognition Test in the Vienna test system, whereby the children had to recognize different emotions from photographs) could be developed by dancing. The effects were on average greater when participants had higher initial cortisol levels in their saliva (before the TANZPRO-Biodanza sessions) than those with lower levels of cortisol (Stueck et al. 2015).

Heart Rate and the Improvement of Physiological Auto-regulation

In the same study, looking at the heart rate for each child before and after the TANZPRO-Biodanza course, there was a significant decrease in the average score, which was statistically significant ($p = 0.04^*$, $d' = 0.77$, $1-\beta = 0.68$). The low-level and high-level groups showed significant change of heart rate (average over ten session) between pre-session and post-session, towards the value of the medium heart-rate group (see Table 4.3).

