

The Examining the Effects of 12-Week Latin Dance Exercise on Social Physique Anxiety: The Effects of 12-Week Latin Dance

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ABSTRACT The objective of this paper was to examine the effects of 12-week Latin dance exercise on social physique anxiety. University students participated in the study. While 30 university students consisted of the experimental group, 30 university students consisted of the control group. Students in both groups were sedentary. Social Physique Anxiety Inventory (SPAII) was used in the study. No significant difference was found between pretest and posttest of control group ($p>0.05$) while significant difference was found between pretest and posttest of experimental group ($p<0.05$). Consequently, it can be said that dance training reduces on social physique anxiety. Because dancing provides individuals opportunity to share emotions, express themselves without any word, socialize, people may find the chance to move away from anxiety and stress of everyday life while dancing.