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# Relations of Sociodemographic Characteristics And Reasons To Exercise of The Participants on Salsa Course

Social Science

**KEYWORDS :** Salsa dance, PIEQ, excercise motivation

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## ABSTRACT

*Why one engages in specific types of exercise has been examined by the means of a PIEQ questionnaire. The research was designed with the aim of determining the relation between sociodemographic characteristics and the reasons for taking up salsa classes. The sample consisted of a salsa classes attendants (N=58), of the average age 29,10±12.81 that had been attending the classes for 1,2 years on average. The variables included a PIEQ questionnaire (Personal Incentivies For Exercise Questionnaire) and a general information questionnaire which includes life habits. Four factors, four reasons for taking up exercise were separated through factor analysis, while correlation established the relation between the participants' experience in exercising and factor variables. Results show that the use of this questionnaire would provide general information on each participant, and therefore enable us to recommend specific types of exercise respectively. This would probably result in a lower tendency to give up exercising and would have a positive effect on the participants' will and attitude towards exercise.*

**INTRODUCTION:**

Dance is a unique way of expressing the individual's own body. Desire for rhythmic movement and dance expression is intrinsic to each of us. Dancing enables relaxation and tear down barriers that hold us in everyday's communication. In addition to the prevention of health, dance influence the development of social and cultural identity and as such activity is recommended for everyone. Training sessions of a salsa dancers are designed in way that students learn various combinations of steps and movement and dance in a different pace. The dancers have different motives for participation in a dance practice. When registering for the dance classes, individuals haven't usually been questioned for the reasons of their registration; they have been included according to their wishes. Why is someone accessing a particular form of exercise, we tried to find out through a PIEQ questionnaire. Personal Incetivies for Exercise Questionnaire (PIEQ) is personal incentive to exercise, and serves as an instrument for the assessment of personal goals in practice. In addition to the questionnaire, respondents also answered the questions about their way of life, in order to obtain a general overview of their daily activities and habits. All this was done with the aim to determine correlation of socio-demographic characteristics of the motives and reasons for salsa dancing.

**METHODS:**

The sample consisted of participants of the salsa course (N = 58), average age 29.10 ± 12.81 years, while the program included an average of 1,2 years. Sample variables consisted of two variables; PIEQ questionnaire (Personal Incentivies For Exercise Questionnaire) and a general information habits questionnaire (Duda et al. 1989). Respondents filled out a questionnaire once, at the beginning of the annual cycle of dancing. The variables were analyzed in a way that we made factor analysis, and then the descriptive statistics which showed the value of the response "activities at work" and PIEQ response. Analysis of variance was also made. After all the correlation of age of subjects was calculated and also the experience of dancing with factorial variables.

**RESULTS:**

Table 1 shows the results of the factor analysis for the PIEQ questionnaire. There have been extracted four factors (latent dimensions) by Guttman-Keiser criterion (varimax norm). On the first factor visible high projection of variables PIEQ 12, 13 and PIEQ 14 were shown. Second factor is characterized by high projection of variables PIEQ 5, 6 and PIEQ 7. The third factor is characterized by high projection of variable PIEQ 9, while the fourth factor is highly projected by variables PIEQ 2 and PIEQ 4. The first latent dimension can be appointed as a "factor of physical fitness" and the second factor is the "social factor", while the third factor may be called "factor of a mental state". The fourth factor is the projection of the two variables and it's called "factor of the physical appearance".

**Table 1. Results of Factor Analysis**

| | Factor1 | Factor2 | Factor3 | Factor4 |
|---|---|---|---|---|
| PIEQ 1 | 0,65 | 0,50 | -0,24 | 0,22 |
| PIEQ 2 | 0,38 | 0,17 | -0,02 | 0,79* |
| PIEQ 3 | 0,24 | 0,49 | -0,15 | -0,05 |
| PIEQ 4 | 0,20 | -0,02 | 0,04 | 0,89* |
| PIEQ 5 | 0,15 | 0,91* | 0,01 | -0,05 |
| PIEQ 6 | 0,46 | 0,73* | 0,20 | -0,10 |
| PIEQ 7 | 0,04 | 0,82* | 0,18 | 0,41 |
| PIEQ 8 | 0,68 | 0,20 | -0,14 | 0,25 |
| PIEQ 9 | 0,13 | 0,07 | 0,78* | -0,03 |
| PIEQ 10 | 0,47 | 0,16 | 0,58 | 0,04 |
| PIEQ 11 | 0,15 | 0,31 | 0,53 | 0,30 |
| PIEQ 12 | 0,86* | 0,20 | 0,11 | 0,24 |
| PIEQ 13 | 0,80* | 0,09 | 0,31 | 0,12 |
| PIEQ 14 | 0,78* | 0,13 | 0,28 | 0,33 |
| Expl.Var | 3,58 | 2,78 | 1,59 | 1,97 |
| Prp.Totl | 0,26 | 0,20 | 0,11 | 0,14 |

Legend: Factor 1-4: significant factors according to Guttman-Keiser Criteria, PIEQ (1-14): Personal questions Incetives for Excercise Questionnaire, Expl.Var: Factors of Variance, Prp.Totl: The amount of explained variance of all the variables

Table 2 shows the Arithmetic Means of factor variables and the response of the variable "activities at work", and Analysis of Variance. Displayed variables PIEQ responses are the only ones that have a high projection on some of the factors, and means (AS a, b, c) are the answers to the questions "activities at work".

**Table 2. Descriptive statistics and Analysis of Variance**

| | AS a | AS b | AS c | ANOVA |
|---|---|---|---|---|
| PIEQ2 | 1.34 | 1 | 0.50 | 0.32 |
| PIEQ3 | -0.3 | -0.66 | -0.50 | 0.70 |
| PIEQ4 | 0.76 | 0.73 | 1 | 0.96 |
| PIEQ5 | 0.76 | 0.73 | 2 | 0.29 |
| PIEQ7 | 0.69 | 0.20 | 2 | 0.05 |
| PIEQ8 | 1.50 | 1.80 | 2 | 0.30 |
| PIEQ12 | 1.65 | 1.80 | 2 | 0.49 |
| PIEQ13 | 1.42 | 1.60 | 1.5 | 0.78 |

Legend: PIEQ (2-13): Personal questions Incentives for Exercise Questionnaire, AS (A-side, B-range, c-physical work): mean of responses to the questions about activities at work, ANOVA: Analysis of Variance

Table 3 shows the correlation between every single factor variable and the age of the respondents. It is obvious that there is no correlation between the variables.

**Table 3. Correlation of age and PIEQ questions**

| | YEAR OF BIRTH |
|---|---|
| PIEQ 2 | -0,04 |
| PIEQ 4 | 0,20 |
| PIEQ 5 | 0,14 |
| PIEQ 6 | 0,06 |
| PIEQ 7 | 0,24 |
| PIEQ 9 | 0,23 |
| PIEQ 12 | 0,02 |
| PIEQ 13 | -0,06 |
| PIEQ 14 | 0,01 |

Legend: PIEQ (2-14): Personal questions Incentives for Exercise Questionnaire, YEAR OF BIRTH: age of the respondents

| | PATH OF TRAINING |
|---|---|
| PIEQ 2 | 0.01 |
| PIEQ 4 | -0.05 |
| PIEQ 5 | -0.18 |
| PIEQ 6 | 0,00 |
| PIEQ 7 | 0,31 |
| PIEQ 9 | -0,15 |
| PIEQ 12 | -0,01 |
| PIEQ 13 | 0,02 |
| PIEQ 14 | -0,01 |

Table 4 shows the significant correlation between the period of exercise and the PIEQ 7. There is no significant correlation between the period of exercise and the other PIEQ questions.

Legend: PIEQ (2-14): Personal questions Incentives for Exercise Questionnaire, PATH OF TRAINING: total exercise time of salsa dancing

**DISCUSSION:**

The first latent dimension can be appointed as a "factor of physical fitness" and the second factor is the "social factor", while the third factor may be called a "factor of a positive effect on mental state". The fourth factor is the projection of the two variables and it is called a "factor of the physical appearance ". The results of this study suggest several major findings. First of all and the thing that we can see from a PIEQ questionnaires; it is evident that "the factor of physical fitness" marked positive answers to three questions. While most respondents exercise in order to be in a better shape, to improve strength and also a heart and respiratory endurance. Such answers to the questions have been justified by characteristics of salsa as a group form of exercise that contribute statistically significant effects in improving functional and motor abilities of women (Mandaric, Sibinović, Mikalački, Stojiljkovic, 2011; Oreb, Matkovic, Vlasic, Kostic, 2007) due to a sense of community and the need for social contact and expanding contacts. Thus, confirming the fact that the Zumba is an attractive form of group exercise (B. Perez and M. Greenwood-Robinson, 2009) in which, in this case, only dancers feel comfortable within the group in which they exercise (dance). The second, "social factor" was defined as positive answer to three questions. The participants said that they practice because of a sense of community and the need for a social contact and also expanding the acquaintance. This confirmes the fact that the salsa is an attractive form of group exercise (B. Perez and M. Greenwood-Robinson, 2009) in which ) in which dancers feel comfortable within the group in which they dance. The third factor, "a factor of a mental state" was described by approvingly of the response to exercise because of the positive effect on mental state (memory, mood). Hamilton, K., Hewer P. (2009) in his work Magic Salsa reveal how salsa dancing relaxes, stimulates creativity, and increases the desire to share the passion among the other dancers. Positive answers to questions about improving their appearance (looks) and to "refine" its own weight, frame "factor of the physical appearance". Donges, Duffield, & Drinkwater (2010), have proved that in salsa, which is a group forms of aerobic exercise, changes in body composition of women have been present. On further examination of the results, it can be noticed that there is no significant correlation between the age of respondents and the isolated statements (PIEQ questions). Regardless of age, respondents have other motives and reasons of exercise. Age does not correlate with those issues that had the most projections on the factors. Since salsa dance is applicable on a wide range of exercisers, it has also been shown that in this case that is a range between 16-63 years. However, the positive correlation of practicing zumba exercise program with a PIEQ 7 has been shown, with a note that respondents practice because of "the need for a social contact and expansion of acquaintance". Such a correlation was expected (mod. Maehr to 1986), as the dancers come to dance / exercise in an environment that is favorable to them and also in which they can associate with people who participate in the same kind of exercise or where they will introduce some new exercisers-dancers. Also, dancers who have been practicing salsa for some time, have been returning again in a well-known environment. They know what to expect from the leader, they know other dancers and they prefer such an atmosphere and according to that do not change the exercise program.

**CONCLUSION:**

The application of this kind of a questionnaire has brought us to the answers on the questions of who, how and why

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has been exercising salsa dance. We have also found out what are the socio-demographic characteristics of the dancers who have just started or who have already had a several years of practicing the same salsa dance lessons. The results were partly expected, if we take into account all the characteristics of salsa. However, we have proved that the application of this questionnaire can help us get "a rough picture of" every individual dancer and to recommend him a form of exercise that would be most appropriate for him. A move such this one is would likely result in less giving up exercise after a while, and dancers would have a positive effect on desire and attitude about exercising.

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