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The impact of circle dance on well-being: a qualitative study

Dr Ana Lucia Borges da Costa
Prof. Diane Cox

WFOT Congress 2018 Cape Town
Outline of the presentation

• Circle dance: background and historical context
• Research design
• Findings and discussion
• Conclusion
Circle dance
PhD research topic

CONTRIBUTION TO KNOWLEDGE

Circle Dance

Well-Being

O.S. / O.T.
Methods

• Grounded theory: constructivist approach (Charmaz, 2006)

• In-depth interviews

• Analytical process: major categories (circle dance participants, teachers and coordinators)
Findings: participants’ major category

“\textit{I can’t imagine life without it}”

- Unique experience of being engaged
- Feeling part of the ethos of circle dance
- Helping to overcome difficulties in life
Conclusion

Meaning

Well-Being

Circle Dance

Potential

Significance

Quality
References


Many thanks!

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