

Abstract

Title: The influence of dance training on mood and feelings of people with paraplegia

Objectives: The objective of this work was to detect using POMS questionnaire, whether the dance education has a positive effect on mood of people with paraplegia. Specifically, we focused on feelings such as depression, activity, anxiety and fatigue.

Methods: The survey is a quantitative type using the POMS questionnaire (Profile of Mood State). Research has become a set of 40 people with paraplegia. 20 people were the control group and 20 persons were experimental group.

Results: Dance education has significantly reduce the feeling of depression, anxiety, fatigue, and increase activity in patients with paraplegia.
Dance in our case, show better results than any other sporting activity.

Keywords: *Dance education, paraplegia, mood, feelings, emotions, sports, music, adapted physical activities*