

Posbindu Cadres Art Dance Therapy (PodCAsT) Improving the Quality of Life

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Abstract

Background: Stress is something condition disease no contagious as possible give an impact bad for health when keeps going experienced by someone for period long. Dancing could be fun for Posbindu Cadres but also could help promote relaxation to reduce stress. **Objective:** This study aims to uncover the effectiveness of Posbindu Cadres Art Dance Therapy (PodCAsT) for Posbindu Cadres in reducing stress. **Method:** The study was a quasi-experimental research with a one-group pretest-posttest design. Twenty-Eight cadres at Gading Wetan Donokerto, Sleman, Yogyakarta, Indonesia were participated the study. Level of Stress was measured using the Hamilton Anxiety Rating Scale (HARS). Data were analyzed using the Wilcoxon test. **Result:** There was a significant difference with ($p < 0.001$) between the stress level on cadres before and after Posbindu Cadres Art Dance Therapy (PodCAsT) with with the stress level from 30 to 11. **Conclusion:** The PodCAsT could effectively reduce the level stress of cadres who experience stress with severe anxiety because of the many duties and responsibilities carried out by Posbindu Cadres in serving and monitoring and controlling public health. **Implication:** Posbindu Cadres Art Dance Therapy (PodCAsT) can be applied in communities, especially communities, to improve the quality of life and at the same time maintain Yogyakarta traditional dancing culture.

Keywords: traditional art dance, stress, posbindu cadres, quality of life, public health



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INTRODUCTION

Stress can be categorized as become No-Infection Disease (NID), however, is the biggest killer in the world with 35 million deaths each year, from around 60% of all deaths, especially heart attacks, strokes, diabetes mellitus, cancer, chronic lung disease, and accidents (1). Empowerment in the manner individuals, families, and the public can hold with notice conditions and situations specifically social the culture around it. Form independence public in detect early and monitored factor risk disease not infectious in a manner routine through activity *Posbindu* (coaching post integrated) (2).

NID *Posbindu* is a new program, initially, the cadres were existing health cadres, namely *Posyandu* toddler cadres or elderly *Posyandu* cadres. The activeness of these cadres cannot be separated from the role in the form of guidance and attention from elements of the local government and related agencies/agencies which have so far been considered lacking. Work in health care is voluntary, solely driven by the desire to participate in helping the surrounding community to be healthier (1).

Posbindu cadres are volunteers who are seen as having more abilities than other members of the community. The recording has contributed greatly to the implementation of the *Posbindu* program. The majority of cadres are able to communicate well in the implementation of the elderly *posbindu*, this is because the cadres have been provided with the material through training and experience (3).

Posbindu cadres mentioned becoming waiter public with hefty demands high. It can to trigger cadres *Posbindu* experiencing stress. Like above statement that the resulting impact from someone who is experiencing prolonged stress raises the effect negatively for the sufferer. Not only bother in manner psychology but also raises effect side dangers in physical health (4). On its result explains that the impact caused by stress can be seen in physical characteristics such as thinning hair to baldness, dry mouth, frequent mouth ulcers, shortness of breath and asthma, the emergence of the risk of diabetes due to reduced insulin production, erectile dysfunction, production low sperm in men, severe menstrual pain, and decreased sex drive, causing headaches, insomnia, anxiety disorders, depression, acne, constipation,

gastric ulcers, tingling, cramps, and musculoskeletal diseases. This situation will hinder the *Posbindu* cadres in carrying out their services to the community, even worse the *Posbindu* cadres will become one of the patients who must be handled also by other *posbindu* cadres.

The combination of dance and music is an effective component of pharmacological therapy to improve quality of life, where one of the parameters is decreased stress levels (5). Research states that Javanese gamelan music with pelog tones can reduce stress and even depression (6). Traditional Javanese dance is an art dance that can be collaborated with Javanese gamelan music (7). This art dance activity can be used as one of the activities to improve the quality of life (8). Art Dance activity is a general term that refers to a psychotherapeutic approach that facilitates psychological change and personal growth through the medium of dance as a form of expressing emotions, nonverbal communication, and improving communication [9]. The results of the study show that art dance is useful in forming deep stress coping the research of [10].

Stress reduction occurs because the body produces serotonin and dopamine hormones by doing art therapy dance traditionally, the hormones serotonin and dopamine are hormones that function to trigger feelings of happiness and coping with stress. Tuberculosis cases continue to develop and rapidly increase in the Southeast Asia Region despite the active campaign and availability of global TB Control programs. It is interesting to note that as recommended by World Health Organization (WHO) the therapeutic regimen under direct observation has shown to be highly effective both in preventing and treating tuberculosis but poor adherence to anti-TB medication is a major barrier to its global control. Despite all the best effort on the part of the health professionals, desired outcomes might not be achievable if the patients are non-compliant.

Based on the explanation above, do research on cadres *Posbindu* who experience stress with giving support from training traditional dance art. Activity this is held with objective give change for cadres *Posbindu* lead to circumstances that are better where the cadres become more enthusiastic, never give

up, the body's endurance is stable, and they don't get tired easily because traditional dance makes a person's reflexes come from thoughts and feelings, helps the development and integration of new adaptive movement patterns along with new emotional experiences accompanied by several changes (11). With a trained cadre *Posbindu* can help educate families and communities to do traditional art dance therapy at home so that patients can maintain quality of life and get proper care Good. Cadres and community members can coordinate and assist with health monitoring together with the local *Puskesmas* to help improve the community's quality of life.

Concept of *Posbindu* Cadres

Health cadres are the right target group in the implementation of health programs because they are considered the first place of reference for health services. Health cadres are trained and function as monitors, reminders, and supporters to promote health[2].

Posbindu Cadres Duties (Ministry of Health RI, 2016): (a) Do approach to leader groups/institutions/institutions, (b) Do survey alert self/data together officer, (c) Carry out discussions together in settlement maintenance *Posbindu* NID, (d) Carry out activity *posbindu* NID including visiting house when needed, (e) Push member group community/group/agency/institution to date to *Posbindu* NID, (f) Do recording results activity *Posbindu* NID

As for the activities that can be carried out by Health Cadres at *Posbindu* NID namely[12] : (a) Factor monitoring risk with NID on an ongoing basis routine and periodic, (b) Counseling factor NID risks regarding diet, activity physique, smoking, and others, (c)Interactive counseling/dialogue in accordance problem the most, (d) Activity physique together like joint sports and work filial piety, (e) Reference case factor risk in accordance criteria of clinical. *Posbindu* Cadres in Yogyakarta also carries out routine activities such as exercise to improve health. So far, they have never done health exercises in the Yogyakarta cultural style, namely traditional Yogyakarta style dance, even though this city is known as a cultural city with cultural products, namely traditional dance. So apart from improving health, it is also hoped that it can

maintain culture because many people like to dance traditional dances. Therefore, researchers implemented *Posbindu* Cadres Art Dance Therapy (*PodCAsT*).

Concept of *Posbindu* Cadres Art Dance Therapy (*PodCAsT*)

Dance therapy that has existed so far, such as dance movement therapy, is commonly used in psychological therapy, but what distinguishes it from traditional art dance is that it harmonizes thoughts and emotions more by using a variety of Yogyakarta Style Dance techniques and using Yogyakarta gamelan music accompaniment with pentatonic tones and scales. *pelog*, where this music is calming.

The variety of dances used are *ngithing*, *ngruji*, *nylekenthing*, *obah lambung*, *pacak gulu*, *kapang-kapang*, *kicat-kicat*, *ngayang*, while the gamelan instruments consist of *gender*, *siter*, *bonang*, flute, *kethuk*, *kenong*. So, in addition to stress therapy for children, the uniqueness of this traditional art dance is that it emphasizes the uniqueness of Yogyakarta's variety of movements which are very detailed with the accompaniment of Yogyakarta gamelan and have the noble aesthetic value of Yogyakarta culture.

The combination of dance and music is an effective component of non-pharmacological therapy to reduce stress and even depression[5]. Art Dance activity is a general term that refers to a psychotherapeutic approach that facilitates psychological change and personal growth through the medium of dance as a form of expressing emotions, nonverbal communication and improving communication[9] The results of previous research show that dance movement is beneficial in forming stress coping [10]. The decrease in stress occurs because the body produces the hormones serotonin, and dopamine by doing dance therapy where the hormones serotonin and dopamine are hormones that function to trigger feelings of happiness and coping with stress[13].

OBJECTIVE

The purpose of this study was to determine the effect of traditional dance therapy on NID cadres in relieving stress due to work demands.

Methods and Design

This study involves Posbindu Cadres in Gading Wetan Donokerto Turi Sleman who was given therapy traditional dance with collaborating Shinta Art Dance School.

Sample, sample size & sampling technique

A total of 28 cadres *Posbindu* NID in Gading Wetan Donokerto as sample were given training performing traditional dance during One day on range time 08.00-13.00. This study used a total sampling technique, which included all *Posbindu* cadres as samples.

Data collection process

Before done training in traditional dance arts, the cadres *Posbindu* requested to fill in questionnaire as posttest reference and fill out again the questionnaire after do training traditional dance as results from the pretest. Measurement is done in a manner anthropometry, that is measurement human individual to know human physical variations.

Instrument for data collection

The questionnaire became an instrument in collecting data using the HARS (Hamilton Anxiety Rating Scale) questionnaire, which is a questionnaire to measure anxiety both psychologically and somatically. The weight of the score on this HARS questionnaire and the total score obtained:

Table 1: Scores of HARS questionnaire

Score	Total Score	Information
0	< 14	No Anxiety
1	14 - 20	Light Anxiety
2	21 - 27	Moderate Anxiety
3	28 - 41	Heavy Anxiety
4	42 - 56	Heavy Very Anxiety

Data Analysis

The results of the posttest and also the pretest that has been filled in by cadres *Posbindu* were counted use tool SPSS aid using the Wilcoxon test.

Ethical consideration

Hereby, we are the authors consciously assure that for the manuscript *Posbindu* Cadres Art Dance Therapy (PodCAst) Improving The Quality of Life the following is fulfilled: 1) Research and writing of manuscripts have

followed the standards and code of ethics of the University of Gadjah Mada University about authorship in Chancellor’s Regulation number. 6/P/SK/HT/2015

2) Research and writing of manuscripts have followed Ethics Commissions of Faculty Medicine, Public Health, and Nursing with ethic number KE/FK/1043/EC/2022.

This research has obtained the consent of the respondent or patient. Also, this research has followed Helsinki Guideline to respect the individuals and groups involved in this research and still pay attention to safety above the interests of research. The violation of the Ethical Statement rules may result in severe consequences.

RESULTS

The 28 health cadres become samples from the study and are amount population. *Posbindu* Cadres This manifold sex women and aged between 42-55 years. Following is table demographics cadre *Posbindu* as screening beginning with see the history of the disease which is owned sample in research this:

Table 2: Demographics of Posbindu Cadres

Characteristics Demographics	Amount		N (%)	
	No	Yes	No	Yes
NID history in the family				
Diabetes	23	5	82	18
Hypertension	21	7	75	25
Heart	24	4	86	14
Strokes	24	4	86	14
Asthma	26	2	93	7
Cancer	25	3	89	11
High Cholesterol	27	1	96	4
NID Personal History				
Diabetes	28	0	100	0
Hypertension	20	8	71	29
Heart	27	1	96	4
Strokes	28	0	100	0
Asthma	28	0	100	0
Cancer	26	2	93	7
High Cholesterol	26	2	93	7
Measurement NID risk		N	Means	
Weight		28	59,14	
Height		28	152,42	
Circumference		28	90.96	
Stomach				
Blood Pressure		28	137/86	
Blood sugar		28	122.36	

Total Cholesterol	28	291.86
Sour Tendon	28	5,15

Based on the table one can depicted that cadre Gading Wetan Posbindu Donokerto on average no own history of disease no infectious good from his family nor from self-individual cadres. Based on measurements factor risk disease No contagious also shows that all cadre Posbindu in Gading Wetan Donokerto on average not appear characteristic from one class disease no contagious, but necessary watch out is total cholesterol factor that exceeds normal limits, this can just because pattern eat, consume food with still proportions not yet stable like lack vegetables and fruit, as well lack of activity physique (14). Stress experienced by Posbindu Cadres in Gading Wetan Donokerto also works to trigger an increasing rate of cholesterol because of release of stress hormones (15).

Table 3: mean difference of quality of life before and after receiving posbindu cadres art dance therapy (podcast)

	RESULT		Z Score	P-value
	N	Mean		
PRETEST	28	30		
POSTTEST	28	11		
Negative Ranks	28			
Ties	0		-4.626	.000
Total	28			

DISCUSSION

The test results use the Wilcoxon Test which is assisted by this SPSS program and can be seen in section negative ranks, where show exists different results on the pretest and also the posttest. The difference results from the pretest and also posttest this average value of 14.50, where the cadres experience stress management of 14.50. This proves that exists therapy training using traditional dance rated effectively lower cadre stress levels *Posbindu* in Gading Wetan Wonokerto. This is also strengthened with proof that marks asymp. Sig. (2-tailed) is worth 0.000 whichever is greater small of 0.05 then therapy training use

traditional dance effect on the decline cadre stress levels Posbindu.

The test results above make it clear that Posbindu Cadres in Gading Wetan Donokerto experience stress with an average score of 30, which indicates that Posbindu Cadres experience stress with severe anxiety. This can happen because of the many duties and responsibilities carried out by Posbindu Cadres in serving and monitoring and controlling public health, this allows Posbindu Cadres in Gading Wetan Wonokerto to experience fatigue both physically and psychologically. It was consistent with a previous study that fatigue from carrying out tasks or responsibilities carried out by individuals or groups can trigger increased stress(13).

Posbindu Cadres Art Dance Therapy (PodCAsT) has proven to give influence in lower stress levels on Posbindu Cadres. The mechanism of Posbindu Cadres Art Dance Therapy (PodCAsT) is like a complementary therapy, namely Dance Movement Therapy (DMT), which is a form of creative arts psychotherapy that utilizes dance and movement to increase emotional, social, cognitive and physical integration. What is different is the variety or types of movements that are modified with traditional dance movements from the province of Yogyakarta, Indonesia, which is one of the cultures of Yogyakarta. This dance therapy has been proven to effectively reduce stress, anxiety, and depression while improving overall health. Through physical release of tension, release of endorphins, emotional expression, mindfulness, social support, and creative expression, dance therapy provides individuals with a holistic approach to managing stress and improving well-being. Overall, apart from reducing stress, dance therapy can also improve overall health and quality of life (16).

Stress level of *Posbindu* cadres was down more drastic than average with a score of 30 decreased as much as 14.05 after the Wilcoxon test was performed. This result is in line with research conducted by [17]which reveals that dance therapy has efficient impact in reduce psychological stress and increase internal stress management period short even period long Because dance therapy uses approach psychodynamics, which combines leadership directive and non-directive, as well use an

interpersonal approach that can increase quality live, coping, and degrade level stress. [18]also explained that therapy dance art significantly reduces tension as well as anxiety. Treatment-based dance movement can help dictated symptoms depression good in a manner physiological or psychological (5).

Scientific Concept related to Therapy (PodCAsT).

The designed choreography for the dance comprises of seven primary movements that are either muscle stretching, or relaxation method moves. This combination of stretching exercises has been shown to reduce stress levels, boost learning motivation, and decrease student tiredness (19). This can be done by performing extension, rotation, slight adduction flexion, followed by extension and slight hyperextension.

The initial action consists of stretching the left hand, followed by wrist and finger *ngithing* for a total of three times-eight counts. This exercise focuses on the motor abilities of the hands, wrists, fingers, and the biceps and triceps of the hands through a combination of stretching and a variety of Yogyakarta dances, specifically *ngithing*. The concentration of motor skills in the area of the arms and hands is capable of stimulating blood flow to enter the brain and balancing the activities of the right brain and also the left brain so that it may activate memory so that the mind becomes clear, and the child's creative mind emerges. The second movement is intended to emphasize hand motor skills and foot motor skills. This movement consists of *nylekenthing* the toes, stretching the hands, and *ngithing* the wrists and fingers for a total of 4x8 counts. Each hand is kept in the supine position. This foot motor exercise is designed to reduce blood pressure and maintain a normal heart rate (20).

The third movement seeks to calm breathing by coordinating slow circular movements with alternate inhalations and exhalations. Both the right and left hands are extended upwards, then the wrists and fingers are extended straight up to create the *ngruji* dance variety with a period of 4x8 counts, and then gently rotated. Breath relaxation seeks to promote alveolar ventilation, maintain oxygen exchange in the lungs, decrease muscle tension, and facilitate oxygen transfer to the brain to

induce a state of calm and relaxation (21). Besides, breath relaxation can help lessen levels of anxiety (22).

The fourth movement is performed by bending the right and left hands in front of the chest, then followed by the wrists and fingers of the hands facing down to form a variety of worship dances with a duration of 3x8 counts. Meanwhile the body movement is to sit with the right leg bent and the knee up, and left leg with knee flat on the floor. This movement is called sitting *jengkeng* aimed to train focus and relaxation. The fifth and sixth movements are designed to relax the back and head. The sixth movement is a blend of the *ngithing*, *ngayang*, and *ogek lambung* dances. This exercise is part of the progressive muscle relaxation technique, which involves tensing and then relaxing the muscles to minimize muscle tension, muscle soreness, improve fitness, and enhance oxygen flow (22). Repetition and regularity of this progressive muscle relaxation technique can also reduce stress levels. This relaxation will decrease the activity of the sympathetic nerves and raise the activity of the parasympathetic nerves, allowing the parasympathetic nerves to control the hormone adrenocorticotrophic and the adrenal glands to lower the release of the hormone adrenaline. If the adrenaline hormone drops, the work of the body's organs and the feelings of wrath, worry, fear, and tension diminish, allowing the body to rest (23).

The seventh movement consists of the body standing with legs crossed and toes up. While the two hands are extended towards the lower body, the wrists and fingers make various *ngithing* dances. This movement is followed by 4x8 counts of leaping forward and backwards, each four times. In the movement, the legs are stretched to alleviate muscle tension caused by exhaustion after long activities or excessive sitting. Stretching the leg muscles will stimulate the back and neck muscles, which will induce a sense of peace and relaxation, hence reducing stress levels(23).

Therapy of traditional dance can be applied to children until age matures and give proof success in improving health and helping overcome problem psychological like schizophrenia, depression, stress, quality life, distraction eat, and even disturbance emotions (17). Therapy of traditional dance can help lower tension and anxiety because through

dance somebody can experience a power-up hold on memory create trust in self, exploration emotionally, determine goals, and overcome the challenge (24).

Based on the results of the research and the discussion above, it was found that routine traditional dance therapy was proven to be able to help Posbindu Cadres who feel anxiety and stress due to work demands to feel more relaxed and reduce the level of stress experienced by Posbindu Cadres in Gading Wetan Donokerto. For this reason, this study provides recommendations to health workers to continue to maintain mental health, one of which is by controlling stress. Collaborate with dance studios and perform regular traditional dance therapy as an alternative to help control stress levels.

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