

노인 복합무용 프로그램 만족도에 관한 연구

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Abstract

A Study on the Satisfaction with the Composite
Dance Program for the Elderly

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This study is designed to stress the need of dance programs for the elderly people which can be a good physical activity and an art - cultural experience at the same time in an aging society. The study also shows data on a satisfaction survey of a composite dance program.

A composite dance program had been performed by male and female elderly people and they participated in a good health program held in a Welfare center for total 12 weeks. The composite dance program consisted of four parts - dance stretch, dance sports, folk dance and Korean dance. The data of general characteristics of the participants and the satisfaction degrees at organizations and contents of the composite dance program were collected and SPSS statistical program was used to analyze them. The findings are followed:

First, the participants are satisfied with dance sports most, dance stretch the second, Korean ethnic dance the third and folk dance the fourth. They wanted to take the dance sports and Korean ethnic dance program again in the next term.

Second, regarding the class hour, program difficulties, satisfactions in the whole program organizations and contents there are meaningful differences between sex.

Third, there are differences of the females from male as to their interests and satisfactions with dance sports and interests, difficulties and satisfactions of folk dance.

In the upcoming aged society, the study on the elderly people's dance program has a critical meaning to improve healthy life and sound leisure activities. To activate these kinds of dance programs, it is needed to develop various curriculum and foster professional dance instructors.

keywords: Dance for the elderly(노인무용), Life long Dance education(평생무용교육), Aged society(고령사회), Cultural welfare(문화복지), Dance program(무용 프로그램)

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