



THE BROCK DANCE RESEARCH LAB

RESULTS FROM "THE IMPACT OF COVID-19 ON COMPETITIVE DANCERS AND THEIR FAMILIES" STUDY FINDINGS FROM TIME 1: MAY 2020 TO NOVEMBER 2020

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This research was supported by the Social Sciences and Humanities
Research Council of Canada

Thank
you!

To begin, the Brock Dance Research Lab would like to thank all of our participants who made this study possible. We deeply appreciate your time and willingness to take part in our research. Going forward, these findings will be used to help better support adolescent dancers and their families.



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Danielle Sirianni Molnar Ph.D.

WHAT WAS HAPPENING IN ONTARIO DURING THE TIMING OF THIS STUDY?

During May 2020, Ontario began to start its first of its 'Phase 2: Restart,' in which a variety of businesses were allowed to open under different restrictions, at different timepoints throughout May. Some of these businesses included seasonal businesses, dentists, psychologists, and short-term rentals.

In June 2020, certain provinces were allowed to enter Stage 2 of its recovery plan. However, some continued to stay in Stage 1. Around the middle of July, the majority of provinces entered Stage 3 of the second phase of the recovery plan.

Moving into August 2020, the Ontario Government announced that elementary school students would be in the classroom full-time, and secondary students would be in the classroom part-time. As well, throughout August 2020, the Ontario Government increased the number of people allowed in indoor recreation, sport, and fitness facilities, as long as social distancing could be maintained.

However, as cases increased throughout September 2020, Ontario reduced the number of people for indoor and outdoor gatherings. With that, new restrictions were placed in different settings. By the end of September 2020, the Ontario Hospital Association called for the province to return to Phase 2, which meant that restrictions were placed on indoor dining, gyms, weddings, and non-essential businesses to prevent more cases and to allow schools to stay open.

Beginning of October 2020, Ontario announced a province-wide mask policy and restricted the number of people allowed in facilities. However, numerous indoor facilities were closed by the middle of October due to the increased cases of COVID-19.

As the province moved into November 2020, a five-tiered, colour-coded system was introduced to determine how areas would be regulated. Standard measures were green, strengthened measures were yellow, restrictive measures were orange, control measures were red, and lockdown was grey. Throughout November 2020, this colour system measure was used, and placed different areas in different coloured zones. Thus, at the time of data collection, Ontario experienced multiple regulation changes and new protocol systems. Therefore, it is important to remember that May 2020 to November 2020 was a time of uncertainty and confusion.



TABLE OF CONTENTS

01

Let's get to know our
Participants

06

General Dance Experiences

12

Dance Experiences During the
COVID-19 Pandemic

15

General Response to
COVID-19 Pandemic

19

Dancers' Mental Health

22

Social Connection

26

Well-Being

28

Perfectionism among Teens

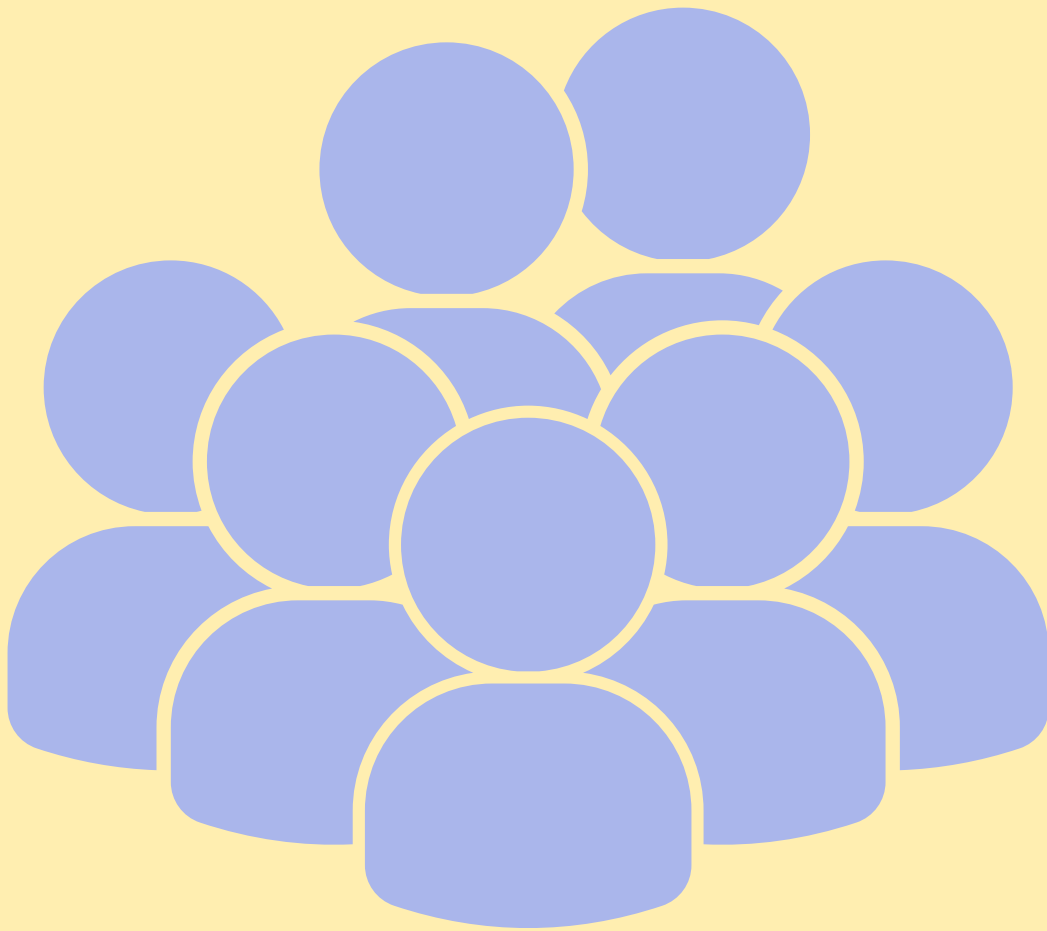
30

Parent Perspectives

33

Summary of Key Findings

LET'S GET TO KNOW OUR PARTICIPANTS



WHO WERE OUR PARENT PARTICIPANTS?

Of the parents that participated in the study, the average age reported was approximately 44.38 years (30-58 years). 94.6% of parents identified as female, 2.7% as male and 2.7% did not identify their gender.



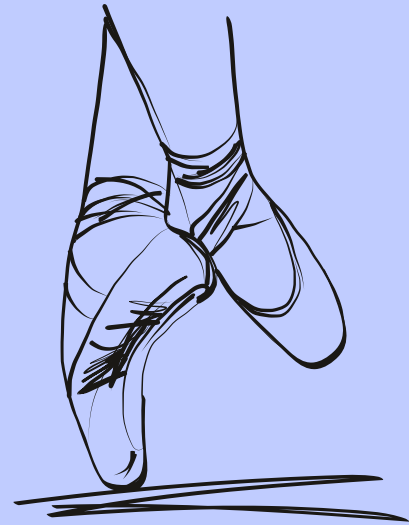
When examining race, 92.3% of parents self-identified as White, 1.9% as mixed/multiracial, 1.5% as Latino/Hispanic, 0.8% identified as Black, 0.8% identified as Asian, 0.4% identified as First Nations, and 0.4% identified as Métis. 1.9% of participants did not identify their race.



LET'S GET TO KNOW OUR DANCERS



The average age of dancers' was 13.83 years (10 to 18 years). As well, 95.4% of the dancers surveyed were female and 1.3% were male. 3.4% of dancers did not identify their gender.



When examining race, 86.5% of participants self-identified as White, 6.8% identified as Mixed/Multiracial, 1.3% identified as Asian, 0.8% identified as Black, 0.4% identified as Latino/Hispanic, and 0.4% identified as Métis. 3.8% of dancers did not identify their race.

DANCERS' GRADES

Most dancers reported earning A's in school (33.8%). 22.8% reported earning mostly A's, 20.3% reported earning a mix of A's and B's, 6.3% reported earning all B's, 9.7% reporting earning mostly B's, 2.5% reported earning a mix of B's and C's, and 0.4% reported earning all C's. 4.2% of dancers did not report their grades.



DANCERS' GRADE LEVEL



Overall, 22.8% of dancers who participated in this study were in grade 8. 19.4% were in grade seven, 15.6% were in grade 9, 13.5% were in grade 10, 9.3% were in grade 11, 8.4% were in grade 12, 5.9% were in grade 6, and 0.4% were in grade 5. 4.7% of dancers did identify their grade.

GENERAL DANCE EXPERIENCES

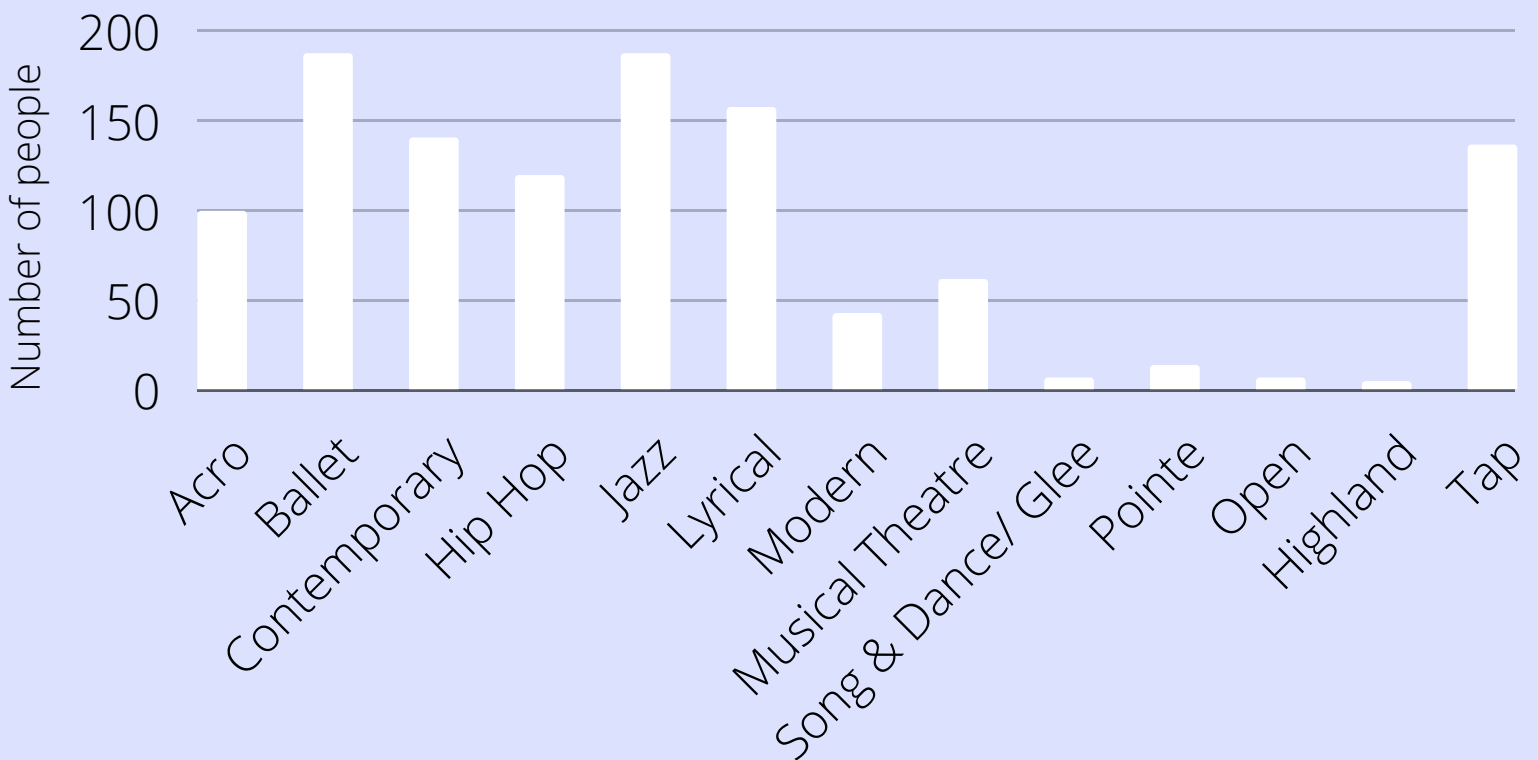


HOW MANY HOURS DO YOU DANCE EACH WEEK?



Dancers' danced on average 12 hours per week. However, some dancers danced as little as 1 hour per week, and other dancers danced as much as 35 hours per week.

DIFFERENT STYLES OF DANCE

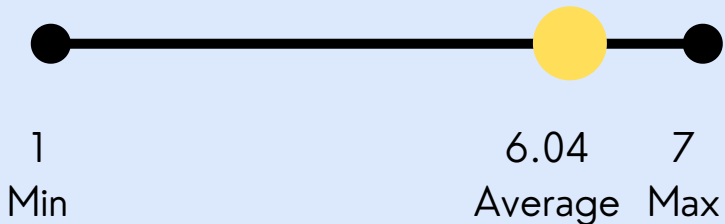


Overall, the three most popular styles of dance were ballet, jazz, and lyrical. The three least popular styles of dance were song and dance glee, open, and pointe.

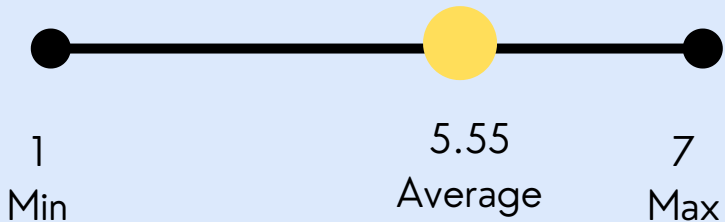
HOW MUCH DO YOU ENJOY...

HIGHER SCORES REPRESENT MORE ENJOYMENT

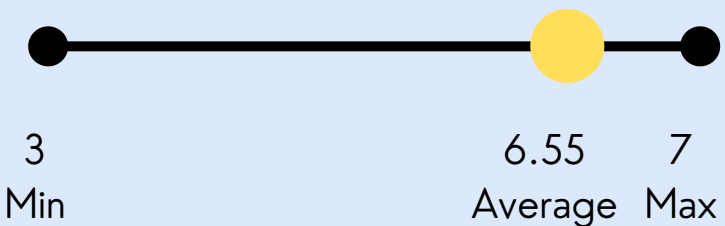
Acro



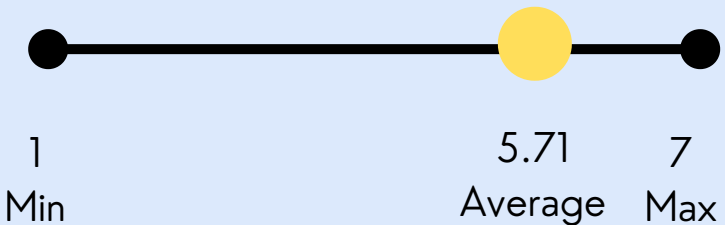
Ballet



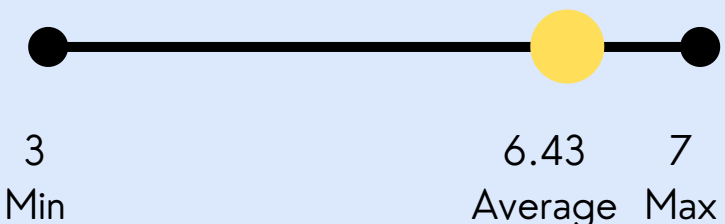
Contemporary



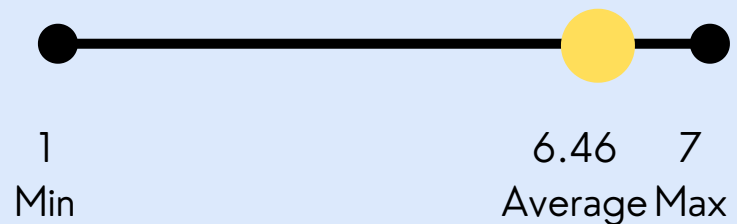
Hip Hop



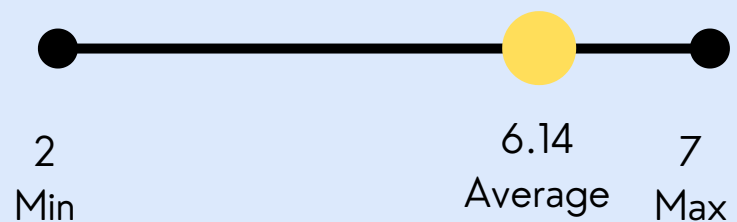
Jazz



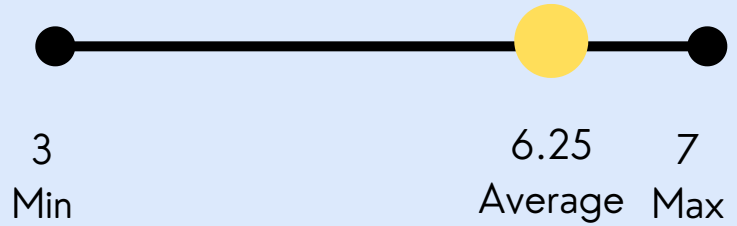
Lyrical



Modern



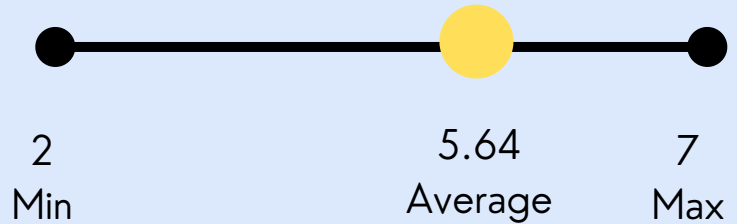
Musical Theatre



Song and Dance/ Glee



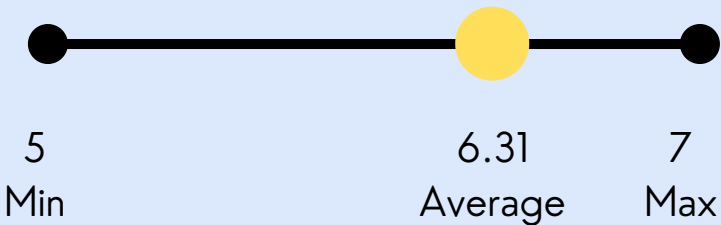
Tap



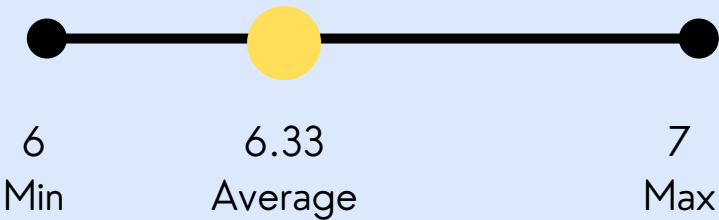
HOW MUCH DO YOU ENJOY...

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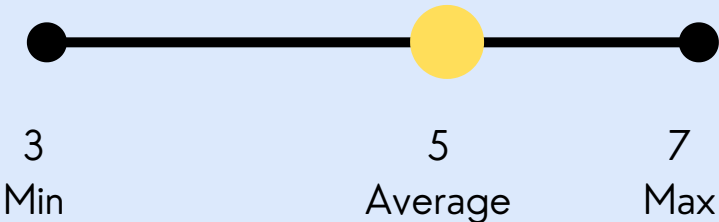
Pointe



Open



Highland



IMPORTANCE

HOW IMPORTANT IS IT TO YOU THAT YOU DANCE?

Participants expressed that dance is very important for them. Specifically, on a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 6.40.



HOW IMPORTANT IS YOUR SCORE TO YOU?

Participants shared that their score is important to them. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 5.22.

HOW IMPORTANT ARE THE JUDGES' COMMENTS TO YOU?

Participants highlighted that judges' comments are very important to them. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 6.03.



HOW IMPORTANT IS IT TO YOU THAT YOU WIN AT COMPETITION?

Participants expressed that winning at competition is important. However, it is not extremely important. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 4.77.

ENJOYMENT

HOW MUCH DO YOU ENJOY DANCING?

Overall, the participants shared that they really enjoy dancing. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 6.68.



HOW MUCH DO YOU ENJOY COMPETITIONS?

Participants also shared that they enjoy competitions. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 6.54.

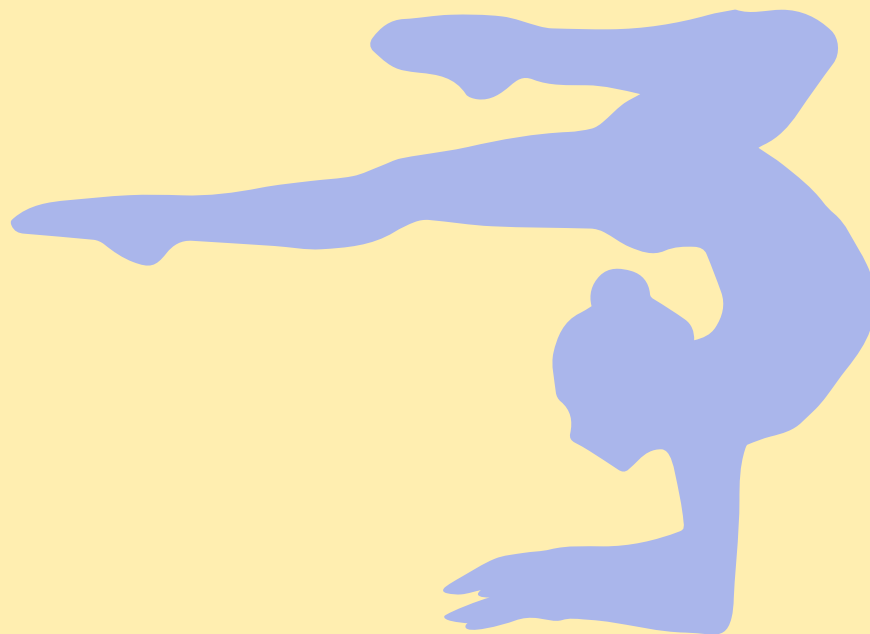
HOW UPSET WOULD YOU BE IF YOU COULD NOT DANCE ANYMORE?

Participants expressed great sadness when asked how upset they would be if they could not dance anymore. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 6.59.

HOW NERVOUS DO YOU GET WHEN YOU PERFORM ON STAGE?

Participants mentioned that they got nervous when performing on stage. On a scale of 1 ("not at all") to 7 ("totally"), participants reported an average of 4.92.

DANCE EXPERIENCES DURING THE COVID-19 PANDEMIC

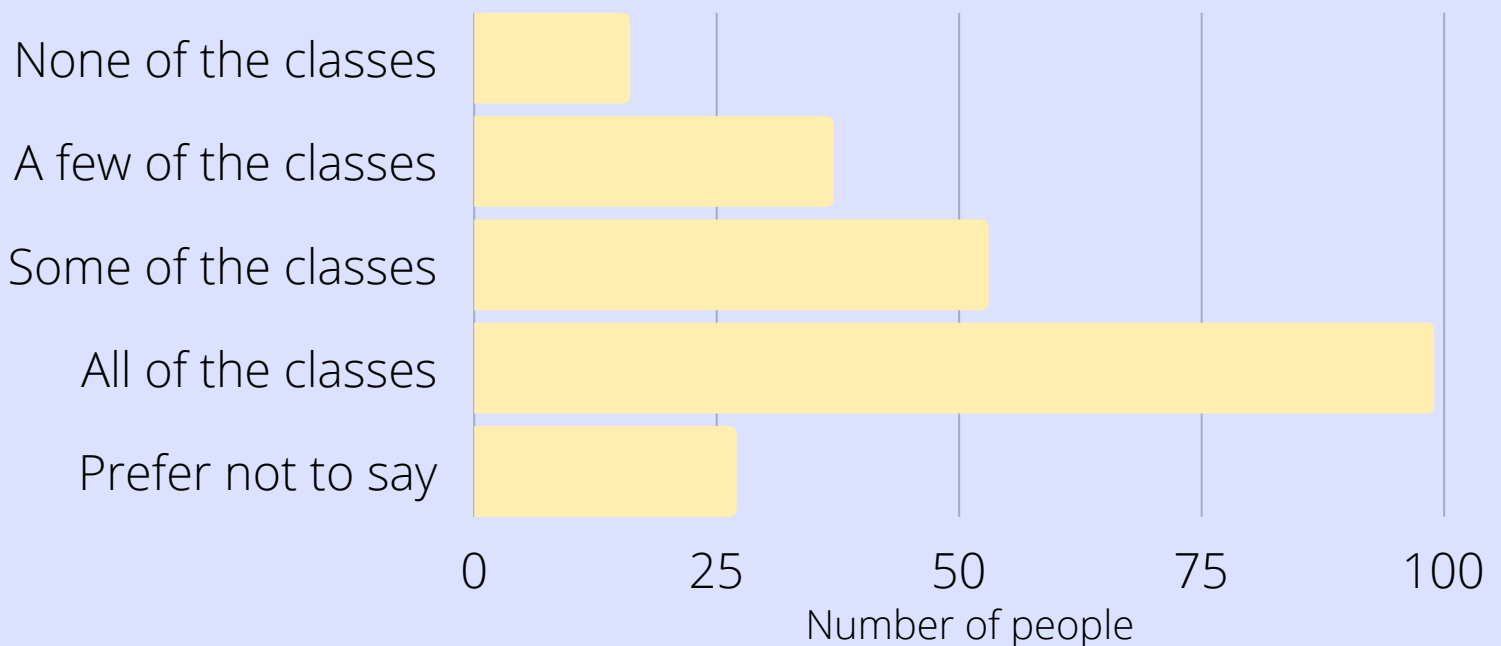


EXPERIENCES

Out of 232 participants, 212 practiced dance at home since their studio closed due to the COVID-19 pandemic. Participants practiced for an average of 5.19 hours per week.

In total, 206 studios offered online dance class options during the COVID-19 pandemic. On average, participants practiced online with their studio for 4.69 hours per week.

ONLINE CLASS ATTENDANCE



When asked how worried participants are that they may not be able to participate in their dance competitions as scheduled on a scale of 1 ("not at all") to 100 ("totally"), the average response was 76.27.

99 participants reported that they participated in dance classes not offered by their studio.

COMMON THEMES WHEN ASKED "HAVE YOUR FEELINGS ABOUT DANCE AND/OR INTEREST IN DANCE CHANGED SINCE YOUR STUDIO CLOSED?"

APPRECIATE
DANCE
MORE

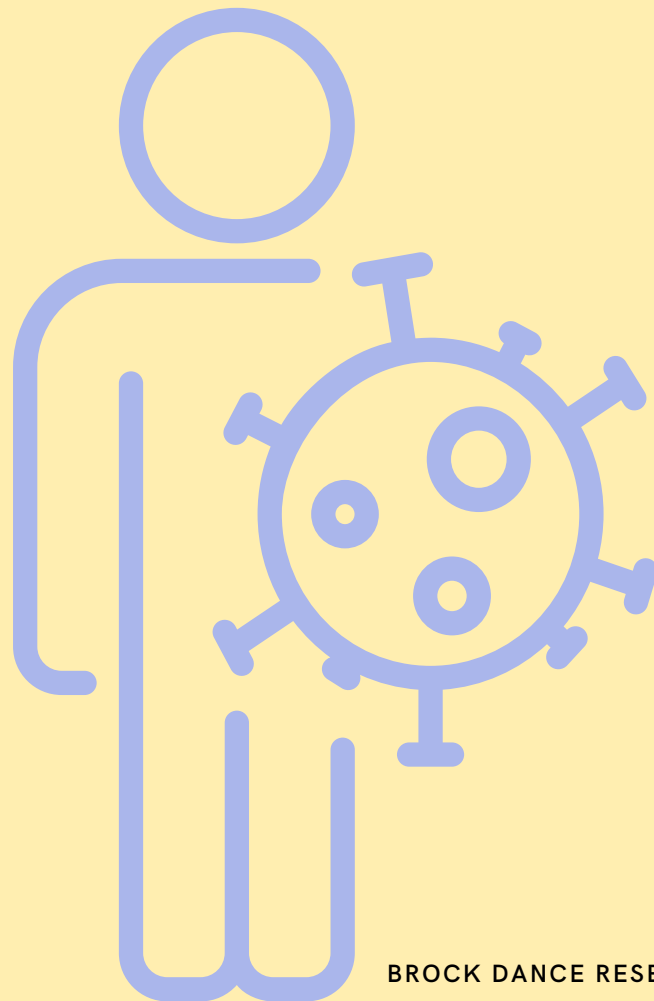
LOST
PASSION

LESS
MOTIVATED

DECREASE
IN SKILL

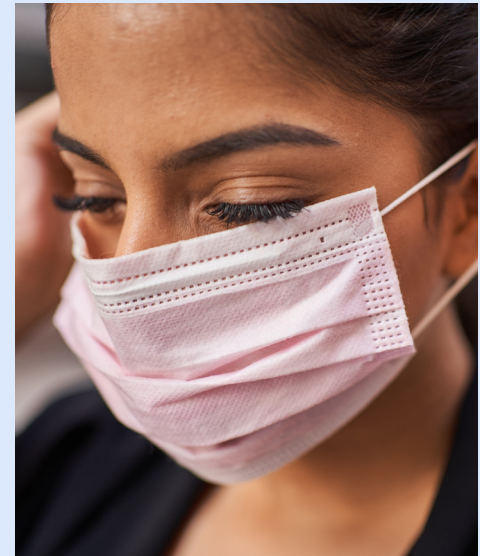
I MISS IT

GENERAL RESPONSE TO THE COVID-19 PANDEMIC

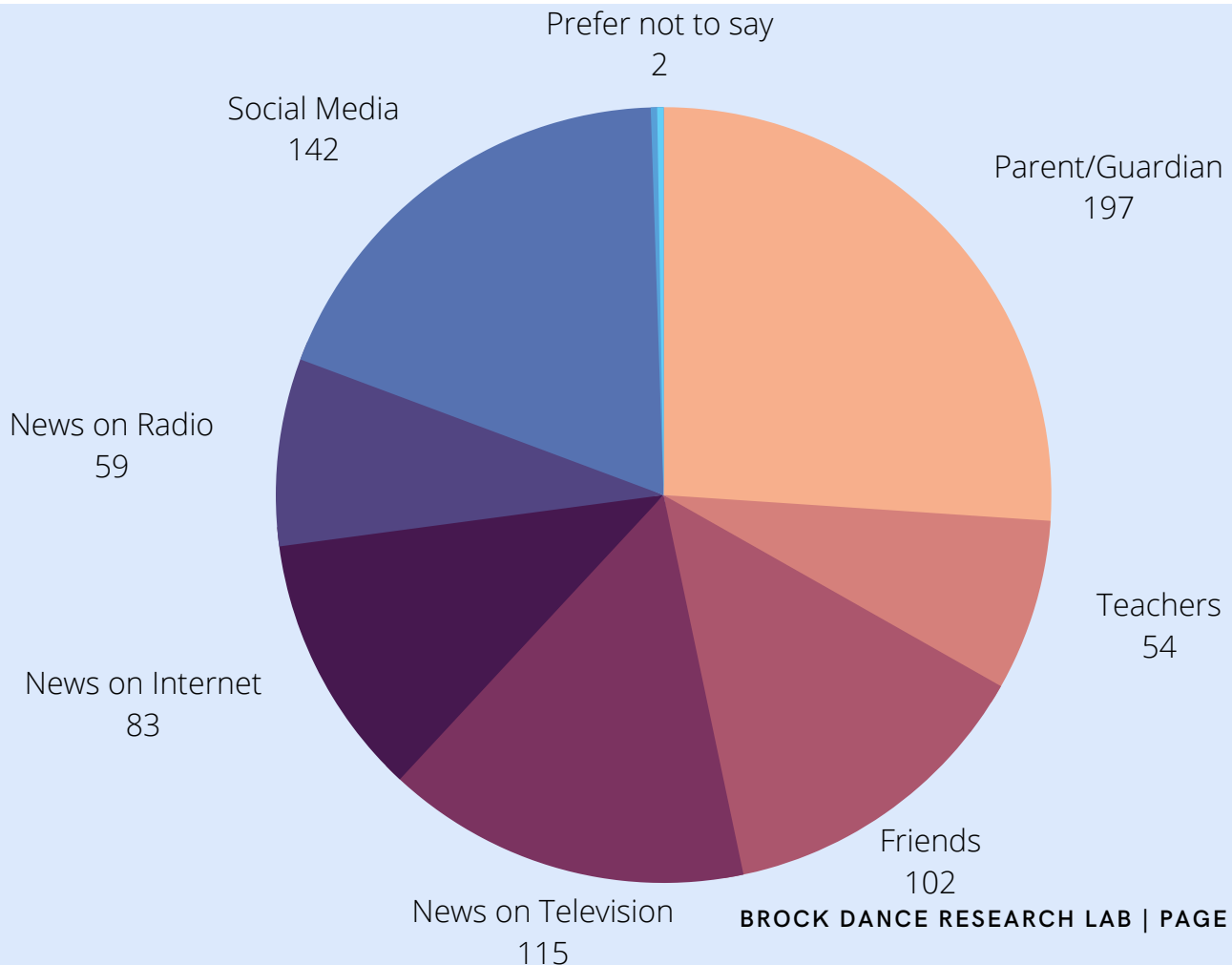


COVID-19 EXPERIENCES


Participants were asked a variety of questions about their COVID-19 experiences on a scale of 0 ("not at all") to 100 ("totally"). When asked how often they think about COVID-19, the average response was a little more than half of the time (58.59). Additionally, when asked how often they talk about COVID-19 with their family, the average response was a quarter of the time (25.09). As well, when asked how often they talk about COVID-19 with their friends, the average response was just under half of the time (43.88). Lastly, when asked if they look up information about COVID-19, the average response was just over a quarter of the time (28.23).



SOURCES OF INFORMATION ABOUT COVID-19



COMMON THEMES WHEN ASKED "WHAT DO YOU MOST LOOK FORWARD TO DOING AFTER COVID-19?"



Going back
to dance



Seeing
friends



Going back
to school



Going back
to normal



COMMON THEMES WHEN ASKED "WHAT POSITIVE THINGS HAVE YOU EXPERIENCED DURING COVID-19?"

Spending time with family

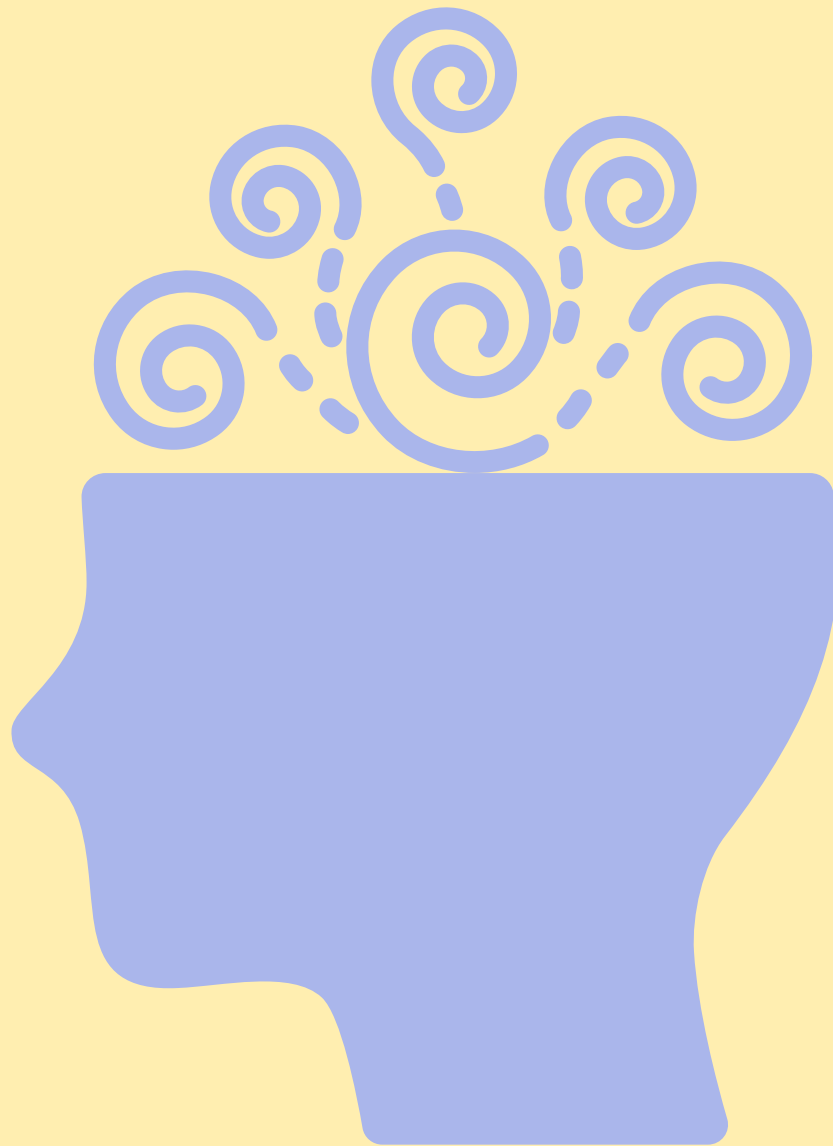
Trying new things

Focused on mental and physical health

Taking a break from life

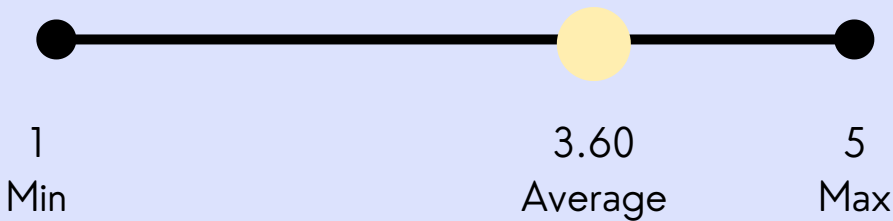


DANCERS' MENTAL HEALTH



BODY IMAGE FEELINGS AND ATTITUDES

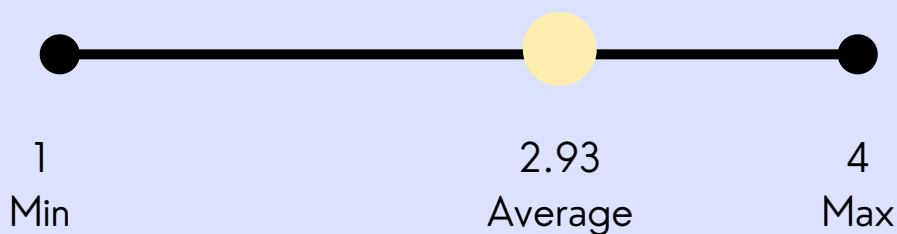
Higher scores represent more positive feelings of their body.



These scores are relatively high, meaning dancers feel fairly positive about their bodies.

SELF-ESTEEM

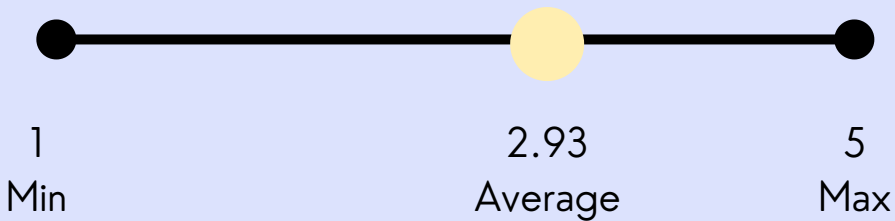
Higher scores represent greater self-esteem



These scores are just above average, meaning dancers reported having moderate levels of self-esteem.

STRESS

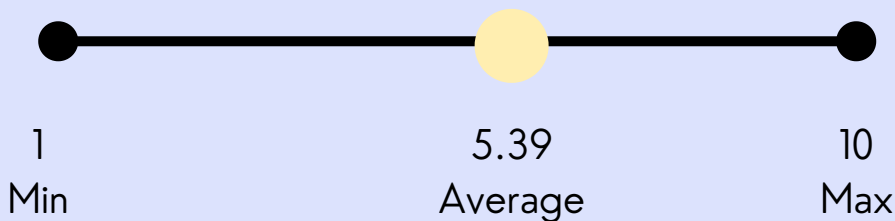
Higher scores represent more stress



These scores are just above average, meaning dancers were experiencing moderate stress.

ANXIETY

Higher scores represent higher anxiety



These scores are also just above average, meaning dancers were experiencing moderate anxiety.

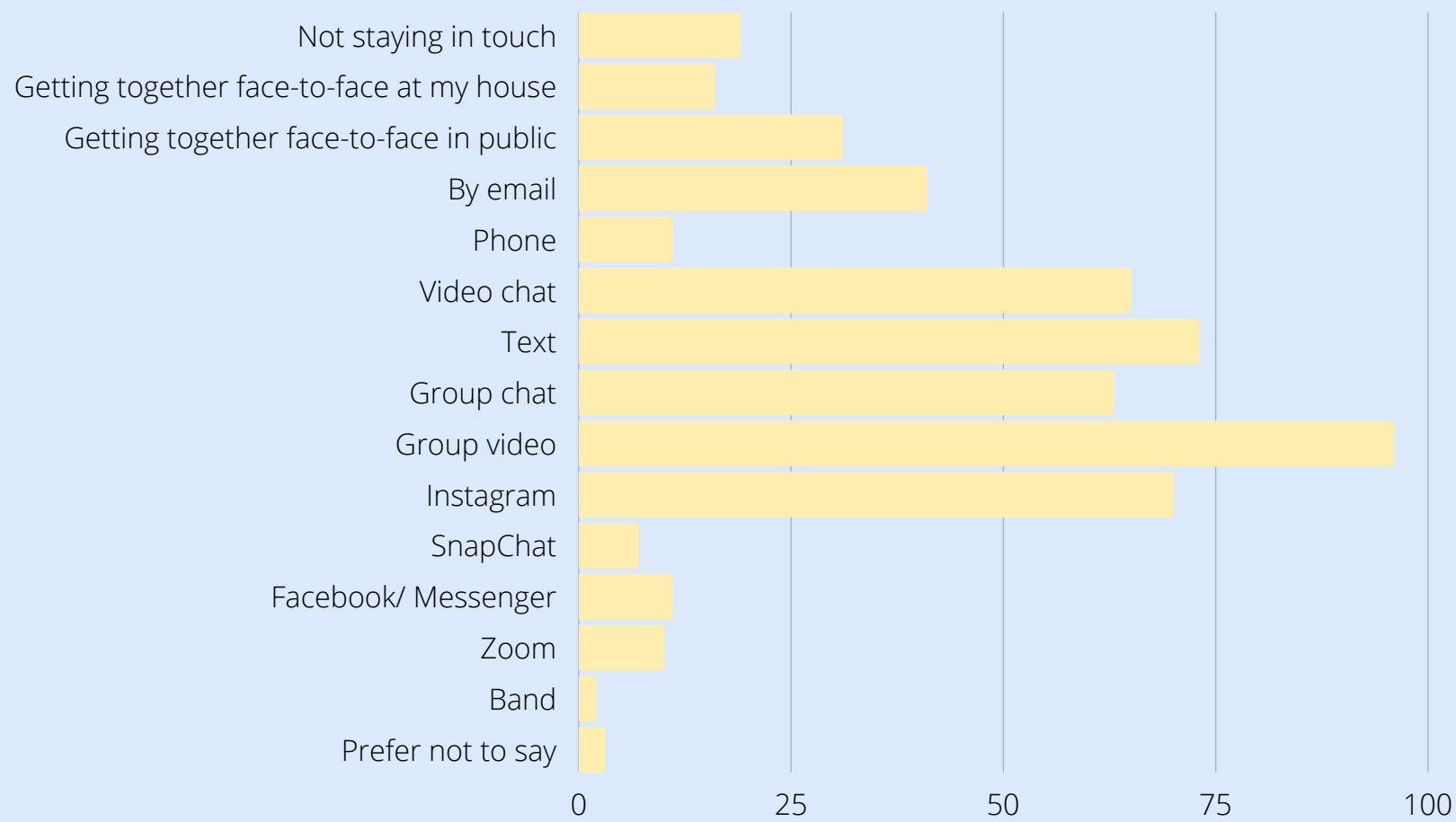
SOCIAL CONNECTION



SOCIAL CONNECTION IN THE STUDIO

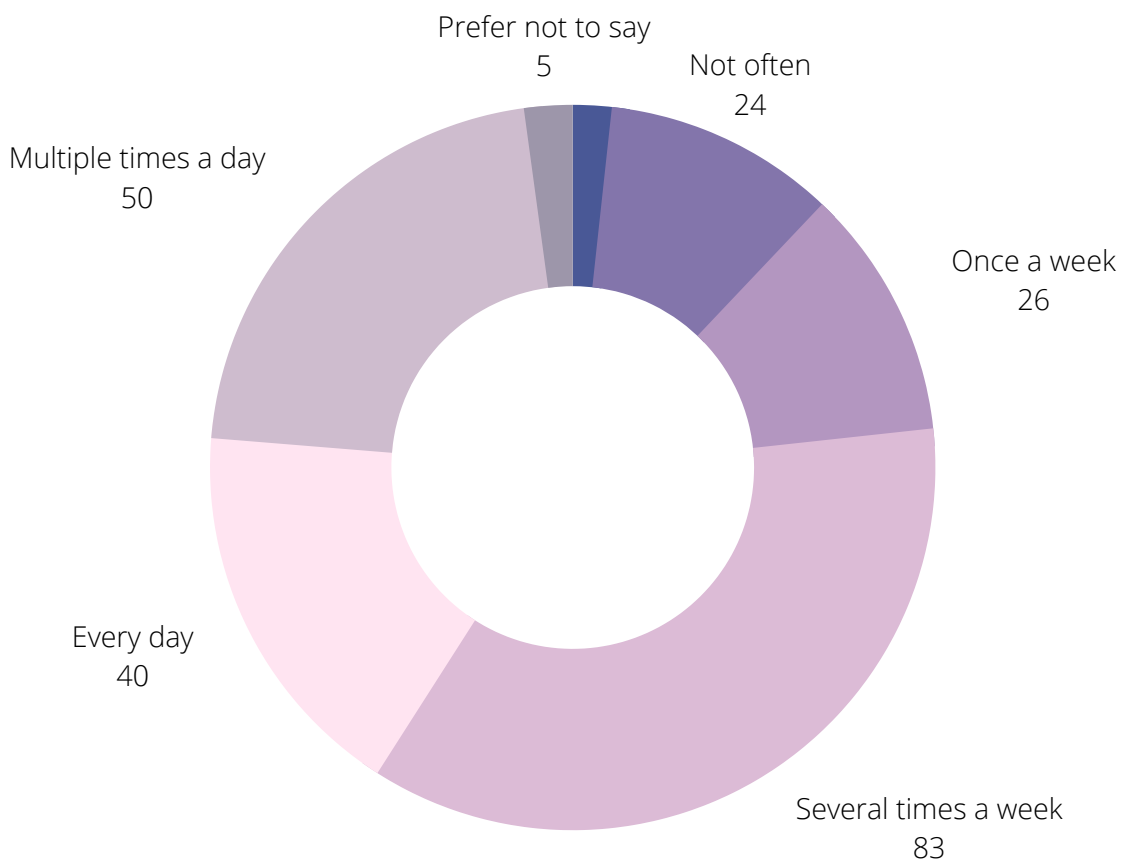
Dancers shared that they missed participating in dance at their studio during the COVID-19 pandemic. Specifically, on a scale of 0 (“not at all”) to 100 (“totally”), the average response was 89.54. The dancers also expressed that they greatly missed their dance teachers. On a scale of 0 (“not at all”) to 100 (“totally”), the average response was 90.18.

HOW DANCERS' STAYED IN TOUCH WITH THEIR DANCE TEACHERS



The majority of the dancers stayed in touch with their dance teacher through text, group video, and Instagram.

HOW OFTEN ARE YOU STAYING IN TOUCH WITH YOUR DANCE FRIENDS?



The majority of the dancers stayed in touch with their friends several times a week, and multiple times a day.

LONELINESS (HIGHER SCORES REPRESENT GREATER LONELINESS)



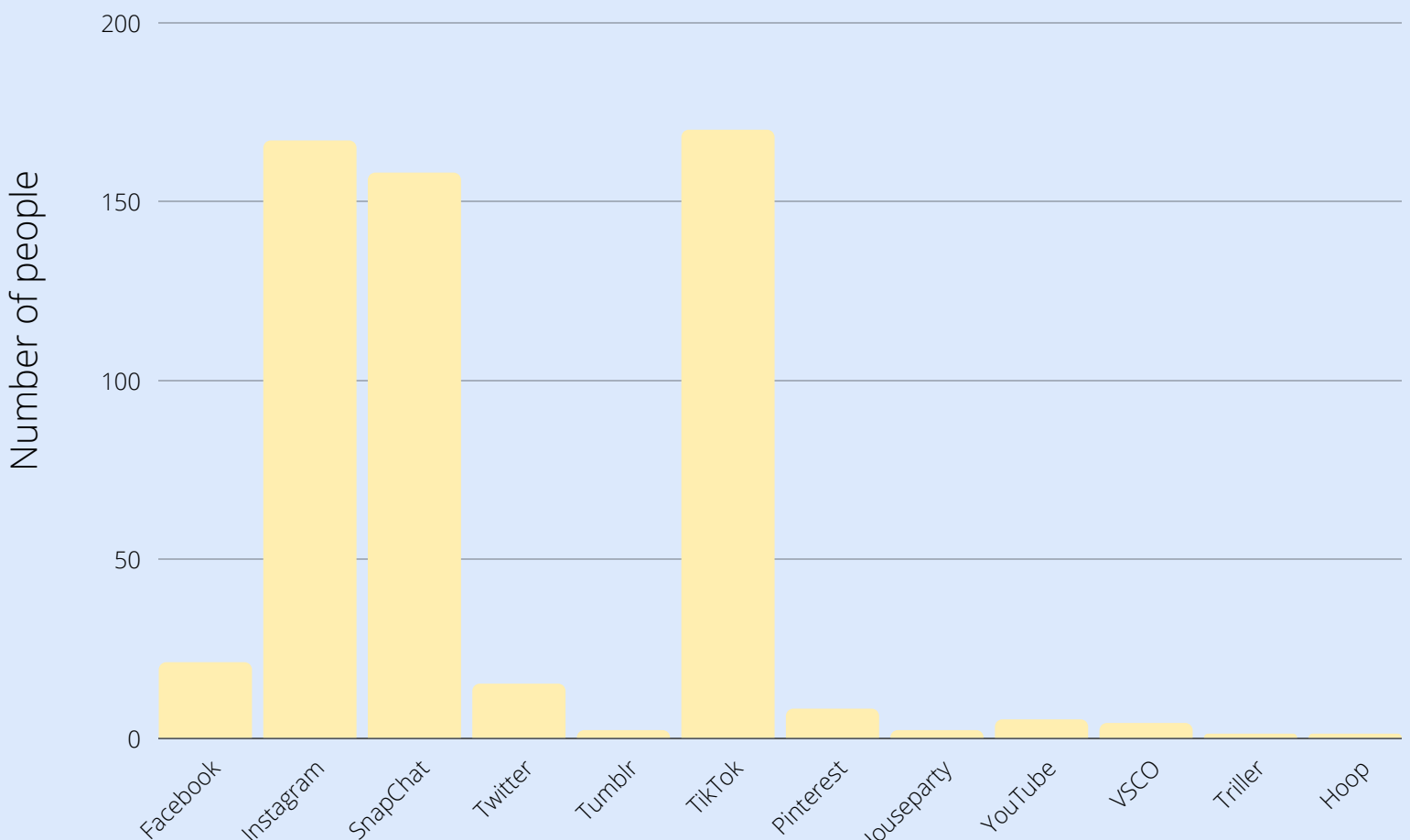
Dancers shared that they experienced a great deal of loneliness.

SOCIAL MEDIA USAGE

Out of 232 participants, 204 used social media. Additionally, the participants shared that their preferred social media platform was part of their daily routine. Participants also shared if they felt out of touch when they didn't log onto their preferred social media platform for a while. On a scale of 1 ("strongly disagree") to 5 ("strongly agree"), the average response was 3.40.



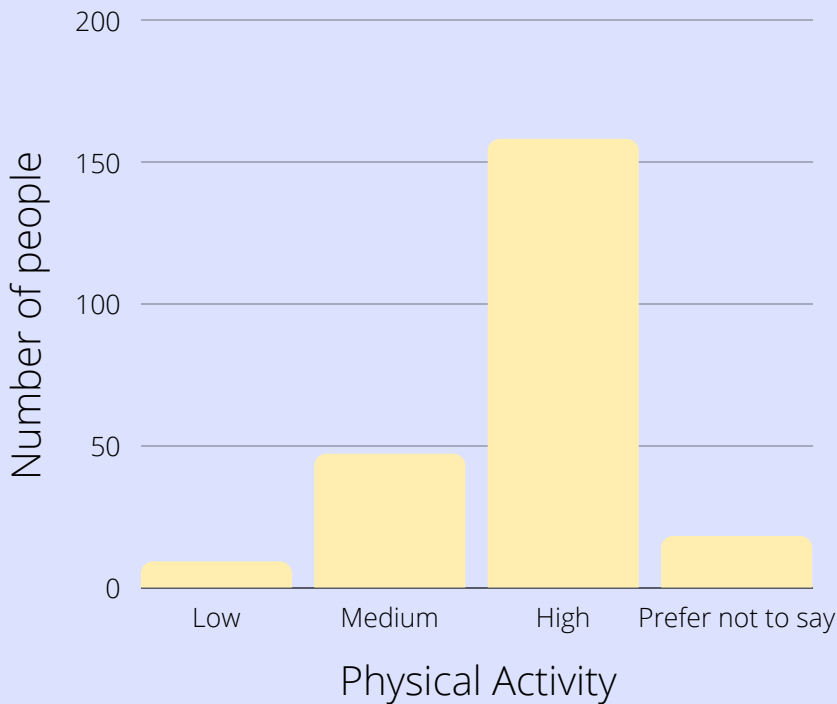
PREFERRED SOCIAL MEDIA PLATFORM



WELL-BEING



PHYSICAL ACTIVITY



Overall, the dancers appeared to be physically active and participated in high levels of physical activity.

PHYSICAL HEALTH

Health compared to other dancers your age



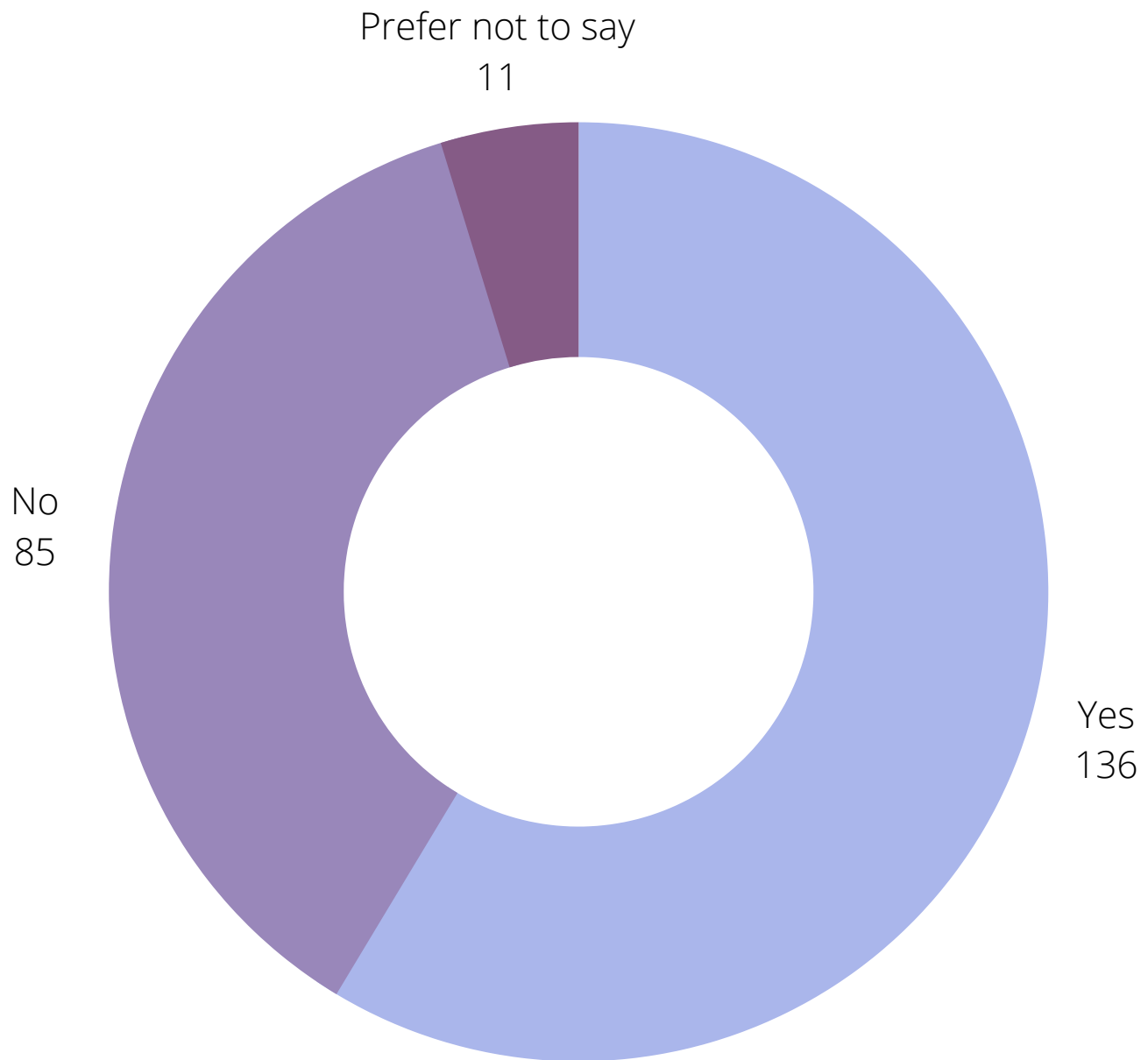
Physical Health Scale



PERFECTIONISM



DO YOU CONSIDER YOURSELF TO BE A PERFECTIONIST?

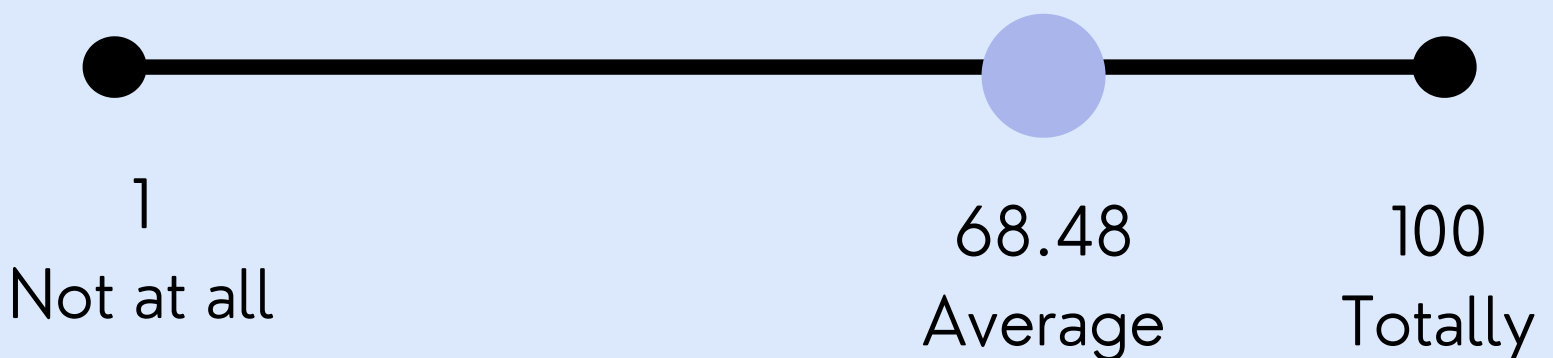


Most of the dancers considered themselves to be perfectionists.

PARENT PERSPECTIVES



HOW WORRIED ARE YOU THAT YOUR DANCER MAY NOT BE ABLE TO PARTICIPATE IN THEIR DANCE COMPETITIONS AS SCHEDULED?



Most parents worried that their dancers were missing competitions

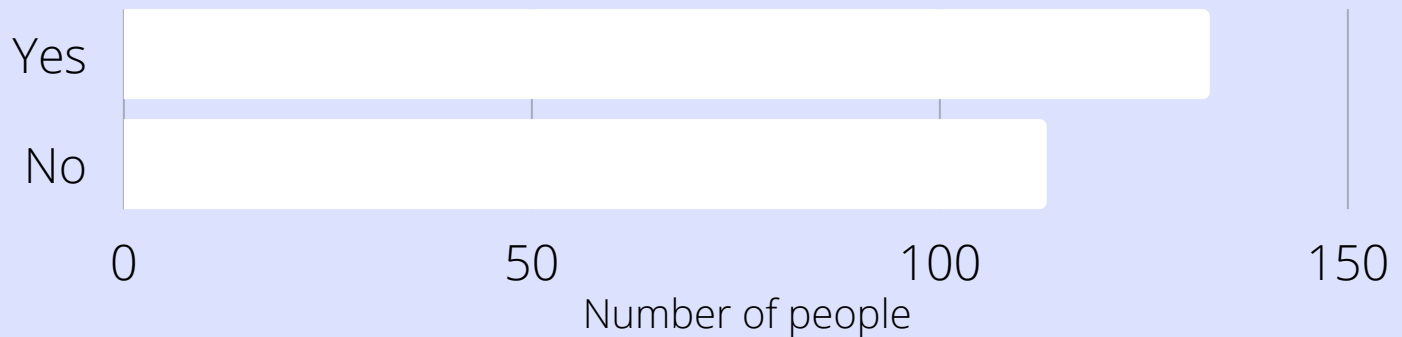
IMPORTANCE OF ENJOYMENT OF DANCE

Parents of dancers were asked a variety of questions that reflect how important it is for their child to enjoy dance. The questions ranged on a scale from 1 ("not at all") to 7 ("totally"). When parents were asked how important it is to them that their child dances, the average response was 5.27. Parents were also asked how much they enjoyed watching their child dance and the average response was 6.89. When asked how important their child's score is to them, parents reported an average of 4.21. As well, when asked how important the judges' comments are to them, parents had an average of 4.90.



Parents were also asked questions about competitions. More specifically, when asked how important it is to them that their child wins at competition, the average response was 3.64. Parents also shared that on average their enjoyment of competitions was 5.80. When asked how nervous they are when their child performs on stage, the average response from parents was 5.53. Lastly, when asked how upset they would be if their child could not dance anymore, the average response was 5.17

DO YOU CONSIDER YOUR DANCER TO BE A PERFECTIONIST?



Overall, a majority of parents considered their dancer to be a perfectionist.

HOW PERFECTIONISTIC IS YOUR CHILD?

Overall, parents reported that their dancers are fairly perfectionistic. On a scale of 1 ("not at all") to 100 ("totally"), parents reported an average of 74.89. Additionally, when examining if parents identify their dancers as perfectionists and if dancers self-identify as perfectionists, there was a significant relationship. More specifically, parents seem to have a good understanding of their dancer's perfectionism, in which they are more likely to correctly identify their dancer's perfectionist status.



SUMMARY OF KEY FINDINGS



OVERALL SUMMARY

Early findings highlight some areas of worry and positivity for young dancers during the pandemic. One worrying finding was the high levels of loneliness reported by the dancers. This is interesting given that dancers reported staying in touch with others. However, this was mainly accomplished via social media several times a week.

Another area of concern centers on the finding that both dancers and parents reported high levels of perfectionism among dancers. This is troubling given that perfectionism confers risk for mental and physical health problems.

One area of positivity was the finding that most dancers participated in high levels of physical activity. This is encouraging given the positive effects of physical activity for both physical and mental health!



Results clearly showed that dancers enjoyed dancing and expressed that it was very important to them. Dance appears to be a central aspect of these teens' lives. This was made clear as many participants shared that they missed dancing in the studio and missed attending competitions. However, it is important to note that some dancers reported a loss in motivation and passion for dance. Indeed, some dancers quit dancing during the pandemic. Parents of dancers also expressed that their child's participation in dance was important to them and that they enjoyed watching their child dance and participate in competitions.

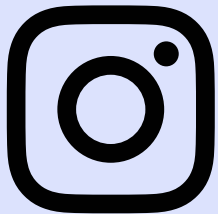
STAY TUNED FOR FUTURE FINDINGS....



Interested in learning more about the research done in The Brock Dance Research Lab? Check out our website and social media below!



Website: <https://brocku.ca/dance-research-lab/>



Instagram: @brockdanceresearchlab



Email: danceresearch@brocku.ca