

TITLE:

Ballroom Dancing Factors Affecting the Development of Couple Relationships

AUTHOR:

Marián Vanek

DEPARTMENT:

Department of Psychology

SUPERVISOR:

Doc. PhDr. Vladimír Chrz, Ph.D.

ABSTRACT:

The bachelor thesis deals with the factors of social dances that have an impact on the development of couple relationships. Another theme is the discussion about possible use of ballroom dancing in couple therapy and counseling. Unstructured interview method with professional dance teachers was used to gain insight into effective factors of ballroom dancing. Interview with one married couple and record of participant observation of their dance lessons was also collected to increase validity. The theoretical framework of this thesis is participatory research paradigm and principles of qualitative approach in psychology. Interviews were analyzed by the method of triple encoding. Two models were then created. The first model shows the seven factors of ballroom dancing affecting the development of couple relationships. It is a dance teacher mediation, communication training, problem solving training, body resonance, shared activity, aesthetics and neutral environment. The second model based on Vygotsky's concept of mediated action shows the similarities and differences in key aspects of couple counseling and individual lessons of ballroom dancing. This model suggests the possibilities of transfer from one area to another. One of the important objectives of this study is to highlight the little studied phenomenon and call for further research in this area.

KEYWORDS:

Ballroom dancing, social dance, couple therapy and counseling, dance/movement therapy development of couple relationships, effective factors.