

Research on the Opinion of Secondary School Students and Teachers of Physical Education and Sports about Street Dance

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Abstract

This paper presents a starting point in the authors' journey towards the creation of a programme for a Physical Education and Sport elective that includes elements of Hip Hop Culture, specifically a Street Dance elective.

The practice of Street Dance can bring innumerable benefits to students in Romanian schools, as it has already been demonstrated that dancing has a positive impact on both the physical and psychological human being. Whether we are talking about improving psychomotor capacities or cognitive abilities, dance can have a positive impact on a person's life and more than that, it can also help a person's social integration.

The opinion of potential participants in this activity, teachers and students, is a very important point of interest, and it is of interest to find out their position on this phenomenon.

Keywords: physical education and sport, hip hop, street dance, psychomotor capacities, cognitive abilities.

JEL classification: I00, I10, I20

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1. Introduction

Street Dance, which is a combination of art and sport, can improve psychomotor skills and cognitive abilities while serving as a means of social integration. It can be used to teach and develop motor skills, coordination,

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cognitive skills, socialization, teamwork, and other objectives of physical education and sport. (Aldridge, D. & Stewart, B., 2005)

Psychomotricity is considered in the literature to represent a complex function, an aptitude that integrates aspects of motor activity but also manifestations of perceptive functions, it is considered that it gives the individual the gesture, body consciousness, situates it in time and space and ensures the ability to direct their movements to relate with both the self and the environment. (Tudor, V., 2019).

As there is a decline in interest among current students in participating in traditional physical education and sport lessons, new methods need to be introduced to make the lessons more appealing. (Dyson, E., 1993)

Street Dance has the potential to serve as a tool to increase the attractiveness of such lessons, while also setting performance standards suitable for secondary school students. In the current social context, where the younger generation is more focused on technology and new trends rather than traditional physical exercise and sport, it is important to consider education as a consciously directed action within an organized framework. (Dumitru, E., & Predoiu, R., 2019)

2. Literature Review

The literature provides a general analysis of dance and highlights the positive aspects that this art, this sport has on the life of the person who practices it either in the form of motor activity in leisure time, or for performance. Its important role is demonstrated both from the perspective of physical and mental development, having an important impact, creating unity among those who dance regardless of age, gender, race, ethnicity, etc. (Wulff, 2015).

About dancing and the fact that it is part of the physical education and sports program of several countries, I also speak Mattsson & Lundvall (2015), but they tell us nevertheless, that the position has been contested, thus allocating very little time for dancing.

El-Sherif (2016) speaks in an article about the fact that teachers of physical education have limited knowledge regarding dance. She even teaches teachers how to choose music or even some dance steps, given the use of these skills in lessons.

In a study carried out in 2019 in Colorado, it was approached exactly the technological part that we were talking about, the specialist who carried it proposing a Street Dance ToolKit with which to come in support of teachers, thus having available materials to use Hip Hop culture in their activities. (Tarayjah, 2020).



3. Purpose of the study

The purpose of this research is to scientifically demonstrate the benefits of practicing Street Dance on the psychomotor capacity and cognitive skills of secondary school students.

The researchers aim to encourage more students to participate in physical education and sports by highlighting the positive impact of Street Dance. To achieve this, a survey will be conducted among PE and Sport teachers as well as secondary school students.

The ultimate goal is to develop an optional program incorporating elements of the Hip Hop Culture, specifically Street Dance, to provide students with more opportunities to engage and move actively.

4. Objectives of the study

The main objectives of our study are:

- At the same time investigating the opinion of specialists and students on the role that Hip Hop Culture can play in Physical Education and Sport lessons and beyond;
- Investigation of the opinion of specialists and students on the role that Street Dance can play in the development of psychomotor and cognitive skills.

5. Materials and methods

Of the many forms and types of survey found in the literature, we will use the questionnaire survey in this research, so we will apply two questionnaires in the research, one on secondary school students and another on PE and sport teachers, to investigate their opinion about the use of Street Dance in PE and sport lessons and beyond.

A number of 458 high school students and 86 teachers of physical education and sports participated in our research.

Details of completing the questionnaire

Table 1

Questionnaire sent to students		
458 students completed this questionnaire		
391 are from urban areas 67 are from rural areas	270 female 171 male	130 are in grade V 131 are in grade VI 126 are grade VII 71 are grade VIII



Questionnaire sent to specialists		
86 specialists completed this questionnaire		
68 are from urban areas 18 are from rural areas	56 female gender 30 male gender	13 people aged 21-25 19 people aged 25-35 32 people aged 35-45 22 people are over 45

We will also be able to observe the results and their interpretation in tables and different graphical representations.

The organisation and conduct of the study

The study involved both physical and online participation from teachers and students across multiple secondary schools. Two questionnaires were administered during the research.

The first questionnaire aimed to gather 458 views of secondary school students regarding the inclusion of Street Dance in physical education and sport lessons, as well as in extracurricular activities. The second focused on gathering opinions of 86 physical education and sport teachers regarding the use of Street Dance in their classes, as well as their thoughts on the possibility of creating an optional curriculum that would facilitate the integration of Street Dance into their activities.

6. Results and interpretation

As far as the interpretation of the results is concerned, we will highlight here what emerged from the questionnaires applied in Google Forms.

Questionnaire applied to pupils of secondary education

Table 2

Item no. / Question	Fig.
1. On a scale of 1 to 5, how important do you think exercise is in your life?	-
2. On a scale of 1 to 5, how often do you practice the following physical activities in your free time?	-
3. On a scale of 1 to 5, how often do you dance in your free time?	-
4. On a scale of 1 to 5, how much do you enjoy PE and Sport lessons?	-
5. How often do you attend PE and Sport lessons?	-
6. On a scale of 1 to 5, how often do you perform the following physical activities during PE and Sport lessons?	-
7. How often do you practice dance during PE and Sport lessons?	1
8. What problems do you encounter when you want to practice your favourite sports disciplines in Physical Education and Sport lessons?	2
9. What factors could increase the attractiveness of PE and Sport lessons?	3
10. Do you know what Street Dance is?	4
If they said YES	If they said NO
11. Do you think that by practicing	5
11. Being about dance, involving	7



Item no. / Question		Fig.
this kind of dance, Street Dance, you can improve both physically and mentally?		movement and music, do you think Street Dance can improve a person's physical and mental qualities?
12. On a scale of 1 to 5, drawing a parallel between dance and other sports activities, to what extent do you think Street Dance can bring you as many benefits?	6	12. On a scale of 1 to 5, drawing a parallel between dance and other sports activities, to what extent do you think Street Dance can bring you as many benefits?
13. On a scale of 1 to 5, to what extent do you think Street Dance can make PE and Sport lessons more attractive?	-	13. Given the novelty and excitement it offers, on a scale of 1 to 5, to what extent do you think Street Dance can make PE and Sport lessons more attractive?
14. Let's talk a little about school subjects. Have you ever chosen an elective? (a subject that you do during the year just like the others, only you choose it).	-	14. Let's talk a little about school subjects. Have you ever chosen an elective? (a subject that you do during the year just like the others, only you choose it).
15. Imagine you are choosing now for next year, would you choose an optional PE and Sport?	-	15. Imagine you are choosing now for next year, would you choose an optional PE and Sport?
16. Do you think that a Dance elective, specifically Street Dance, where you learn about Hip Hop culture, listen to music, rehearse trendy moves and choreograph would be attractive?	-	16. Do you think an optional dance class, especially Street Dance, where you learn about Hip Hop culture, listen to music, rehearse fashionable moves and do choreography would be attractive?
17. On a scale of 1 to 5, how interesting would an after school Street Dance class be, where you could even have a dance troupe, maybe even events, shows, competitions?	-	17. On a scale of 1 to 5, how interesting would an after school Street Dance class be, where you could even have a dance troupe, maybe even events, shows, competitions?

We will now highlight the most important issues arising from the completion of the questionnaire by secondary school students, ensuring anonymity and confidentiality of data.

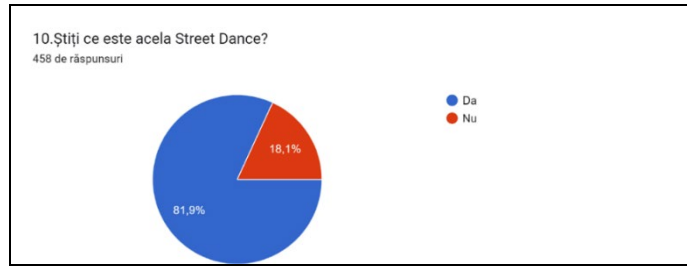


Figure 1.Q7

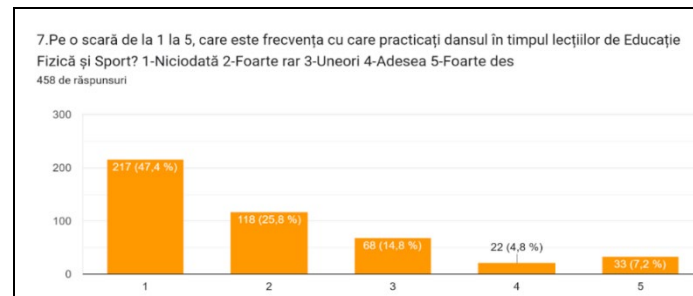


Figure 2. Q8

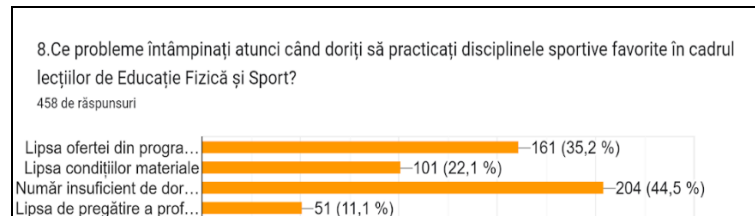


Figure 3. Q9

At questions 8 and 9, students respond that the improved curriculum could lead to solving some of the problems in PE and sport lessons, they also say that the material conditions could also bring benefits and maybe even better preparation of PE and sport teachers.

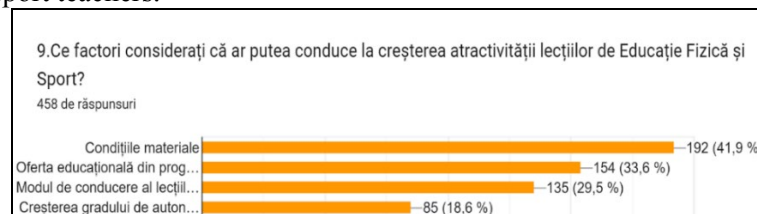


Figure 4. Q10

Question 10 is a key question, this differentiates the knowledgeable from the unknowledgeable, the questionnaire is split into two, as they do not know what Street Dance is.

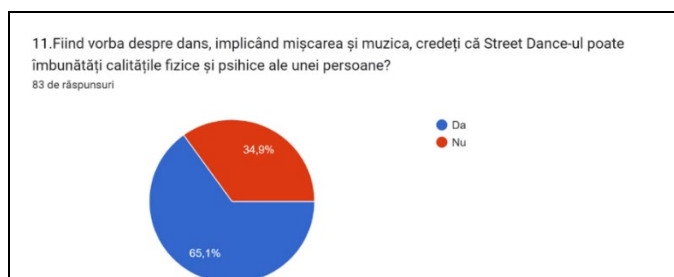


Figure 5. Q11

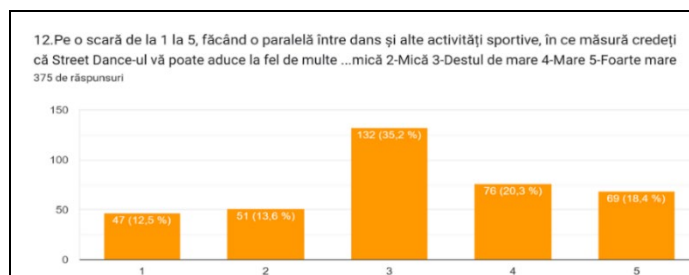


Figure 6. Q12

According to the students, this kind of dance can help them develop both physically and mentally and could bring as many benefits as other sports.



Figure 7. Q11 after they said NO at Q10

At Q11, even those the students from this part of the questionnaire don't know what Street Dance is, they believe that it can improve a person's physical and mental qualities.

Apparently, the same students do not believe that Street Dance can make PE lessons more attractive, but they think that an optional Street Dance program could be attractive and that we are delighted.

Some Conclusions after the questionnaire: The students responses indicate a positive understanding of the benefits of physical activity and the



influence of movement on their lives. However, dance is not widely used in Physical Education and Sport lessons, even though students believe it can provide similar advantages and enhance the appeal of these activities.

Additionally, the students express a desire for curriculum provision in this area. The introduction of a Street Dance curriculum could address these needs and serve as a valuable resource for teachers. Furthermore, for those unfamiliar with dance culture, it is believed that they may be impressed by its impact, promoting freedom of expression and fostering unity and strong group dynamics.

Questionnaire for physical education and sport teachers

Table 3

Item no. / Question		Fig.	
1. On a scale of 1 to 5, how important do you think exercise is in a person's life?		-	
2. On a scale of 1 to 5, how much do you enjoy dancing?		-	
3. On a scale of 1 to 5, how often do students participate in your Physical Education and Sport lessons?		-	
4. On a scale of 1 to 5, how often do you use the following physical activities during the Physical Education and Sport lessons you lead?		-	
5. On a scale of 1 to 5, how often do you use dance during the PE and Sport lessons you lead?		8	
6. Do you know what Street Dance is?		-	
If they said YES		If they said NO	
7. Do you think Street Dance can help students develop physically and mentally like other sports activities?	9	7. As dance involves movement and music, do you think Street Dance can improve a person's physical and mental qualities?	13
8. Would you like to use Street Dance in the PE and Sport lessons you lead?	-	8. Given the above, would you like to use Street Dance in your lessons?	14
9. What problems would you encounter if you wanted to use Street Dance in the lessons you lead?	10	9. What problems would you encounter if you wanted to use Street Dance in the lessons you lead?	-
10. On a scale of 1 to 5, to what extent do you think Street Dance is a tool that could increase the attractiveness of PE and Sport lessons?	11	10. Given that it is something new and "trendy", especially among students, on a scale of 1 to 5, to what extent do you think Street Dance can be a good tool to use in order to increase the attractiveness of lessons?	-
11. In the school(s) where you teach or have taught, has there ever been an (optional) PE and Sport CD that students could choose from?	-	11. In the school(s) where you teach or have taught, has there ever been an (optional) PE and Sport CD that students could choose from?	-
12. On a scale of 1 to 5, to what extent do you think that an optional PE and Sport course with Street	-	12. On a scale of 1 to 5, to what extent do you think that an optional PE and Sport course with Street	-



Item no. / Question		Fig.
Dance content would be attractive to students?		Dance content would be attractive ?
13. If the optional course contained everything you need to be able to use it easily, would you propose it as a possible option in the school(s) where you teach?	12	13. If the optional course contained everything you needed to be able to use it easily, would you propose it as a possible option in the school/s you teach?
14. If you answered "No" to the previous question, please explain in a few words.	-	14. If you answered 'No' to the previous question, please explain in a few words.

We will now highlight some aspects that emerged from the completion of the questionnaire by physical education and sport specialists/teachers who agreed to participate in our research, anonymity and confidentiality being ensured.

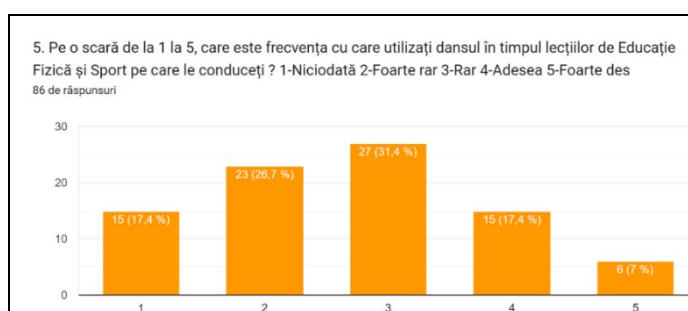


Figure 8. Q5

On the other hand, although they all like to dance, we saw it in Q2, it seems from the above question that they don't use dance very often in their lessons.

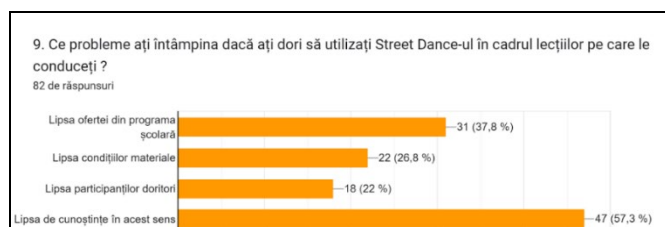


Figure 9. Q7

We saw at Q6 the fact that almost all the participants know what Street Dance is and now at Q7 highlights that PE and sport teachers are almost overwhelmingly of the opinion that Street Dance can help students develop physically and mentally as much as other sporting activities.

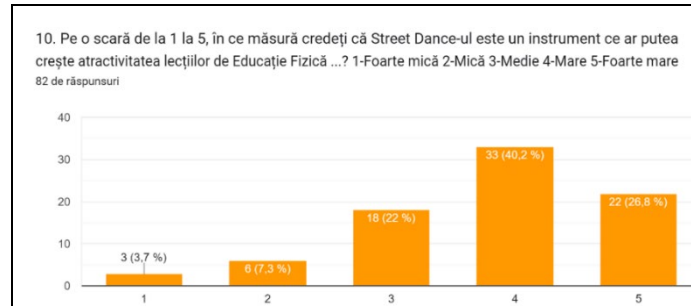


Figure 10. Q9

Lack of knowledge, lack of offer in the curriculum and lack of material conditions top the list of problems they might face if they wanted to use Street Dance in lessons.

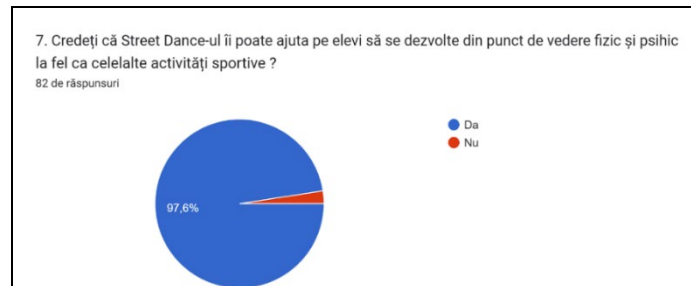


Figure 11. Q10

In the case of Q10 it seems that almost all teachers largely agree that Street Dance could make lessons more attractive.

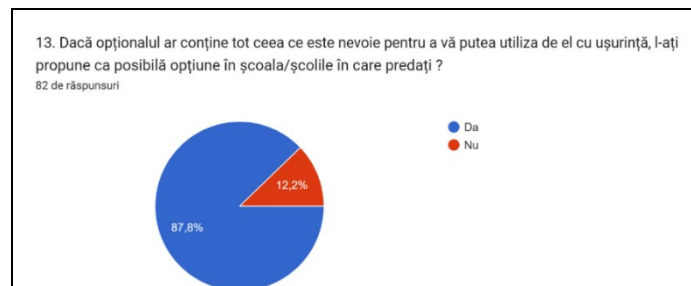


Figure 12. Q13

A valuable response was received in Q13, with 87.8% of teachers saying that they would propose such an option if possible.

Q14. If you answered 'No' to the previous question, please explain in a few words. 10 answers

We were interested to receive feedback from those who would not propose such an optional option and we list some of the responses here:



• *Answer 1. In my opinion I think that not all students and therefore not all people are inclined to dance, therefore an optional with something like this would not cover the needs of all students in the class.*

Our opinion: Are all students inclined towards another sport? Or are all students inclined towards mathematics, physics, ed. Music, etc.? In any case, our proposal is an optional at the decision of the school, it is only approved by majority choice, otherwise not.

• *Answer 2. I believe that any form of movement helps the harmonious development of the child. And I find sport, folk or modern dance an attractive way of approaching the physical education lesson much better than street dance. The sad thing is that traditional dance has simply disappeared from school curricula and here comes a dance proposal, street dance. You are probably making a paper....it is a new dance that has come to us and yet....when we have street dance in school I think we will also have street behaviour. And I'm not too old or closed to new things in the field, I just think it will really bring an end to physical education classes.*

Our opinion: Of course the other dance genres will also be points of discussion in our optional, making a relationship between them, based on different cultures and customs, these are important and attractive details. Having been in business for 5 years, along the way we have noticed that when we come up with folk dances, most reactions are not positive, they are not as attractive to this generation, but that doesn't mean we won't tackle them. As far as Street Dance is concerned, since 2011, I participated in a national competition called the Schools' Cup in Street Dance, which brought together students from many counties in Romania, the finals were held in Bucharest, we were all children, teenagers, dancing, having fun and evolving together in this way on many levels. Hip Hop culture meant the rise of an entire genre, not the decline of anyone, so we believe that in no way can it cause bad behaviour in schools, on the contrary, we believe it can lead to the formation of united groups and social inclusion.

• *Answer 3. Students are excited about sports games and I don't think they would have much interest in dances. However, I think that dances can be successfully implemented in primary school classes.*

Our opinion: We are happy that they are excited about sports games, just as we saw in the pupils' questionnaire, they are aware of the importance of physical education in their lives, and the fact that we would bring something extra that could be enjoyed by secondary school pupils I think is beneficial for all of us and then we could certainly adapt the curriculum for primary school pupils as well.

• *Answer 4. If an optional would be approved, I would choose an optional related to the specifics of already existing representative teams to increase their level. not a bad idea SD, but I would need those hours for specific training.*

Our opinion: There may be schools that do not have a tradition in a particular sport, so the Street Dance elective could also provide opportunities to



form such representative teams that everyone can enjoy in the school festivities, or who knows, maybe there will be Street Dance competitions at school level.

- *Answer 5. I'm not good at it, although I like the idea*

Our opinion: Based on this answer, we are even more motivated to build a photo/video database to help those who want to use our software but can't.



Figure 13. Q7 after they said NO at Q6



Figure 14. Q8 after they said NO at Q6



Figure 15. Q13 after they said NO at Q6

In the case of question number 14, they did not add an answer.

As far as the teachers' perspective is concerned, it seems that they are open to novelty, and even consider that Street Dance could be a good tool to use in making Physical Education and Sport lessons more attractive. We greatly appreciate their feedback, the fact that they gave us their own opinion and came up



with ideas and tips that could help us on our way to designing the Street Dance optional curriculum.

Conclusions

This confirms our research hypotheses, in the opinion of specialists and students, Street Dance can be a tool that can help to extend the activities proposed by physical education and sport specialists in the lessons and also they think Street Dance can increase the attractiveness of Physical Education and Sport lessons and can bring as many physical and mental benefits as other sports already used in lessons.

With the program prepared by us, together with all the necessary tools, teachers of physical education and sports will be able not only to teach children theoretical details about Hip Hop culture and some movements, but will have the opportunity to implement in their lessons the exercises prepared of us exactly as they are, they are structured on chains and respecting the principles of physical training and sport.

The fact that we have learned the opinion of students and specialists in physical education and sports represents an important step towards generating the program that will be based not only on the practical side but will include specialty terminology, historical context, lesson plans, specialized knowledge, making it a useful resource for specialists that can then become very beneficial for students.

Authors' Contributions

All authors have equally contributed to this study and should be considered as main authors.

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