

Dance Participation as a Coping Strategy: Impacts on Stress, Optimism-Pessimism, and Happiness in Employees

Başa Çıkma Stratejisi Olarak Dansa Katılım: Çalışanlarda Stres, İyimserlik-Kötümserlik ve Mutluluk Üzerindeki Etkileri

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Abstract

This study investigated the effects of an eight-week dance intervention on the psychological well-being of working adults, focusing on stress-coping strategies, optimism, pessimism, and happiness. A quasi-experimental pre-test–post-test control group design was employed. The sample consisted of 36 employees aged 25–47, recruited from a private company in İzmir, Turkey. Participants in the intervention group attended twice-weekly, non-partnered choreographic dance sessions for eight weeks, while the control group did not engage in any structured activity. Validated self-report scales were used to assess psychosocial outcomes, and data were analyzed using parametric tests. The findings showed significant increases in happiness, stress coping capacity, and optimism levels in the intervention group; while there was a statistically significant positive decrease in pessimism levels. These findings suggest that dance functions as more than a physical activity, serving as a holistic intervention that integrates cognitive, emotional, and social dimensions. Due to its capacity to enhance resilience and coping skills while strengthening positive affect, dance can be evaluated as a valuable strategy for supporting employees' mental health and well-being. The study emphasizes that improving workplace health and integrating enjoyable, low-cost dance-based programs have significant potential in terms of reducing occupational stress and enhancing cognitive skills.

Keywords: Dance Intervention, Coping With Stress, Psychological Well Being

Öz

Bu çalışma, sekiz haftalık dans müdahalesinin çalışan yetişkinlerin psikolojik iyi oluşu üzerindeki etkilerini; stresle başa çıkma stratejileri, iyimserlik, kötümserlik ve mutluluk değişkenleri çerçevesinde incelemiştir. Araştırmada yarı deneysel ön test–son test kontrol gruplu desen kullanılmıştır. Örneklem, Türkiye’de özel bir şirkette çalışan 25–47 yaş aralığında toplam 36 çalışandan oluşmuştur. Müdahale grubundaki katılımcılar sekiz hafta boyunca haftada iki kez eşli olmayan koreografik dans oturumlarına katılmış, kontrol grubu ise herhangi bir yapılandırılmış etkinliğe dahil edilmemiştir. Psikososyal sonuçları değerlendirmek amacıyla geçerliği ve güvenirliği kanıtlanmış öz bildirim ölçekleri kullanılmış ve veriler parametrik testlerle analiz edilmiştir. Bulgular, müdahale grubunda mutluluk, stresle başa çıkma kapasitesi ve iyimserlik düzeylerinde anlamlı artışlar olduğunu; kötümserlik düzeyinde ise istatistiksel olarak pozitif yönde anlamlı bir azalma eğilimi bulunduğunu göstermiştir. Bu sonuçlar, dansın yalnızca bir fiziksel aktivite olmadığını, bilişsel, duygusal ve sosyal boyutları bütünlükten bütüncül bir müdahale işlevi gördüğünü ortaya koymaktadır. Dayanıklılığı ve başa çıkma becerilerini artırması ile olumlu duygulanımı güçlendirmesi sayesinde dans, çalışanların ruh sağlığını ve iyi oluşunu desteklemek için değerlendirilebilir. Çalışma, işyeri sağlığının geliştirilmesi ve keyifli ve düşük maliyetli dans temelli programların entegre edilmesinin, mesleki stresi azaltma ve zihinsel becerileri güçlendirme açısından önemli bir potansiyele sahip olduğunu vurgulamaktadır.

Anahtar Kelimeler: Sport Sciences Students, Artificial Intelligence Anxiety, Future Anxiety

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INTRODUCTION

Psychological stress is classified in the literature under four main categories: emotional (Mu et al., 2020), cognitive (Cole & Shield, 2019), perceptual (McKone et al., 2007), and psychosocial stress (Kataoka et al., 2020). Researchers (Lu et al., 2021) further group these types of stress into three fundamental categories: eustress, distress, and pressure. While distress has the potential to disrupt normal physiological functions, eustress plays an adaptive role in the evaluation and management of stressors. In this context, it is emphasized that an optimal level of stress is necessary for the healthy continuation of life and that this condition may support biological defense mechanisms through hormesis (Chrousos, 2009). The World Health Organization (WHO) lists stress, as part of mental disorders, among the most prevalent health issues and reports that such disorders affect one in eight people, causing impairments in cognitive, emotional, and behavioral functions (WHO, 2022). Indeed, stress can lead to serious consequences such as mental, social, and economic problems, career uncertainty, poor workplace relationships, depression, and, when experienced intensely, even suicide attempts (Sriramprakash et al., 2017). Today, virtually everyone -particularly employees -is inevitably exposed to various stressors, which negatively affect both individual well-being and job performance (Ganster & Rosen, 2013). For this reason, the requirement for effective, accessible, and supportive interventions has grown in order to assist individuals in combating stress, balancing general mood states such as optimism, pessimism, and happiness, and reinforcing coping-oriented psychological resources. This study conceptualized dance as a form of eustress, assuming that it may contribute to strengthening coping-related psychological resources among working adults. Of particular note are integrative approaches that combine physical, artistic, and psychosocial practices to reduce organizational stress (Richardson & Rothstein, 2008). Dance practices are considered an important tool in this regard, as dance is one of the oldest forms of human expression and more than just physical activity; it also encompasses sensations, emotions, and cognitive processes (Acolin, 2016). Moratelli et al. (2023) reported that dance interventions reduce symptoms of depression, anxiety, and stress in adults. Similarly, Chen et al. (2024) emphasized the therapeutic potential of dance for mental health and emotional well-being.

Optimism is defined as a personality trait characterized by positive expectations, influencing the way individuals cope with past, present, and future life events. Studies show that optimism is positively associated with both physical and mental well-being (Conversano et al., 2010; Fasano et al., 2020). Optimists believe that positive events occur more frequently than negative ones, enabling them to avoid or prevent daily problems. Consequently, they cope with stressful situations more successfully than pessimists (Aspinwall et al., 2001; as cited in Conversano et al., 2010). Moreover, high optimism serves as a natural protective factor against undesired psychological problems such as depression and anxiety (Gorsy & Panwar, 2016). Research also shows that optimism interventions improve happiness levels in individuals with high stress (Carrillo et al., 2019; Heekerens & Eid, 2021). A longitudinal study on adults also identified happiness as a strong predictor of optimism (Joshani, 2024). Thus, optimism and happiness are closely connected and mutually reinforcing. Additionally, there is a significant positive

relationship between optimism and coping strategies focused on social support and the positive aspects of stressful situations (Conversano et al., 2010). In contrast, pessimism is associated with lower satisfaction and happiness (Boileau et al., 2020) and with less adaptive coping strategies such as denial and avoidance (Paat et al., 2024). These findings highlight the importance of fostering optimism and adaptive coping strategies through activities such as dance in order to effectively manage stress while supporting mental health and happiness. Based on these points, examining the effects of regular dance participation on employees' stress coping, happiness, optimism, and pessimism is considered significant. While studies focusing on dance in relation to stress and happiness exist (Laird et al., 2021; Moratelli et al., 2023; Chen et al., 2024), there is a noticeable lack of research directly examining the effects of dance on optimism and pessimism. This gap underlines the necessity of the present study.

The aim of this research is to investigate the effects of an eight-week dance intervention on the happiness, stress coping, optimism, and pessimism of working adults. The research hypotheses are as follows:

H1: Dance intervention will significantly increase happiness, stress coping, and optimism compared with the control group.

H2: Dance intervention will significantly reduce pessimism compared with the control group.

H3: The experimental group will show significant pre-test to post-test improvements in happiness, stress coping, optimism, and pessimism.

MATERIAL and METHODS

Research Model

This study utilized a quasi-experimental design with pre-test and post-test control groups, which constitutes a quantitative and experimental research approach. Quantitative research encompasses testing a defined problem within a theoretical framework, measuring it numerically, and analyzing it through statistical techniques. Experimental research, on the other hand, relies on evaluating outcomes by manipulating independent variables while keeping all other conditions constant. Accordingly, the primary objective of experimental research is to establish a cause and effect relationship (Em, 2024).

Study Group

The study group consisted of 36 voluntary adult participants, including 26 women and 10 men aged between 25 and 47 years, all of whom were employees at a private company in central İzmir. Sample size was determined through power analysis with a 0.5 margin of error and a 95% confidence interval, in addition to modeling the sample sizes used in previous studies in the literature (Demir & Demir, 2018; Hong et al., 2024). Although the sample size was considered acceptable for a preliminary quasi-experimental intervention study, the limited number of participants and single-company setting restrict the generalizability of the findings.

The participants were divided into two groups without any specific selection criteria: an experimental group (N = 24) and a control group (N = 12). Inclusion criteria were:

having the physical and perceptual competence suitable for dancing, volunteering to participate, having no history of injury or risk of injury, providing consent to regularly attend dance sessions for at least eight weeks (the period considered sufficient for chronic effects to emerge), being employed, and not having received rhythm or dance training before, nor having participated in music-based exercise programs for six weeks or longer. Exclusion criteria included: not volunteering, declaring inability to participate regularly, being under the age of 18, and reporting chronic diseases leading to movement-related complications (such as knee joint injuries).

Data Collection

In this study, data were collected through pre-test and post-test measurements to determine participants' levels of stress coping, happiness, optimism, and pessimism using previously validated and reliable scales. No anthropometric measurements or functional movement analyses were conducted. The intervention program was implemented between the last week of May and the beginning of July 2025. Following the pre-test assessments, the following procedures were applied for the experimental group (EG) and the control group (CG):

Implementation Process

The intervention process began after obtaining approval from the ethics committee. First, informed consent forms were collected from all participants. After assessing the suitability of the participants, the experimental and control groups were determined. Pre-tests measuring stress coping, optimism–pessimism, and happiness levels were administered prior to the intervention, and the same measurements were repeated as post-tests at the end of the intervention.

Experimental Group (EG)

Participants in the experimental group engaged in choreographed free dance sessions designed by a dance instructor, lasting 45 minutes to 1 hour, twice a week, accompanied by music at a minimum of 140 BPM for eight weeks. Each session included: 5 minutes of passive warm-up (flexibility), 10 minutes of active warm-up, 15-45 minutes of choreography following and dancing, 10 minutes of cool-down (45-55 minutes), and 5 minutes of stretching and flexibility exercises. Participants were taught new choreographies each week, with intensity increasing progressively.

Control Group (CG)

The control group consisted of participants who did not engage in regular dance. They were expected to continue their daily routines without participating in any exercise programs. No experimental intervention was applied to this group during the study;

however, to allow the control group to benefit from the potential advantages of the program, dance sessions were offered to them at the end of the research period.

Data Collection Instruments

Demographic Information Form: A form prepared by the researchers collected personal information, including gender, age, educational level, occupational role, and sports experience.

Stress Coping Scale: Developed by Türküm (2002), this 23-item, 5-point Likert scale consists of three subdimensions: seeking social support, problem-focused coping, and avoidance. According to Türküm's (2002) validity and reliability tests, the scale's overall reliability coefficient is 0.78, while the subdimension reliability coefficients are: seeking social support 0.85, problem-focused coping 0.80, and avoidance 0.65. Items 10, 17, and 20 are reverse-scored. Total scores range from 23 to 115; subdimension scores range as follows: avoidance and problem-focused coping 1-40, seeking social support 1-35. In the current study, Cronbach's alpha was 0.72.

Adult Optimism–Pessimism Scale: Developed by Çalışkan and Karademir (2023), this scale measures optimism and pessimism in adults. It comprises two factors: optimism (10 items, factor loading 0.81) and pessimism (10 items, factor loading 0.83). Reliability analysis conducted by the researchers indicated Cronbach's alpha of 0.92 for optimism and 0.90 for pessimism. Total scores for optimism and pessimism can be analyzed separately as independent subscales. If the overall score is calculated, pessimism items should be reverse-coded when measuring optimism and vice versa. The scale uses a 5-point Likert format. Scores for each dimension range from 10 to 50. Cronbach's alpha in the present study was 0.71 for optimism and 0.70 for pessimism.

Happiness Scale: Developed by Demirci and Ekşi (2018), this 6-item, 5-point Likert scale measures adult happiness. The scale is unidimensional and contains no reverse-coded items. Exploratory factor analysis indicated a single-factor structure with an eigenvalue of 3.248, explaining 54.129% of total variance. Factor loadings ranged from 0.59 to 0.78. Cronbach's alpha was 0.83. Test-retest reliability over a three-week interval with 62 participants was 0.73. Corrected item-total correlations ranged from 0.45 to 0.65. Total scores range from 6 to 30, with scores closer to 30 indicating higher happiness and scores closer to 6 indicating lower happiness. Cronbach's alpha in the current study was 0.70.

Data Analysis

Statistical analyses were conducted using the SPSS 27 software package. Descriptive data regarding participants' characteristics were evaluated using frequencies, percentages, and means. Subsequently, normality distributions and Skewness-Kurtosis values were examined for each scale for both pre-test and post-test groups. As the study group consisted of 30 or more participants, the Kolmogorov–Smirnov test was applied (Field, 2018). Results of the normality tests indicated that all scales exhibited a normal distribution in both pre-test and post-test measurements. Based on these normality results, parametric tests were employed, including the Independent Samples T-Test. In addition, the Paired Samples T-Test was conducted to determine the significance of

differences between pre-test and post-test scores within the experimental groups for all scales. A significance level of $p < 0.05$ was adopted. Furthermore, for each scale in both pre-test and post-test were calculated and are presented in Table 1.

Table 1. Descriptive Statistics

Groups	Scales	Measurements	n	Min.	Max.	$\bar{x}$	SD
EG	Coping With Stress	Pre-test	24	57	112	79.54	10.01
		Post-test	24	77	110	92.87	7.84
	Optimism	Pre-test	24	10	50	38.08	12.38
		Post-test	24	31	50	45.58	5.37
	Pessimism	Pre-test	24	10	50	28.58	11.85
		Post-test	24	10	43	20.75	11.12
	Happiness	Pre-test	24	18	30	25.12	3.76
		Post-test	24	26	30	29.41	1.28
CG	Coping With Stress	Pre-test	12	63	102	77.52	9.38
		Post-test	12	64	99	77.91	8.16
	Optimism	Pre-test	12	29	50	41.75	7.03
		Post-test	12	26	50	40.25	7.27
	Pessimism	Pre-test	12	10	38	20.08	10.17
		Post-test	12	12	44	22.75	11.03
	Happiness	Pre-test	12	18	30	20.80	4.16
		Post-test	12	19	30	25.46	5.18

RESULTS

Table 2. Results of the Independent Samples T-Test and Paired Samples T-Test 937ort he Groups

Happiness	Groups	N	$\bar{x}$	SD	t-test	p	Paired Sample t testi
Pre-test	EG	24	25.12	3.76	.596	.556	.000
	CG	12	24.33	4.16			
Post-test	EG	24	29.41	1.28	6.70	.000	
	CG	12	25.46	5.18			

* $p < 0.05$

When examining the Independent Samples T-Test results for happiness levels of individuals who participated in the dance intervention and those who did not, the pre-test mean score of the experimental group was found to be $\bar{x} = 25.12$, while the control group's pre-test mean score was $\bar{x} = 24.33$. This indicates that participants had average happiness levels at the outset. According to the Independent Samples T-Test, there was no statistically significant difference between the pre-test scores of the experimental and control groups ($p = .556$; $t = .596$). In the post-test, the experimental group had a mean score of $\bar{x} = 29.41$, whereas the control group's mean score was $\bar{x} = 25.66$. The Independent Samples T-Test revealed a statistically significant difference between the post-test scores of the experimental and control groups ($p < .05$; $t = 6.70$). This difference is attributed to the higher mean score of the experimental group compared to the control group. Furthermore, to determine the significance of changes within the experimental group, a Paired Samples T-Test was conducted, revealing a statistically significant increase in happiness scores from pre-test to post-test ($p < .001$) in favor of the

experimental group. In conclusion, participation in the 8-week dance intervention had a positive and significant effect on the happiness levels of working adult individuals.

Table 3. Results of the Independent Samples T-Test and Paired Samples T-Test for the Groups

Coping With Stress	Groups	N	$\bar{x}$	SD	t-test	p	Paired Sample t testi
Pre-test	EG	24	79.54	10.01	.660	.514	.009
	CG	12	77.52	9.38			
Post-test	EG	24	92.87	7.84	5.321	.000	
	CG	12	77.91	8.16			

* $p < 0.05$

When examining the Independent Samples T-Test results for stress coping levels of individuals who participated in dance activities versus those who did not, the pre-test mean score of the experimental group was $\bar{x} = 79.54$, while the control group's pre-test mean score was $\bar{x} = 77.25$. This indicates that participants had an average level of stress coping at the outset. According to the Independent Samples T-Test, there was no statistically significant difference between the pre-test scores of the experimental and control groups ($p = .514$; $t = .660$). In the post-test, the experimental group had a mean score of $\bar{x} = 92.87$, whereas the control group had a mean score of $\bar{x} = 77.91$. The Independent Samples T-Test revealed a statistically significant difference between the post-test scores of the experimental and control groups ($p = .000$; $t = 5.321$). Additionally, to determine the significance of changes within the experimental group, a Paired Samples T-Test was conducted, which showed a statistically significant increase in post-test scores in favor of the experimental group ($p < .009$). In conclusion, participation in the 8-week dance intervention positively and significantly affected the stress coping levels of working adult individuals.

Table 4. Independent and Paired Samples t-test Results for Optimism and Pessimism Scores by Groups

Groups	Variable		N	$\bar{x}$	SD	Paired Sample t testi	p
EG	Optimism	Pre-test	24	38.08	12.38	-4.084	.000*
		Post-test	24	45.58	5.37		
	Pessimism	Pre-test	24	28.58	11.85	2.371	.026*
		Post-test	24	20.75	11.12		
CG	Optimism	Pre-test	12	41.75	7.03	1.384	.194
		Post-test	12	40.25	7.27		
	Pessimism	Pre-test	12	20.08	10.17	-3.330	.007*
		Post-test	12	22.75	11.03		

* $p < 0.05$

When Table 4 is examined, it is observed that while the pre-test optimism mean score of the experimental group participating in the dance program was $\bar{x} = 38.08$, their post-test mean score showed a significant increase, rising to $\bar{x} = 45.58$. As a result of the paired samples t-test, this increase in the optimism levels of the experimental group was found to be highly significant statistically ($t = -4.084$; $p < .001$). In contrast, the control group's pre-test optimism mean score was determined as $\bar{x} = 41.75$, and their post-test mean score was $\bar{x} = 40.25$; this change occurring over time in the control group's optimism levels was not statistically significant ($t = 1.384$; $p > .05$). When the findings regarding the pessimism

subscale are analyzed, it is seen that the pre-test pessimism mean score of the experimental group included in the dance program was $\bar{x}=28.58$, whereas their post-test mean score decreased to $\bar{x}=20.75$. The analysis results indicate that this decrease in the pessimism levels of the experimental group is statistically significant ($t=2.371$; $p<.05$). In the control group, contrary to the experimental group, the pre-test pessimism mean score was $\bar{x}=20.08$, while this value was found to increase to $\bar{x}=22.75$ in the post-test. The analysis revealed that this increase in the control group's pessimism levels was statistically significant ($t=-3.330$; $p<.05$). Evaluating the findings as a whole, it is understood that the implemented dance program strongly increased optimism levels while decreasing pessimism levels among the participants in the experimental group. On the other hand, in the control group that received no intervention, optimism levels remained unchanged, whereas pessimism levels significantly increased over the course of the study.

DISCUSSION and CONCLUSION

This study aimed to investigate the potential effects of dance on stress management and general psychological well-being, issues commonly faced by working adults in today's professional environment. The literature emphasizes that stress can impair individuals' cognitive, emotional, and behavioral functioning, negatively affecting work performance (Ganster & Rosen, 2013; Sriramprakash et al., 2017). Consequently, there is an increasing need for effective interventions that support coping-related psychological resources and help balance overall mood. This study approached dance as a form of eustress and experimentally examined its effects on working adults' stress coping, optimism-pessimism, and happiness levels.

The results of the eight-week choreographic dance intervention indicate that participating in choreographed dance twice a week had significant and positive effects on the psychological well-being of working adults. Analyses revealed a significant increase in happiness levels in the experimental group from pre-test to post-test ($p<.000$). Similarly, stress coping scores showed a significant improvement in favor of the experimental group ($p<.009$). Examination of the optimism scale revealed that post-test optimism scores in the experimental group were significantly higher than pre-test scores ($p<.004$), indicating that the dance intervention effectively enhanced participants' optimism. Although no statistically significant differences were found in pessimism scores, the experimental group's mean scores suggest a trend toward reduced pessimism. However, similar results in the control group limit the generalizability of this finding, and it may not be appropriate to directly attribute changes in pessimism to the dance intervention.

Overall, the findings suggest that dance is a powerful tool for supporting working adults' general mood, stress-coping capacity, and positive outlook on life. Notably, dance, as a holistic form of expression that goes beyond physical activity to include thought, emotion, and cognitive processes, may provide a pleasurable support mechanism for coping with workplace challenges (Acolin, 2016; Moratelli et al., 2023). Engaging in dance can help individuals release internal tension, express themselves, and thereby mitigate the negative effects of work-related stress. Increases in happiness and

optimism levels may further enhance employees' work engagement, motivation, and overall productivity. These results are particularly relevant for fostering sustainable work environments.

The literature widely investigates the effects of dance interventions on psychological well-being. Strong evidence indicates that dance can reduce stress, depression, and anxiety, consequently improving mood and quality of life. However, research examining optimism and pessimism as outcomes of dance interventions is limited. Numerous meta-analyses and randomized controlled trials have demonstrated that dance significantly reduces stress in adults and adolescents, with effects generally comparable to other forms of physical activity (Salihu et al., 2021; Fausto et al., 2024; Fong Yan et al., 2024; Moratelli et al., 2023). Some studies describe dance as a "stress-relief haven," serving as a source of psychological empowerment and self-confidence (Duberg et al., 2016). Additionally, dance interventions have been reported to continuously improve mood, increase vitality, and reduce negative emotions such as anger and confusion (Koch et al., 2019; Martins et al., 2024; Moratelli et al., 2023). Particularly in studies on aging and well-being, dance has been shown to enhance happiness, with group demographics influencing the observed outcomes (Fausto et al., 2024). Continuity in dance participation is crucial for sustaining these benefits, and Salihu et al. (2021) suggest that at least 150 minutes of dance per week produces observable positive effects.

Previous studies have applied various dance styles, and in the present research, instructor-led free choreographic dance was implemented; nonetheless, the results are consistent with the literature. Moratelli et al. (2023) emphasize that dance, regardless of style, positively impacts adult mental health. Cheng et al. (2024) found that unsupervised dance sessions were particularly effective in improving mental health among individuals with Parkinson's disease. Our research methods and findings align with these conclusions. Most dance interventions in the literature focus on health-related dance therapy and include populations with diverse health conditions, older adults, adults, women, adolescents, students, and children (Cheng et al., 2024; Koch et al., 2019; Prudente et al., 2024; Wu et al., 2021; Bass et al., 2002; Duberg et al., 2016; Johnston et al., 2021; Neville & Makopoulou, 2021; Oppici et al., 2020). Studies specifically involving working adults are limited (Barene & Krstrup, 2020), with participants primarily engaging in Zumba for exercise purposes. Therefore, additional research with working adult populations is warranted, and the present study contributes significantly to this gap in the literature.

In line with the study's hypotheses, significant increases were observed in the happiness, stress coping, and optimism levels of the experimental group following the intervention, while a distinct decrease was detected in their pessimism levels. Accordingly, hypotheses H1, H2, and H3 were statistically supported. Overall, the results demonstrate that dance interventions multi-dimensionally support the psychological well-being of working adults.

This study was conducted to explore innovative and practical strategies to enhance the psychological well-being of working adults. The eight-week choreographic dance intervention significantly increased participants' happiness, improved stress coping abilities, reduced pessimism and enhanced optimism. The findings highlight that dance

may offer multidimensional benefits beyond physical activity by supporting positive affect, optimism, and coping-related psychological resources. The results suggest that directing working adults toward art- and movement-based activities like dance is an effective strategy for supporting mental well-being under stressful life and work conditions. Interventions emphasizing motivation and enjoyment activate internal resources and facilitate self-regulation.

The intervention demonstrates high applicability both individually and organizationally, providing practical recommendations for human resources departments, workplace health programs, and organizational psychology. Moreover, dance interventions are flexible, low-cost applications that can be integrated into workplace settings, extending beyond rehabilitation or health contexts.

However, several limitations must be considered. The small sample size, limited to a single city and specific occupational context, restricts generalizability. Only free choreographic dance was implemented, and effects of other dance styles were not compared. Strengths of the study include its focus on working adults, a population rarely addressed in stress management and psychological well-being research, and the practical application of an instructor-led, twice-weekly intervention.

In conclusion, dance interventions are effective tools for promoting not only physical health but also optimism and happiness among working adults. The use of dance as a psychosocial intervention should be encouraged in both individual and organizational settings. Future research should include larger sample sizes, a variety of dance styles, and long-term follow-up studies to reinforce these findings.

Abbreviations

SD — Standard Deviation

n — Sample size

X — Mean

t — t-test statistic

p — Significance value

Declarations

Ethics approval and consent to participate

During the preparation and writing of this study, scientific, ethical, and citation rules were followed in accordance with the "Higher Education Institutions Scientific Research and Publication Ethics Guidelines." The data collection instruments used in this study were reviewed and approved by the Social and Human Sciences Ethics Committee of Aydın Adnan Menderes University (Ethics Committee Meeting Date: May 21, 2025; Decision No.: 22/68; Protocol No.: E-21315140-050.04-739012). No alterations were made to the collected data, and this study has not been submitted to any other academic publication platform for evaluation. The authors accept full responsibility for any potential ethical violations related to this manuscript.

Availability of data and material

The data that support the findings of this study are available from the corresponding author upon reasonable request. The dataset will be accessible only for academic purposes, and any use of the data will recognize the original study and maintain the confidentiality of the participants.

Competing interests

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

Authors' Contribution Statement

Contributed equally to the design and planning of the study, data collection, analysis and interpretation, manuscript preparation, data organization, methodology development, writing of the original draft, and review and editing of the manuscript. All authors critically reviewed the manuscript and approved the final version of the article.

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