

# THE PERCEPTION OF THE PARTICIPANTS OF AN OFFICE OF DANCE AND COEXISTENCE IN THE BASIC ATTENTION ON OCCUPATIONAL PERFORMANCE AND SOCIAL SUPPORT NETWORK

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## Objectives

The Dance and Coexistence Workshop is a university extension project of the Occupational Therapy course of FMRP-USP. It seeks the promotion of health and the expansion of social networks using dance as a therapeutic resource.

The objective of this work is to present the perception that the participants of the Dance and Coexistence Workshop have of their occupational performance and of their social support networks, besides the influence that dance provides as health promotion and improvement in the quality of life.

## Methods and Procedures

This is a descriptive study using the qualitative approach (GIL, 2007). The subjects of this study are 9 participants of the Workshop of Dance and Coexistence, aged between 50 and 85 years. A semi-structured interview was used as a collection tool. The interviews were scheduled, recorded and transcribed. The data obtained were analyzed from the Thematic Content Analysis, and consisted of three phases (pre-analysis, exploration of the material and treatment of the results obtained and interpretation) as proposed by Minayo (2004). This study was submitted and approved by CEP-CSE-FMRP CAAE: 51 857515.7.0000.5414, opinion number 1.459.660.

## Results

The results obtained are related to the thematic content analysis of 9 interviews. All subjects are inactive outside of the labor market. Five categories were obtained concerning the perception of the subjects on the occupational performance and the social support networks from the Dance and Coexistence Workshop (ODC). The 5 content categories are: 1. Importance of ODC in Everyday Life; 2. Motivation; 3. Social Networks; 4. Social participation; 5. Well being.

Table 1. Description of categories and contents found

Categories	Frequency
Importance of the Dance Workshop in everyday life (As a leisure space)	9/9
Motivation to participate in ODC and other activities	8/9
Network Expansion Social Support / Circle of Friendships	7/9
Social Participation	6/9
Welfare	5/9

## Conclusions

According to the results presented, the subjects' perception is of an expansion of social support networks, and of the importance of ODC as a space of leisure and coexistence, (LUPI, ET AL, 2011) since in the perception of the subjects it is Participation in ODC contributes to the promotion of health and well-being, that ODC's strategy has an impact on the lives of participants in various spheres, such as socialization, social participation, increased support networks and improved quality of life.

## Bibliographic reference

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