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Dance Activities and Constraints in Adult Participation

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Abstract

The purpose of the study was to investigate the constraints of adult participation in traditional dance activities and to consider whether the demographic characteristics differentiate these constraints. The sample was 300 adult subjects who participated in traditional dance activities which organized by cultural associations. For carrying out the survey “Leisure Constraints Scale” (Alexandris & Carroll, 1997a) was used. The results confirmed the factorial validity of the scale in the field of traditional dance. Even it found that gender, age and dance experience differentiate the constraints experienced by adult dancers. Generally it seems that the constraints experienced by low tension to participants in traditional dance activities.

Keywords: constraints, Greek traditional dance.