

EFFECTS OF WELLNESS ZUMBA DANCE TO THE ELDERLY  
OF SELECTED BARANGAYS IN PALIPARAN  
DASMARIÑAS, CAVITE

THESIS

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**EFFECTS OF WELLNESS ZUMBA DANCE TO THE ELDERS OF SELECTED  
BARANGAYS IN PALIPARAN, DASMARINAS, CAVITE**

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## ABSTRACT

**BAGASIN, CRISTOPHER C., SAUQUILLO, KRISTEL B., and VERANO JR., BUENAVENTURA E.** Effects of wellness Zumba dance to the elders of selected barangays in Paliparan, Dasmariñas, Cavite.

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This study aimed to know the effects of Zumba dance to the elders of Paliparan, Dasmariñas, Cavite. Specifically, the effects in terms of physical, emotional, mental and social areas were looked into. The difference in the views of the participants of the study when they are grouped according to their demographic profile were determined too.

The locale of the study was the Paliparan, Dasmariñas, Cavite wherein 43 participants were used. The enumeration method of determining the populations were utilized in this research. Most of the participants in this study were the elderly, aged 60 years old and above and permanently residing in Dasmariñas, Cavite specifically in the barangays of Paliparan I, II, and III, Dasmariñas, Cavite. Locale were selected purposively because of their regular Zumba sessions

The descriptive method of research was used. The survey questionnaire was also utilized as the main instrument in collecting the data required for the problem. It was found out that the view of the elders to the benefits that can be derived from Zumba dancing did not change when they are grouped according to their age, sex and dancing years. The differences between the three are too small to be given any consideration.

However, within each group, one thing appears to have significant differences. The age group of 70 above have a view lower than the overall perception regarding Zumba dancing benefits. The male participants also exhibited a lower view. Likewise as well to those who are into Zumba dancing for one to two years only.

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## **INTRODUCTION**

"Older adults are dancing their way to better health"

- Lindsey Getz

You cannot escape aging. One of the biggest decisions a family may have to make is to determine how to provide care for elderly parents or relatives, when those elders are no longer able to live independently. Because every individual will reach the stage that your movements will be limited. Once you get old, your posture will change, your bones will become weak and overall physical appearance will definitely change. To avoid all of these, you can start it by healthy living and exercise. These are lots of exercise that you can try even you are in "elderly" stage.

Life span is the average length of life; the duration of existence of an individual. In the Philippines the average life span of an individual normally reaches up to 60 years old only. According to Lifespan Organization of New York, commonly at this age, all kinds of complication notice because they are not physically fit, rural areas were generally capable of undertaking activities related to independent living unlike the older persons in urban areas.