

**EFFECTS ON WELLNESS OF ZUMBA DANCE ON
ELDERS IN INDANG, CAVITE**

THESIS

**DONA D. CABALLEJO
DANICA SHIEN A. EYARDONE**

**College of Sports, Physical Education and Recreation
CAVITE STATE UNIVERSITY**

Indang, Cavite

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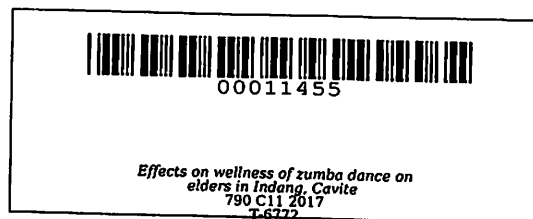
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**EFFECTS ON WELLNESS OF ZUMBA DANCE
ON ELDERS IN INDANG, CAVITE**

Undergraduate Thesis
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DONA D. CABALLEJO
DANICA SHIEN A. EVARDONE
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ABSTRACT

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The study was conducted to examine the effects on wellness of Zumba dance on elders in Indang, Cavite. Specifically, the study described the profile of the elderly; determine the effects of Zumba dance in terms of physical, emotional, mental and social health; and determine whether this is influenced by the grouped according to their demographic profile.

The study employed descriptive research design. There were 35 female and 5 male for a total of 40 elderly participating in Zumba dance from five (5) selected barangays of Indang, Cavite: Brgy. Alulod, Kaytapos, Mataasna Lupa, Poblacion 3 and Tambong Malaki. These barangays were selected purposively because of their regular Zumba session held weekly. The statistical treatment of data was used to answer the statement of the problem.

Result revealed that the respondents participating in Zumba dance had the highest average age of 50-55 years old. Most of them were female and had marital status of married. The well-being of respondents was measured in terms of four domains namely: physical, emotional, mental and social life and got all positive effects. Results showed that there is no significant difference on wellness of elderly when they grouped according to their demographic profile. Physical and Emotional effects have significant difference when they grouped according to gender. Test statistics showed that Zumba dance promoted the overall wellness of the elderly.

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**Dona D. Caballejo
Danica Shien A. Evardone**

An undergraduate thesis manuscript submitted to the faculty of the College of Sport, Physical Education and Recreation, Cavite State University, Indang Cavite in partial fulfillment of the requirements for the degree of Bachelor in Sport and Recreational Management with Contribution No. prepared under the supervision of Ms. Jazmin Piores-Cubillo.

INTRODUCTION

“You don’t stop dancing because you grow old, you grow old because you stop dancing.”

–Anonymous–

You cannot escape aging. 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 to happen, you can start it by healthy living, and exercise. There 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. Most of elderly persons die below 60 or become a bed ridden when they older than 60. Commonly at this age, all kinds of complications notice because they are not