



Impact of zumba on health and its effects on quality of life (QOL): A survey based study

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Abstract

Introduction: Because the incidence of lifestyle diseases is on the rise, physical inactivity is a frequently noted cause. Zumba is growing in popularity as a global dance fitness activity to combat the epidemic of lifestyle diseases because dancing is a physical activity that can be adapted to fit a target population's age. It combines a variety of upbeat, entertaining music with various dance forms and aerobic exercises that benefit people of all ages. Zumba has been shown to have a number of neurological advantages, from memory enhancement to improved neuronal connections. It can also increase cardiovascular endurance and cardio respiratory systems. Zumba intervention also yields encouraging outcomes in the psychosocial domain of health.

Material and methods: Survey based study conduction 104 participants between the age criteria 18-45 years of age both male and female were selected.

Results: Self made questionnaire was used and the data was analysed for studying the Impact of zumba on health and its effects on quality of life of an individual.

Conclusion: Zumba is a dance and fitness programme that has many positive impacts on an individual's health, both physically and mentally, as well as helping to improve quality of life. As a result, we can infer that Zumba may be utilised in daily life for fitness and an individual's overall wellbeing.

Keywords: zumba, quality of life, benefits, effects, self made questionnaire

Introduction

Zumba is evolving into a global dance fitness exercise because it is a physical activity that can be adapted to meet the age and culture of the target group. It combines a variety of upbeat, enjoyable music with various dance forms and cardiovascular activities that benefit people of all ages. Because of this, zumba's physiological effects can be utilised as a supplement to traditional therapy to avoid numerous lifestyle disorders like diabetes and obesity. Zumba has been found to have a number of neurological advantages, from memory enhancement to improved neural connections. Cardio respiratory and cardio vascular endurance can both be improved with Zumba^[1]. It involves the use of powerful muscle movements for better health which is achieved through increasing aerobic endurance, weight training, and flexibility, especially in the elderly population. In postmenopausal women, it also preserves bone density and guards against osteoporosis. Zumba has been shown to have good effects on weight, BMI, body fat mass, hormonal profile, and reproductive function, according to numerous researchers. Zumba's impact on the psychosocial side of wellness is encouraging^[1].

Zumba is a worldwide dancing fitness programme that combines training and entertainment via whole-body rhythmic movements. It was created in the 1990s by Alberto "Beto" Perez and included Latin dance, aerobic activities, Hispanic and Latino music, as well as a blend of pop music (Lloyd, 2011). It has acquired a lot within the last two decades. Zumba was selected as the review topic because of its tremendous growth in popularity, particularly among young people. According to Dimondstein (1985), "The practise of making dance a supplemental component of physical education has placed it in the same category as

athletics or physical skills. Although having a dance-oriented focus, Zumba is seen as a physical workout. In this essay, the comprehension of the Zumba is a well-known, rapidly-emerging discipline that can be employed on a global scale as a non-pharmacological form of promotion and prevention for many diseases of lifestyle^[1].

From around 2001, the Latin exercise known as Zumba has gained fast in popularity; at the moment, there are roughly 14 million Zumba participants spread across 150 different nations. The goal of Zumba is to "enjoy music and move your body freely." It is geared for a variety of age groups and is simple enough for beginners to learn. Its primary distinguishing features include the adoption of rhythms and movements from diverse dance genres around the world, mostly Latin dances, and the alteration of dancing styles in response to the music. Moreover, Zumba is classified as an aerobic activity of moderate intensity. Several earlier studies have indicated its efficacy as a lifestyle disease prevention strategy, including lowering body mass index (BMI), raising blood sugar and cholesterol levels, as well as beneficial outcomes on the heart and blood vessels^[2].

Interventions in lifestyle can prevent sickness without having negative effects. In this respect, Zumba® is one of the most well-liked workout regimens in recent years that offers a variety of health advantages, including those that affect quality of life metrics. (such as one's physical self-perception and mental health), anthropometric, body composition, blood pressure, and level of physical fitness. People are motivated to practise Zumba® because it incorporates Latin aerobic dances. Zumba® practise is intriguing due to the improvement in adherence, a crucial factor in weight reduction therapies, in addition to the benefits of weight loss and VO₂peak^[3].

Asserting that regular exercise improves one's physical and mental health, reduces mental tension and anxiety, and promotes vigour and open-mindedness, Koivula (1999) highlights the advantages of regular exercise in both physical and psychological aspects. Zumba fitness programmes improved people's quality of lives in psychological and social ways, according to research by Vendramin *et al* (Vendramin *et al.*, 2016) [4]. Delextrat *et al.* discovered that three Zumba sessions a week for eight weeks improved the wellbeing of women [4].

Also, numerous studies have demonstrated that the energising dance session improves women's psychological wellbeing and quality of life (Delextrat *et al.*; 2017; Nieri & Hughes, 2017). Zumba enhances fitness and quality of life in young, healthy ladies (Donath, L.; 2014) [7]. The same goes for Anja Rossmeissl *et al* (2016) evaluated the viability and impact on mental health of a 12-week Zum Beat dance programme. Women in their postmenopausal years who did not engage in regular exercise were asked to do a 12-week ZumBeat dancing intervention. Many psychometric variables (such as quality of life, barriers connected to sports, and menopausal symptoms) were examined before and after the intervention. The finding indicates that the quality of life grown and barriers connected to sports had lessened. The 12-week ZumBeat dance programme may improve women's quality of life. In conclusion, Zumba is a fitness programme that focuses on dance and movement and can help to enhance psychosocial health.

To sum up, the goal of the current review was to assess how well Zumba may improve everyone's physical fitness, psychosocial health and overall health in each and every aspect including those with health concerns and those who are generally in good health, and also to find out what effect it has on Quality of life of an individual [1].

Results

1. Zumba practice and anger control.

Aim

To study the impact of zumba on health and its effects on Quality of life (QOL).

Objectives

To study the impact of zumba on health and its effects on quality of life by using a self made questionnaire.

Methodology

1. Study design

A survey based study conducted on 104 participants, from in and around Pune with an age criteria of 18 to 45 years both male and female were included. The questionnaire was designed and standardized as a self made questionnaire.

2. Inclusion criteria

1. 18 to 45 years of age participants.
2. Both male and female were included.
3. Participants willing to participate.

3. Exclusion criteria

1. Participants not willing to participate.

Procedure

- a. Both male and female were included according to the inclusion and exclusion criteria.
- b. Permission was taken from the concerned ethical committee of Tilak Maharashtra Vidyapeeth and various and face validation of the Questionnaire was done.
- c. The aim and objectives and method of study was explained to the participants via google forms.
- d. Questionnaire was circulated among the participants via google forms.
- e. The interpretation of the questionnaire was noted and was used for statistical analysis and results.

Table 1

		Anger control		Total
		No	Yes	
Practice Frequency	DAILY	0	19	19
	NEVER	3	5	8
	WEEKLY	9	68	77
Total		12	92	104

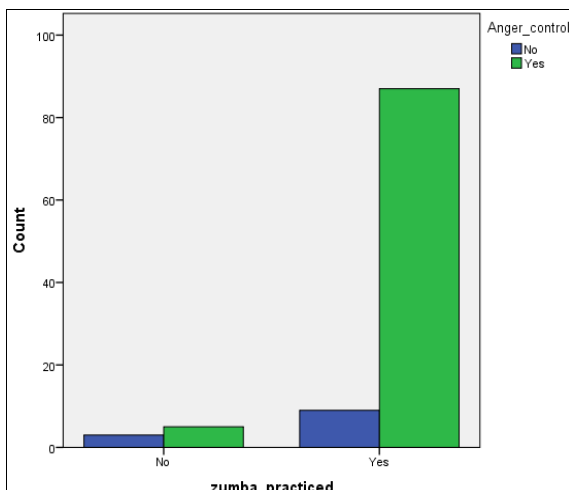


Fig 1

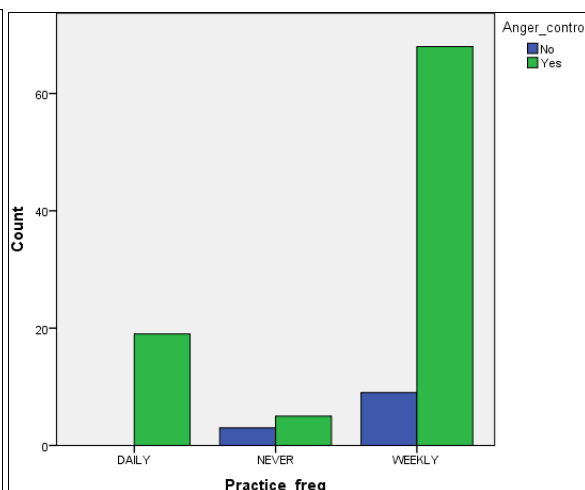


Fig 2

2. Zumba practice and concentration.

Table 2

		Improved Concentration		Total
		No	Yes	
Practice Frequency	DAILY	0	19	19
	NEVER	5	3	8
	WEEKLY	10	67	77
Total		15	89	104

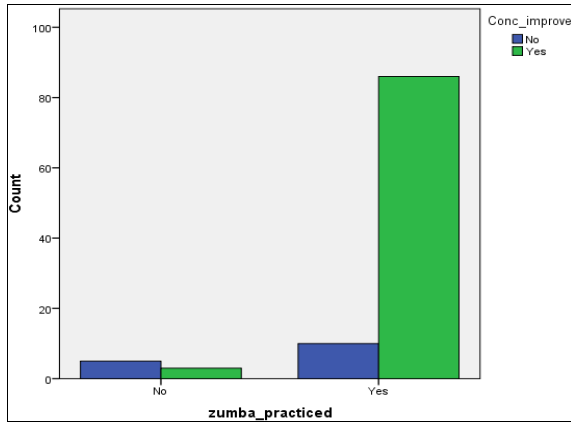


Fig 1

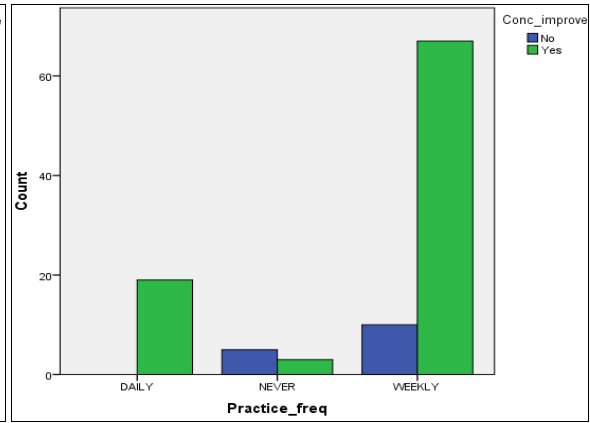


Fig 2

3. Zumba practice and physical effects observed.

Table 3

		Positive Physical Effects		Total
		No	Yes	
Practice Frequency	DAILY	0	19	19
	NEVER	4	4	8
	WEEKLY	1	76	77
Total		5	99	104

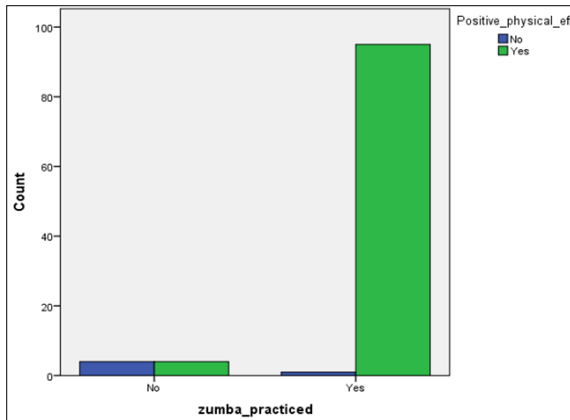


Fig 1

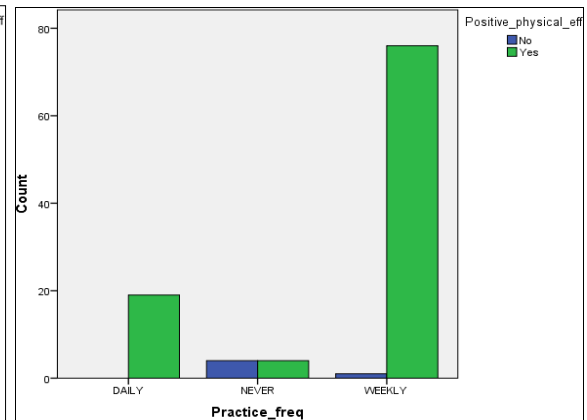


Fig 2

4. Zumba practice and mental effects observed.

Table 4

		Positive Mental Effects		Total
		No	Yes	
Practice Frequency	DAILY	0	19	19
	NEVER	4	4	8
	WEEKLY	6	71	77
Total		10	94	104

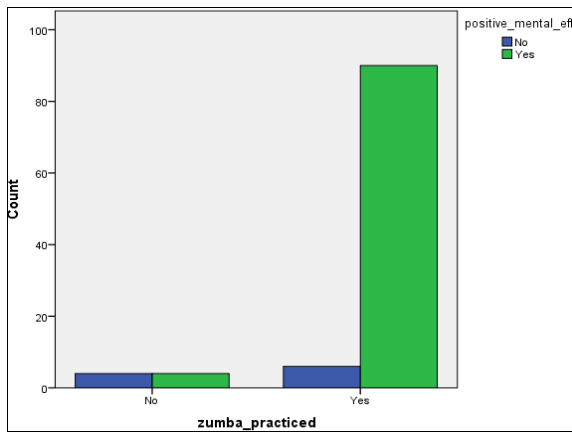


Fig 1

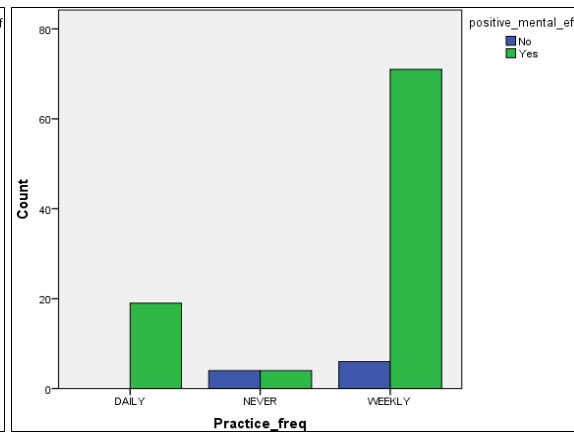


Fig 2

Discussion

Zumba has several physiological consequences in addition to several neurological advantages, from memory enhancement to improved neural connections. Cardiovascular endurance and respiratory capabilities can be improved with Zumba. Zumba is spreading across the globe as a dance fitness exercise to combat the rise of the lifestyle diseases. It involves major muscular action for aerobic endurance, strength training, and flexibility, improving health in people of all ages. Several studies have documented the beneficial effects of Zumba on body mass, hormone profile, weight, BMI, and reproductive function. Zumba's assistance has also produced good outcomes in the psychological element of health. In conclusion, these findings show that Zumba intervention might be further investigated as a treatment technique in complementary and alternative medicine for enhancing health and reducing lifestyle disorders. Total 104 participants were included in the study among which 47.1% were Male and 52.9% were female. The age criteria of the participants was between 18-45 years of age.

This study shows that there is an association between Zumba practice and Anger Control among given population. From people who are not practicing Zumba, 62.5% were able to control their anger. But among Zumba practicing population 90.6% people were able to control their anger. This was observed in 88.3% people who were practicing Zumba weekly, and 100% people could manage their anger who practiced Zumba daily. Our study also concludes that there is an association between Zumba practice and improvement in Concentration among given population. From people who are not practicing Zumba, 37.5% reported improvement in concentration. But among Zumba practicing population 89.6% people improved their concentration. This was observed in 87% people who were practicing Zumba weekly, and 100% people reported improvement in concentration, who practiced Zumba daily. There is association between Zumba practice and physical effects observed among given population. From people who are not practicing Zumba, only 50% reported improvement in physical condition. But among Zumba practicing population 99% people reported positive physical effects. This was observed in 98.7% people who were practicing Zumba weekly, and 100% people reported positive physical effects, who practiced Zumba daily. The study also concludes that there is an association between Zumba practice and mental effects observed among given population. From people who are not practicing Zumba, only 50% reported improvement

in mental health. But among Zumba practicing population 93.8% people reported positive mental effects. This was observed in 92.2% people who were practicing Zumba weekly, and 100% people reported positive mental effects, who practiced Zumba daily.

A study done by Manjula Suri, Rekha Sharma, Namita Saini under the title "Physiological Effects Of Zumba: An Overview Understanding The popular Fitness Trend." In the year 2017 aimed to find out the physiological effects of Zumba intervention. And concluded that Zumba is both the dance and the fitness regime which leads to health benefits through aerobic activity. Another study was done by Manuel Chavarrias 1, Santos Villafaina 2*, Ana Myriam Lavín-Pérez 3, Jorge Carlos-Vivas 1, Eugenio Merellano-Navarro 4 and Jorge Pérez-Gómez 1 in the year 2020 under the title "Zumba®, Fat Mass and Maximum Oxygen Consumption: A Systematic Review and Meta-Analysis". The study aimed to review the scientific literature to collect those studies that have explored the effects of Zumba practice on total fat mass (%) and VO₂ peak and performed two meta analyses (one for fat mass and one for VO₂peak. The result showed that Zumba practice could be an effective tool to enhance the VO₂peak.

Another study done by S Jitesh and Gayatri Devi in the year 2016 under the title "Effect of Zumba Dance on Blood pressure" was done to see the effect of zumba dance on blood pressure. For this study 30 volunteers suffering from hypertension were selected. Their blood pressure was taken by automatic blood pressure monitor. The volunteers were made to practice for 2 months and the variations in the blood pressure were evaluated. And on analysing the data it showed that Zumba dance has significantly reduced the blood pressure in hypertensive patients.

Future scope of study

High quality research is needed to confirm and further explore the additional beneficial effects and impact of Zumba and how does it helps in improving quality of life. Also it should be conducted in large populations and in different age groups.

Conclusion

The present study concludes that Zumba is a dance and a fitness regime which has many positive effects on health, physically as well as mentally and also helps in improving quality of life of an individual, hence we may conclude that Zumba can be used in daily life for fitness and over all wellbeing of an individual.

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