

UDC 159.59

**THE INFLUENCE OF DANCE THERAPY ON THE DEVELOPMENT OF
SELF-ESTEEM IN PRESCHOOL CHILDREN**

Aleksandrova Y.E.

Студент 1 курса Академии гуманитарных технологий

ЧОУ ВО ЮУ (ИУБиП)

email: aleksandrova.yanaal@yandex.ru

Научный руководитель: Galoyan Y.E.

email: galoyan@iubip.ru

Annotation: This article presents the concept of self-esteem its varieties, ways and methods of developing self-esteem in preschool children with the help of dance therapy, the advantages of this type of therapy and its direct impact on the internal state of children, also presents in which cases children need dance therapy and summarizes and concludes on the topic of the article.

Keywords: dance therapy, personal self-esteem, preschool, influence, development, social relationships, group classes, individual classes, self-confidence, character, inner state, social environment, psychological state.

In the modern world, personal self-esteem plays an important role in the life of any person. The very concept of self-esteem means a person's assessment of himself and serves to replenish knowledge about his personality. A person's self-understanding consists of his individual properties, qualities, character traits and habits. Self-esteem is an individual's subjective assessment of their own worth.

Personal self-esteem begins to form in a person from early childhood, namely from preschool age. In children, it manifests itself in different ways, someone needs to hear praise from parents, teachers, as well as an adult's assessment of the child's actions, and for someone it is enough to succeed in any kind of activity and feel independent and confident. But communication with adults is more important in the development of self-esteem in preschool children. So the child immediately begins to understand how people will react and evaluate any of his actions.

As for the types of self-assessment, the following are distinguished:

1. Inflated self-esteem. This is a distorted representation of a person about himself, which is characterized by overestimating his merits and an absolute unwillingness to admit any of his shortcomings.

2. Adequate self-esteem. This is a realistic assessment by a person of himself, his abilities, moral qualities and actions. This kind of self-esteem is neither overstated nor understated.

3. Low self-esteem. This is an underestimation of a person's capabilities, this type of self-esteem is characterized by self-doubt, increased anxiety and attention to failures.

There are many ways to develop and manifest self-esteem in people, in particular in children. One of these is dance therapy. This technique has huge opportunities for harmonious spiritual and physical development of the individual. With the help of dance therapy, you can achieve a full-fledged improvement of the child. It implies the development of not only musical and motor skills, but also contributes to the preservation and strengthening of health, and also helps to form the foundations of moral culture: the basics of etiquette and a competent manner of behavior in society. Dancing lessons teach you to create beauty, improve imagination and imaginative thinking, give harmonious plastic development, and also help to increase children's self-esteem. The development of self-esteem is an important aspect of education, since it is on self-esteem that confident or insecure behavior, relationships with people, attitude to the child's own victories and defeats throughout his life depend. In the modern world, dance classes with children are held in many preschool institutions. Dance therapy for children is so that the child can express his emotions through dance, live his mood, feelings and not be shy about showing himself in front of other children and adults.

Dancing classes are a very positive influence for the whole body, they perfectly increase stress resistance, develop coordination of movements. This not only improves health, but also gives a wonderful opportunity to express emotions,

feel the rhythm of music and its tempo, embodying all this in your own dance. Dance classes not only teach how to create beauty, but also improve imagination and imaginative thinking, give harmonious plastic development and help to increase children's self-esteem. Dance therapy is the psychotherapeutic use of dance and movement as a process that promotes the integration of the emotional and physical state of the individual. Dance therapy is based on the fact that rhythmic movements have a very beneficial effect on the physical and emotional state of a person. This type of therapy helps to get rid of emotional disorder, communication disorders, interpersonal interaction. Dancing is a pleasant way of healing. With its help, the health of children is strengthened, psychomotor abilities are being improved, creative abilities are developing.

By doing dance therapy, children can get the following results:

1. Improve your level of communication skills. These skills will help the child to build relationships with people correctly already at a more conscious age and not be afraid to meet new people and take the initiative in communicating with someone.

2. Reduce the level of aggression. As you know, the best way to get rid of moral tension and stress is physical exercise, including dancing. It helps to distract and forget about the negativity.

3. Improve the health and condition of the body. Dancing has a great impact on the human muscular system and strengthens the body's immune system, as well as helps to keep the human body in good athletic shape.

4. Develop self-confidence and stop being shy. Each dance gives you the opportunity to show yourself from a different side or in a certain way. This is a kind of protection between a person and his real fears, phobias. So it will be easier for a person to feel his confidence in front of the public and realize his importance.

5. Increase your energy reserve. At the moment of performing the dance, a person immerses himself in music and his movements, this helps him to recharge for the whole day and get rid of the lack of strength and energy.

Dance therapy classes can be conducted both individually and in groups. Individual classes are suitable for more introverted children who find it difficult to express themselves freely in public. Such a child needs to learn not to be afraid to talk about feelings and feelings and at the same time perform physical exercises. As soon as the child learns how to do it correctly and pronounce the problem out loud, he will understand on a subconscious level that dancing helps him emotionally. So, over time, he will just dance for himself, and psychotherapy will work for itself. In individual classes, it is especially important to find the right words that will help the child to reveal and express his accumulated emotions. This form of dance therapy is effectively used for classes with children with increased emotional excitability, with increased aggression.

The group form of dance therapy classes is more suitable for solving problems in society and relationships with it. In a team, a child learns to interact with other people. Such contact with a dance partner helps the child to feel his importance, improve social skills and promotes the development of sociability through bodily movements. And it will also be easier for the child to increase his self-esteem. Thanks to learning dance moves, the child has a sense of pride in their successes and achievements, and thereby increases the opinion of their own capabilities and abilities.

To date, dance therapy for children is one of the most popular ways to develop communication skills of preschool children. Teaching children dance takes place in rhythmic classes with a professional teacher. Rhythmics have a positive effect on the development of plastic surgery in a child. He learns to hear the rhythm and understand the music, to coordinate what he hears with the movements of the body.

Thus, we can say that dance therapy for preschool children has a lot of advantages, helps to develop a healthy self-esteem in a child and give qualities that will help him in the future, it will be easier for the child to show his emotions, feelings and desires, because this is what many cannot learn even at a conscious age.

Библиографический список

1. Крутецкий, В.А. Психология: Учеб. для учащихся пед. уч-щ. [Текст]: – 2-е изд., перераб. и доп. – М.: Просвещение, 1986. – 336 с.
2. Танцевальная терапия [Электронный ресурс]. – Режим доступа: http://studbooks.net/1689669/psihologiya/tantsevalnaya_terapiya, свободный (03.05.2021).
3. Бороздина Л.В. «Что такое самооценка // Психологический журнал. – 1992. – № 4. – С. 99-100
4. Черемнова, Е.Ю. Танцетерапия: танцевально-оздоровительные методики для детей. 2008 – 121, [2] с.: [8] л., ил. – (Мир вашего ребенка).
5. Территория знаний, Виды самооценки: ее диагностика, уровни, функции и развитие [Электронный ресурс]. – Режим доступа: <https://tagweb.ru/2017/04/30/vidy-samoosenki/>, свободный (22.03.2020).
6. Козлов В.В., Гиршон А.В., Веремеенко Н.И. Интегративная танцевально-двигательная терапия. – Издание 2-е, расширенное и дополненное. – Спб.: Речь, 2006. – 286 с.
7. Романин А.Н. Основы психотерапии: Учебное пособие для студентов ВУЗов. – Ростов-на-Дону: Изд-во «Феникс», 2004. – 288с.