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Research Article

Millennial Dance Craze for The Well-Being of Teachers: A Multiple Case Study

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ABSTRACT

This study was designed to determine the impact of secondary school teachers' engagement with the millennial dance craze on their teaching and their well-being. Observing teachers' coping mechanisms and factors on fitness, increasing workload demands while having active leisure and social connections, and promoting the importance of teachers' physical and mental well-being motivated the researcher to pursue the investigation on the secondary school teachers' engagement with the millennial dance craze. Qualitative procedures were employed in this case study. Results revealed that secondary teachers' participation in the millennial dance craze is essential since it demonstrates personal explorations and transformation as reflected from their assessment on how their engagement with the millennial dance craze have affected them. As a result, they come to value the millennial dancing craze, which aids teachers' emotional and social development as well as their physical and mental health by allowing them to explore other aspects of life. It is advised that secondary level teachers take part in all types of dances, not just millennial dances, as this will give them the chance to be active, boost their confidence, and learn other important life lessons.

Keywords: *Dance craze, Millennial, Personal development, Teachers' engagement, Well-being*

Introduction

The background of the study revolves around the exploration of secondary school teachers' engagement experiences with the millennial dance craze, with a particular focus on its potential benefits for their physical and mental well-being. In recent years, dancing has emerged as more than just a recreational activity; it has become a popular means of promoting fitness, social interaction, and emotional release among individuals of all ages.

Teachers, who often face high levels of stress and burnout due to the demands of their profession, are increasingly seeking ways to maintain their health and wellness. The millennial dance craze offers a unique avenue for teachers to engage in physical activity, express themselves creatively, and connect with others in a fun and energizing way.

Moreover, the rise of virtual platforms has transformed the landscape of dance presentation, allowing for broader participation and

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audience engagement. This shift opens up new possibilities for teachers to share their dancing experiences with a wider community, potentially enhancing their sense of belonging and fulfillment.

Given these dynamics, the researcher aims to delve into how secondary school teachers integrate the millennial dance craze into their lives and how it impacts various aspects of their teaching and well-being. By understanding the motivations, challenges, and outcomes associated with teachers' engagement with dance, the study seeks to shed light on its potential as a holistic approach to promoting teacher wellness.

Ultimately, the study is designed to assess the impact of teachers' participation in the millennial dance craze on their teaching effectiveness, job satisfaction, stress levels, and overall quality of life. By examining these dimensions, the research aims to provide insights that can inform the development of strategies and interventions to support teachers' well-being and enhance the educational experience for both educators and students.

Methodology

This study utilized the case study design. Case studies are the preferred method when (a) "how" or "why" questions are being posed, (b) the investigator has little control of the events, and (c) the focus is on a contemporary phenomenon within a real-life context (Yin, 2009).

Results

The Twelve Amazing Dancers

From grade seven department, is Mr. ML, he is now seven years in teaching Music, Arts, Physical Education and Health. He is 40 years old and has a BMI of 20.67. He shared the following answers on the questions given:

Q1. On trend, spend your leisure time (exercise), to showcase you are still capable on dancing millennial dances and to be socially accepted/involve /updated.

Q2. For me, it's not required for everyone to be engaged in millennial dances, it's up to the person, if that's make him/her happy to engage, then why not? If not then let's respect that. It's their choice.

Q3. I felt happy and great in engaging millennial dance craze.

Q4. Millennial dances promote physical and mental well-being through dancing we can get many benefits in such making our physical body to be stretched and relaxed and by dancing, it can make us happy and releases our stress as well.

Q5. I value millennial dances by looking for the real meaning of the dance itself before executing the dance.

Q6. Sometimes, millennial dance craze gives impact in my life because some dance can help you mentally and inspire you in other ways.

There are three informants from grade eight, they are all female teachers. Jov has 2 years in teaching in English subjects. She is 23 years old with a BMI of 21.18.

Q1. In a nutshell, the factors that influenced me to engage in millennial dances are connection and having fun. Through engaging in millennial dance, it feels like you are connected to it. It is relatable that is why you can have fun. Having fun is probably the most important thing on the dance floor.

Q2. Obviously, there's no need to dunk on new dance moves if you prefer old dance moves. However, if you want to be "in" the trend, then there's no wrong with that too. If you ever find yourself longing to dance the way you used to when you were younger, the millennial dance challenges are definitely made for you.

Q3. It's actually fun making millennial dance craze and it's quite entertaining to fit in with the new trends.

Q4. Millennial dance requires whole-body movement which is why it promotes physical well-being. Moreover, it also promotes mental well-being by having fun dancing. Having fun attracts positive vibes.

Q5. I valued millennial dance by doing my own choreography or following other's choreography on the millennial dances.

Q6. It has an impact on my life today since it gives nostalgia to my younger years. It's definitely fun to relive some of my favorite dancing memories.

Another is Franzy, she has 2.10 years of teaching experience in science subject. She is also a 23 years old lady with a BMI of 22.16.

Q1. The two factors would be of the music and the dance moves. The music is upbeat and the movements are just simple where even oldies can follow and jive.

Q2. Well for me, there is a need to engage to relieve stress and boredom from work.

Q3. I feel full of life when doing these dance craze.

Q4. Millennial dances promote physical well-being in a way that it can also be a form of exercise where we can sweat which is good for our health. Moreover, in the mental aspect it makes us happy and spirited especially when you are dancing together with your family, friends and colleagues.

Q5. Well, I guess it's been a part of my routine. I do these dances during my free time and most especially when stressed to drive away the negative vibes within me.

Q6. Yes, at first, I am hesitant to engage in these dances but when I try it, it's like it gave me a boost of confidence. And I don't want to miss this opportunity where I still feel young and active.

The last informant from grade eight is Allets. She already has a teaching experience of ten years in technical livelihood education subject. She is 43 years old and with a BMI of 22.10.

Q1. The movements are not far from the dances that we had before. The music seemed to ignite me to dance.

Q2. For us to stay fit and healthy

Q3. Somewhat you belong to the generation and make you confident

Q4. We are aware that dancing is a way of burning fats or letting our body metabolism works to achieve balanced physical and mental health.

Q5. I guess for me it is already a part of my daily routine especially during free time.

Q6. Yes, starting I patronized millennial dances, I look and feel young and healthy.

There are also three informants from grade nine department. One is RRJ, he has 7 years of teaching experience in English subject. He is also a 27 years old man with a BMI of 32.50.

These are his thoughts:

Q1. To relieve stress. You want to go with the trend/join the trend. Self-expression.

Q2. No, for me it's not necessary to engage in millennial dance craze.

Q3. It makes me feel better more and energized

Q4. Millennial dances boost the physical and mental well-being of a person. It helps a person of all ages to be physically fit by shaping and grooving through music. Dancing also eases the anxiety of a person. Through it, it builds one's self-confidence and improves mental health.

Q5. Since we are in the new generation, I believe we still need to appreciate and give importance to every millennial dances.

Q6. Yes. It gives amusement to everyone.

Second informant is also a male, researcher called him Jat, who has a teaching experience of thirteen years in technical livelihood education subject. He is 35 years old and with a BMI of 34.25. He shared his answers on the following questions:

Q1. It's because of the following factors; Boredom. Stress. Recent trend.

Q2. No, it depends upon the person's preference or choice.

Q3. I felt young & relieved from stress when I engage in millennial dances

Q4. Millennial dances promote physical well-being by improving cardiovascular health. It provides an excellent, low-impact aerobic workout; it also strengthens the heart, lungs & circulatory system. It improves mental well-being since millennial dance requires one to use his mind and creative skills in many ways. It also involves memorization, focus, interpretation and syncopation to music. Above all, it gives enjoyment; thus, releases one's stress.

Q5. I give high value and importance to millennial dance for it is beneficial for me physically, mentally and socially.

Q6. Yes, indeed. It gives a positive impact in life today since it allows me to release my stress and by doing so, I became more productive and efficient in my work.

Last informant from grade nine is a young lady. She is Mardel, she has 3 years of teaching experience in music, arts, physical education and health subject. She is 24 years old with a BMI of 28.90. These are her answers to the questions:

Q1. Factors are social media, peer influence, boredom

Q2. There is a need for us to stay fit and active

Q3. Aside from killing your boredom, it can also make you happy and boosts your confidence through dancing on latest trends especially on the social media platform which is widely used by anyone who are trendy.

Q4. It is not only a form of active movement but also enhances our sense of creativity and expressing emotions.

Q5. Engaging to this kind of dances/activities is one of the keys in expressing yourself and encouragement to step out of our comfort zone, interact with others to forget and be free from our current situation for a while.

Q6. Yep, it serves as an outlet for exercising and having fun at the same time. It elevates your mood once you get started. You'll get addicted. Hahaha. Especially when the steps are easy when you're just watching but once you'll try to learn from it, it's got hard.

There are two informants from grade ten, one male and one female. One is Maj, has 3 years of teaching experience in music, arts, physical education and health subject. She is 24 years old with a BMI of 24.09. She revealed:

Q1. First is dancing being my habit. Second, I want to know what the new trends are (new steps, techniques/styles). Third, I want to enhance my skills in dancing. Fourth, to be physically active.

Q2. As long as it does not violate any rules/harm your reputation and appropriate to any kinds of audiences.

Q3. Engaging in millennial dances help me to relieve my stress. It also helps to entertain myself. Dancing has become a stress-reliever to me. When I am stressed, or sad, or when I feel my body is weak, I sweat it out by dancing to several social media video compilations. I also love watching millennial dance performances and getting my feet to groove and shake it off

Q4. Millennial dances help promote physical and mental well-being. In physical aspect, these dances will make your muscles active that will help in improving your cardiovascular, and muscular strength and endurance. In mental health, the entertainment in dancing can relieve stress.

Q5. I value millennial dances like how I value folk dances or any other kind of dances. Millennial dances should be given equal importance to any other dances because like humans or any other living things, dance is evolving.

Q6. Yes. I am productive in my work and was able to develop my social aspects.

The second informant from grade 10 department is JL, has 2 years of teaching experience in mathematics subject. He is 23 years old with a BMI of 19.11. He responded:

Q1. The factors that influence me to engage in millennial dance are the following:

I want to enhance more my dancing skills, I want to know more on the new different techniques, styles and steps in dancing, and to be more physically fit and active.

Q2. As long as you're happy doing dancing or making steps and your engagement in dancing the millennial dance doesn't violate any rules and harm your reputation as a dancer.

Q3. Engaging millennial dance steps help me to relieve my stress. It also made me appreciate the culture of the new generation.

Q4. Millennial dances help promotes physical and mental well-being through making your muscles more active that leads to improving your cardiovascular, muscular and endurance strength.

Q5. I value millennial dances through appreciating it just like our old dances. It is a new dance culture and it needs respect, correct valuing and proper appreciation.

Q6. Yes, it enhances my skills in dancing and develop more my social aspects.

In grade 11 department, there are two informants. One is Cac, has 6 years of teaching experience in science subject. She is 26 years old with a BMI of 29.14. She excitedly shared:

Q1. Entertainment is the only factor that influence me to engage in millennial dances.

Q2. There's no need to engage in dancing millennial dances if you don't want to.

Q3. It gives me the feeling of enjoyment and satisfaction.

Q4. It gives physical strength and endurance specifically when doing tricky dance challenges. And also, it fosters creativity.

Q5. By trying to do the dance trend, post it to social media and let my friends see, appreciate and enjoy it.

Q6. Yes, doing this millennial dance trend really gives a big impact in my life. Before, I'm not confident enough to dance in public but now when I do this trend it gives me sudden confidence that I do not have before. Every time I do a dance challenge it makes me happy and contented.

The other informant from grade eleven is JM, has 4 years of teaching experience in information and computer technology subject. He is 40 years old with a BMI of 32.0. He expressed:

Q1. Dance has been part of our human history since the earliest records. Whatever dances you want, there are factors affecting why we engage dances especially the millennial dances. One of the factors influenced by our friends, another is part of performance task in our modules and it is also my passion to dance.

Q2. Dancing millennial dance craze nowadays are very viral and popular in social media. However, is there really a need to engage with this kind of dances? For me it is dependable. We can dance everywhere, anytime with any forms of dances if we can be able to let go and allow ourselves to express the feelings through our own movement.

Q3. Dance has been therapeutic for me as well. In other words, it is not only an escape from the world but also a therapy for me. I believe that dance is also the hidden language of our soul as we use it to express ourselves and feelings words fall short. When I dance, I felt the joy and help me to get over my sorrow and adversity sometimes.

Q4. Moving our body creatively is a popular way to express ourselves. Beyond just movement and music in millennial dance craze, it offers many benefits for mental and physical well-being. Millennial dance promotes our

physical and mental well-being through growing the sound of music that seems to take all our cares away, challenging of mastering the more complicated moves that bring us much joy and of course posting in social media applications like that gives happiness to the viewers.

Q5. I can value millennial dances through supporting and being responsible for changing the world mentality to make millennial dance integral. I've valued also dances as an ability to communicate, it is a conduit for connection to not just emotion but also structure and craft.

Q6. For me, millennial dances give impact to my life today because we are only living on one land and these dances are popular so it really inspired me and motivated me in other ways, whether you like it or not, these dances exist already and captured not only to the kids but also to adults.

The last but not the least from grade twelve department is DR, she has 3 years in teaching social studies and other related subject. She is 27 years old with a BMI of 30.0. She responded:

Q1. It is the type of dance and music, story being told.

Q2. To uplift mood and feelings.

Q3. Happy, Joy, it can reduce also levels of stress and anxiety.

Q4. It promotes physical and mental well-being by helping to prevent falls, improve posture and flexibility. It also sharpens our mind, builds social binds with others and reduce level of stress and anxiety.

Q5. - I value millennial dances by appreciating it, preserving and sharing it to others. Through preserving it, we can keep it and bring it to other generation and they will be able to continually perform it how we do. We let others see the art portrayed on these

dances and they will be able to see and know why these are worth preserving.

Q6. Yes, it enhances my self-confidence.

Discussion

Millennial Dance Craze on Teachers' Wellness

Every group of responses for each research question was analyzed thematically, thereby a discussion of the inferences that were derived from the informants' answers, relating them

with founded knowledge and theories makes up the thematic analyses part.

Physical Wellness

Physical wellness includes knowing when to exercise, eat well, and get enough sleep, as well as knowing when to avoid getting sick or hurt or how to manage long-term health issues.

Millennial dances, according to nine of the informants, improve physical well-being by grooving the body to the music and completing difficult dance tasks, as well as developing muscular strength and cardiovascular endurance. "Millennial dances enhance physical well-being by enhancing cardiovascular health," according to them. "It gives you a great low-impact aerobic workout while strengthening your heart, lungs, and circulatory system," Jat said. "Millennial dances enhance physical well-being in such a way that they may also be used as a type of exercise that allows us to sweat, which is beneficial to our health," Franzy said. DR also said that, "millennial dance craze helped to prevent falls, improve posture and flexibility."

New ways of moving and dancing may produce new ways of feeling and perceiving the world (Mendreck, 2020). Dancing is a terrific kind of rehabilitation as well to enhance your mood. Dance has a significant impact on the human body and mind. From the beginning, dance/movement therapy has emphasized that the body is inextricably linked to, and in constant reciprocal engagement with, the mind. As a result, sensations, perceptions, emotions, and thoughts have an impact on our bodies and how we move. We can infer mental states by examining the body. Furthermore, the millennial dance crazes' musical structures spark their enthusiasm for dancing. The diverse rhythms of the millennial dances provide them with peace, delight, calmness, and comfort. The millennial dance craze is therapeutic for the informants; therefore, they enjoyed dancing to them a lot.

Dancing can provide cardio-vascular benefits like other low or middle-intensity physical activity (Fong Yan et al., 2018). Dancers strengthen their muscles and increase their cardiovascular endurance. This promotes proper oxygen and blood circulation throughout the body. Prompting teachers to dance in

school contemplates either the bodily and psychic aspects of the emotional and cognitive one, more than any other expressive language, dance provides pleasurable experiences that cannot be had in any other way through experiencing one's body and emotions, self-development, self-expression, social connection, and cultural belonging, which motivate continuous involvement in the practice (K. Mutka, 2022). Dance may allow teachers to "live" in their bodies and discover latent potential, boosting self-awareness, more than any other expressive language. In essence, the Millennial Dance Craze videos incorporate classic dance techniques from previous decades. If one is only used to witnessing traditional TikTok dances, which do not need much whole-body movement, one will be surprised (Travis, 2020). The Millennial dance craze does not require a perfect body, physical qualities, talents, or faultless motions, as long as one sweat, burn calories, and keep track of his or her body's coordination to stay balanced. Regular participation in dance craze aided in the development of the various body parts engaged in dancing. Dance burns calories strengthen muscles, improves balance, increases flexibility, and gives the heart a good workout without necessarily leaving the faculty to execute dance steps. Scientifically, dance exercise releases endorphins that make us feel happier and more relaxed, as well as energized and fulfilled.

Engaging in millennial dances inspired these informants to ease their boredom from their daily routine at school. Performance refers to the subject and the physically required to act and enact a social practice. For example, for the ordered and planned components of practice to appear, an individual must use their arms and other body parts to do it. Practices are dynamic; they are formed by language and acts, and are thus linked to physical behavior.

The informants' involvement in millennial dance craze has had an impact on their current lives. In the social practice, dancing typically differs from the codified forms transmitted by teachers and classes, as those describe only some ways of dancing, while the real-life dancing is conditioned by the purpose, context, competences, and limitless creativity of the people who dance (K. Ala-Mutka, 2022). Dance craze

not only improves cardiovascular fitness and lowers weight, but also helps with self-esteem, depression, and stress reduction. Their affirmation that their involvement in millennial dance craze has brought about a good change in their personality, as inferred from the previous topics, was revealed during the discussion of their answers. Millennial dance craze also has a beneficial impact on muscle unwinding.

Dance has a significant impact on the human body and mind. From the beginning, dance/movement therapy has emphasized that the body is inextricably linked to, and in constant reciprocal engagement with, the mind. As a result, sensations, perceptions, emotions, and thoughts have an impact on our bodies and how we move.

Mental Wellness

Positive mental health is referred to as mental wellness. It goes beyond the lack of mental illness. Positive, self-assured, and joyful people have good mental health. They have control over their thoughts, feelings, and actions. They can manage difficulties, forge solid connections, and just enjoy life because of this.

Millennial dances have become an outlet for them to channel their negative emotions, and dancing has become their pastime. JM said, "Dance has been therapeutic, it is not only an escape from the world but also therapy. I believe that dance is also the hidden language of our soul as we use it to express ourselves and feelings when words fall short. When I dance, I felt the joy, and help me to get over my sorrow and adversity sometimes." "Dancing has become a stress-reliever to me. When I am stressed, or sad, or when I feel my body is weak, I sweat it out by dancing to several social media video compilations. I also love watching millennial dance performances and getting my feet to groove and shake it off," Maj also stated. To Jat, "dancing millennial dance craze improves mental well-being since millennial dance requires one to use his mind and creative skills in many ways. It also involves memorization, focus, interpretation, and syncopation to music." While for Jov, "through engaging in millennial dance, it feels like you are connected to it, the rhythm, the music itself. And for ML, "it is a recent trend in social media, and with peer influence and to

be socially accepted/involved/updated." Mar-del also claimed that "millennial dance is not only a type of active activity but also improves our feeling of creativity and emotional expression."

Informants valued millennial dances in different views. Three informants shared that they value millennial dances by appreciating them, preserving, and sharing them with others. It can be passed down to the next generation if it is preserved, and they will be able to execute it indefinitely. People will be able to see and understand why these dances are worth keeping if they allow others to view the art depicted in them. Respect, proper value, and proper appreciation are all required.

JM also said, "I can value millennial dances through supporting and being responsible for changing the world mentality to make millennial dance integral. I also considered dancing as an ability to communicate. It is a conduit for connection to not just emotion but also to structure and craft."

ML, as well, reiterated that he values millennial dances by looking for the real meaning of the dance itself before executing the dances.

Internal motivations reflect the reasons why one likes and chooses to dance for the felt experience and effects of the activity itself. External motivations relate to external incentive, such as obligation to dance at school, for work, to appease to another person, to achieve an external recognition, or even to follow doctor's prescription (K. Ala-Mutka, 2022). Informants shared the reasons for their participation with millennial dance craze which ranges from their self-perception about the activity to their outlooks of the benefits they would get. It is relatable, that is why you can have fun. Entertainment relieves stress. If you want to go with the trend, join the trend. It is self-expression and can eliminate boredom.

It is also kind of entertaining to compare the dances millennials grew up with to the dances that Gen Zers are doing (Travis, 2020). It is an enjoyable way of releasing your stress and tensions. Additionally, dancing will help one forget the tensions of every day. Dancing develops the knowledge and skills required to create, perform, and understand movement as a means of artistic communication that could be

integrated into the teaching-learning process. It taught them resilience, and they learned different styles and techniques in performing which enhances their dancing skills. It is an amazing way to be active in their daily routine in school and at home. Likewise, it is significant to note that millennial dances were also found to be appealing by informants because of the type of music they feature, the choreography and steps are simple and not intimidating to follow and can be performed by anyone regardless of their skill level, the performance can last for a relatively short period for each piece of music played, allowing one to dance to a variety of different genres, and the mood that these millennial dances convey are relatable.

Dance has also been proven to increase cognitive development which is important in the teaching profession since teachers' main task is to deliver instruction and make their students learn. Current research documents the importance of exercise on the brain and supports the claim that the body and mind are connected in vital ways (Howe, 2021). This study confirms the relevance of exercise for the brain and backs up the idea that the body and mind are inextricably linked. Utilizing dance in academics also helps teachers develop skills that are necessary for learning creativity, communication, critical thinking, collaboration allowing them to improve themselves and in turn become more effective and efficient in teaching. Tons of people — of all ages — have been making their videos following their choreography. It is fun to see grown-up millennials relive some of their favorite dancing memories (even if they can no longer pop, lock, and drop it as they used to). Millennial dances also enhance mental health by allowing dancers to be more creative with their choreography and by allowing them to think of simpler steps that they can easily execute. They all agreed that it improves mental well-being since millennial dances require one to use his mind and creative skills in many ways. It also involves memorization, focus, interpretation, and syncopation to music. It also provides amusement, which relieves tension and helps to develop a healthy mind.

Dancing re-establishes a connection with music. Dancing to music can release tensions and hidden anxieties and helps teachers

through the required levels of focus needed to accomplish their many functions in school. The informants found it amazing to do a few repeats before posting the final video dancing clips on social media. Different interpretations are possible as long as they are in good time with the music, and as a result, personal creativity in dance steps emerges, resulting in originality. Even if only for a short time, participation allows one to escape negativity, reduce anxiety, boost emotions, reduce stress, and alleviate other personal issues.

The informants may have distinct ways of valuing millennial dances, as finding how the worth of a certain object is dependent on how people perceive them to be and on how they have been affected by it. The informants have placed a high value on these millennial dances, as seen by their comments, and it is impossible to deny such because they have participated in this trend. Because dance materializes through and for people because we learn to dance from others and often present dance to others, the moment of its transmission is one of dance's central and defining features (Foster, 2019). For the informants, valuing dance examines the moment when dancing is passed from one person to another as a form of exchange, one that is rich in symbolic connotations, including those related to its history and all the labor that went into its creation. Beneficial effects were found related to the emotional dimension, as well as physical, social, and spiritual dimensions. In addition, studies propose that dancing can provide healthy adults a beneficial versatile physical, psychological, and social activity, which helps to resist and overcome the difficult moments in one's life, e.g. (Schwender et al., 2018). Dance increases balance and body awareness.

All the informants conveyed similar impressions toward dancing with millennial dances. They relayed that when they engage in millennial dances, they felt joy and were entertained by indulging in new trends as these can help release stress and anxiety. Through this, self-confidence is being developed. Self-fulfillment is achieved after every dance performance is saved on the phone or shared on social media, and they feel energized.

Informants saw the direct significance and impact of millennial dances on physical and mental well-being, and they agreed that such elements are promoted by millennial dances. They have a favorable perspective on their engagement based on their personal experience and appraisal of how they have been changed by dancing with these millennial dance craze. As they participated in millennial dances, they must have observed changes in their well-being as well. Participating in millennial dance craze is the best way for them to exercise their bodies and minds in their spare time.

Recreational Wellness

Activities, interests, and experiences that are chosen voluntarily are considered recreation. They are typically done in leisure time and result in feelings of pleasure, joy, happiness, and well-being.

Six of the twelve informants shared similar thoughts. They were engrossed in dancing with contemporary dances because they found a connection with the rhythm, and dancing has become a means for them to have fun, dance steps are also easy to follow and one does not need to dance the whole round of music. Dancing is also one of the passions of the informants. Thus, having themselves engaged with millennial dance comes naturally with their love for dancing.

MAJ said, "First is dancing is my habit. Second, I want to know what the new trends are. Third, I want to enhance my skills in dancing. Fourth, to be physically active."

JM also said that "dance has been part of their human history since the earliest records. Whatever dances you want, there are factors affecting why one engages in dancing. One of the factors is being influenced by our friends, while it has also been among the requirements of our job." While JL said that he wanted to enhance his dancing skills, know more dance steps, styles, and techniques, and burn calories.

Three of the informants; DR, Franzy, and Allets pointed out the type of music and moves which kindle them to be active in millennial dance challenges. The informants also added that two factors salient about millennial dances are the music and the dance moves. The music is buoyant and the movements are just simple

that even oldies can follow and jive. The movements are not far from the dances that they had before. The music seemed to summon them to dance.

Six informants shared that there is a need to engage in millennial dance craze, they said, "as long as it does not violate any rules and does not harm your reputation and are appropriate to any kinds of audiences, as long as you are happy doing dancing, then dance to the music."

On the contrary, five of them expressed that one does not have to engage in millennial dances. Dancing to these types of music depends on one's choice. There is no need to dunk on new dance moves if you prefer old dance moves. However, if one wants to be "in" the trend, then there is nothing wrong with that, too. "If you ever find yourself longing to dance the way you used to when you were younger, the millennial dance craze is made for you," Jov said.

JM answered, "We can dance everywhere, anytime with any form of dance as long as we can be able to let go and also allow ourselves to express the feelings through our movement."

Two of the informants gave similar value to millennial dance craze as they supposed, "Engaging to this kind of dances or activities is one of the keys in expressing yourself and encouragement to step out of one's comfort zone, interact with others to forget bad thoughts and be free from our current negative situation for a while by trying to do the dance trend, post it to social media and let social media friends see, appreciate and enjoy it."

Two of them as well shared that millennial dance craze has been part of their daily routine during their free time because it drives away their negative vibes.

Jat said, "I give high value and importance to millennial dance for it is beneficial for me physically, mentally, and socially."

Maj conveyed, "I value millennial dances like how I value folk dances or any other kind of dances. Millennial dances should be given equal importance to any other dances because like humans or any other living things, dance is evolving."

Dance craze is one of the most popular contents on TikTok which is no surprise given the fact that TikTok videos are generally based on

short music files and spur the practice to remix and reuse music (Bresnik 2019). The millennial dance crazes' musical arrangements pique their enthusiasm for dancing. Most of the informants shared similar feelings in which they believed that it is important for one to participate in recreational activities such as dancing. Musicality in dance then might be considered a measure or degree to which a dancer is receptive and creative in his translation or rendering of music through movement (Prehiem 2021). The degree to which a dancer is responsive and creative in his translation or rendering of music through movement could be defined as musicality in dance. While the informants are divided on whether it is essential to dance millennial dances, it is evident that they emphasized that dancing to these types of music may be attributed to how the music or the dance itself has motivated the person, and other factors that may influence one person to dance, and dancing millennial dances is not an imposed activity rather a trend that has become popular and is widely embraced.

Dance provides pleasurable experiences that cannot be had in any other way through experiencing one's body and emotions, self-development, self-expression, social connection, and cultural belonging, which motivate continuous involvement in the practice (K. Ala-Mutka, 2022). The synchronized dancing group had a much higher pain tolerance, indicating that their bodies had significantly more endorphins. Further, dancing with somebody of different ages could be beneficial, it helps to create a healthier future generation. Those who have not grown up in the dance world could be under the impressions that dance is an exclusive and elite physical art form reserved only for those of a certain petite stature. But those with lengthy histories of addiction, as well as those who have had the amazing experience of teaching dance to others, particularly youngsters, know that dancing is for everyone.

Dancing is fun not just when you are alone, but also when you are with colleagues and friends, and it is much more fun when you get favorable feedback and reactions when you post video compilations of these millennial dances to social media sites. Dancing in front of the camera has long been a popular online fad.

Dancing videos are also very popular on social media, so people share them. Some even wonder if social media platform artificially inflates views and likes to generate excitement around dancing videos.

Participation may boost self-esteem and physical appearance, and image, improve mood, and decrease anxiety. In and via new media, intimacy and domestic authenticity of the informants were being developed. It examines how the materiality of dance, as well as how it is communicated, contains ideals that promise happiness, advancement, or success while also excluding or suppressing alternative sets of values.

The informants all agreed that millennial dance craze has an impact on their lives.

Participating in millennial dancing craze have a favorable impact on their life presently, according to all the informants. Furthermore, these dance craze have captured their hearts, motivating, inspiring, and energizing them to engage. It enables people to be more productive at work and in their daily lives. As a result, they become more youthful and vigorous, and they have seen an increase in their confidence when performing in front of an audience.

To find out if the informants' abilities and skills in dancing were noticeable or not, the researcher employed an observation checklist. All the informants, according to the observation, demonstrate awareness of the different areas of the body employed in dancing, self-confidence in executing the steps, delight, and amusement while performing the latest dance craze, and displayed voluntary participation based on their facial expressions and superfluous gestures such as smirking, clapping hands, laughing, and giving their co-dancers exuberant high five. This suggests that all the informants are using millennial dance craze to improve their mental health, their body, and their social aspect. In terms of physical health, informants demonstrated the capacity to take up dance steps quickly and readily. They have also manifested excitement and willingness to learn the latest dance fad while enjoying dancing in a group as in most of their videos they are with their peers. It was apparent that all the participants felt physically better while participating in millennial dance craze based on the video

compilations they have shared, and they have easily danced to the rhythm of the music they have chosen.

Conclusions

The findings reveal that secondary teachers' participation in the millennial dance craze is essential since it demonstrates personal explorations and transformation as seen on social media by the informants. They were able to express themselves more freely since they were versatile in their explorations and social skills were related. Informants investigated transformations in the social media sphere, much as they did in dancing. The informants' social behaviors were established via imitating, making, and sharing recorded performances of dance craze films. They were not focused mainly on their jobs; this gives upliftment of their lives through the involvement of the said millennial dance craze. As the informants grappled with these issues, they became more willing to use technology and socialize through the usage of social media platforms. Internal and external shifts in the informant's life were being uplifted.

It offers the informants a rare chance to discover who they are and learn about their skills. Since they added enjoyment and excitement to their downtime, they had a positive impact on their coworkers. The experiences of all the informants center on the development of their diverse lives, not just their physical elements, because of being entangled in the millennial dance craze.

There was more to this millennial dance fad than just personal growth. It also affects the informants' aesthetic sensibilities. They grow to appreciate the millennial dancing fad as a result. This motivates them to appreciate the millennial dancing craze. Judgments of movement expressiveness across a library of contemporary and classical dance excerpts were unrelated to measures of movement quantity derived from the dance videos (Christensen et al., 2019). Dance communicates itself in the social media environment through experiences, perceptions, and how you feel as a dancer and as a spectator, so it is not just the informants' cognitive abilities that give it an aesthetic worth. On the social media accounts where the dance

craze is being posted, it is how every performer and audience member expresses their happiness following every performance.

Gender, age, and length of teaching experience are irrelevant when participating in this millennial dancing craze. The observation checklist showed that everyone enjoyed taking part in the dancing frenzy. They engage in the dancing craze as a spontaneous hobby while going about their regular schoolwork; it is not for them a contest. To relieve stress and anxiety at work, just make some easy movements. A lot of people can dance. Community-engaged dance, which promotes inclusivity and diversity and includes both professional dancers and community members in the creative process, is built on this concept.

The results of this investigation have improved comprehension:

1. According to the study's findings in terms of ontology, participation in millennial dances helps teachers' emotional and social development in addition to their physical and mental health by allowing them to explore other facets of life. One's mental and physical health may benefit from dancing. Dancing is obviously therapeutic by nature because of its physical, emotional, and spiritual components. Dance is more than just a chore to be finished; it is an expression of one's feeling, energy, and desire to externalize something from within. One of the main reasons individuals' dances is to change their emotional state. They often wish to be happier and more joyful while feeling less stressed and anxious.
2. The study found that teachers' participation in millennial dances offered them time to reflect and change through social media. Dancing is enjoyable, amusing, and can be used to quickly showcase a talent. Online, dances are frequently produced or copied to convey a feeling of togetherness and connection with people you may never meet in person. Teachers who embrace technology report better levels of work engagement. Investigating novel motions could trigger brand-new perceptions and feelings.

Additionally, in some situations, it could be simpler to consider more possibilities. One may experience repressed memories

because of some new or old movement patterns, which will improve their understanding of themselves, their surroundings, and their past.

3. The results highlight the axiology of dance: aesthetic enjoyment of dance performances is influenced by three qualities: dynamism, exceptionality, and affective evaluation. A dancer's aesthetic experience and the aesthetic experience of the audience watching the performance are the same or extremely comparable when they perform a particular dance. It follows that the aesthetic perception of dance performance is a multifaceted phenomenon.
4. The study's findings were in line with the proverb "Dance is for everyone and everybody" (Minute, 2019). Everyone can dance. It is appropriate for people of every age, size, class, and career. Nobody's ability to participate in millennial dances is hindered by their gender, age, duration of service, or BMI.
5. In terms of dance epistemology, starting a well-known dance can get you a lot of followers on social media, especially if other users credit you for it in their videos of you performing it. The millennial generation views social media platforms as the ideal diversion for instructors, especially if they explore, appreciate, and utilize them to express emotions while following the rules and restrictions DEPED has established for using these platforms.

Finally, despite the challenges faced by secondary school teachers, any type and kind of dance will have to contribute well to an individual's health and well-being because the study's informants did not expose themselves to any specific genres of dance and assessed the impact of participating in the millennial dance craze in this manner. If teachers want to keep up with the rapidly changing social landscape, they must incorporate dance into their regular activities.

As a dancing aficionado, the researcher would stop, drop, and dance with anyone, anywhere, at any time. She believed that dancing is an easy, fun way to lead an active lifestyle. She would encourage them, in her role as a

secondary-level physical educator, to look for a physical activity that raises heart rate and provides a chance for flexibility and proprioceptive training.

Given the chances to be active, build self-confidence, and learn other valuable life lessons, the researcher encouraged all teachers in secondary level, to be involved in whatever type of dances, not only millennial dances and the school administrators will provide opportunities for all teachers to embrace millennial dances or whatever type of dances which will be implemented for a bodacious well-being program.

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