**QUALITY OF LIFE AND TRADITIONAL DANCING**

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**Abstract**

Research supports that taking part in physical activity is beneficial for all ages and in aspects like physical and psychological well-being as well as sociability, which help considerably in improving quality of life. Participating in dancing activities for entertainment- especially traditional dancing- can greatly contribute to vitality, managing emotions and developing social relationships. The purpose of this study was to examine the quality of life of teenagers who participate in traditional dancing programmers organized by non-profitable cultural clubs-institutions. People who participated in this study were 109 teenagers-dancers of traditional dancing clubs. An instrument of measurement was “KIDSCREEN-52: An evaluation of the quality of life of teenagers and children- a European approach”. Questionnaires were handed out after the end of the lessons in the dance rooms. What was used for the analysis of data were elements of descriptive statistics and credibility analysis in accordance to *Cronbach’s a.* In conclusion it was evident that dancers of traditional dances exhibited higher average (much higher than the average of Greek children and teenagers) in all aspects of quality of life. Bearing in mind that higher average means higher quality of life, we can assume that dancers of traditional dances enjoy a good quality of life.

*Keywords: Greek Traditional Dance, quality of life*