

23.6 PechaKucha Presentation III Abstract

A case study: the impact of Instagram on professional ballet dancer's psychological wellbeing

By Lai Pui Ki

This project is a case study on the impact of Instagram on professional ballet dancer's psychological wellbeing and to examine the relationship between social media self-efficacy and how ballet dancers evaluate information found online, it focuses on investigating their frequencies, behaviour, and experiences in using this social media platform. Despite the various positive outcomes which are beneficial to ballet dancers in various aspects, number of psychological issues in the context of self-esteem and relative self-evaluations are addressed for them.

Mental Health and Well-being for Dancers in Pre-Professional Training: A Case Study on HKAPA

By Vivian Leow You Chun

This study into the psychological health and well-being of pre-professional Ballet students intends to find strategies on improving mental health and encourage seeking professional help. Prior research has suggested the causes of mental distress in dancers comes from the dancer's mindset of perfectionism and the restrictive aesthetics of Ballet. Further, these symptoms are often silenced, impacting help-seeking behaviour. However, there is insufficient research on responses of pre-professional dance schools to address these grave issues. The research is conducted through a case study on full-time dance students at the Hong Kong Academy for Performing Arts. To obtain a holistic perspective on the research, a 21-item questionnaire for 20 ballet and 20 contemporary students, interviews with full-time faculty teachers, the Dean, and the school counsellor. The study concludes that the Academy must decrease stigma and foster social inclusion to allow students to speak out on mental health.

The Saga of One Inclusive Dance Troupe in Hong Kong

By Wong Yuk Ming

The Symbiotic Dance Troupe starts at 2009 initiated from the community project headed by CCCD and Alito Alessi. For years, the Troupe has organized different community tours, exchanges and collaborated with Rachel Freeman, Tim Wheeler,

etc.

SDT is an active inclusive dance team and keeps monthly meeting for the members and open for public.

In promoting dance for all, CCCD organized the first DanceAbility Teacher Certification course in Asia at July 2019.

During the COV19, our team members at rehabilitation hostels are shut off. We connect and share with short improvisation dance clips, we resume meetings for the non-hostel members at the mid of 2000, zoom meeting dance with a core hostel team of 12 and recently meet in live. Moreover, some of the Troupe members have supported CCCD in organizing the Dancing In The Sky project which has recruited 30 persons of different abilities to dance.