Impact of Dance Therapy on Comfort Based on Kolcaba's Nursing Theory in Children with Cerebral Palsy

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ABSTRACT

Background: Musculoskeletal disorders and balance problems are part of several multidimensional problems in children with cerebral palsy. The obligation to undergo physiotherapy has an emotional and painful impact, so there is a risk of damaging mental health. **Objective:** Collect evidence of the impact of dance therapy on providing comfort based on the taxonomic structure of Kolcaba's nursing theory. **Methods:** We used a literature review by exploring the Frontiers Database, Springer Link, Pub Med, and Research Gate published between 2017 and October 2022. The data were analyzed using deductive content analysis regarding the effect of the dancing intervention on the comfort of children with cerebral palsy after undergoing medical therapy. **Results:** Only seven articles were included for data extraction on dance therapy providing comfort. School-age children and adolescents dominate this study. In addition, researchers see that dance therapy also has a physiological, social, and psychological impact on children with cerebral palsy. **Conclusion:** Dance therapy is an alternative to provide comfort for children with cerebral palsy through transcendence, relief, and ease. In addition, this therapy is an inexpensive artistic innovation because it uses good music, timing, and minimal movement to stimulate children to participate.

METRICS

HTML

PUBLISHED

15-07-2023

HOW TO CITE

Indexed In

Scopus

INDEX COPERNICUS INTERNATIONAL
ICV 2021 = 100.00
Index Copernicus ICI Journal Master List 202

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