



Autoconcepto e inteligencia emocional en función de la danza para la expresión lingüístico comunicativa y artística [

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Analítica

Various studies have determined that the execution of projects that use dance or music as new methodologies entail personal and group well-being. Thus, these methodologies imply repercussions for health both physically, mentally and psychically. The aim of the study was to analyze whether involvement in a dance project had any effect on students' self-concept and empathy. The study participants were 31 young university students, aged between 18 and 43, belonging to different Education Sciences studies at a university in southwestern Spain. The assessment instruments, both in the pretest and the posttest, were the AF5 self-concept test and the Cognitive and Affective Empathy Test (TECA). Student's t-test determined significant mean differences between the control group and the experimental group that had participated in the dance project in academic self-concept, emotional self-concept and physical self-concept. The data of the study will allow taking into account the involvement of young university students in projects that involve dance due to the benefits they present

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