

Does resilience predict self-efficacy and motivation in dancers?**¿A resiliência prediz a auto-eficácia e a motivação em bailarinos?****¿La resiliencia predice la autoeficacia y la motivación en los bailarines?**

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Resumo. Objetivo: Este estudo transversal investigou a associação entre resiliência, autoeficácia e motivação em 135 bailarinos da Escola de Dança do Teatro Guaíra (21,5% de homens com idade de 26,6±14,3 anos e 78,5% de mulheres 17,3 ± 9,7 anos). Métodos: Os instrumentos utilizados incluíram a Escala de Resiliência (RS), a Escala Geral de Autoeficácia (GSE) e a Escala de Motivação Esportiva II (SMS-II). A análise dos dados foi realizada por meio do Coeficiente de Correlação de Pearson (PCC) e Regressão Múltipla ($p < 0,05$). Como resultados, a resiliência foi positivamente associada à autoeficácia ($r = .32$), regulação de motivação controlada ($r = .18$ e 21) e regulação de motivação autônoma ($r_{\text{range}} = .26$ a 36), e negativamente associada à amotivação ($r = -.18$). Resultados: A análise de regressão constatou que a resiliência influenciou positivamente os participantes no sentido de alcançar a autoeficácia ($R^2 = .10$; $p < .001$; $\beta = .32$, $p < .001$), regulação da motivação ($r_{\text{range}} = .03$ a $.10$; $p < .05$), motivação controlada (regulação externa, $\beta = .18$, $p < .05$, e regulação introjetada, $\beta = .21$, $p < .05$), motivação autônoma (regulação intrínseca, $\beta = .31$, $p < .001$, regulação integrada, $\beta = .26$, $p < .001$, e regulação identificada, $\beta = .36$, $p < .001$), e amotivação ($\beta = -.18$, $p < .05$). Conclusão: Por fim, a resiliência parece desempenhar um papel protetor contra a desmotivação, além de promover motivação controlada e autônoma, e autoeficácia em bailarinos.

Palavras-chave: Balé. Atuação. Psicologia. Dançarinos.

Abstract. Objective: This cross-sectional study investigated the association among resilience, self-efficacy and motivation in 135 dancers from Theatre Guaíra School of Dance (21,5% men, 26,6±14,3; 78,5% women 17,3 ± 9,7 years old). Methods: The instruments used included the Resilience Scale (RS), The General Self-Efficacy Scale (GSE), and the Sport Motivation Scale II (SMS-II). Data analysis was carried out by using Pearson Correlation Coefficient (PCC) and Multiple Regression ($p < .05$). Results: As results resilience was positively associated with self-efficacy ($r = .32$), controlled motivation regulations ($r = .18$ and 21) and autonomous motivation regulations ($r_{\text{range}} = .26$ to 36), and negatively associated with amotivation ($r = -.18$). The Regression analysis found that resilience positively influenced the participants in the sense of achieving self-efficacy ($R^2 = .10$; $p < .001$; $\beta = .32$, $p < .001$), motivation regulation ($r_{\text{range}} = .03$ to $.10$; $p < .05$), controlled motivation (external regulation, $\beta = .18$, $p < .05$, and introjected regulation, $\beta = .21$, $p < .05$), autonomous motivation (intrinsic regulation, $\beta = .31$, $p < .001$, integrated regulation, $\beta = .26$, $p < .001$, and identified regulation, $\beta = .36$, $p < .001$), and amotivation ($\beta = -.18$, $p < .05$). Conclusion: Ultimately, it was concluded that resilience seems to play a protective role against amotivation, in addition to promoting both controlled and autonomous motivation, and self-efficacy in dancers.

Keywords: Ballet. Performance. Psychology. Dancers.

Resumen. Objetivo: Este estudio transversal investigó la asociación entre resiliencia, autoeficacia y motivación en 135 bailarines de la Escuela de Danza Teatro Guaíra (21,5% de hombres de 26,6±14,3 años y 78,5% de mujeres de 17,3±9,7 años). Métodos: Los instrumentos utilizados incluyeron la Escala de Resiliencia (RS), la Escala de Autoeficacia General (GSE) y la Escala de Motivación Deportiva II (SMS-II). El análisis de los datos se realizó mediante el Coeficiente de Correlación de Pearson (PCC) y Regresión Múltiple ($p < .05$). Resultados: Como resultados, la resiliencia se asoció positivamente con la autoeficacia ($r = .32$), las regulaciones de motivación controlada ($r = .18$ y 21) y las regulaciones de motivación autônoma (rango = .26 a 36), y negativamente con la desmotivación ($r = -.18$). El análisis de Regresión encontró que la resiliencia influyó positivamente en los participantes en el sentido de alcanzar la autoeficacia ($R^2 = .10$; $p < .001$; $\beta = .32$, $p < .001$), regulación de la motivación (rango $r^2 = .03$ a $.10$; $p < .05$), motivación controlada (regulación externa, $\beta = .18$, $p < .05$, y regulación introyectada, $\beta = .21$, $p < .05$), motivación autônoma (regulación intrínseca, $\beta = .31$, $p < .001$, regulación integrada, $\beta = .26$, $p < .001$, y regulación identificada, $\beta = .36$, $p < .001$), y desmotivación ($\beta = -.18$, $p < .05$). Conclusión: Por último, se concluyó que la resiliencia parece jugar un papel protector frente a la desmotivación, además de promover la motivación tanto controlada como autônoma, y la autoeficacia en los bailarines.

Palabras clave: Ballet. Actuación. Psicología. Bailarines.

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Introduction

In the past, ballet was exclusively performed by the nobles, however, nowadays the modality is more accessible, with emphasis on social projects in Brazil (Bourcier, 2001), in addition to being active with regard

to the inclusion of new dancers (Brasileiro, Frago & Gehres, 2020). Ballet maintains its past in the present, which was historically marked by the rigor and demands of the dancers (Gasparini & de Rose Jr, 2012), that is, the search for the performance of its elite dancers per excellence that made exhaustive training routine help in

the pursuit of perfection of each movement (Simas, Macara & Melo, 2014).

In order to keep practicing ballet, female dancers face numerous stressful situations in their daily lives (Gasparini & de Rose Jr, 2012). Furthermore, their concerns go beyond precision during dance, that is, dancers are also concerned with an ideal body, which make psychological and eating disorders common in their lives (do Nascimento, 2021). Therefore, the autonomous involvement of dancers favors greater support, adaptation and resolution of risk situations with regard to cognitive, emotional and behavioral processes of the sport context, so as to develop resilience in practice (Sarkar, 2017). Resilience in these contexts is a dynamic and multifactorial process that involves the individual's ability to healthily develop, even after experiencing risky situations (Sarkar, 2017; Sarkar & Fletcher, 2014).

Considering high levels of resilience Zocateli (2010) reported the frequent practice of sports as fundamental for Brazilian and Portuguese adolescents who practiced physical activity regularly. Serlin (2020) brought together different dance approaches as a therapy when reporting on the development of resilience in post-traumatic situations, with the help of dance and associated relationships. Regarding sport, better performance was associated with the perception of stressful events and motivation Sarkar (2017), thus, resilience was reported to be ideal to assess individual development in stressful situations (Sarkar & Fletcher, 2014).

Psychological factors such as motivation play an important role in relation to performance and negotiating talent development from dancers initiation to high performance (Aujla & Farrer, 2015; Alonso, 2022). In addition, it is one of the psychological variables that best elucidate the reasons that lead people to be more determined than others in some activities, and essential for long-term adherence to a practice. This illustrates what motivates dancers to start, continue or even give up an activity, be it sport or not. Considering the theories that propose the understanding of this phenomenon, the Self-Determination Theory (SDT) (Deci, & Ryan, 2012) stands out in the area of sport psychology. It is used as a basis for research on motivational factors in the most diverse sport scenarios (Fiorese et al., 2017; Vieira, Nascimento Junior & Vieira, 2013; Bento et al., 2017). Since then, motivation has been reported as a continuum of regulators that first signal demotivation, then controlled motivation (external regulation, introjected regulation) and finally autonomous motivation (intrinsic regulation, integrated regulation and identified regulation).

Intrinsic motivation is characterized by the pleasure in performing an activity (Joly & Prates, 2011). Some factors can enhance motivation, whether a good environment (Fiorese et al., 2017) or social relationships (Moura et al. 2019), which can help maintain pleasure in sport. Regarding dance, few studies have addressed the correlation between motivation and resilience; however,

some reports on socialization and pleasure as being crucial for 19-49-year-old female dancers to obtain more intrinsic motivation were found (Aujla & Farrer, 2015). Considering other modalities, motivation is constantly investigated by seeking to favor the development of the athletes' mental abilities. Motivation can be influenced by the very understanding of skills, that is, self-efficacy for sport practice (Cavalcanti, 2014).

Self-efficacy is how the subject judges his/her own functions in different events (Bandura & Wessels, 1994). It can directly act on motivation, since the judgment of a skill has a direct influence on the motivation to perform different tasks (Cavalcanti, 2014). In sport, the correlation between motivation and self-efficacy is addressed based on the expectation of results. Female athletes confirm their expectations more than men in similar conditions (Vieira et al., 2011). There is a construct related to self-efficacy in male dancers, that is, the Self-Efficacy Scale for Dancers (Silva et al., 2015). However, few studies show a direct correlation between this public and self-efficacy, but only research that encompasses different artistic expressions (Tamez, Vanegas & Valdivia, 2020).

Considering that none systematic review has pointed out the correlation among resilience, self-efficacy and motivation in dancers (Quevedo, Vieira e Pascual, 2021), and assuming that the practical correlation among the variables might have an impact on other factors inherent to the dancers' development, knowledge on this correlation reinforces investigations on these variables that shall cover specific knowledge (Sarkar, 2017). Regarding self-efficacy, new strategies might provide a greater understanding of the processes in the development of mental skills and how the teachers, physical education professionals, relatives and psychologists can help in stressful situations. Therefore, this study aimed at investigating the association among resilience, motivation and self-efficacy in dancers, the general objective was to verify if resilience can be a predictor of motivation and self-efficacy and, specifically, to identify the levels of resilience, motivation and self-efficacy of dancers.

Methods

Participants

This cross-sectional study addressed to the dancers of the Guaira Theatre School of Dancing the total population target was 264 members. The inclusion criteria were: to be a member in the last 3 years; to be practicing dance (ballet, contemporary dance and jazz) regularly; answer the questionnaires in their totality and sign the free and informed consent form. 135 subjects agreed to participate in the research and answered all the items surveyed (21,5% men, 26,6 ± 14,3; 78,5% women 17,3 ± 9,7 years old).

Instruments

A socio-demographic questionnaire that comprised

questions about age, time of practice, initial age of dance practice, modalities of practice, profession and education of the participants was used.

The Resilience Scale (Wagnild and Young, 1993) was also used, validated in Brazil (Pesce et al, 2005) which included a seven-point Likert scale. The 25 questions address 3 factors: 1) friendships, personal fulfillment, satisfaction and meaning of life; 2) independence and determination; 3) self-confidence and ability to adapt to situations. Cronbach's alpha for the present study was 0.80.

The General Self-Efficacy Scale (GSE) (Schwarzer & Jerusalem, 1995) was used, validated in Brazil (Souza & Souza, 2004), which applied the analysis of internal consistency through Cronbach's Alpha, that is, 0.81. This scale includes 10 items and the answers are based on a four-point Likert-type scale, which point to a general notion on the individuals in face of daily difficulties and their ability to adapt to stressful situations.

The Sport Motivation Scale II (SMS-II), originally validated for the English language (Pelletier et al, 1995), and later validated in Brazil (Nascimento et al, 2014) was used. This scale comprises 18 items distributed in six subscales: intrinsic regulation, integrated regulation, identified regulation, introjected regulation, external regulation and demotivation. The answers are based on a seven-point Likert-type scale, and the results point to the level of motivation of the individuals evaluated. The Cronbach's alpha of the scale dimensions ranged from 0.78 to 0.81.

Procedures

Regarding the data collection procedures adopted, the researchers contacted the dance schools selected; provided them with a letter sent by the Brazilian university referred to as Maringá State University, and requested authorization for research, which was approved by the Research Ethics Committee under opinion number 1.888.309. Data collection was performed during the classes, with an explanation of the research, its purposes and possible risks. Afterwards, the participants signed the Free and Informed Consent Term. The questionnaires were explained and applied before the practices, with approximately 30 minutes to calmly answer the questionnaires.

Statistical analysis

Preliminary data analyses, descriptive statistics, correlations, and standard linear regression were carried out by using the SPSS version 25. Pearson's correlation was used to investigate the correlation among resilience, self-efficacy and regulations of motivation of the ballet practitioners. A linear regression analysis was used to determine whether resilience predict self-efficacy and regulations of motivation. Several models (seven) were conducted by using the enter method to insert the variables in order to investigate the prediction of resilience

(independent variables) on self-efficacy and regulation of motivation (dependent variables). All independent variables were included in the same block model. There were no significant correlations among the variables that indicated problems with multicollinearity (VIF range = 1.10–1.94). According to Hair, Sarstedt, Hopkins, & Kuppelwieser, (2014), VIF values were below 5 or 10, which are considered as acceptable.

Results

Descriptive analyses and intercorrelations

Table 1 shows the means, standard deviations, scale ranges, reliability coefficients, and correlations among all the variables. In Table 1 it is seen that the mean scores on the 1–7 response scale for resilience revealed that dancers perceived they were developing resilience through dance ($M=109.47$; $SD=13.04$). It was also seen that the mean scores on the 1-4 response scale of the self-efficacy showed that dancers perceived they were developing their self-efficacy through dance ($M=32.31$; $SD=4.67$). Furthermore, the mean scores on the 1–7 response scale regarding motivation revealed that dancers perceived they were developing their autonomous motivation (intrinsic regulation, integrated regulation and identified regulation) through dance. The mean scores from the highest to the lowest ones were as follows: intrinsic regulation ($M=6.06$; $SD=.97$), integrated regulation ($M=5.87$; $SD=1.26$), identified regulation ($M=5.85$; $SD=1.06$), introjected regulation ($M=5.32$; $SD=1.22$), external regulation ($M=2.25$; $SD=1.39$) and amotivation ($M=2.25$; $SD=1.39$).

Table 1 shows statistically significant correlations among the variables evaluated, which are discussed below. Such correlations revealed that resilience was positively associated with self-efficacy ($r=.32$), controlled motivation ($r=.18$ and $.21$), autonomous motivation ($r_{\text{range}}=.26$ to $.36$), but negatively associated with amotivation ($r=-.18$). All other associations among resilience, self-efficacy and motivation were not statistically significant.

Table 1.
Summary of intercorrelations, scale ranges, means, standard deviations and reliability estimates

Variables	1	2	3	4	5	6	7	8
1. Resilience	-	.32**	.31**	.26**	.36**	.21*	.18*	-.18*
2. Self-efficacy		-	.21*	.14	.09	.05	.03	.03
3. Intrinsic Regulation			-	.45**	.38**	.25**	.12	.12
4. Integrated Regulation				-	.51**	.52**	.12	.12
5. Identified Regulation					-	.43**	.11	.11
6. Introjected Regulations						-	.24**	.24**
7. External Regulation							-	1.0**
8. Amotivation								-
Mean score	109.47	32.31	6.06	5.87	5.85	5.32	2.25	2.25
Standard deviation	13.04	4.67	.97	1.26	1.06	1.22	1.39	1.39
Scale range	1-7	1-4	1-7	1-7	1-7	1-7	1-7	1-7
Alpha coefficient	.80	.81	.71	.70	.75	.61	.70	.78

Note: Significant correlation: ** $p < .01$; * $p < .05$. Pearson's correlation

Source: Authors

Main analysis

Table 2 shows that the standard multiple regression analysis revealed that the model of the present study, which included resilience, explained a significant amount of the variance in self-efficacy ($r^2=.10$; $p < .001$) and motivation ($r^2_{\text{range}}=.03$ to $.10$; $p < .05$). Resilience provided the largest positive contribution to self-efficacy ($\beta=.32$, $p < .001$). Considering the correlation among the

regulations of motivation, resilience made the largest positive contribution to intrinsic regulation ($\beta=.31$, $p < .001$), integrated regulation ($\beta=.26$, $p < .001$), identified regulation ($\beta=.36$, $p < .001$), introjected regulation ($\beta=.21$, $p < .05$), external regulation ($\beta=.18$, $p < .05$), but a negative contribution to amotivation ($\beta=-.18$, $p < .05$).

Table 2.

Resilience as a predictor of self-efficacy and motivational regulations of the dancers

Predictors	Self-Efficacy	Intrinsic Regulation	Integrated Regulation	Identified Regulation	Introjected Regulation	Amotivation	External Regulation
	β (IC)	β (IC)	β (IC)	β (IC)	β (IC)	β (IC)	β (IC)
Resilience	.32 (.16; .50)***	.31 (.01; .13)***	.26 (.01; .04)***	.36 (.01; .04)***	.21 (.00; .03)*	-.18 (.00; .03)*	.18 (.00; .03)*
R ²	.10	.10	.07	.13	.04	.04	.03
F	15.808***	14.867***	10.125**	20.813*	6.653*	5.946*	4.814*

Note: Only the standardized regression coefficients, which were less than the significance level of .05, are highlighted in bold. β = Standardized regression coefficient; CI = 95% confidence interval. * $p < .05$, ** $p < .01$, *** $p < .0001$

Source: Authors

Discussion

The present study aimed at investigating the predictive role of resilience with regard to the development of self-efficacy and motivation of Brazilian dancers. The main results showed that resilience proved to be a predictor of self-efficacy. Furthermore, resilience also predicts controlled motivation (external regulation and introjected regulation), autonomous motivation (intrinsic regulation, integrated regulation and identified regulation). The findings also indicated a negative association of resilience with lack of motivation of Brazilian dancers.

One of the main conclusions of this study was that resilience is likely to be a positive predictor of the dancers' self-efficacy, which shows that the skill to adapt and overcome adversity favors a greater judgment of the individuals about their own abilities to organize and execute some activities required to achieve a certain performance. It has a regulatory function on the person's behavior, thus, contributing to the quality of the individual's psychosocial functioning. This indicates that resilience plays a fundamental role, so that dancers do not lose focus on the cognitive, motivational, affective and selective processes that constitute self-efficacy for dance practice (Fang, 2021; San-Juan-Ferrer & Hípola, 2020). In a recent systematic review (San-Juan-Ferrer & Hípola, 2020), found that dance is understood as a beneficial component for the emotional and affective development of human beings, besides the fact that it is an element that favors different psychological aspects. Therefore, high levels of resilience are regarded as a necessary psychological attribute for high levels of self-efficacy and, consequently, a better dance performance (San-Juan-Ferrer & Hípola, 2020).

Considering the predictive role of resilience on autonomous motivation (intrinsic regulation, integrated regulation and identified regulation), the multiple regression analyses performed in the present study showed

that resilience influenced the participants' intrinsic, integrated and identified regulations for dancing. The results showed that the ability to deal with problems, adapt to changes, overcome obstacles, or resist the stress of adverse situations favors the individual's autonomous engagement and promotes more pleasure and satisfaction with dance practice (Sarkar, 2017; Sarkar & Fletcher 2014; San-Juan-Ferrer & Hípola, 2020). According to the Cognitive Evaluation Theory of SDT, the social contexts and other factors, such as rewards, interpersonal controls and implications that involve the ego, influence motivation and intrinsic interest (Fasey, Sarkar, Wagstaff & Johnston, 2021; Ryan & Deci, 2017). This theory highlights the critical role played by competence and support-autonomy in promoting intrinsic motivation, especially regarding educational (Bonnin-Arias, Rodríguez, & Sánchez, 2021), artistic, and sport contexts (Rigby & Ryan, 2018; Ryan & Deci, 2017; Vasconcellos et al., 2020). Thus, it can be inferred that the ability to deal with problems and adverse situations favors the development of competence and autonomy, which, in turn, leads to an increase in autonomous motivation for dance practice (Vasconcellos et al., 2020; Vicent, Sanmartín, Váscónez-Rubio & García-Fernández, 2020).

Concerning controlled motivation, the multiple regression analyses carried out in the present study found that resilience influenced the participants' external and introjected regulations. This indicates that most resilient dancers have a significant part of their motivation arising from the search for approval, pride, avoid guilt and shame in tests, training, shows and competitions, in addition to the search for social recognition and financial reward. According to the Organismic Integration Theory of SDT, in order to internalize extrinsic motivation and become more self-determined, social peers (e.g. parents and coaches) must act directly on the values, beliefs and purposes of the individuals, since social context is extremely important for the behavioral action exercised by

individuals in the different contexts of life. It is noteworthy that autonomous support and the search for social recognition are factors that contribute to internalize external regulation (Rigby & Ryan, 2018; Ryan & Deci, 2017; Vasconcellos et al, 2020; Vicent et al., 2020). The same theory points out support for autonomy and kinship as critical for the internalization of extrinsic motivation.

Regarding amotivation, the results of the present study were generally consistent with the literature (Rigby & Ryan, 2018; Ryan & Deci, 2017; Vasconcellos et al, 2020; Vicent et al., 2020). Such findings showed that resilience is likely to play a protective role in dancers' motivation, since they were persistent in achieving goals even when facing an obstacle, in addition to having self-confidence and control over their actions, which seems to be a protective factor against the dancers' lack of motivation. Although recent studies have shown that motivation to dance practice is also related to other factors, such as overtraining, injuries, bullying and low perception of competence, the social context is considered one of the main factors involved in dancers' motivation (Maraz et al., 2015; Nordin-Bates & Raedeke, 2017). Therefore, resilience based on adapting, recovering in face of adversity, and dealing with problems as best as possible, seem to protect dancers from the lack of pleasure for performing dance (Sarkar, 2017; Sarkar & Fletcher, 2014; Fasey, Sarkar, Wagstaff & Johnston, 2021).

Despite the contributions to literature, this paper has some limitations that are worth mentioning. First, since it is a cross-sectional study, the data obtained just provided associations among the variables, but not causality inferences. Furthermore, the number of participants did not allow some comparisons, such as performance levels, professional x nonprofessional status, sex, age, and time of practice. Finally, it should be noted that other practices experienced by dancers in different contexts have not been investigated, and it is known that each daily experience can influence the variables. Thus, further investigations should be based on a longitudinal design in order to obtain several measurements of resilience, motivation and self-efficacy at different competitive levels and moments. In addition, correlations with other instruments, and the conduction of multi-level analysis might help to understand the correlations among these variables in different groups and moments.

Conclusions

In conclusion, resilience seems to play a protective role against amotivation, in addition to promoting controlled motivation, autonomous motivation and self-efficacy in dancers. From a practical point of view, the significance of developing an interpersonal environment based on the support of autonomy, trust, commitment, and closeness on the part of coaches and professionals is highlighted, since such an environment tends to contribute to the development of resilience, self-efficacy and motivation

within the dance context.

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