

The Benefits of Dance Aerobics for Youth: Systematic Review

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ABSTRACT. *Introduction:* In today's context of accelerated digitization, young people face an increasingly sedentary lifestyle, marked by long hours spent in front of screens. Dance aerobics stands out as an effective and attractive solution to combat physical inactivity, offering multiple physical and psychological benefits. This form of rhythmic movement, often performed in groups and to music, stimulates cardiovascular health, improves muscle tone, reduces stress and helps to build self-confidence. Dance aerobics is a modern alternative physical activity adapted to the needs and preferences of the new generation. *Aim:* The aim of this paper was to investigate the benefits of dance aerobics on young people. In this context, we looked at the extent to which this activity brings positive aspects and the areas in which these benefits are found. Following observations regarding the sedentary lifestyle of young people and weight problems, this study was conducted with the aim of remedying these problems through various intervention programs and encouraging the practice of dance aerobics. *Materials and method:* Using a comprehensive systematic database review, 20 studies were considered eligible. These were retrieved from the Google Scholar and Pub Med databases from 2013-2024. Studies were found by entering keywords in English. Prism diagram was used as the basic tool for the present review. *Conclusion:* Following a thorough search of all eligible studies, several benefits of dance aerobics practiced by young people were found. These positive aspects are part of psychological, social and physical health. The main benefits would be reduced academic stress, increased self-esteem, positive self-perception, weight loss, weight loss, attention development, improved memory, improved well-being, improved balance, increased muscle strength and endurance, social integration, increased collaboration and

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communication. Constant practice of this type of movement develops self-discipline, personal responsibility and perseverance. At the same time, visible progress in physical skills increases young people's self-confidence. Dance aerobics offers a modern, fun and enjoyable way to combat physical inactivity, attracting young people through rhythmic music and dynamic movements in a different way from traditional sports.

Keywords: *dance aerobics, young people, physical health, mental health, socialization*

INTRODUCTION

Dance aerobics is a system of exercises that combines aerobics with dance steps, usually to music. Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength exercises to improve all elements of fitness.

Dance aerobics can help the body and mind to relax. It is usually practiced to music and in a group led by an instructor. In addition to the many physical benefits, there are also mental health benefits.

This systematic review considers several aspects of the benefits of dance aerobics for young people. Studies were collected on the positive impact on physical and mental health as well as social aspects. Mostly statistics were found on the positive impact of dance aerobics on young people in terms of well-being, increased self-esteem, better body self-perception, increased IQ and reduced stress. Studies have also shown that regular aerobic dancing helps young people to integrate more easily into a group, develop communication skills and belong to a group with whom they can share a common activity. Some of the studies have concluded that dance aerobics has many physical health benefits. These include weight loss, improved cardiovascular parameters and cholesterol levels.

Adolescence is the transitional developmental period between childhood and adulthood, involving biological, cognitive and socio-emotional changes. These changes transform the young person's view of self into a more complex, well-organized and coherent picture. Adolescents' self-concept changes in both structure and content. One study demonstrates that a short-term dance aerobics intervention can have significant positive effects on body image and physical self-perceptions in adolescent girls. Body image, which includes perceptions, feelings and thoughts about one's own body, is a significant concern for adolescent girls in Western societies, exposed to strong cultural pressures to be very thin. Dissatisfaction with physical appearance is associated with low self-esteem. Studies show that physical attractiveness is of greater importance for girls than for men.

Stress is common today in all age groups and has a negative effect on people, disrupting their lives and daily activities. For children and students, school and university is a stress factor, especially during a test or exam period. A study applied on students at a Ukrainian university has shown that aerobic dancing improves the mental state and somatic health of students during stressful exam periods. "Unfortunately, most students don't realize that physical education is a powerful factor in improving their health, the right way it can bring many useful things into one's life and also can remedy disturbed functions caused by a sedentary lifestyle" (Chuprun & Yurchenko, 2020).

In the digital age, teenagers spend a lot of time in front of screens, which leads to a lack of physical activity and can cause health problems such as obesity, poor posture and low stamina. Teenagers tend to spend a lot of screen time playing games, watching videos or interacting on social media. This reduces young people's interaction and verbal communication in real life. The solution to this phenomenon is revealed in research conducted on teenagers in Makassar. The solution would be practicing dance aerobics as it creates a beneficial social environment for teenagers as it is an attractive, easy to learn and fun physical activity for teenagers. "...it is important to introduce physical activities that can attract the interest of teenagers, one of which is dance aerobics which is easy to learn and fun" (Poppy et al., 2024).

Another study highlighting the social benefit of dance aerobics focuses on the social skills developed following an intervention program. Social skills would be: cooperation and empathy. Practicing this activity regularly helps to predict different aspects of quality of life: relationships with parents, peers and family life. For dancers, the perceived quality of relationships with friends and colleagues is strongly influenced by social skills, as dancing is perceived as a social event and a means of developing relationships. There is also a significant amount of prediction by social skills in adolescents' relationships with parents (Darginidou, Dimitrios, & Mavridis, 2017).

There is plenty of research to support that aerobic exercise reduces body fat, prevents overweight and improves general fitness. The study conducted in the town of Chitungwiza on children aged 10 to 11 years in both girls and boys highlights a lack of specific research on the impact of dance aerobics on weight reduction. The 8-week dance aerobics program led to a marginal decrease in weight and BMI in overweight children aged 10-11 years. These changes were not statistically significant according to baseline and applied statistical tests. The limited duration of the intervention may have been a factor in the non-significant results. Further research is needed to investigate

the effects of longer programs of varying intensity and in combination with other interventions (such as dietary modifications or resistance training) on weight reduction in this age group (Shepard, 2024).

The effects of dance aerobics compared to step aerobics on some hematologic parameters and blood lipids were revealed in a study on students. The study suggests that both types of physical activity have effects on hematological and lipid parameters, but to a different extent. Step aerobics appears to be more effective in reducing lipid-related cardiovascular risk factors (triglycerides, total cholesterol, LDL) and increasing oxygen carrying capacity (RBC, HCT). Dance aerobics was found to be more beneficial in increasing HDL cholesterol (Halil, Gönül, & Özcan, 2014).

Dance aerobics is presented as a popular and accessible physical activity with significant benefits for physical, mental and social health. It is recommended as a valuable form of recreational activity and can be effectively integrated into physical education programs. Its adaptability to different intensities and the possibility to incorporate local cultural elements enhance its attractiveness as a mass physical activity.

In the main part of the systematic review the physical, psychological, social and health aspects will be presented in detail.

METHOD AND MATERIALS

Studies relevant to the topic were identified using a comprehensive database search. In the electronic databases (Google Scholar, PubMed) some representative keywords were searched: dance aerobics, young people, adolescents, students, girls, boys, cardiorespiratory fitness, well-being, social integration. Another research method for the present study is the Prisma Diagram.

In order to be included in this systematic review, studies conformed to the following inclusion criteria: sample of school children, aged 12-18 years; sample of male and female students aged 19-25 years; psychological and physical studies; studies designed to track young people's well-being, physical and mental health, social inclusion and self-perception; studies published between 2013-2024; studies in English.

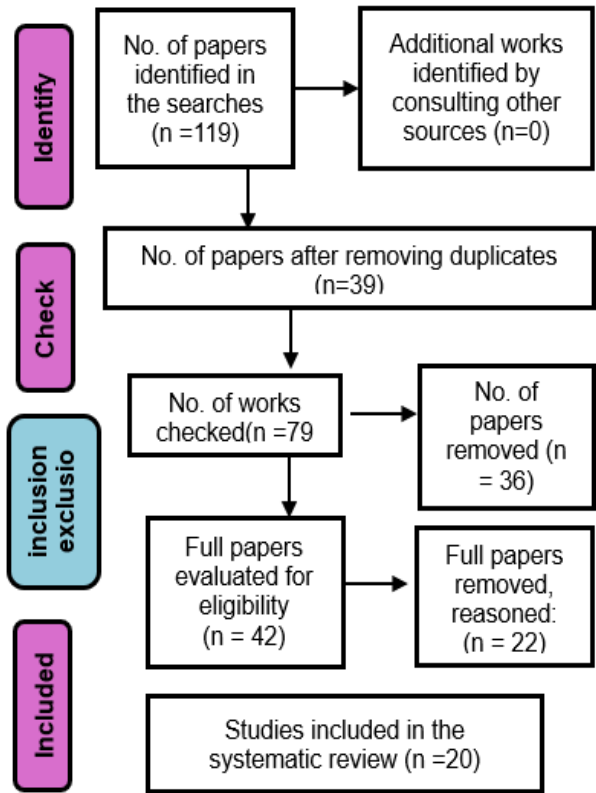


Fig. 1. Prism Diagram

RESULTS

The systematic review considered 20 studies eligible. These studies were published between 2013 and 2024. Study participants were children, students and young people up to the age of 25. They were tested by different methods to find out the benefits of dance aerobics and in comparison, with other types of activities such as yoga and step dancing. It is important to note that these studies are conducted from psychological, social and physical health perspective. From a psychological point of view 10 studies were highlighted, from a social point of view 5 and from a physical health point of view 5 studies. The 20 relevant studies are presented in Table 1.

Table 1. List of studies included in the systematic review

Author name and year	Aim Methods/Instruments	Results
Behzad, Hassan, Ahmad, & Reza (2013)	The study examined how dance aerobics influences the psychological well-being of male non-athletic university students. Using a quasi-experimental time-series design with experimental and control groups, 40 students were randomly assigned to participate. Psychological well-being was measured using the Ryff scales before and after the intervention. The experimental group completed a 12-week training program with three 60-minute sessions per week, including warm-up, aerobic exercise, and recovery.	The analysis showed that psychological well-being and its subcomponents improved significantly across all three testing phases in the experimental group. T-test results confirmed that 12 weeks of aerobic training had a strong positive effect on the students' well-being, with both posttests showing significantly higher scores compared to the control group.
Bular & Kangane (2021)	The study examined whether aerobic dance could improve self-concept in adolescent girls. Eighty girls aged 13–15 were randomly assigned to either an experimental group, which underwent a 12-week aerobic dance program, or a control group with no training. Self-concept was measured at the start, at six weeks, and at twelve weeks using Saraswat's questionnaire, and the results were analyzed with repeated-measures ANOVA.	The experimental group showed higher self-concept scores than the control group at all three testing points, with noticeable increases during the intervention. Overall, the experimental group's mean self-concept score was significantly higher than the control group's (mean difference = 6.98, $p = 0.004$), indicating that the intervention had a positive effect.
Darginidou, Dimitrios & Mavridis (2017)	The study examined how adolescents' social skills—temperament, cooperation, and empathy—predict different aspects of their quality of life, including family relationships, peer interactions, social support, and physical well-being. The research involved 240 thirteen-year-olds who participated in dance and physical activities, using the KIDSCREEN-52 to assess quality of life and the School Social Behavior Scale to evaluate social skills.	Regression analyses showed that social skills significantly predicted three quality-of-life subscales for both dancers and non-dancer students, explaining a meaningful portion of the variation in these outcomes.
Pintu (2018)	The study evaluated the impact of a six-week music-supported aerobic dance program on health parameters in adolescent girls. Twenty girls aged 13–14 participated in a single-group	The findings showed improvements in muscle strength and muscle endurance after the six-week aerobic dance program, with both increases reaching statistical significance. Body

Author name and year	Aim Methods/Instruments	Results
	design, with body fat, muscle strength, and muscle endurance measured using AAHPERD tests and the five-skinfold method. The exercise program ran five days a week for 45 minutes, with routines repeated four times per session. Pre- and post-test differences were analyzed using a t-test at a 0.05 significance level.	fat percentage decreased slightly, but the change was not statistically significant.
Ganciu & Ganciu (2014)	The study examined whether socially integrated individuals have higher creative ability than those without emotional social connections. Creativity was assessed across intellectual flexibility, motor skills, memory, learning, coordination, movement quality, and social factors. Participants were divided into five groups of six and given time to develop a 32-beat samba choreography, which was evaluated on two main criteria: choreography and execution, each with specific scoring points.	Dance aerobics with choreographed routines strongly enhanced group creativity, allowing individual creative contributions to be integrated and appreciated within the team.
Ghada, and other (2024)	The study examined the effects of an 8-week aerobic dance program on postural balance in 41 children aged 9–11. Participants were randomly assigned to an aerobic dance or control group, and balance was assessed using center of pressure measurements on firm and foam surfaces, in both bipedal and unipedal positions, under open- and closed-eye conditions, as well as in medial-lateral and anterior-posterior directions.	The aerobic dance group showed significant improvements in postural balance across various conditions, including firm and foam surfaces and both bipedal and unipedal stances, indicating enhanced stability and adaptability in children.
Halil, Gönül, & Özcan (2014)	The study investigated how aerobic and step dance exercises affect blood hematological and lipid parameters in 32 university students. Participants were randomly assigned to either an aerobic dance or step dance group and exercised for one hour, twice a week, over three months. Pre- and posttest results were analyzed using the Wilcoxon signed-rank test.	The study found that step dance significantly improved triglycerides, red blood cell count, hematocrit, and platelet levels, and was more effective than aerobic dance in reducing cholesterol and LDL. Aerobic dance was more effective in increasing HDL and reducing hemoglobin levels. Overall, step dance had greater benefits for several blood and lipid parameters, while aerobic dance specifically improved HDL and hemoglobin.

Author name and year	Aim Methods/Instruments	Results
Ke, and other (2024)	The study investigated whether an 8-week aerobic dance program enhances sustained attention and physical fitness in 60 female university students. Participants were randomly assigned to an experimental group, which completed three 60-minute sessions per week, or a control group that maintained usual activities. Attention was measured using the Attention Network Test, and physical fitness was assessed based on ACSM standards. Data were collected at baseline, mid-intervention, and post-intervention, and analyzed using t-tests and repeated measures MANOVA to compare the groups.	The study's findings indicated that the experimental group experienced significant enhancements in both attention and physical fitness, particularly in reaction time and alertness ($p < 0.01$). Additionally, participants showed marked improvements in 800-meter running, one-minute push-ups, and sit-and-reach flexibility ($p < 0.01$). These results suggest that an aerobic dance program can effectively boost sustained attention and overall physical fitness, highlighting its value as an intervention for college students.
Khawla, Yousri and Ghada (2022)	The study investigated the impact of an 8-week aerobic dance program in PE classes on executive functions—working memory, inhibition, and cognitive flexibility—in 41 primary school children. Participants were divided into an experimental group, which took part in 45-minute dance aerobics sessions twice a week, and a control group without PE. Executive function tests were conducted before and after the intervention.	The study found that the 8-week aerobic dance program significantly improved cognitive flexibility and inhibition in participants, as shown by enhanced performance on B-A trial achievement, error trials, and Stroop inhibition tests. Post-test results also revealed improvements in working memory for the experimental group compared to the control group. These findings suggest that the aerobic dance program fostered the development of executive functions in elementary school children.
Maamer, and other (2021)	The study examined the impact of wearing a face mask during aerobic dance exercises on cognitive function (specifically attention), perceived exertion, and mood. Thirteen healthy students (9 males, 4 females, average age 17.5 years) participated, performing dance aerobics with or without a mask, or sitting in a control condition. The sessions took place on three separate occasions, with at least one week between them.	The study found that aerobic dance without a face mask led to better concentration compared to the control condition. Exercising with a mask resulted in higher perceived exertion and fatigue scores, while vigor was significantly greater in the no-mask dance condition than in both the masked and control conditions.
Hassan, and other (2023)	The study compared perceived exertion and mood in 40 young adults during two 12-minute exercise sessions: dance	The results revealed significant differences between the two dance sessions. Participants reported lower

Author name and year	Aim Methods/Instruments	Results
	aerobics exergaming and traditional instructor-led dance aerobics. RPE was measured every 4 minutes using the Borg scale, and mood was assessed after each session with the Brunel Mood Scale. MANOVA was used to analyze differences between the two exercise modalities.	perceived exertion (RPE) during exergaming dance compared to traditional aerobic dance. Additionally, exergaming led to lower levels of confusion and fatigue compared to traditional aerobic dance.
Chuprun & Yurchenko (2020)	The study aimed to evaluate the effectiveness of dance aerobics in improving motor activity and the psychophysical state of female students. Key measurements included body weight, blood pressure (BPM, BPD), heart rate at rest, and the Stange test. Data were analyzed using descriptive and comparative statistics, including arithmetic mean, standard deviation, and unpaired t-tests to compare the experimental and control groups. Statistical analysis was conducted using SPSS software.	During their studies, particularly around exams, students often face high psychological and emotional stress, leading to a decline in physical health. Dance aerobics has a positive impact on improving the psychological and physical well-being of female students, helping optimize their physical activity.
Ramania, Iwo, Apriantono, & Winata (2020)	The study aimed to assess the impact of social interaction and environment on stress reduction during dance aerobics among top-ranked university students in Indonesia. Sixteen students (8 males, 8 females) aged 18-20 participated in indoor and outdoor aerobic dance sessions. Salivary cortisol, heart rate, and perceived exertion were measured before, during, and after the sessions to evaluate the effects of social interaction and the environment on stress levels.	The study found a significant difference in salivary cortisol levels between indoor and outdoor dance conditions, with outdoor social interactions leading to a notable reduction in cortisol ($p = 0.001$). Engaging in aerobic dance outdoors, with direct contact with nature, had a positive impact on stress reduction.
Poppy, Ians, Arimbi, Nurliani, & Wahyana (2023)	This community service activity aimed to promote physical activity, particularly dance aerobics based on South Sulawesi culture, to address the decline in physical activity due to increasing reliance on technology. The program targeted teenagers aged 17-25, incorporating movements and music from South Sulawesi dances. Participants' resting pulse rates were measured before and after the dance aerobics sessions using an oximeter to assess the impact of the activity.	The results indicated an increase in both resting and training pulse rates for all participants who entered the training zone. The socialization of South Sulawesi-based dance aerobics effectively improved the cardiovascular health of the participants.

Author name and year	Aim Methods/Instruments	Results
Poppy, Ians & Retno (2024)	The dance aerobics program aimed to enhance the physical and mental fitness of teenagers in the digital age. Involving 76 adolescents in Makassar, the program focused on educating participants about aerobic exercise, practicing basic movements, and promoting an active lifestyle. Pretest-posttest evaluations showed increased understanding and skills, and the program successfully fostered both independent and group habits, supported by social media interactions for experience sharing.	The results demonstrated that aerobic exercise improved both cardiovascular fitness and mental health, reducing stress and enhancing mood. The study highlights the importance of physical activity in supporting the overall well-being of adolescents.
Sanjoy (2020)	The study aimed to assess the psychological response and changes in intelligence levels after 6 weeks of yoga and dance aerobics. A total of 120 participants, aged 12 to 16, were divided into four groups and practiced three times a week for 30 minutes. Pre-test and post-test data were analyzed using paired t-tests and ANCOVA to determine significant differences.	The yoga and dance aerobics program significantly improved psychological performance and intelligence levels in all experimental groups. After six weeks, intelligence increased in the experimental groups compared to the control group, with results showing a significant effect at the 0.01 level. The treatment positively impacted the participants.
Pantelic, Milanovic, Sporis, & Stojanovic (2013)	The study aimed to assess the effects of a twelve-week aerobic dance program on body composition in young women. Body composition was measured using parameters such as body fat percentage, muscle mass percentage, body height, weight, and the total sum of upper and lower body measurements.	The study found a significant decrease in skin envelope measurements and body fat percentage in the experimental group. At the final measurement, skin envelopes for the upper and lower body decreased significantly ($p < 0.05$), and body fat percentage decreased from 22.66% to 20.37%, also showing a statistically significant reduction ($p < 0.05$).
Shepard (2024)	The study aimed to evaluate the impact of an 8-week dance aerobics program on weight reduction in overweight children aged 10-11 in Chitungwiza. Fifty children were divided into experimental and control groups. Data were collected using a weight scale, stadiometer, stopwatch, and the dance aerobics program as the intervention.	The results indicate that the 8-week aerobic dance intervention had a minimal effect on weight reduction. Throughout the program, there was only a slight reduction in weight and BMI among the participants.

Author name and year	Aim Methods/Instruments	Results
Rokka, Kouli, Bebetos, Goulimaris, & Mavridis (2019)	The study aimed to assess the impact of an aerobic dance program on intrinsic motivation and perceived motivational climate in 7th grade students. A total of 160 students participated, with 91 in the experimental group and 69 in the control group. The experimental group followed a 10-week aerobic dance program, while the control group participated in the standard school physical education program. The Intrinsic Motivation Inventory (IMI) and Perceived Oriented Climate (LAPOPECQ) were used to measure the outcomes.	The analysis found a significant correlation between effort and task-involving climate both before and after the intervention. However, no significant relationship was observed between effort and ego-involving climate. Additionally, task- and ego-involving climates were unrelated at both time points. Boys and girls showed similar scores across all factors. A significant interaction effect was found between measurement time and group for enjoyment and effort, with the experimental group improving in both, while the control group showed stable enjoyment and reduced effort. Repeated measures ANOVA revealed that the experimental group showed improvement in task-involving climate and a reduction in ego-involving climate, while the control group showed no significant change in either factor.
Valarmathi, Tamil, & Judie (2016)	The study aimed to assess the effectiveness of movement therapy through aerobic dance in reducing academic stress among school adolescents in Kancheepuram, Tamil Nadu. Using a quasi-experimental design with a pre-test, post-test control group, 268 students were screened for academic stress. A total of 170 students had mild stress, 88 had moderate stress, and 82 were in the control group. The intervention involved daily 45-minute dance aerobics sessions for four weeks, followed by a post-test. Participants also spent 15 minutes sharing their experiences.	The analysis revealed that, at the pre-test, most adolescents in the study group (90.9%) had moderate academic stress, with only 9.09% reporting mild stress. After the intervention, 17.04% of the study group had mild stress, while 82.95% had moderate stress. In the control group, nearly all (97.56%) had moderate stress at the pre-test, and at the post-test, 100% still had moderate stress. The study found that aerobic dance therapy significantly reduced academic stress, with a statistically significant result ($t = 6.14, p < 0.0001$).

DISCUSSIONS

The analysis of the 20 studies found a few similar aspects regarding the benefits of dance aerobics for children and young people, mainly stress, well-being, body image and weight loss. The broad topics that were addressed in these studies were based on the social, physical and mental health benefits of dance aerobics. These classifications resulted from the predominant analysis in each study, but it is important to note that in most of the studies there were combined aspects, for example in one of the studies dance aerobics was found to have significant benefits on socialization but also an improvement in the cardio-vascular system. (Poppy et al., 2024) From the category of studies that largely focused on mental health by applying different interventions on young people, a few positive aspects were found because of practicing dance aerobics. Stress in students during exam time was reduced through the intervention of a dance aerobics program (Natalia & Igor, 2020; Valarmathi, Tamil, & Judie, 2016). Well-being has been often analyzed in studies and it has been found that practicing dance aerobics helps youth high well-being (Behzad et al., 2013; Mohamed, et al., 2023; Natalia & Igor, 2020). As for adolescent girls, it has been concluded that dance aerobics improves their self-concept through regular practicing (Bular & Kangane, 2021). In physical education and sport classes, different dance aerobics-based interventions have been conducted which have shown that practicing dance aerobics helps to improve memory, cognitive flexibility (Khawla, Yousri, Ghada, & Sonia, 2022), develop intrinsic motivation and attention (Rokka et al., 2019). Two of the studies addressed the topic of attention on students, in which it was found that the intervention of a dance aerobics program helps children to have higher attention levels. (Ke, et al., 2024; Rokka et al., 2019). In one of the studies, the level of intelligence of students was investigated to practice dance aerobics in combination with yoga. The tests concluded that practicing these two activities increase the intelligence level of male students (Sanjoy, 2020).

The social domain is concerned largely with the practice of any activity that involves several subjects, especially dance aerobics. Practicing this activity brings various positive aspects to children, youth and students such as development of cooperation, empathy, improvement in quality of life through better socialization with friends and family (Darginidou, Dimitrios, & Mavridis, 2017). Social integration through dance aerobics helps in developing creativity through choreography design (Ganciu & Ganciu, 2014). Social interactions have the benefit of reducing stress, especially salivary cortisol. (Ramanian et al., 2020).

The studies on physical health largely concern body weight, fat percentage, adipose tissue, but also young people's posture and hematologic and blood lipid parameters. Two of the studies have in common that they analyzed female subjects.

The intervention program of dance aerobics applied on adolescent girls had a significant effect on strength, muscular endurance but insignificant effect on fat percentage (Pintu, 2018) and another intervention plan applied on young women was favorable in reducing body composition adipose tissue (Pantelic et al., 2013). A study done on children in Chitungwiza town showed that dance aerobics applied on them had minimal effect on weight loss (Shepard, 2024). Research done on postural balance by applying dance aerobics intervention showed that dance aerobics can bring improvements on balance and stability in different conditions (Jouira et al., 2024).

A final study in this category looks at the difference between dance aerobics and tap dancing in terms of hematologic and blood lipid parameters. Dance aerobic exercise is better than step aerobic exercise in increasing high-density lipoprotein (HDL) levels and step dance is more effective in lowering LDL cholesterol, triglycerides and cholesterol in college students (Halil, Gönül, & Özcan, 2014).

This systematic review examined the impact of dance aerobics on children and young people. The areas of impact referred to physical, mental and social health benefits. The studies answered the review questions in the affirmative, namely that dance aerobics helps to decrease academic stress and increase self-esteem and body perception. Regarding the hypothesis that dance aerobics helps in weight loss, it was observed from the studies that some programs have significant results in weight loss and others have insignificant values. Another interesting aspect is the introduction of dance aerobics in physical education classes. This activity has brought some good results among pupils and students as it is a non-competitive activity that creates a relaxing and fun environment. The dance aerobics programs applied in each study yielded positive results in most of the research and demonstrated the variety of benefits of this type of activity, even from several areas and points of view.

This review had several strengths. First, this systematic review included the findings of 20 studies, including a large sample of participants aged 10-25 years from different countries. Second, a comprehensive database search was conducted on the benefits of dance aerobics on young people according to Prisma guidelines. Thirdly, the eligible studies were of current interest leading to relatively topical results. Finally, this systematic review allowed a thorough examination of the physical, mental and social health benefits of dance aerobics on young people.

At the same time, it is important to note that there were several limitations in this review. Firstly, most studies referred to the psychological field (10 studies), with 5 each for the social and physical health fields. Secondly, most studies had a dance aerobics intervention program conducted over a short period of time, which could be one of the reasons for the insignificant results.

CONCLUSIONS

Following the systematic review of the 20 studies, the first hypothesis that dance aerobics practiced by young people reduces stress during exams which helps them to concentrate better and manage all tasks efficiently was confirmed.

The second hypothesis that engaging in dance aerobics helps young people to better integrate socially and belong to a group was also confirmed. This is extremely essential nowadays since we are overwhelmed by technology and human interaction in real life is increasingly rare, taking place mainly in the virtual environment. Over time this approach of choosing online communication over real life can have negative psychological, physical and social effects. Young people will develop various health problems, in particular postural deficiencies. So the choice to engage in regular physical activity brings great benefits on many levels.

At the same time, the third hypothesis has also been confirmed, namely that practicing dance aerobics helps young people to have a higher self-esteem, body satisfaction and well-being. It is essential to develop self-confidence from an early age to show courage and to be open to cooperation and interaction with others.

Following the studies, it was noted that a common situation among young people, especially females, that they do not have a positive perception of their own body or a high self-esteem. I believe that it is normal for this to happen in adolescence because it is the time when the body is developing and young people begin to ask more questions about themselves and others, and to compare themselves. At this delicate stage of their lives, it is important that parents and teachers support them, encourage them to be as active and involved as possible in sporting activities, and show an interest in themselves by adopting a healthy lifestyle. The constant practice of this type of movement develops self-discipline, personal responsibility and perseverance. At the same time, visible progress in physical skills increases young people's self-confidence. Dance aerobics offers a modern, fun and enjoyable way to combat physical inactivity, attracting young people with rhythmic music and dynamic movements in a different way from traditional sports.

AUTHOR CONTRIBUTIONS

All authors contributed equally and substantially to the conception and design of the study, the acquisition and analysis of the data, and the drafting and critical revision of the manuscript. All authors have read and approved the final version of the manuscript and agree to be accountable for all aspects of the work.

CONFLICT OF INTEREST

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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