



## Politeness and Orderliness in Social Interaction Through Dance Practice and Performance

*Mohd Asnari Taim*

Pusat Penataran Ilmu dan Bahasa, Universiti Malaysia Sabah

\*Correspondence: E-mail: [mohdasnari03@gmail.com](mailto:mohdasnari03@gmail.com)

### ABSTRACT

This paper examines how dance training and performances shape politeness and order in social interactions among dancers. Dance not only reflects aesthetic and cultural values but also serves as a medium for social education that instills values such as discipline, patience, and mutual respect. This paper employs a qualitative approach with a case study design, involving semi-structured interviews with dancers, dance teachers, and choreographers, as well as direct observation of dance training sessions in several cultural art groups. Document analysis was also conducted to support the field findings. The paper shows that dance training directly contributes to the enhancement of communication ethics, the formation of mutual respect attitudes, self-discipline, and the continuity of politeness values in daily life. Dance teachers are also identified as ethical guides who play a significant role in fostering these social values. This paper also suggests that the teaching of dance should continue to emphasize ethical aspects in order to empower dance as a cultural heritage and an effective tool for character development. This paper also suggests that the teaching of dance should continue to emphasize the aspect of decorum in order to strengthen dance as a cultural heritage and an effective tool for character development.

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## 1. INTRODUCTION

Dance is one of the branches of art that not only aims for entertainment but also serves as a medium for education and character development among its practitioners. In the context of dance training and performances, elements of discipline, politeness, and orderliness become important aspects that shape an individual's personality and reflect the social values of a community. Dance, especially traditional dance, is often associated with elements of customs and culture that emphasize aspects of politeness, such as ways of communicating, the relationship between dancers and instructors, as well as the rules that must be followed in every training and performance session. Dance training is not just about teaching physical and technical skills, but also serves as a form of informal education that instills moral and social values. The training process requires continuous interaction between dancers, instructors, and team members, which involves aspects of communication, tolerance, and respect for hierarchy within the group. In the traditional Malaysian dance culture, such as *Zapin*, *Sumazau*, and *Magunatip*, politeness in behavior and communication is highly emphasized, both in dance movements and in social interactions among dancers.

From a social psychology perspective, dance training can shape individuals to be more disciplined and responsible. According to the social learning theory proposed by [Bandura \(1977\)](#), individuals learn through observation and imitation, where the dance training environment provides interaction models that encourage dancers to adapt to positive social norms. This includes respect towards the dance teacher, patience in waiting for one's turn during practice, as well as commitment to time discipline and uniformity in movements.

In addition, politeness and orderliness in the art of dance are closely related to the concepts of ritual and artistic etiquette that have been passed down through generations. Every form of dance, especially those based on traditional culture, has specific protocols that must be adhered to. For example, in classical dances such as *Mak Yong* and *Joget Gamelan*, there are elements of politeness in body posture, facial expressions, and interactions between male and female dancers. These elements not only preserve the aesthetics of the dance but also uphold cultural values rooted in politeness and harmony. In the context of modern society, politeness and discipline in dance training also impact individual character development. A study by [Hanna \(2017\)](#) found that individuals who are continuously involved in dance arts demonstrate higher levels of patience and emotional control compared to those who do not engage in artistic activities. A local study by [Mahmud et al. \(2022\)](#) found that in cultural dance groups, social interactions based on values of politeness and orderliness help build more harmonious social relationships among group members. In this regard, this study aims to analyze how dance training and performances shape attitudes of mutual respect, patience, and order among dancers, as well as to assess the importance of discipline and etiquette in dance education. This study is expected to contribute to the field of arts and cultural education in understanding the role of dance not only as a medium of expression but also as an instrument for shaping positive social values in society.

This study is expected to contribute to the field of art and cultural education in understanding the role of dance not only as a medium of expression but also as an instrument for fostering positive social values in society. In this regard, the study aims to analyze how dance training and performances shape attitudes of mutual respect, patience, and orderliness among dancers, as well as to assess the importance of discipline and etiquette in dance education. Studies on the relationship between dance training and the formation of politeness

and order in social interactions have been extensively researched by scholars in the fields of performing arts, social psychology, and cultural education. Dance not only involves aspects of aesthetics and body expression, but also represents a form of discipline that demands self-control, patience, and respect for social norms. A study by [Hanna \(2017\)](#) found that dance training has a significant impact on an individual's social development, particularly in shaping values of politeness and order. She explains that training involving group interaction encourages dancers to adhere to rules, control their behavior, and respect the social structure within their art group. Hanna also emphasized that in traditional dance art communities, hierarchical factors such as respect for dance teachers or choreographers play an important role in fostering mutual respect among dancers.

[Shapiro \(2020\)](#) also supports this view by examining how dance training in art schools can enhance levels of patience and emotional control among students. According to him, dancers who undergo intensive training not only experience improvements in physical skills but also show development in social skills, such as the ability to cooperate and better communication skills. Meanwhile, a local study by [Mahmud et al. \(2022\)](#) discusses traditional dance training in Malaysia, such as *Mak Yong*, *Zapin*, and *Sumazau*, emphasizing the elements of etiquette and politeness in social interactions. This study found that in cultural arts groups, there are clear rules regarding ethics in training, including proper attire, ways of communicating with instructors, and respect for more experienced fellow dancers. The results of this study indicate that discipline in dance training not only develops technical skills but also fosters noble values that can be applied in daily life. A study by [Kaeppler \(2018\)](#) on Polynesian dance found that propriety and orderliness in dance training are not only social aspects but also closely related to the cultural and religious values of the community. According to him, in many traditional communities, dance is not just entertainment but also a medium for conveying customs and morals that have been passed down through generations. From the perspective of social psychology, the social learning theory introduced by [Bandura \(1977\)](#) explains that individuals learn through observation and imitation. In the context of dance training, dancers learn to adjust their behavior to the social environment through observation of instructors and teammates.

This theory is supported by [Lobo and Winsler \(2020\)](#) that children involved in dance classes show improvement in social skills, including emotional control, the ability to work in groups, as well as awareness of space and social interactions. In the context of traditional dance, a study by [Kartomi \(2021\)](#) on Javanese dance states that politeness in movement and social interaction is an element inherited from generation to generation. For example, in classical dances such as *Bedhaya* and *Srimpi*, politeness is not only reflected in the gentle and controlled movements but also in the training procedures that emphasize respect for the teacher and fellow dancers.

On the other hand, in modern dances such as hip-hop and jazz, a study by [Dyson \(2016\)](#) shows that although elements of spontaneity and free expression are more prominent, there are still social rules that need to be adhered to in practice and performance. In the modern dance community, ethics such as respecting turns, giving space to fellow dancers, and understanding the concept of teamwork remain important values applied in training. Based on previous studies, it can be concluded that dance training not only develops technical skills but also plays an important role in instilling values of politeness and orderliness in social interactions. All these studies provide a solid foundation for this research in evaluating how dance training and performances can foster values of discipline, patience, and mutual respect

## 2. METHODS

This study employs a qualitative approach with a case study design and field observation methods to gain an in-depth understanding of the role of dance training in shaping politeness and orderliness in social interactions. Data collection was carried out through three main methods. Semi-structured interviews were conducted with dancers, dance teachers, and choreographers to obtain their views and direct experiences regarding the values of politeness and order applied in the context of dance training and performances. This approach allows the researcher to explore the subjective meanings attributed by each informant to social practices in the art of dance. Next, direct observations of dance training sessions were conducted in several selected cultural art groups. This observation focuses on aspects of behavior, communication, and social interaction that occur among group members, particularly in the context of adherence to training discipline, ways of communicating with teachers or peers, and how values of patience and mutual respect are practiced. This method helps support interview data with empirically observable behavioral evidence. Meanwhile, document analysis was conducted on written materials such as previous studies, academic journal articles, and reports related to dance arts and social development. The purpose of this analysis is to support field findings with existing theoretical frameworks and empirical evidence, thereby strengthening the accuracy and reliability of the study. The combination of these three methods allows this research to be presented in a holistic, in-depth manner, based on sound qualitative principles.

## 3. RESULTS AND DISCUSSION

The results of the study show that dance training plays an important role in shaping politeness and orderliness in social interactions. Among the main findings are:

### 3.1. The Improvement of Mutual Respect Attitudes in Dance Practice

Dance practice not only hones technical skills but also serves as a social medium that fosters mutual respect among dancers. In training sessions, frequent and repeated interactions between dancers require each individual to understand and respect the roles and boundaries of their teammates. This attitude develops through the process of social learning influenced by the training environment and the culture of discipline within the dance group. According to [Bonbright et al. \(2019\)](#), long-term dance training can enhance dancers' awareness of the importance of polite communication and respect for each individual's role within the group, thereby reducing conflicts and improving harmony in social interactions. [Koff and Wong \(2015\)](#) have shown that in the dance community, the attitude of respect is not only limited to respect for choreographers or dance teachers, but also towards fellow dancers, especially in aspects of personal space and turns during practice. In group training, dancers need to adhere to the established formation and movements, which requires them to be aware of the presence and roles of their teammates. This attitude indirectly fosters an awareness of the importance of balancing individual expression and group harmony, which becomes a core value in effective social

interactions.

In addition, [Warburton \(2021\)](#) emphasizes that dance training helps improve tolerance and acceptance of cultural diversity and different dance styles. In the context of traditional and modern dance, dancers often need to adapt to different cultural elements, such as movement techniques, attire, and varying aesthetic values. This process encourages them to be more open and to respect the uniqueness of each form of dance, thereby strengthening more inclusive and harmonious social relationships. In addition, more recently through the writings of Lobo and [Winsler \(2020\)](#), dance training has been proven to play a role in enhancing empathy and social understanding among children and adolescents. Children who regularly attend dance classes show better development in social skills compared to those who do not engage in artistic activities. They are not only more adept at adapting to diverse social environments, but also have a better understanding of the importance of effective communication in their daily interactions.

Furthermore, [Harlson \(2017\)](#), who studied the effects of dance training on social interactions among youth, found that collaborative training enhances their ability to work in groups. He found that dancers who trained for more than six months were more likely to exhibit prosocial behavior, such as helping peers who struggled to master certain movements and providing moral support during training sessions. This shows that dance training not only develops technical proficiency but also fosters social awareness and the ability to empathize with others within an artistic community. Literally, dance training plays an important role in enhancing mutual respect in social interactions. The main elements in training, such as adherence to group structure, clear communication, and teamwork, contribute to the formation of better communication ethics. Moreover, the improvement in respect gained through dance training can also be applied in daily life, making individuals more aware of the importance of etiquette and order in social relationships in general. Therefore, dance training not only enriches a person's artistic skills but also shapes individuals to be more responsible, patient, and respectful in social life.

### **3.2. Improvement of Discipline and Patience through Dance Practice**

Dance practice requires a high level of discipline and patience, not only in mastering complex movements but also in cultivating an attitude of respecting turns and training rules. Patience becomes an essential element in the art of dance because each movement requires repeated practice to achieve technical perfection and precise artistic expression. According to [López and Jaramillo \(2015\)](#), dancers who undergo long-term training show an increase in self-control and the ability to withstand pressure, which are key aspects in shaping patience and discipline in their daily lives. Through the writings of [Bläsing et al. \(2018\)](#), it is also proven that systematic dance training helps improve the focus and mental resilience of a dancer. In their study of professional dancers, it was found that individuals who underwent intensive training sessions experienced development in the aspect of patience because they had to repeat a routine or technique multiple times before mastering it perfectly. This process not only instills the value of perseverance but also fosters the ability to accept criticism and improve weaknesses with a positive attitude.

Furthermore, in the writing of [Mulder et al. \(2021\)](#), dance training not only strengthens self-discipline but also forms a better self-control structure among art students. They found that dancers who underwent training for at least six months showed significant changes in their attitudes towards tasks that required long-term commitment. Training that involves repetitive routines and adherence to a strict training schedule teaches them to manage their time better and maintain focus and patience in facing technical challenges in dance. In a social context, discipline and patience in dance practice are closely related to the ethics of respecting turns during training sessions. This is explained by [Karkou and Oliver \(2017\)](#) that interaction within dance groups helps individuals understand the importance of balance in their roles. Each dancer needs to wait their turn to receive guidance from the coach and give others the opportunity to shine during practice sessions, which indirectly instills respect for the rights and interests of other individuals within a community. In addition, [Ambegaonkar et al. \(2019\)](#) showed that dance training involving strict choreographic structures instills high values of rule compliance and discipline. In the context of ballet and traditional dance training, there is a hierarchy and specific rules that require dancers to demonstrate a high level of patience in learning movements progressively. This not only helps them in mastering the art skills but also in developing a sense of responsibility and respect for the training structure.

Recently, [Simons et al. \(2023\)](#) examined how dance training affects mental resilience and an individual's ability to face challenges. They found that dancers who underwent regular training exhibited better emotional control and were more capable of handling stress, which are key traits of disciplined and patient individuals. This study also shows that patience in dance training is not only useful in the arts but also in daily life, especially in situations that require resilience and perseverance, such as in academics and professional careers. This result shows that dance training not only shapes artistic skills but also plays an important role in an individual's personal development. The improvement in aspects of discipline and patience gained through dance training shapes individuals to be more diligent, responsible, and respectful of social rules. Therefore, dance training is not just a form of entertainment or cultural expression, but also an educational process that can instill positive values in community life.

### **3.3. The Role of Dance Teachers as Ethical Guides in Dance Training**

Dance teachers also need to play a broader role beyond just teaching movement techniques and choreography. Dance teachers serve as role models in shaping social ethics, promoting politeness, and instilling values of discipline among dancers. Dance training not only involves physical aspects but also shapes the attitudes and character of individuals through structured interactions between teachers and students. According to [Buckroyd \(2015\)](#), the role of dance teachers in performing arts education is very important because they not only educate dancers in technical skills but also help shape the dancers' personalities through a pedagogical approach that emphasizes respect, patience, and good communication.

Schupp (2018) also supports this view by examining how the communication approach of dance teachers affects the level of politeness and social interaction among dancers. In the study, it was found that teachers who use an approach that appreciates students' efforts, such as providing constructive feedback and maintaining a professional and positive tone of voice, can enhance respect and self-confidence among students. On the other hand, a harsh or overly critical approach can lead to negative effects, such as emotional stress and tense social interactions within the dance group. Furthermore, Mainwaring and Krasnow (2020) stated that dance teachers play an important role in shaping a training culture based on mutual respect. They found that in dance groups with guidance from teachers who emphasize the value of politeness such as giving every dancer a chance to voice their opinions, encouraging support among peers, and exemplifying professionalism dancers are more likely to exhibit harmonious social interactions and high discipline. This shows that the role of a dance teacher is not just to hone talent, but also to shape individuals who are more ethical in interacting with teammates and the general public.

In the context of traditional dance, Bennet's (2017) writing on cultural dance education explains that dance teachers often serve as guardians of community customs and heritage. For example, in traditional dance practices such as *Sumagayan* and *Mang-Mang Bumbungan* from the *Iranun* ethnic group, dance teachers not only teach movements but also educate dancers about values of propriety, appropriate dressing, and respect for the history and philosophy behind each movement. The role of the teacher in this context is not only as an instructor but also as a cultural custodian who instills broader social values in their students. According to Radell et al. (2023), the pedagogical approach applied by dance teachers influences the development of social skills among young dancers. They found that teachers who provide guidance with an empathetic approach, such as allowing students to learn from mistakes and encouraging interactions that respect individual differences, can create a more positive, conducive, and inclusive training environment. This, in turn, teaches dancers to be more sensitive to the feelings and perspectives of others, making them more courteous in social interactions, whether in a training context or in daily life.

Dance teachers serve as ethical guides who play an important role in shaping politeness and order among dancers. Through polite speech, appreciation for each individual's efforts, and the creation of a positive training environment, dance teachers can help shape individuals who are not only skilled in the art of dance but also possess attitudes of respect, patience, and discipline in their daily lives. Therefore, the role of teachers in the world of dance should not be taken lightly because they are catalysts for the development of not only artistic talent but also noble values among dancers.

### **3.4. Continuity of Values of Politeness and Orderliness from Dance Practice to Daily Life**

Dance training not only develops artistic skills but also instills continuous values of politeness and orderliness in the daily lives of dancers. Through structured training experiences, individuals develop self-discipline, the ability to respect others, and

sensitivity to social rules and norms that can be directly applied in their daily interactions. This is evidenced by [Nieminen and Varstala \(2015\)](#) who found that dancers undergoing long-term training showed improvements in social skills, including patience, respect for others' personal space, and the ability to collaborate in groups, which in turn helps them in various social contexts such as workplaces and educational institutions. Furthermore, through the writings of [Purkayastha et al. \(2018\)](#), it is shown that dance training helps in shaping individuals who are more ethical in communication and social interaction. Through the training process that requires emotional control, attentiveness in following instructions, and appreciation for the efforts of teammates, dancers develop these values as part of their social identity. In the writing, it is also stated that they found dancers who are active in training are more likely to exhibit respectful and considerate behavior in social situations outside of training, such as in daily conversations, academic discussions, and cooperation in organizations or communities. This has also caught the attention of [Quested et al. \(2020\)](#), where the continuity of values from dance training to daily life is linked to an increase in emotional well-being and self-control. Dance training often involves the process of understanding movements that require patience and consistency. This process indirectly helps dancers develop mental resilience that enables them to face life's challenges more positively and with discipline. In this study, it was found that individuals involved in dance training are more capable of controlling their emotions in conflict situations and are more likely to use polite and mature communication approaches in resolving social problems. In addition to the aspect of interpersonal interaction, [Zajenkowski et al. \(2021\)](#) also examined how the discipline values learned in dance training impact an individual's professional life. The results show that individuals who have undergone years of dance training exhibit a higher level of discipline in the work environment, including the ability to be punctual, respect organizational hierarchy, and collaborate more effectively in teams. This shows that dance training not only develops physical skills but also influences an individual's work ethic and commitment in various aspects of life.

Similarly, [Chin et al. \(2023\)](#) found that the practices of politeness and order learned in dance training have a profound impact on the development of an individual's social identity. This article examines how the values assimilated during training, such as mutual respect, polite communication, and orderliness in movement, are also applied in individuals' social relationships with family, friends, and the community. The results show that dancers with continuous training experience are more likely to practice good manners in daily life, including polite speech, sensitivity to others' emotions, and awareness of different cultural and social norms. The continuity of values of politeness and order from dance practice to daily life shows that dance is not just a performing art but also an effective medium of social education. Dance training helps shape individuals who are more disciplined, considerate, and respectful of social rules, which benefits not only in the context of art but also in interpersonal relationships and professional life. Therefore, the role of dance training in the social development and character building of individuals cannot be underestimated as it contributes to the formation of a more civilized and harmonious society.

### 3.5. Politeness and Orderliness in Social Interaction through Dance Practice and Performance

Politeness and orderliness are important elements in social interactions, especially in the performing arts such as dance. Dance practice and performances not only prioritize technical and aesthetic aspects but also shape individuals to be more disciplined, patient, and respectful towards others. Dance is not just a cultural expression, but also serves as an effective educational tool in shaping positive social values among dancers and the general public. Therefore, dance training should continue to emphasize ethical aspects so that it not only remains a cultural heritage but also becomes an important medium in shaping the character of individuals who are excellent and civilized.

#### a) Dance as a Medium for Character Formation

Dance training requires high levels of commitment and discipline, where dancers must adhere to a strict training schedule, repeat movements multiple times, and work in a team with great patience. According to a study by Nieminen and [Varstala \(2015\)](#), individuals involved in long-term dance training show significant improvements in emotional management, self-control, and respect for hierarchy within the group. Continuous training helps them develop a good work ethic, including the ability to listen to instructions, accept feedback openly, and collaborate harmoniously with others. Furthermore, [Purkayastha et al. \(2018\)](#) explain that dance training helps develop empathy and respect towards others. In dance classes, each dancer is taught to respect their teammates' personal space, understand the importance of taking turns during practice, and provide moral support to a teammate who is trying to master a movement. This process indirectly teaches them to be more considerate and understand the importance of positive social interactions in daily life.

#### b) Politeness and Orderliness in Dance Practice

In dance practice, politeness and order can be seen in various aspects, including communication between teachers and students, interactions among dancers, and respect for the art itself. [Mainwaring and Krasnow \(2020\)](#) clearly state that dance teachers who emphasize aspects of politeness in their teaching can help students develop a sense of professionalism and openness in receiving criticism. Dance teachers not only teach movement techniques but also serve as ethical guides who shape the dancer's personality through polite speech, appreciation of others' efforts, and understanding the importance of hierarchy in group training. Furthermore, [Quested et al. \(2020\)](#) proved that discipline in dance training not only helps improve artistic performance but also shapes more responsible individuals. Dance training requires adherence to certain rules, such as punctuality, maintaining self-discipline, and respecting the established training structure. This attitude then carries over into daily life, making dancers more disciplined in other aspects such as time management, social interactions, and work ethics.

#### c) Dance as a Tool for Social Development

Dance is not just a form of entertainment or cultural heritage, but also plays a significant role in social development. In the writing of Zająkowski et al. (2021), individuals involved in dance demonstrate better emotional control and the ability to interact with others in a more mature and polite manner. This is because dance training involves teamwork, which requires dancers to understand their respective roles and respect the contributions of their peers within the group. In a broader context, dance training can also serve as a tool for social cohesion that connects individuals from various backgrounds. Chin et al. (2023) found that dance programs involving various communities can help reduce social gaps and enhance cultural understanding. Through training and performances, individuals learn to appreciate diversity, improve their communication skills, and build more harmonious social relationships.

#### 4. CONCLUSION

In conclusion, dance practice and performances play an important role in shaping politeness and order in social interactions. In addition to developing technical skills, dance training helps individuals cultivate self-discipline, patience, and respect for others. Dance teachers serve as ethical guides who impart positive social values, while a systematic training structure helps shape individuals who are more responsible and ethical. Therefore, the teaching of dance arts must continue to emphasize aspects of etiquette so that it not only becomes a valuable cultural heritage but also an important tool in shaping outstanding personalities in society.

#### 5. AUTHORES'NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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