

**BRIDGING ARTS AND AGING: A SYSTEMATIC REVIEW OF GROUP
DANCE INTERVENTIONS FOR BALANCE AND LOWER-LIMB
STRENGTH IN OLDER ADULTS**

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Abstract

This systematic review evaluates the therapeutic intersection between the performing arts and geriatric health, examining how collective dance regimens enhance postural stability and lower-extremity muscular strength in ageing populations. Following systematic identification protocols across national and international databases, the synthesised evidence reveals that structured, group-based dance programs supervised by qualified instructors provide a comprehensive workout that blends physical mechanics, cognitive engagement, and social connectivity. The reviewed modalities span a diverse cultural spectrum, including aerobic dance routines, localised folk traditions, Thai classical choreography, and formalised dance/movement therapies. The primary consensus indicates that these rhythmic interventions significantly enhance both static and dynamic equilibrium, strengthen lower-limb muscle groups, and markedly minimise fall vulnerability. Furthermore, participants experienced tangible secondary benefits, including refined gait mechanics, elevated mobility confidence, and enhanced subjective quality of life. Crucially, this dual-purpose approach succeeds where traditional exercise often falls short: it mitigates physical decline while also serving as a vital means of preserving and transmitting ancestral cultural heritage. Ultimately, culturally relevant dance emerges as a safe, economically viable, and deeply engaging clinical intervention for promoting active, resilient ageing within community frameworks.

Keywords: *Dance Therapy; Geriatric Physical Health; Postural Equilibrium; Musculoskeletal Strength; Cultural Preservation; Fall Mitigation*