

## ABSTRACT

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**Description of Professional Dancer's Quality of Life; Widya Risnawaty S.Psi., M.Psi; Bachelor of Psychology, Universitas Tarumanagara. (i-xii, 73 pages, P1-P7, L-1-L-20).**

Dance has developed from a long time ago, in the beginning, dance was made to worship God. Most dances are intended for rituals which are intended by people to worship the nature that they consider God. However, as time goes on, activity turns into an activity that has many benefits related to physical, psychological, and social aspects and can even be used as a means for therapy (Dance Therapy). Dance is proven to be able to provide positive benefits to aspects of physical, psychological health and improve social relations in adult individuals. In this study, researchers wanted to know how the quality of life of professional dancers. Participants in this study were 40 men and 71 women who work as professional dancers who filled the WHOQOL quality of life questionnaire. The results showed empirical mean scores on physical dimensions 3,722, on the psychological dimension had an average of 3,946, on the dimensions of social relations had an average score of 3,829, and in the Environmental dimension had an average score of 3,633. This research proves that professional dancers have a good quality of life.

**Keywords: Benefits of Dance, Quality of Life, Professional Dance**