



Original Scientific Article

## Analyzing the Effect of Dancesport on Reducing Menopausal Symptoms and Increasing Quality of Life

Noortje Anita Kumaat<sup>1ABCDE</sup>, Soni Sulistyarto<sup>1ABD</sup>, Ratna Candra Dewi<sup>1CD</sup>,  
Heri Wahyudi<sup>1ACD</sup>, Caturia Sasti Sulistyana<sup>1ABCD</sup>, Nugroho Susanto<sup>2ADE</sup>,  
Ozгур Eken<sup>3CDE</sup> and Septyaningrum Putri Purwoto<sup>4BCDE</sup>

<sup>1</sup>State University of Surabaya

<sup>2</sup>Inonu University

<sup>3</sup>Universitas Negeri Padang

<sup>4</sup>STKIP PGRI Bangkalan

Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

Corresponding Author: Noortje Anita Kumaat, e-mail: noortjeanita@unesa.ac.id

Accepted for Publication: December 10, 2024

Published: January 30, 2025

DOI: 10.17309/tmfv.2025.1.09

### Abstract

**Background.** The increasing popularity of dancesport is being observed worldwide, with Indonesia also embracing this trend. Nevertheless, there is still a lack of data to establish if dancesport can help with menopausal symptoms and enhance quality of life.

**Objectives.** This study aimed to investigate the impact of a 12-week dancesport program on decreasing menopausal symptoms and improving quality of life.

**Materials and methods.** A quasi-experimental design was used with a pretest-posttest method. The study included 30 women who had gone through menopause and were between the ages of 54 and 63. The WHOQOL-BREF questionnaire was used to evaluate the quality of life, and the Menopause Rating Scale (MRS) was employed to assess the severity of menopausal symptoms. The program involved a 12-week dance course, meeting twice a week for 60 minutes per session, including cha-cha, salsa, rumba, hip-hop, and waltz dances. Data analysis was conducted using SPSS 24, beginning with descriptive statistics, then progressing to normality testing using the Shapiro-Wilk test, and finally paired samples t-tests.

**Results.** The findings indicated a noteworthy influence of the 12-week dancesport intervention on menopausal symptoms and quality of life, with a significance level of 0.000 ( $< 0.05$ ).

**Conclusions.** The study found that dancesport is beneficial for postmenopausal women by improving symptoms and quality of life, suggesting further research into the impact of these programs on men experiencing andropause-related changes.

**Keywords:** dancesport, menopausal symptoms, quality of life, menopausal women.

### Introduction

Studies indicate that menopausal symptoms impact around half of middle-aged women in different countries (Fang et al., 2024). Menopause indicates the stoppage of ovarian follicular activity and signals the conclusion of a woman's fertility period (Hettchen et al., 2021). This time is important for numerous women who remain involved in society and their personal lives while dealing with related

symptoms (Vaccaro et al., 2021). Menopause is a normal, natural change that occurs in middle age, causing women to experience various difficulties that affect their quality of life (Mendoza-Huertas et al., 2024). Numerous women look for different methods to reduce the severity of these symptoms, and exercise is among the suggested choices (Dabrowska-Galas, 2019). It is important to prioritize both physical and mental health with consistent exercise during menopause (Guna et al., 2024; Spector et al., 2024). Physical activity emerges as a hopeful non-medical solution to tackle the various risk factors linked to menopause (Hettchen et al., 2021; Mansikkamaki, 2016).

© Kumaat, N. A., Sulistyarto, S., Dewi, R. C., Wahyudi, H., Sulistyana, C. S., Susanto, N., Eken, O., & Purwoto, S. P., 2025.

Nguyen (2022) found that engaging in physical activity can help alleviate menopausal symptoms and boost the overall quality of life for women (Nguyen et al., 2022). Women who participate in moderate to high levels of physical activity have milder menopausal symptoms in comparison to those who are not active, according to (Dąbrowska-Galas et al., 2019). Engaging in aerobic workouts can greatly help in relieving specific menopause symptoms (Money et al., 2024). Earlier research has shown a strong connection between the amount of physical activity and the well-being of women going through menopause, emphasizing how regular physical activity can have a lasting positive influence on their health-related quality of life (Fauntroy et al., 2020). Studies have also investigated shifts in menopause risk factors in recently menopausal women with osteopenia after participating in high-intensity exercise for 13 months (Hettchen et al., 2021).

Dancesport, growing in global popularity and also in Indonesia (Suhaya et al., 2024), combines art and physical activity as a form of exercise (Holt, 2017). Dance blends athleticism with artistry by incorporating intricate movements, a wide range of motion, and musicality to create a unique form of expression (Fauntroy et al., 2020). Line dance is highly favored because it combines fitness and dance effectively, providing various health benefits for both the body and mind, thereby increasing its widespread popularity (Guo, 2022). Moreover, research has demonstrated that square dancing can boost cognitive function in elderly individuals (Wang et al., 2024), and engaging in Pilates or Zumba for at least 12 weeks can improve functional performance, mood, and the quality of life in postmenopausal women (Ben Waer et al., 2024).

Women experiencing intense symptoms during menopause frequently indicate reduced health-related quality of life (Money et al., 2024), which involves the impact of physical health on mental and social welfare (Schneider, 2002). In menopause, the decrease in ovarian activity and reproductive hormone levels can result in different health issues that impact a woman's overall well-being (Guna et al., 2024).

Based on this evidence, the theory of this research is that dancing workouts can lessen menopausal symptoms and enhance quality. However, there are still no studies on dance sports in menopausal women in Indonesia, and its impact on menopausal symptoms and increased quality of life in menopausal women in Indonesia is still unknown.

Based on existing theories, the hypothesis in this study is that dance exercise can reduce menopausal symptoms and improve quality of life. So this study aims to determine the effect of 12 weeks dance sport to reduce menopausal symptoms and increase quality of life.

## Materials and Methods

### Study Participants

The research included 30 postmenopausal women, aged between 54 and 63, who were selected from the local community. In order to join, participants must have been in their postmenopausal stage for a minimum of 12 weeks and not have any health issues that could hinder their participation in the workout regimen. Approval for this research was authorized by the Health Research Ethics Committee at Nahdlatul Ulama University of Surabaya, with ethical clearance number 0400/EC/KEPK/UNUSA/2024.

**Table 1.** Participant characteristics

	Information
Age	57.66 ± 2.48
Weight	59.76 ± 8.87
Height	163.21 ± 7.63
Bloodpressure	120.71 ± 9.97
Education	Bachelor: 19 Senior high school: 11
Work	Entrepreneur: 3 Government employees: 3 Teacher: 6 Private employess:10 Housewife: 7 Teacher retirement:1
Status	Married: 25 Widow: 5

The characteristics of the samples in this study are presented in the table above, including age, weight, height, blood pressure, education, occupation and status.

### Study Organization

This research employed a quasi-experimental design incorporating pretest-posttest methodology to assess the impact of a dance exercise program on quality of life and Menopause Rating Scale (MRS) scores among postmenopausal women. The WHOQOL-BREF questionnaire was used to evaluate quality of life (Guna et al., 2024), including physical health, mental health, social relationships, and environmental factors. The Menopausal Rating Scale (MRS) was employed to assess the intensity of menopausal symptoms, showing high test-retest reliability between 0.90 and 0.95 and construct validity scores of 0.92, 0.93, and 0.95, demonstrating the tool's validity and reliability (Dwi Susanti et al., 2019). In the pretest, the participants filled out the WHOQOL-BREF and MRS surveys to collect initial information on their quality of life and menopausal symptoms. The program involved 12 weeks of dance exercises, with participants going to two 60-minute sessions a week, including dances like cha-cha, salsa, rumba, hip-hop, and waltz. After the 12-week program, participants were asked to complete the same questionnaires for another evaluation of their quality of life and menopausal symptoms.

### Statistical Analysis

Statistical analysis in this study used SPSS 24 which includes descriptive tests, followed by normality tests using Shapiro-Wilk and T tests with Paired Samples Tests to determine the effect of dance sports for 12 weeks on the menopausal symptoms and quality of life of menopausal women.

## Results

The results section will provide a detailed analysis of the statistical data, examining the impact of a 12-week dancesport program on menopausal symptoms and the quality of life in postmenopausal women. This will include the findings from descriptive statistics, normality tests, and Paired Samples Tests.

**Table 2.** Descriptive statistics

Group	n	Min	Max	Mean	SD
Pre MS	30	32	39	35.90	2.398
Post MS	30	19	27	22.87	2.515
Pre QL	30	76	89	82.20	4.038
Post QL	30	100	122	110.27	6.539

Information: Pre MS (Pre test menopausal symptoms), Post MS (Post test menopausal symptoms), Pre QL (Pre test quality of life), Post QL (Post test quality of life).

Table 2 demonstrates that the 12-week dancesport program had a significant effect on menopausal symptoms and quality of life in postmenopausal women. The mean score for menopausal symptoms decreased from 35.90 in the pre-test to 22.87 in the post-test, while the mean score for quality of life improved from 82.20 in the pre-test to 110.27 in the post-test.

**Table 3.** Test of normality (Shapiro-Wilk)

Group	Statistic	df	Sig.
Pre MS	.905	30	.011
Post MS	.914	30	.019
Pre QL	.965	30	.414
Post QL	.943	30	.108

The results in table 3 show that the overall data distribution obtained normal results because all sig results > 0.05. Then the Paired Samples Test can be carried out.

**Table 4.** Paired samples test

Group	Sig
Menopausal Symptoms	.000
Quality of Life	.000

The table results show that both menopausal symptoms and quality of life variables had significance values of 0.000, lower than the threshold of 0.05. This validates that the 12-week program for dancesport significantly decreased menopausal symptoms and enhanced the quality of life in postmenopausal women.

## Discussion

The results of this study are consistent with earlier studies that have demonstrated the positive impact of dance on women's quality of life (Hernandes et al., 2018). In the same way, research has shown that activities such as Pilates or Zumba can enhance functional performance, mood, and health-related quality of life in postmenopausal women after 12 weeks (Ben Waer et al., 2024). Engaging in workout routines that reduce menopausal symptoms may enhance the quality of life for women who have gone through menopause (Shin & Lee, 2021). According to Adi Wira Guna (2024), dance-based workouts have been proven to enhance physical function, which may improve ovarian function and reproductive hormone levels (Yang & Toriola, 2024), leading to a reduction in health problems and an overall improvement in quality of life (Guna et al., 2024).

Following menopause, there is a substantial decrease in estrogen levels, resulting in the appearance of androgenic manifestations like acne, heightened facial hair growth, and male-pattern baldness. Androgens impact sexual desire, arousal, and climax by increasing dopamine levels in the central nervous system (Brzozowska & Lewiński, 2021). A woman's daily physical activity level greatly affects her quality of life during menopause (Fauntroy et al., 2020). According to Adi Wira Guna (2024), women who consistently engage in physical activity experience an improved quality of life due to enhanced endurance and decreased chances of chronic illnesses (Guna et al., 2024).

Dancing is a highly favored method of staying in shape that offers not just physical advantages, but also boosts mental and emotional health, making it a preferred pastime for numerous individuals (Guo, 2022). Dance merges physical activity with social and emotional advantages, enhancing self-expression, self-worth, and self-assurance while reducing stress (Hernandes et al., 2018). It also makes social interaction, motivation, and positive emotions easier (Hernandes et al., 2018). Furthermore, dance interventions have been found to have beneficial impacts on physical function, postural control, and quality of life (Lu et al., 2024). These advantages aid in decreasing menopausal symptoms and enhancing overall quality of life (Fang et al., 2024). Dancing helps increase physical activity levels, leading to improved muscle movement, better distribution of nutrients and oxygen, and maintenance of fitness, bone density, muscle strength, and joint mobility, all of which contribute to overall physical and physiological well-being (Guna et al., 2024).

Based on the discussion above, it is recommended that menopausal women do dance sports to reduce menopausal symptoms and increase quality of life.

## Conclusions

Based on the research results, it was found that after doing dance sports for 12 weeks, it can reduce menopause symptoms and improve the quality of life of menopausal women. The limitation of this study is that it only provides sport in the form of dancesport.

## Acknowledgment

An acknowledgements statement may contain detailing those who helped in carrying out the research but who have not been recognised as contributors, as well as personal expressions of gratitude.

## Conflict of Interest

The authors report no conflict of interest.

## References

- Fang, Y., Liu, F., Zhang, X., Chen, L., Liu, Y., Yang, L., Zheng, X., Liu, J., Li, K., & Li, Z. (2024). Mapping global prevalence of menopausal symptoms among middle-aged women: a systematic review and meta-analysis. *BMC Public Health*, 24(1). BioMed Central Ltd. <https://doi.org/10.1186/s12889-024-19280-5>
- Hettchen, M., von Stengel, S., Kohl, M., Murphy, M. H., Shojaa, M., Ghasemikaram, M., Bragonzoni, L.,

- Benvenuti, F., Ripamonti, C., Benedetti, M. G., Julin, M., Risto, T., & Kemmler, W. (2021). Changes in menopausal risk factors in early postmenopausal osteopenic women after 13 months of high-intensity exercise: The randomized controlled ACTLIFE-RCT. *Clinical Interventions in Aging*, 16, 83-96. <https://doi.org/10.2147/CIA.S283177>
- Vaccaro, C. M., Capozzi, A., Ettore, G., Bernorio, R., Cagnacci, A., Gambacciani, M., Coletta, V., Maffei, S., Nappi, R. E., Scambia, G., Viora, E., & Lello, S. (2021). What women think about menopause: An Italian survey. *Maturitas*, 147, 47-52. <https://doi.org/10.1016/j.maturitas.2021.03.007>
- Mendoza-Huertas, L., Mendoza, N., & Godoy-Izquierdo, D. (2024). Impact of violence against women on quality of life and menopause-related disorders. *Maturitas*, 180. <https://doi.org/10.1016/j.maturitas.2023.107899>
- Dąbrowska-Galas, M., Dąbrowska, J., Ptaszkowski, K., & Plinta, R. (2019). High physical activity level may reduce menopausal symptoms. *Medicina (Lithuania)*, 55(8). <https://doi.org/10.3390/medicina55080466>
- Guna, I. W. A. W., Andayani, N. L. N., Ayu, I. G., & Putra, I. P. Y. P. (2024). The Relationship between Physical Activity Levels and Quality of Life in Menopausal Women. *FISIO MU: Physiotherapy Evidences*, 5(2), 162-168. <https://doi.org/10.23917/fisiomu.v5i2.4862>
- Spector, A., Li, Z., He, L., Badawy, Y., & Desai, R. (2024). The effectiveness of psychosocial interventions on non-physiological symptoms of menopause: A systematic review and meta-analysis. *Journal of Affective Disorders*, 352, 460-472. Elsevier B.V. <https://doi.org/10.1016/j.jad.2024.02.048>
- Mansikkamaki, K. (2016). *Physical Training and Quality of Life among Women during Menopause*.
- Nguyen, T. T. P., Phan, H. T., Vu, T. M. T., Tran, P. Q., Do, H. T., Vu, L. G., Doan, L. P., Do, H. P., Latkin, C. A., Ho, C. S. H., & Ho, R. C. M. (2022). Physical activity and social support are associated with quality of life in middle-aged women. *PLoS ONE*, 17(5 May). <https://doi.org/10.1371/journal.pone.0268135>
- Money, A., MacKenzie, A., Norman, G., Eost-Telling, C., Harris, D., McDermott, J., & Todd, C. (2024). The impact of physical activity and exercise interventions on symptoms for women experiencing menopause: overview of reviews. *BMC Women's Health*, 24(1). <https://doi.org/10.1186/s12905-024-03243-4>
- Fauntroy, V., Nolton, E. C., & Ambegaonkar, J. P. (2020). Health-Related Quality Of Life (Hrql) Measures Used In Dance: A Systematic Review. *International Journal of Sports Physical Therapy*, 15(3), 333-342. <https://doi.org/10.26603/ijsp20200333>
- Suhaya, A. P., Masunah, J., Nugraheni, T., & Dadijono, D. (2024). Traditional Dancesport: A process of physical innovation in the frame of aesthetic movement. *SHS Web of Conferences*, 197, 01002. <https://doi.org/10.1051/shsconf/202419701002>
- Holt, J. (2017). Sport as art, dance as sport. *AUC KINANTHROPOLOGICA*, 53(2), 138-145. <https://doi.org/10.14712/23366052.2017.11>
- Guo, X. (2022). Application Exploration of Fitness Line Dance Innovation in Higher Vocational Physical Education. *OA Journal of Education Research*, 1(3), 227-231. <https://doi.org/10.26855/oajer.2022.09.020>
- Wang, H., Pei, Z., & Liu, Y. (2024). Effects of square dance exercise on cognitive function in elderly individuals with mild cognitive impairment: the mediating role of balance ability and executive function. *BMC Geriatrics*, 24(1). <https://doi.org/10.1186/s12877-024-04714-x>
- Ben Waer, F., Lahiani, M., Alexe, C. I., Badau, D., Onoi, M. P., Alexe, D. I., & Sahli, S. (2024). The Effects of Pilates vs. Zumba Dancing on Functional Performance, Mood and Health-Related Quality of Life in Postmenopausal Women. *Applied Sciences (Switzerland)*, 14(7). <https://doi.org/10.3390/app14072886>
- Schneider, H. P. G. (2002). The quality of life in the post-menopausal woman. *Best Practice and Research: Clinical Obstetrics and Gynaecology*, 16(3), 395-409. <https://doi.org/10.1053/beog.2002.0289>
- Dwi Susanti, H., Chang, P. C., & Chung, M. H. (2019). Construct validity of the Menopause Rating Scale in Indonesia. *Climacteric*, 22(5), 454-459. <https://doi.org/10.1080/13697137.2019.1574737>
- Shin, H., & Lee, E. (2021). Factors influencing quality of life in post-menopausal women. *Korean Journal of Women Health Nursing*, 26(4), 336-345. <https://doi.org/10.4069/KJWHN.2020.11.14>
- Yang, L., & Toriola, A. T. (2024). Menopausal Hormone Therapy Use Among Postmenopausal Women. *JAMA Health Forum*, 5(9), e243128. <https://doi.org/10.1001/jamahealthforum.2024.3128>
- Brzozowska, M., & Lewiński, A. (2021). Changes of androgens levels in menopausal women. *Przegląd Menopauzalny*, 19(4), 151-154. <https://doi.org/10.5114/pm.2020.101941>
- Hernandes, J. C., Di Castro, V. C., Mendonça, M. E., & Porto, C. C. (2018). Quality of life of women who practice dance: A systematic review protocol. *Systematic Reviews*, 7(1). <https://doi.org/10.1186/s13643-018-0750-5>
- Lu, J., Abd Rahman, N. A., Wyon, M., & Shaharudin, S. (2024). The effects of dance interventions on physical function and quality of life among middle-aged and older adults: A systematic review. *PLOS ONE*, 19(4), e0301236. <https://doi.org/10.1371/journal.pone.0301236>

## Аналіз впливу спортивних танців на зниження симптомів менопаузи та підвищення якості життя

Нуртє Аніта Кумаат<sup>1ABCDE</sup>, Соні Сулістярто<sup>1ABD</sup>,  
Ратна Чандра Деві<sup>1CD</sup>, Гері Вахюді<sup>1ACD</sup>, Катурія Састі Сулістьяна<sup>1ABCD</sup>,  
Нутрохо Сусанто<sup>2ADE</sup>, Озгур Екен<sup>3CDE</sup>, Септянінграм Путрі Пурвото<sup>4BCDE</sup>

<sup>1</sup>Сурабайський державний університет

<sup>2</sup>Падангський державний університет

<sup>3</sup>Університет імені Ісмета Іненю

<sup>4</sup>Бангаланський педагогічний коледж Асоціації вчителів Індонезії

Авторський вклад: А – дизайн дослідження; В – збір даних; С – статаналіз; D – підготовка рукопису; E – збір коштів

Реферат. Стаття: 5 с., 4 табл., 23 джерела.

**Історія питання.** Зростаюча популярність спортивних танців спостерігається в усьому світі, зокрема, в Індонезії, яка також приєдналася до цієї тенденції. Однак досі бракує даних, які б дозволили встановити, чи можуть заняття спортивними танцями допомогти впоратися з симптомами менопаузи та покращити якість життя.

**Мета дослідження.** Мета дослідження полягала у вивченні впливу 12-тижневої програми занять спортивними танцями на зменшення симптомів менопаузи та поліпшенні якості життя.

**Матеріали та методи.** У представлений науковій праці застосовано квазіекспериментальний дизайн із використанням методики перед- і післятестового дослідження. У дослідженні взяли участь 30 жінок, які пройшли через менопаузу у віці від 54 до 63 років. Для оцінки якості життя використовували опитувальник WHOQOL-BREF, а з метою визначення ступеня важкості менопаузальних симптомів — міжнародну шкалу з оцінки симптомів менопаузи ("Menopause Rating Scale", MRS). Програма передбачала 12-тижневий курс занять спортивними танцями, що проводилися двічі на тиждень із тривалістю 60 хвилин кожне заняття, включаючи ча-ча-ча, сальсу, румбу, хіп-хоп і вальс. Аналіз даних проводився за допомогою програмного забезпечення SPSS 24, починаючи з описової статистики, після чого здійснювався тест на перевірку нормальності розподілу із застосуванням критерію Шапіро-Уїлка і, зрештою, завершальний етап передбачав використання t-критерію для парних вибірок.

**Результати.** Отримані дані свідчать про значний вплив 12-тижневої інтервенції зі спортивних танців на симптоми менопаузи та якість життя з рівнем значущості 0,000 (< 0,05).

**Висновки.** За результатами дослідження встановлено, що заняття спортивними танцями корисні для жінок у постменопаузальному періоді, оскільки покращують симптоми та якість життя, що спонукає до подальших досліджень щодо впливу зазначених програм на чоловіків, які переживають зміни, пов'язані із періодом андропаузи.

**Ключові слова:** спортивні танці, симптоми менопаузи, якість життя, жінки у менопаузальному періоді.

### Information about the authors:

**Kumaat, Noortje Anita:** noortjeanita@unesa.ac.id; <https://orcid.org/0000-0001-6045-7553>; Department of Sports Science, Faculty of Sports and Health Sciences, Universitas Negeri Surabaya, Jl. Lidah Wetan, Lidah Wetan, Kec. Lakarsantri, Kota SBY, Jawa Timur 60213, Indonesia.

**Sulistyarito, Soni:** sonisulistyarito@unesa.ac.id; <https://orcid.org/0000-0003-4201-856X>; Department of Sports Science, Faculty of Sports and Health Sciences, Universitas Negeri Surabaya, Jl. Lidah Wetan, Lidah Wetan, Kec. Lakarsantri, Kota SBY, Jawa Timur 60213, Indonesia.

**Dewi, Ratna Candra:** ratnadewi@unesa.ac.id; <https://orcid.org/0000-0003-0612-244X>; Department of Nutrition, Faculty of Sports and Health Sciences, Universitas Negeri Surabaya, Jl. Lidah Wetan, Lidah Wetan, Kec. Lakarsantri, Kota SBY, Jawa Timur 60213, Indonesia.

**Wahyudi, Heri:** heriwahyudi@unesa.ac.id; <https://orcid.org/0009-0000-1355-6954>; Sports Science Department, Universitas Negeri Surabaya, Jl. Lidah Wetan, Lidah Wetan, Kec. Lakarsantri, Kota SBY, Jawa Timur 60213, Indonesia.

**Sulistiyana, Caturia Sasti:** ns.sulistiyana@unesa.ac.id; <https://orcid.org/0000-0002-1993-3682>; Department of Nursing, Faculty of Medicine, Universitas Negeri Surabaya, Jl. Lidah Wetan, Lidah Wetan, Kec. Lakarsantri, Kota SBY, Jawa Timur 60213, Indonesia.

**Susanto, Nugroho:** nugrohosusanto@fkk.unp.ac.id; <https://orcid.org/0000-0002-9184-2769>; Department of Health and Recreation, Universitas Negeri Padang, Jl. Prof. Dr. Hamka No.1, Air Tawar Bar., Kec. Padang Utara, Kota Padang, Sumatera Barat 25173, Indonesia.

**Eken, Ozgur:** ozgureken86@gmail.com; <https://orcid.org/0000-0002-5488-3158>; Department of Physical Education and Sport Teaching, Faculty of Sports Sciences, Inonu University, Malatya-Elazig-Road 15 km, 44280 Battalgazi/Malatya, Turkey.

**Purwoto, Septyaningrum Putri:** septyaningrum@stkipgri-bkl.ac.id; <https://orcid.org/0000-0003-2765-3960>; Study Program of Sports Education, STKIP PGRI Bangkalan, Jl. Soekarno Hatta No.52, Mlajah, Kec. Bangkalan, Kabupaten Bangkalan, Jawa Timur 69116, Indonesia.

**Cite this article as:** Kumaat, N. A., Sulistyarito, S., Dewi, R. C., Wahyudi, H., Sulistiyana, C. S., Susanto, N., Eken, O., & Purwoto, S. P. (2025). Analyzing the Effect of Dancesport on Reducing Menopausal Symptoms and Increasing Quality of Life. *Physical Education Theory and Methodology*, 25(1), 72-76. <https://doi.org/10.17309/tmfv.2025.1.09>

Received: 06.10.2024. Accepted: 10.12.2024. Published: 30.01.2025

This work is licensed under a Creative Commons Attribution 4.0 International License (<http://creativecommons.org/licenses/by/4.0>)