Gumboot dancing as a means to occupational enrichment of individuals admitted in forensic psychiatry

BY MONIQUE WILKINS
INTRODUCTION – Area of Service

- **FORENSIC UNIT**
- **DIAGNOSES OF MENTAL HEALTH CARE USERS (MHCUS)**
  - SCHIZOPHRENIA & BIPOLAR DISORDER
- **REHABILITATION TO REINTEGRATE - COMMUNITY**
- **WARDS: ACUTE -> MONITOR -> REHABILITATE**
- **PROBLEM AREAS:**
  - ↓ INSIGHT, ↓ MOTIVATION, ↓ MOTOR SKILLS, X BEHAVIOUR, ↓ AFFECT, ↓ SOCIAL SKILLS
- **MAIN AIM OF GROUP THERAPY: HEALTH & WELLNESS**
- **GUMBOOT DANCING → EVIDENCE-BASED PRACTICAL RESEARCH**
GUMBOOT DANCING

- ORIGINATED IN SA DURING APARTHEID ERA (COLLINS, 2017)
- MINE WORKERS & MIGRANT WORKERS
- OPPRESSIVE LAWS RESTRICTED COMMUNICATION BETWEEN MINERS
- LEAD TO DEVELOPMENT OF “MORSE CODE” (KELLERMAN, 2014)
  - STOMPING FEET, SLAPPING BOOTS AND SINGING
- MHCUS – SESOTHO & XHOSA CULTURAL GROUPS – KNOWN ACTIVITY
- MAKES USE OF PSYCHO-MOTOR ACTIVATION
  - CONTRIBUTES TO OVERALL MENTAL WELL-BEING (PROBST, 2017)
GUMBOOT DANCING
METHODS USED

- INFORMAL SCREENING – OPEN GUMBOOT SESSIONS (4-WEEKS)
- PARTICIPANTS INCLUDED WITH 70% OR < ATTENDANCE
  - TOTAL OF 8 MHCUS INCLUDED
- VISUAL MEDIA USED & ANALYZED BY X5 QUALIFIED THERAPISTS

TWO METHODS USED:

- **1. VONA DU TOIT’S MODEL OF CREATIVE ABILITY** – TO EVALUATE MOTIVATION (LEVELS)
- **2. LIKERT SCALES** – RATING SCALE: REPRESENTS VIEW ON THE POSITIVE EFFECTS ON:
  - EMOTIONS, SOCIAL CONTACT MAKING, NEGATIVE EFFECTS, SIDE-EFFECTS.
RESULTS - VONA DU TOIT’S CREATIVE ABILITY

<table>
<thead>
<tr>
<th>Motivation Level</th>
<th>Action Level</th>
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<tbody>
<tr>
<td>Tone</td>
<td>Purposeless</td>
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<tr>
<td>Self-Differentiation</td>
<td>Destructive</td>
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<tr>
<td><strong>Self-Presentation</strong></td>
<td>Explorative</td>
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<tr>
<td>Passive Participation</td>
<td>Norm awareness</td>
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<tr>
<td>Imitative Participation</td>
<td>Norm compliance</td>
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<td>Active Participation</td>
<td>Original</td>
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<td>Competitive</td>
<td>Competitive-centered</td>
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<td>Contribution</td>
<td>Situation-centered</td>
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<tr>
<td>Competitive Contribution</td>
<td>Society-centered</td>
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RESULTS - LIKERT SCALES

**Negative Symptoms**
- Blunted: 8, 7, 6, 5, 4
- Inattention: 7, 6, 5, 4, 3
- Involuntary Movements: 8, 7, 6, 5, 4

**Social Contact Making**
- Eye Contact: 9, 9, 7, 7, 5
- Awareness of self: 6, 7, 5, 5, 4
- Awareness of others: 6, 7, 5, 5, 4

**Emotional Functioning**
- Eliciting emotions: 8, 7, 5, 4, 3
- Attitude: 8, 7, 5, 4, 3
- Range: 10, 9, 8, 7, 6

**Side-Effects**
- Unsteadiness: 8, 7, 6, 5, 4
- Associated Movements: 7, 6, 5, 4, 3
- Inattention: 9, 8, 7, 6, 5
CONCLUSION

- GUMBOOT DANCING – VALUABLE TOOL
  - CULTURAL EXPERIENCE
  - OCCUPATIONAL ENRICHMENT
- CLEAR POSITIVE INFLUENCE ON EMOTIONAL AND SOCIAL FUNCTIONING
- MOTIVATION CARRIES OVER TO OTHER TASKS IN DAILY WARD LIFE

“The group of patients we currently have generally don’t have any behavioral problems, but there has definitely been a change in their sense of responsibility and energy levels” since the gumboot dancing programme commenced. “Miss Monique! When are you bringing the gumboots again”.

“Miss Monique! When are you bringing the gumboots again?”


