

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

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Introduction: The forensic division of a mental health institution in South Africa follows a rehabilitation program that includes occupational therapy groups. Health and wellness is one of the main aims of this program and assists the participants to engage in recreational activities, like gumboot dancing.

Objectives:

- i) To establish the positive effects of gumboot dancing by making use of visual media
- ii) To establish the positive effects of gumboot dancing by making use of informal screening

Method: No formal research design was followed. The occupational therapist executed an informal screening test on the participants before, during and after engaging them in a cycle of daily gumboot groups for a period of four weeks. Visual media was used to establish the effects on affect, motivation and social interaction, as well as the effectiveness of gumboot dancing in reducing the presence of negative symptoms of Schizophrenia and diminishing side-effects of anti-psychotic medication.

Practice Implications and conclusion: Gumboot dancing has positive effects on the individual with a mental health condition and can improve affect, motivation, social interaction, as well as relieve negative symptoms of mental illness and side-effects of medication.

