

# TRANCE, DEPRESSION, AND COMMUNITY ACCEPTANCE AMONG SINTREN DANCERS IN PEMALANG, CENTRAL JAVA

Ani Margawati, Fajar Susetya, Natalia Dewi Wardani, Titis Hadiyati

Department of Public Health, Faculty of Medicine, Universitas Diponegoro

## ABSTRACT

**Background:** Sintren is a traditional dance from Central Java coast and West Java. This dance has a famous mystical element as the dancers perform by trance or unconsciousness. The experience of trance in dancer with a history of psychosocial problem may lead to other mental disorders, which can affect the quality of life. This study aimed to investigate the trance, depression, and community acceptance among sintren dancers in Pemalang, Central Java.

**Subjects and Method:** This was qualitative study conducted at Pemalang, Central Java. A total 5 sintren dancers aged less than 20 years old was selected for this study. The theme of this study was trance, depression, and community acceptance among sintren dancers. The psychological disorder was measured by Mini International Neuropsychiatry Interview (Mini ICD-10). The other data was obtained by in-depth interview and focus group discussion. Data was analyzed by content analysis.

**Results:** The community believes that sintren dancers must be virgins and be around 15 years old. Almost all informants come from incomplete families, divorced parents, or live with other families. There was a trance or trance experience in dancers with a history of psychosocial problems. It is possible that other mental disorders will appear, which can affect the quality of life. There were 4 dancers with dysthymia (persistent depression disorder) symptom and 1 dancer had post-traumatic stress disorder.

**Conclusion:** Four dancers have dysthymia (persistent depression disorder) symptom and a dancer has post-traumatic stress disorder.

**Keywords:** sintren dance, trance, depression

## Correspondence:

Ani Margawati. Department of Public Health, Faculty of Medicine, Universitas Diponegoro, Semarang, Central Java. Email: animargawati@gmail.com. Mobile: 08132585-845.