



**Social Informatics, Business, Politics, Law & Technology Journal**  
An International Pan-African Multidisciplinary Journal of the SMART Research Group  
International Centre for IT & Development (ICITD), USA in Collaboration with  
The Society for Multidisciplinary & Advanced Research Techniques (SMART) Africa  
Available online at <https://www.isteam.net/socialinformaticsjournal>  
© Creative Research Publishers DOI: [dx.doi.org/10.22624/AIMS/SIJ/V7N1P2](https://dx.doi.org/10.22624/AIMS/SIJ/V7N1P2)  
CrossREF Member Listing - <https://www.crossref.org/06members/50go-live.html>

## **The Relationship between Performing Art Music and Dance and Communal Cohesion Peaceful Co-Existence and National Integration Among Indigenous Nigerians**

**Ojedokun, I. M. (Ph. D)**  
Department of Social Work  
Faculty of Education  
University Ibadan  
Ibadan, Nigeria  
**E-mail:** [mobolajiojedokun@yahoo.com](mailto:mobolajiojedokun@yahoo.com)

### **ABSTRACT**

The rich African culture reflects the nature of their bonds. This effort on community cohesion is yet to be internalized to enhance national integration. This paper examined the relationship between music and dance art and communal cohesion, peaceful co-existence and national integration among indigenous people of Nigeria using Ibadan as example. The study adopted descriptive survey research design. Two hundred and forty (240) randomly selected community people participated in the study. Data was collected with a self-constructed questionnaire with a reliability coefficient of 0.75 tagged performing arts music and dance communal cohesion, peaceful co-existence and national integration questionnaire (PAMDCPCNIQ). Analysis was done using Pearson Product Correlation (PPMC). Hypotheses were tested at 0.05 level of significance. The result showed that there is a significant relationship between performing arts music and dance and communal cohesion ( $r = .781$ ,  $N = 240$ ,  $p < .05$ ) and there is a significant relationship between performing arts music and dance and peaceful communal co-existence ( $r = .682$ ,  $N = 240$ ,  $p < .05$ ). It was also revealed that there is a significant relationship between performing arts music and dance and national integration ( $r = .882$ ,  $N = 240$ ,  $p < .05$ ). It was concluded that the African continent including Nigeria is blessed with multicultural and artistic groups that have great influences on well-being of its people. It was recommended that performing arts and cultural music be encouraged to promote communal bonding, peaceful co-existence and national integration.

**Keywords:** Performing Art, music and dance, communal cohesion, peaceful co-existence, national integration.

### **Journal Reference Format:**

Ojedokun, I.M. (2021): The Relationship between Performing Art Music and Dance and Communal Cohesion Peaceful Co-Existence and National Integration among Indigenous Nigerians. Social Informatics, Business, Politics, Law, Environmental Sciences & Technology Journal. Vol. 7, Pp 47-54  
Article DOI No - [dx.doi.org/10.22624/AIMS/SIJ/V7P5](https://dx.doi.org/10.22624/AIMS/SIJ/V7P5). [www.isteam.net/socialinformaticsjournal](http://www.isteam.net/socialinformaticsjournal)

## 1. BACKGROUND TO THE STUDY

Performing art is a medium of socialization. It is a pleasure oriented phenomenon across the globe. It is a form of creative activity that is displayed in front of the audience. Performing art includes music and dance which ranges from vocal and instrumental music, dance and theatre to pantomime sung verse and beyond. United Nations Educational, Scientific and Cultural Organisation (UNESCO) (2020) affirmed that performing art music and dance includes human cultural expression reflecting creativity in intangible cultural domains. In the same trend, music is performed at various events such as marriages, funerals, rituals and initiations, festivities, entertainments and many other forms of social functions. Dance is a form of physical aspects of showcasing rhythmic movement. Steps and gestures of dance, most times expresses sentiments, mood or illustrates specific daily events such as religious dance, and those representing hunting, warfare or sexual activity.

Premised on the above, it could be adjudged that acting, singing, dance and music, dialogue, narration or recitation including puppetry and pantomime are combination of traditional theatre performances. Most common garbets used in performing arts include: musical instruments, masks, costumes and other body decorations. To this end, music is perhaps one of the best examples of performing arts. It features prominently in recent times with explosion in the popularity of world music. It is therefore needful to say here that music, dance and theatre are key features of cultural tourism promotion. Performing arts teaches personal expression. The College of Arts, University of Derby (2016) found that the core components of human is the desire for expression over culture, emotions and beliefs. This desire teaches a lot about togetherness and peaceful co-existence. Performing artists can help humans to understand how society works, and educate themselves about the world around them. In support of the above, Isinguzo (2016) found that African music has played an important role in the strong African heritage and its importance can be seen in many aspects of African culture. African music is used to explain who we are and what we believe. For example, the Nigerian Yoruba tribe and tradition use the talking drum in different forms. It tells stories only the elders can understand. Generally in Africa, music can be used to pass a message for war, child birth, death of a king and to tell people to stay indoors for safety purpose. It is interesting to note that when a community is under threat, music can be used to call for help

Music all over the world is adjudged to be pleasurable. People believe that music plays a significant role in strengthening social bonds. Koelsch (2013) described several mechanisms through which music impact human ability to connect with one another. It impacts brain circuits involved in empathy, trust and cooperation; thereby explaining how it has survived in every culture in the world. Music played or listened to is a powerful social magnet. Listening to music or playing it with other people brings social buzz, making people feel connected to those around them. Koelsch further documents that there are four ways music strengthens social bonds. These include: Music increases contact coordination and cooperation with others; Music gives an oxytocin boost; Music strengthens theory of mind and Music increases cultural cohesion.

1. Music is said to have involved contact with others. It provides a net of physical and psychological safety that helped the early ancestors and it still helps humans to survive. By harmonizing the beat, people have positive social feelings towards one another. In the same trend, Suttie (2015) found that coordinating movement with another person is linked to the release of pleasure chemicals (endorphins) in the brain which explains why people get positive, warm feelings when they make music together; being a band or choir member involves cooperation in preparation before or during performance. It could be argued that music increases the trust between individuals and the chances of future cooperation.

2. Music boosts oxytocin through its important role in increasing bonding and trust between people. Oxytocin is a neuropeptide affiliated with breast feeding and sexual contact. Suttie (2016) found that there is a link between singing, oxytocin and socialization. This perhaps explains the relationship between mothers singing lullabies to their new born babies. Music is said to increase bonding through oxytocin release.
3. According to Koelsch, Offermans and Franzke (2019), music has direct link to the theory of mind. This suggests that human brain process sound when humans hear music and tries to understand the intent of the musician and what is being communicated. In the same vein, music is said to have increased empathy development.
4. Music increases cultural cohesion. It is a one way of communicating belongingness that increases sense of safety and obligation toward a group. For example, singing the national anthem at the beginning of an inaugural lecture in any citadel of education or a baseball game is a sign of patriotism to one's nation. Favorite lullaby is passed down through generations. Musical preferences also have deeper meaning than just entertainment. It is generally believed that when an individual discovers that someone likes a piece of music that he or she likes, there is the tendency to think better of that fellow, meaning that music influences how humans think others will get along. Music strengthens the perception of social cohesion among people. It is important to note that social cohesion is higher within families and among peer groups, especially when young people listen to music with their family members or peers. Premised on the above, Suttie (2016) further established that music acts as a 'social glue' that binds people together, music works like language because emotions and intents are communicated. Just like language, music can be passed from generation to generation creating sense of continuity and loyalty to one's tribe.

The Washington D. C. (2020) reported that listening to music showed a reduction in post-operative pain, chronic pain and the need to take medication. The report further said that music, in conjunction with behavioural therapies, medications and recovery support services can improve treatment outcomes for patients with opioid disorder. In the same vein, music has been found to have significant effect in the treatment of patients. Suttie (2015) found that music reduces stress, anxiety, and pain. It was said further that, music improves immunity system and aids memory. Perhaps this is the reason why it is easy to commit music to memory especially as seen in children. Music has also been adjudged to be one of the key element of health and wellness. In support of the above, Ojedokun (2016) found that music and dance therapy help patients to make adjustment to psychological well-being. It was then concluded that music and dance therapeutic approach is an essential treatment in social work practice.

Social cohesion refers to the extent of connectedness and solidarity among groups in society. It identifies two main dimensions: the sense of belonging of a community and the relationship among the members. Megan (2016) found that music can bring people together because it transcends language limitations. The rhythm and melodies enable players and users to communicate non-verbally. This provides opportunities for members of a community to be around each other. In essence, it promotes familiarity and the formation of healthy relationships. It is apparent that music can develop a more harmonious society if access to it is provided and engagements promoted.

Music can be used to form strength between different communities. Most African communities gather during festivity to display different musical prowess and competitions lead to specialization even during dancing expeditions. It is needful to also say that performing arts music and dance attracts prizes and awards of excellence across the globe. Nwabueze (2005) in his inaugural lecture states that performing arts portrays the reality of life, mirrors society and lives of the citizens and addresses the problems of the society.

---

He reechoed the fact that a society that cannot read should at least watch. The traditional mode of literary expression lends authenticity to integration and universality. Nwabueze in his incredible landing affirmed that no art can better serve society as the theatre art. Integration occurs when separate people or things are brought together. Social integration could be described as the process during which newcomers or minorities are incorporated into the social structure of the host society. Premised on this, Apogu (2019) found that the incorporation of plays and films into national plans will promote national unity and integration in Nigeria and that the potentials of different cultural values could be annexed through stage performances. In support of the above, Oparah (2019) found that listening to and watching Chief Ebenezer Obey; King Sunny Ade and other big time musicians and artists in some notable Nigerian theatre performances such as the new masquerades, Cockroach at Dawn, Adio Family, the Village headmaster and so on were found to have promoted national unity and the diversity of Nigeria in time past. This can still happen now if the recommendations of this paper is considered. Lastly, Evonu (2018) appealed to all Nigerians to embrace cultural integration to achieve mutual understanding and foster national unity.

Ibadan is an ancient custodian of culture and tradition; the third largest city in Nigeria after Lagos and Kano respectively. Ibadan is the largest city in the old western region of Nigeria. Ibadan has been the state capital of the western region, old Oyo state and the now, new Oyo state respectively. It is on this premise that this study tried to find out the relationship between performing arts music and dance and communal cohesion, peaceful-coexistence and national integration among indigenous Ibadan citizens.

### **1.1 Objectives of the Study**

1. To examine the relationship between performing arts music and dance and communal cohesion among indigenous Ibadan citizens.
2. To examine the relationship between performing arts music and dance and peaceful co-existence among indigenous Ibadan citizens.
3. To examine the relationship between performing arts music and dance national integration among indigenous Ibadan citizens.

### **1.2 Hypotheses**

1. There is no significant relationship between performing arts music and dance and communal cohesion among residents in Ibadan Nigeria.
2. There is no significant relationship between performing arts music and dance and peaceful co-existence among residents in Ibadan Nigeria.
3. There is no significant relationship between performing arts music and dance and national integration among residents in Ibadan Nigeria.

## **2. METHODOLOGY**

The study adopted descriptive survey research design. Two hundred and forty (240) participants were randomly selected within the community people in three local government areas of Oyo state, Nigeria. These are Ibadan North, Ibadan North-East and Ibadan north-west local government areas of Oyo state of Nigeria. A self-constructed questionnaire, duly validated and with a reliability coefficient of 0.75 tagged performing arts music and dance, communal cohesion, peaceful co-existence and national integration questionnaire (PAMDCPCNIQ) was used as instrument for the study. The instrument was administered with the help of six trained research assistants. Completed questionnaire was collected on the spot and was coded for data analysis. Pearson Product Moment Correlation was used as statistical tool. Hypotheses were tested at 0.05 level of significance.

### 3. RESULTS

The results from the study showed that, 35% of the respondents were male, 65% were female. This implies that, majority of the respondents were females. The results further showed that 36.7% of the respondents were between the ages of 45- 50 years; 21.7% were between 51 -55 years. 17.8% were between the ages of 56 – 60 years and more than 23% were above 60 years. The implication of the result is that, majority of the respondents were between 45 years and above. Based on the results obtained, 63.3% of the respondents were Christians, 15% were Muslim by faith while 21.7% were from the traditional religion. This implies that majority of the respondents were Christians. H01: There is no significant relationship between performing arts music and dance and communal cohesion among residents in Ibadan Nigeria.

**Table 1: Pearson Product Moment Correlation showing the relationship between performing arts music and dance and communal cohesion among residents in Ibadan Nigeria.**

Variable	Mean	Std. Dev.	N	R	P	Remark
Performing arts music and dance	14.008	5.704	240	.781	.000	Sig.
Communal cohesion	2.5708	1.103				

Table 1 above showed that there was a significant relationship between performing arts music and dance and communal cohesion among residents in Ibadan Nigeria ( $r = .781$ ,  $N = 240$ ,  $p < .05$ ). The result rejected the null hypothesis while the alternate hypothesis was accepted.

H0<sub>2</sub>: There is no significant relationship between performing arts music and dance and peaceful co-existence among residents in Ibadan Nigeria.

**Table 2: Pearson Product Moment Correlation showing the relationship between performing arts music and dance and peaceful co-existence among residents in Ibadan Nigeria.**

Variable	Mean	Std. Dev.	N	R	P	Remark
Performing arts music and dance	11.921	6.248	240	.682	.000	Sig.
Peaceful co-existence	17.683	7.094				

Table 2 above revealed that there was significant relationship between performing arts music and dance and peaceful co-existence among residents in Ibadan Nigeria ( $r = .682$ ,  $N = 240$ ,  $p < .05$ ). The null hypothesis was rejected while the alternate hypothesis was accepted.

H0<sub>3</sub>: There is no significant relationship between performing arts music and dance and national integration among residents in Ibadan Nigeria.

**Table 3: Pearson Product Moment Correlation showing the relationship between performing arts music and dance and national integration among residents in Ibadan Nigeria.**

Variable	Mean	Std. Dev.	N	R	P	Remark
Performing arts music and dance	15.721	5.674	240	.882	.000	Sig.
National integration	17.683	7.094				

Table 3 above showed that there was a positive significant relationship between performing arts music and dance and national integration among residents in Ibadan Nigeria ( $r = .882$   $N = 240$ ,  $p < .05$ ). Premised on the results, the null hypothesis was rejected while the alternate hypothesis was accepted.

#### 4. DISCUSSION OF FINDINGS

The result of this study revealed that there is a significant relationship between performing arts music and dance and communal cohesion. There is a known fact that music has the potential to make people feel connected to all humanity. The result is in line with Koelsch (2019) who found that the more humans use music, the closer it brings them together literally and figuratively. It is said that music increases potential for empathy, social connection and cooperation. In the African parlance, performing artistes when singing praises of a celebrant, reminds him or her of the ancestral background bringing or motivating a sense of belonging which, most times, do not go free of charge. This in essence motivates the celebrant to give more to the praise singers.

In support of the above, I have watched a wealthy celebrant who removed and gave his most valued top dress, gold ring and expensive wrist watch to the praise singer because of the influence the performance had on him. It was also recorded in history that some young people competed for the highest bidder when the artist renders good music and praises of their fore fathers. In the same vein, Suttie (2015) found that music helps synchronize human bodies and brains. Singing together is also found to bring people closer and more connected.

Most asked question is “why is singing such a powerful social glue?” The immediate answer that comes to mind is that there is something in music that brings people closer to each other. Music helps to bring people closer together and binds them as a community. Suttie (2015) later affirmed that there is a dedicated part of the human brain for processing music. This further supports the theory that music has a special and important function in human lives. Music makes human feel good; this has been documented in research that performing music through singing, drumming and dancing helps participants to develop higher pain thresholds.

Premised on the above, it could be adjudged that music when played by people themselves (for example, church or cultural music) make them feel good and connected. The result is also in line with Loeren and Arbuckle (2019) who found that musical reactivity is casually related to basic social motivations. They also found that reactivity to music is related to markers of successful group living; meaning music makes people affiliate with groups. The rhythm in music helps to synchronise the brain and coordinates body movement with others (dancing) translating to a whole group.

It could be affirmed also that music increases sense of community and pro-social behavior that enhances peaceful coexistence. In fact, dancers' body movements is said to be more synchronized to a drum beat more accurately to a human they see than a drum machine. Loerch et al (2019) recommended that for a more harmonious society, music must be included in our day to day lives for a peaceful coexistence.

The result also revealed a significant relationship between performing arts music and dance and national integration. This is in line with Keun (2017) who found that teaching of national dance and creative dance cultivates understanding of the crucial norms and practices of the various ethnic race living together in a country. It was further emphasised that music and dance are the skills and competences needed for the young generation to succeed in knowledge-based economy of the twenty-first century. It could be inferred that there is a palpable tension in Nigeria as at now. The ordinary citizen feel traumatized by the level of insecurity and racial suspicion. To douse this tension, there is the need for serious mutual relationship that will foster national integration. Premised on the above, Oghujah (2014) earlier asserted that the issue of national integration is of paramount concern to all peoples living in multi-racial societies.

## **5. CONCLUSION**

The study concludes that the African continent including Nigeria is blessed with multicultural and artistic groups that have great influence on well-being of its people. There is a known fact that music has the potential to make people feel connected to all humanity. Music helps synchronize human bodies and brains. Singing together is also found to bring people closer and more connected. It provides a net of physical and psychological safety that helped the early ancestors and it still helps humans to survive; as it has direct link to the theory of mind and increases cultural cohesion. Music boots oxytocin - a neuropeptide affiliated with breast feeding - through its important role in increasing bonding and trust between people and sexual contact. Medically, listening to music showed a reduction in post-operative pain, chronic pain and the need to take medication. Performing arts portrays the reality of life, mirrors society and lives of the citizens and addresses the problems of the society. Integration occurs when separate people or things are brought together

## **6. RECOMMENDATIONS**

1. The Federal Government should as a matter of urgency organize more cultural exchange programs that would entrench people in other peoples culture to foster unity among the Nigerian citizens
2. The public should visit museums where they will see and learn about other people's arts. It is hoped that this will promote unity among Nigerians.
3. Performing arts, music and dance should be injected into the school curriculum to enhance the understanding of the Nigerian rich cultural arts heritage
4. Social workers should encourage their clients to cultivate a better understanding of other people's culture, arts, music and dance. It is hope that people will create more interest in cultural arts performance, music and dance.

---

---

## REFERENCES

1. Apogu, Z. (2019) Theater, Films will foster National integration. A lecture delivered during the second Calabar International Conference of theatre Arts and Media. George Odock Publishers.
2. Evonu, O. (2018) Embrace cultural integration for national unity. Downloaded from: [www.vanguardnews.com](http://www.vanguardnews.com). Retrieved on: 13/03/2021
3. Isinguzo, O. (2016) The effect of music and dance in African culture and religion. Downloaded from: [www.visionhub.org](http://www.visionhub.org). Retrieved on 13/03/2021
4. Keun, L. L. (2017) Promoting national integration through dance education in Singapore schools. Downloaded from: *Research gate GmbH*. Retrieved on: 13/03/2021
5. Koelsch, S; Offermans, K and Franzke, P. (2019) Music in the treatment of affective disorders. An explanatory investigation of a new method for music therapy. Downloaded from [www.googletagmanager.com](http://www.googletagmanager.com). Retrieved on 31/01/2021.
6. Koelsch, S. (2013) Investigating the brain through music. *Scientific reports*. 9: 10317
7. Loeren, C. and Arbuckle, N. (2019) How music bonds us together. Downloaded from [www.musiclubAustin.org](http://www.musiclubAustin.org). Retrieved on 7/3/21.
8. Megan E. S (2016) How can music build community? Insight from theories and practice of community music therapy. Downloaded from [www.googletagmanager.com](http://www.googletagmanager.com). Retrieved on 31/01/2021.
9. College of Arts, University of Derby (2016) Music perception. *An inter-disciplinary journal*. University of California press. vol. 27. 4: 307-316
10. Nwabueze, E. P. (2005) In the Spirit of Thesis: The Theatre Arts and National Integration. An Inaugural Lecture delivered at the University of Nigeria, Nsukka
11. Oghujah, C. (2014) Fostering National integration: A guide from Nyerere's philosophy of Ujamaa. *Research on humanities and Social Science*. 4. 26: 53 – 60.
12. Ojedokun I. M. (2016) Relationship between music, dance, psychosocial and spiritual well-being of people living with HIV/AIDS in Oyo and Osun states, Nigeria. *African journal of educational research*. 20. 1 and 2. 81-85
13. Oparah, E. (2019) Fostering National Unity via the Performing Arts. *The spring News*
14. Suttie, J. (2015) Four ways music strengthens social bonds. Downloaded from: [www.googletagmanager.com](http://www.googletagmanager.com). Retrieved on: 23/02/2021
15. Sutte, J. (2016) "How Music Bonds Us Together" *Greater Good Magazine*. Downloaded from: [www.googletagmanager.com](http://www.googletagmanager.com). Retrieved on: 23/02/2021
16. University of Derby- College of arts (2016) The importance of performing arts in an interconnected world. *Derby media and performing arts*. Down loaded from: [www.studyinternational.com](http://www.studyinternational.com). Retrieved on: 07/03/21
17. United Nations Educational, Scientific and Cultural Organisation (UNESCO) (2020) Performing Art such as traditional music, Dance and Theatre: *Intangible Cultural Heritage*. Downloaded from: [www.ich.unesco.org/en/performing](http://www.ich.unesco.org/en/performing). Retrieved on 23/01/2021
18. Washington, D. C. (2019) A report of Arts strategies for addressing opioid Crisis: Examining the Evidence. Downloaded from [www.dbh.dcgov](http://www.dbh.dcgov). Retrieved on 12/03/2021