Does group movement synchrony increase prosociality and endorphins?
Bronwyn Tarr, Robin Dunbar

Background

- Dance, (and synchronisation to music generally) is universal, social human behaviour found globally1,2.
- Established link between synchrony and bonding in relation to walking; conversation; tapping; postural and gestural mimicry3,4, mostly for pairs of people.
- Minimal research on group synchrony and bonding... perhaps dance and music-making facilitate social cohesion and prosociality?5
- ... possibly via endorphins, which are involved in primate social bonding via grooming6.
- Synchrony seems to ramp up endorphin release (e.g. rowing8).

But this is yet to be directly linked with prosociality measures...

Methods