

# The Semi-Supine IT-Based Position of Alexander Technique to Overcome Adult Beginner Nervousness while Playing Piano

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**Abstract**—The Semi-supine position is a movement in primary control of Alexander technique which is a relaxation technique. This article aims to discuss how the way the semi-supine position of Alexander technique-based IT can overcome adult beginner nervous while playing piano. The research method used is the literature review and the results of this article prove that Adult beginner nerve that appears while playing the piano can be reduced by applying semi-supine position movements through YouTube.

**Keywords:** *the semi-supine, Alexander technique, IT, YouTube, nervous, playing piano*

## I. INTRODUCTION

Today many people in the city of Bandung want to enjoy musical instruments. This is evident from the increasing number of courses and training institutions that offer a variety of musical instruments, one of which pianos are in demand by children or adults. A related study on the increase in course institutions in the city of Bandung was written by David in the management journal Maranatha [1]. Although beginners who want to learn the piano are children, but reality shows that the piano is also in demand by adults who want to learn the piano from a basic stage. In accordance with this condition, adults who learn piano from the basic stage are categorized as adult beginners. Denis Agay explains one of the categories of adult beginners that, "The eighteen-year-old high school graduate or college student who 'likes' music and wants to take some piano lessons" [2].

As beginners in learning piano, adult beginners must learn the material in piano playing, such as scales, etude, and the works in accordance with the material available at the music school. At triool A music school, researchers found adult beginners experienced nervousness. Because of these problems, the shoulders of adult beginners become inclined and tense. So that the adult beginner's piano playing skills are not optimal. Researcher find that there is a method to resolve the pain and nervousness namely Alexander Technique. Based on the observations of researchers, the application of the Alexander technique has been running effectively in Triool A music school. But in fact, the application of the Alexander

technique in adult beginners in individual piano training is still not optimal because psychologically the concentration of adult beginners is easily divided so that their concentration in learning the piano is less optimal. Until now, researchers have not found a solution to these problems. Though needed attitude to overcome the problem of adult beginners in learning the piano. Therefore, researchers strive to innovate on Alexander's techniques by utilizing Information Technology. Information technology is covering all matters relating to the process, use as a tool, manipulation, and management of information. The types of media used in the delivery of information and learning messages are numerous. Each type of media is then grouped according to the characteristics and characteristics of the media. One of them is social media consisting of various types, namely, bookmarking, content sharing, wiki, Flickr, social network, and creating opinions favoured by various generations [3].

Researchers will utilize the YouTube platform as a type of social media content sharing. The content on YouTube contains instructional learning about the stages of half-supine position movements. The use of social media has become a new lifestyle for the community, especially in the millennial generation. Based on this phenomenon, the development of the Alexander technique is expected to be ideally applied to adult beginners as millennial generation. innovate the Alexander technique by utilizing Information Technology through instructional learning in a semi-supine position using the YouTube application.

## II. LITERATURE REVIEW

This study uses the theory of Alexander Technique and the theory of anxiety disorders. As an adult beginner, it is important to be calm when playing the piano so that the skills of adult beginners can be achieved optimally. Therefore, through IT, researchers will conceptualize instructional learning of the semi-supine position of Alexander technique. "Information technology includes all matters relating to the process, use as a tool, manipulation, and management of information" [4]. The type of media used in the delivery of information and learning messages is very much studied. Each type of media is then grouped according to the characteristics

of the media. One of them is social media consisting of various types, namely, bookmarking, content sharing, wikis, Flickr, social networking, and creating opinions favoured by various generations [3].

One of the content sharing platforms is YouTube. YouTube has become a cultural force that alters how individuals interact with one another online and offline, and will continue to be a catalyst for social, educational and musical change [5]. Educational use has included the posting of interactive syllable and college lectures [6-8]. In this study, researchers used YouTube as instructional learning media.

### III. RESEARCH METHOD

The research method used a qualitative paradigm. Qualitative research is a research procedure that produces descriptive data in the form of verbal or verbal words from people or behaviours that see [9]. Based on the step by step technique of alexander semi-supine movement, the researcher will demonstrate the movement of the semi-supine position while instructing the adult beginners to implement the semi-supine position. The data collection technique used in this study is literacy studies by reading books, journals, internet and plunge directly into the field. To analyse the data used interview.

### IV. FINDINGS AND DISCUSSION

#### A. Adult Beginner in Piano Playing

There are several definitions of an adult beginner in piano playing. Agay explained several definitions the adult beginner in piano playing that [2]:

- The eighteen-year-old high school graduate or college student who “likes” music and wants to take some piano lessons.
- The young woman whose children are now in the individual in a field other than music who wishes to resume lessons after a hiatus of many years.
- The individual in a field other than music who wishes to embark on some sort of artistic study has decided that the piano is the instrument he or she always wanted to learn to play the piano would be rewarding.
- The retired individual who now has the time to pursue his or her musical interests and wants to learn to play the piano.

Several definitions of adult beginner also were explained by Uszler [10]. Uszler explained:

- ‘slightly older’ students (nine or ten- year olds, too mature for methods designed for elementary-age students)
- Teenagers
- College non-music majors (roughly eighteen to twenty-four years old)

- College music majors (roughly eighteen to twenty-four years old)
- The adult who play for pleasure (twenty-five years of age and older)
- Senior citizens (often considered a special adult category)

Based on both theories, a person in over 18 years of age also he or she wants to learn piano from the basic is an adult beginner.

There are several aspects that are learned by adult beginners in piano learning, namely reading notes, harmony (chord progression), and piano playing techniques [2]. In playing the piano, adult beginners must play the piano consistently not only practicing in a course institution, but also at home. This is related with the theory put forward by Zhao [11] that, “In piano playing, should continue to improve through rigorous training, to form scientific training requirements, which for the piano training is the important guarantee of continuous improvement, although the content of piano playing style a lot, but it is playing out by human hands”. In addition, adult beginners also have to play the piano in a relaxed manner. So that students' skills in playing the piano can be achieved optimally. Unfortunately, the researchers found that students experienced nervousness when playing the piano and did not practice the piano consistently at home.

#### B. Nervous

The author found that adult beginners experience nervousness when playing the piano such as increased pulse, hot flushes, cold sweat and trembling. Reported by D. Lofnes research entitled. This is related with the theory put forward by Antonio Damasio. Damasio [12] explained that, one of the problems for persons with low self-esteem is that they tend to interpret emotions in a negative way. They seem to forget that it is normal to feel nervous in many situations, and that everybody gets nervous reactions in the body, like increased pulse, blushing, cold sweating and the feeling of trembling. Therefore, efforts are needed to overcome the problems in adult beginners.

#### C. The Semi-Supine Position of Alexander Technique Based IT

The semi-supine is one of Alexander Technique's movements. The semi-supine is a specific term in Alexander's technique. In the semi-supine position, the adult beginner lies on the floor with knees bent, feet resting on the floor and head resting on one or more books. The adult beginners are going to lie down on their back on a firm surface with their head on 1-2 inches of paperback books, your knees bent with feet flat on the floor, approximately hip-width apart. The firm surface can be a carpeted floor, an exercise mat or something similar, but not a mattress unless it is a very compact futon [13]. In this article, the researcher will make the concept of instructional learning the semi-supine position on a YouTube platform. YouTube also has been a subject of increasing interest among researchers in education and psychology. Educational use has included the posting of interactive syllable and college lectures

[6-8]. Instructional learning contains semi-supine position stages. Adult beginners will imitate the stages of the semi-supine position on YouTube before playing the piano at home. The following are the stages of the semi-supine position, namely,

- The teacher instructs adult beginners to pay attention to teacher demonstration and instruction;
- The teacher demonstrates while instructing adult beginners to do the semi-supine movement;
- The teacher demonstrates while instructing adult beginners to bend their knees to the floor;
- The teacher demonstrates while instructing the adult beginner to keep his book on the floor (the position of the book is on the left, in front of the adult beginner kneeling, about 1 meter or more from the position of the adult beginner kneeling);
- The teacher demonstrates while instructing the adult beginner to bend his back until the spine of the adult beginner is straight and keeps his head above the book;
- The teacher demonstrates while instructing the adult beginner to lie down and put his head on the book;
- The teacher demonstrates while instructing the adult beginner to bend his knees while lying down and keep both feet on the floor;
- The teacher instructs the adult beginner to leave his body in that position for a few moments while breathing;
- The teacher demonstrates while instructing the adult beginner to position both hands on the side of the stomach;
- The teacher demonstrates while instructing the adult beginner to raise both hands to the side while breathing in and repositioning his hands. Adult beginners do this repeatedly for ten times;
- The teacher demonstrates while instructing adult beginners to position their bodies like babies crawling;
- The teacher demonstrates while instructing adult beginners to pick up books;

- The teacher demonstrates while instructing adult beginners to stand up straight.

## V. CONCLUSION

Adult beginner nerve that appears while playing the piano can be reduced by applying semi-supine position movements through YouTube. So that adult beginner piano skills are expected to be carried out optimally.

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