



# Mirroring of Learning Baris Dance at Sanggar Pusbitari in Bandung City

Syifa Silviana Putri<sup>(✉)</sup> and Juju Masunah

Arts Education Study Program, The School of Post Graduate Studies, Universitas Pendidikan Indonesia, Bandung, Indonesia  
syifasilvianaputri@upi.edu

**Abstract.** Sanggar Pusat Bina Tari (Pusbitari) based in Bandung City, it has one kind of program study that had organize activity course or training Sundanese dance for general. This Article aim to discuss the result of research about how to process the study of dancing at Sanggar Pusbitari, especially the method of Baris Dance. This research using the paradigm qualitative, the method of descriptive analysis, technique data using Miles and Huberman models, namely reduction data, display data, conclusion or verification. The participant of the research is that student and dancer coach in Sanggar Pusbitari. The result of this research showing that the process about this study of dancing in Sanggar Pusbitari is, the student early required doing exercise and practice dancing technique movement of Sundanese dance, include processing legs movement gesture, hand gesture, shoulder gesture, soder gesture, and bantingan movement gesture. It has many method that can be used in this study of Baris Dance one of that is mirroring method, it is the dancing coach should practicing dancing movement facing each other with student like mirroring.

**Keywords:** Mirroring Method · Dancing Practice Process · Baris Dance · Sanggar Pusbitari

## 1 Introduction

The study of dancing in Sanggar Pusbitari is one of nonformal education, Sanggar Pusbitari had purpose that giving knowledge and the training of dancing especially Sundanese traditional dance within developing and also forming the student so that they could potentially and skilled as a dancer. Based on the interview with Garniwi “There’s a differentiation between learning in school or in sanggar, if in sanggar student had big of interest for learning dance, so that it formed being dancer, also the technic should be appropriate” (interview 22 February 2022). In the way of that, every students learn dance in Sanggar Pusbitari in direct dancing, but it should go step by step of training to prepare their body towards ready to dance, by doing body exercise and practicing technic and movement of Sundanese dancing.

Body exercise is needed by dance for preparing their body, by the knowledge on the summery body exercise written by Suparman [1] said that “body exercise is processing or

training our body in planned, regularly, systematic and sustainable so that organs of body can function properly and proportional an anatomy or physiology”. First thing that should be doing in training is warming up, stretching, and training technic body movement exercise of Sundanese dancing planned by Ardjo [2]. After doing body exercise, then get into theory of dance form by every methods used by every dancing trainer.

The author do the literature study searching for research as reviews, to knowing how the process of study and the method who can be used to teach dancing in sanggar beside at Sanggar Pusbitari. There is an article title *Study of Tenun Santri Dance at Sanggar Surya Budaya in Pekalongan Regency*, that the process of learning dance is variable by using so many method such as demonstration, discourse, and drill (2). The next article titled *Study of the art of dance in Sanggar Tari Kapecot Ateh Pamekasan Region* have question research that how is the process of the dancing study, the result of the research show that the study of dancing in that sanggar has component study that interrelated such as trainer, students, target, method, teaching and learning activities, materials, tools, media, source of study and evaluation, meanwhile the method that use in learning dance is training method or drill, mirroring, and imitation (3). Based on the result of study literature, this research is different with before, but it can be used as references and comparison. That’s why appear question research namely how the process of learning dance in Sanggar Pusbitari and how was the method of learning Baris Dance in Sanggar Pusbitari.

## 2 Research Methodology

This research is using qualitative paradigm with descriptive analysis method, to get data need collecting data technic. The way with that case, Sugiyono [3] explain “there was four kind of collecting data technic, namely observation, interview, documentation, and triangulation”. The author doing observation, by visiting Sanggar Pusbitari located in Dekranasda Building (Dewan Kerajinan Nasional Daerah) West Java the adress is Jl. Ir. H. Djuanda No. 19 RT 1/RW 1, Taman Sari, Kec. Bandung Wetan region, Bandung City. Doing interview to Irawati Durban Ardjo as chief of Sanggar Pusbitari and choreographer of Baris Dance, and to all trainer dance at Sanggar too. The technic of data analysis that used is model Miles and Huberman “Activity in analysis data is data reduction, data display, and conclusion drawing/verification” [4].

## 3 Results and Discussion

In this research the author positions themselves as participant, because they had directly involved in the event soft opening Sanggar Pusbitari in Dekranasda Building which is held on December 9<sup>th</sup> 2021. One of the activity theory dance technique Sunda classics, short of practice body exercise and basic gesture. The study process begins with praying according to their respective religion. Followed by greetings every trainer and students, doing gesture facing front motion open and close to the right hands closed above head, open and close to the left hands closed in forehead, open and closed and then trainer reversed facing students’ hands closed in chest. That case conducted after praying before or after learning, “by the gesture which doing that case as phrase of thankful to Allah SWT, hand closed in forehead as phrase thankful to teachers, and the last hand closed in the chest as phrase of loving each other” (interview, 25 May 2022).

At the time students do the prayer before and after course, then doing greetings representing part of internalization values educational character, by praying according to their respective religion, representing reflection manner of religion and tolerance. Then respectful greetings using dance gesture as phrase of thankful to teacher and loving each other between friend, representing respect, friendship and communicative. Also, the learning sometimes the students are grouped, the students who haven't mastered dance movement grouped by students who already mastered, so that they can in cooperation.

Sanggar Pusbitari having program namely do the Sundanese traditional dance, also building the students to be skillful as a dancer, not only mastered instantly but equal with the knowledge of dance. Sanggar Pusbitari trainer every training begin with introducing and explain first the term of body parts or body anatomy, term or names of the posture and gestures part of body in Sundanese dance, direction standard, and body height standard. After the introduction, followed by body exercise. Setiyastuti explain that "body exercise is directed routine activities, with procedures which organized to train dancers body in preparing and forming body also quality movement of the dancer" [5].

The study of dance in Sanggar Pusbitari always applying body exercise first before dancing, start with warming up, Irawati said that the function of warming up is to deliver body from stiff purpose is to loosen and flexing the muscles and joint which sifting [2]. That matter being strengthened by Bisri [6] "Warming up is a movement process is useful for preparing someone body and soul to facing that next activity that roughly". And then continue with doing exercises or stretching, based on Irawati the benefit of stretching is preparing the body to be trained, flexible enough and to avoid injury [2]. According to Bisri [6], "there's so many element to be required for training physical condition such as; strength, speed, endurance, mobility, flexing, coordination, and accuracy".

After student's finish doing warming up and stretching then continues with doing practice technic movement body gesture Sundanese dance who is designed by Irawati Durban Ardjo. The training summarized in Irawati's essay with titled "Kawit Teknik Gerak dan Tari Dasar Sunda" it contains guidelines for dancers, aspiring dancer, and all dance trainer. Sundanese body gesture including, locomotor technique and nonlocomotory technique. Continue with Sundanese dance gesture training such as processing feet gestures with song keprok, processing hands with song ayun ambing, processing rotation gesture that is shoulders, arms and body with song papatong, processing soder with song tonggeret, processing ukel movement that is ukel gede, ukel nengah, and ukel alit with song heulang, and processing slamming gesture with song anjing. In training there was several way inside applying Sundanese body gesture "based on movement technique, based on body parts, combination, type an portion also repetition" [2].

When body exercise and dance Sundanese technique training have been done, then continue by basic Sundanese dance training, in character option and adjusted by condition. The study in Sanggar Pusbitari always regularly for doing repetition dance lesson which is done being learned before entering into a new lesson. As discussed by Hidayati "Sundanese technique dance training should always teacher at the first of learning, whether for student who is considered master, should doing it so that the body always remembering gesture which is being learned" (interview, 18 March 2022). The statement affords by Indrayuda in Setianingsih [7] "the ability of dancer by doing body exercise can be determine quality level dance technique of dance that be presented dance can

be presented according to plots concept, one of them connected with maturity of dance technique qualified, the core of the problem is body exercise so the role of body exercise is really important to forming dancer technique”.

To knowing which method that use by the dance trainer in study at Sanggar Pusbitari, the author takes one of dance materials is Baris Dance for being analyzed. Baris Dance belong to study package of Kawit, Teknik Gerak dan Tari Dasar Sunda which being learned in Sanggar Pusbitari. Beside of Baris Dance, there was Oray-Orayan Dance, Kukudaan Dance, Eundeuk-Eundeukan Dance, Hayu Batur Dance, Cangkurileung Dance, and Kawit Dance. Based on interview result, Garniwi said “Choosing dance materials adjusted by students’ ability, if the gesture is more complex that can be learned, meanwhile if the ability still not mastered dance movements or dance materials can be simplified” (interview, 26 February 2022).

In the study Baris Dance exactly all the dance trainer, having tips in provide training and study methods so that the dances can presented by students. According to Caturwati [8] “method is defined as systematic way that thought with carefully to reach the goal, especially study purpose by implementation, the method can be filled by technics which is effort, strategy, or special attempt for reaching the intermediary goal directly”. The study method that used by Sanggar Pusbitari trainer are various and suitable, so the dance can be presented by students, begin with discourse method, on this method trainer provide knowledge, which is information about dance title, synopsis, or first illustration of dance which being learned. And then demonstration method that trainer demonstrates dance gesture that learned step by step using calculation first. Next is imitation method, it is impersonation, students imitating gesture that conducted by trainer followed by mirroring method, which the training students and trainer facing each other impressed mirroring. According Maulida [9] “in this mirroring method trainer can supervise and pay attention to gesture that conducted by students so that the trainer can controlling and controlling the class”. Using this method usually done by dancer trainer and used effectively in dance lesson, considering limitation of Sanggar Pusbitari who don’t have any mirror like the other public dance studios. As of the advantage in using this method that the trainer can supervise the gestures which used by students so that can be improving technic gestures that still not mastered.

## 4 Conclusion

Reflected in this dance study process in Sanggar Pusbitari, that’s not just forming the dancers who are mastered, but balanced by their dance knowledge and also with internalization of educational character values. The dance trainer always providing comprehension purpose, signification, and what values are consisted in every study process who passed by student. And then, in this dance study, dance trainer can determine any proper strategy by using various study method. One of that is mirroring method, this metho is effective to used, because the dancer the trainer can supervise any gesture which used by students so that can directly improving gesture technique that not mastered.

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