

Body Relationship with Dancing Skills

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Abstract—Body is part of science kinesiology which has the function to process flexibility, stamina and agility in moving. This article aims to link the body to the process of dancing as a skill in moving. The method used is the literature review and the results of this article prove that the body has a significant relationship to dancing skills. Therefore, in the dance study the body exercises are carried out first, so that they can display aesthetically, dance and dynamic.

Keywords—*kinesthetic; body; flexibility; skills; motion; dancing*

I. INTRODUCTION

Human activities in everyday life are routine activities that aim to fulfill the ability of the human body itself in carrying out every movement, both in natural / instinctive movements and conscious / controlled movements [1]. The body is a tool as a medium to express and be connected with motion as a medium. Movement carried out by the body starts from the tip of the head to the tip of the foot. The movement needs to be routinely trained through the concepts and techniques of the body itself, so that the movement can produce an aesthetic and dynamic technique in a dance that will be performed. In the program concept, body exercise should be structured and designed so that it can build body strength, develop physical flexibility, and can shape the body, burn fat, tighten the bibs, and can beautify the appearance to be attractive in view.

Motion cannot be separated from the body, because the body is a tool for someone to do activities, so that every dancer really needs the existence of basic knowledge in moving, namely the science of the concepts and techniques of the body. Therefore, dancers must be diligent in practicing to get the quality of body movements technically so that they are always in an ideal body condition.

This article discusses concepts related to the body's work on kinesiology theory that relate to the skills in dancing motion. Therefore, the concept of body exercise needs to be used for each dancer in starting training.

II. LITERATURE REVIEW

As dancers are aware of the importance of movements the body must have techniques in every joint in its body. This awareness influences understanding of body anatomy which is very beneficial for dancers. Understanding of the shape, structure and utilization of the location and relationship of each

part of the body in depth. In essence, the realization of a coordinated body movement mechanism is closely related to intellectual, emotional and spiritual.

The activity of a dancer is to exercise regularly on the muscles, joints, and in all organs of the body in order to function better and optimally as expected in shaping the quality of motion. Not only that the power generated from all the joints and vertebrae or neck and its segments must be prepared as well as possible in order to provide the broadest and most free movement. All body parts are studied in the scientific world namely kinesiology.

Training the body is very influential with a creative response to the situation in the process of making products of a dance work, especially on the relationship of the body to dancers. The body experience experienced by the dancer when performing the body will give experience to every muscle that works on the body in order for flexibility, resilience, and the strength of motion, so that the body of a dancer becomes ideal and provides an improvement in the quality of his dance [2].

The body is part of the activity in processing the whole human body which includes the body and soul, which is a unity [1]. The body's relationship through the body's process provides a platform for the movements created to be artistic movements that are in accordance with good and true dancing techniques. Body movements in life have important art (art), this can be felt when a dancer moves smoothly and gets results as expected.

III. RESEARCH METHODOLOGY

This body is studied based on the literature review, so in terms of understanding the concept through the ideas of several experts and relevant sources. This study uses qualitative methods that are descriptive analysis. Descriptive method is a method used to describe or analyze a research result but is not used to make broader conclusions [3]. Based on the descriptive analysis method, the form of the body that is related to kinesiology in dance skills is analyzed.

In formulating the idea of body exercise, the basic body processing concept must be more concerned about movement skills that must be developed with the concept of kinesiology. Mastery of kinesiology in the body of the dancer, is mastered with various motion techniques that are inseparable from demonstration methods and imitative methods (imitating the original movement).

IV. FINDINGS AND DISCUSSION

A. *Kinesiology*

The concept of learning science related to motion, where when the entire body that will be moved has a technique, a function so that the body can move effectively, efficiently, and avoid injury. Efficient, effective and safe human movement is a good movement (has a good technique), because in each pattern of movement uses energy (energy) that is efficient in achieving the intended goal (effective), so that it avoids injury in performing movements. Broadly speaking, kinesiology can be structured as follows:

- Applied to the body's attitude
- Applied to the movement and appearance of motion
- Applied to the physical fitness
- Applied to motion skills
- Applied in dealing with injury [4].

Efficient, effective, and safe movement analyzers are linked to analysis of bones and joints (anatomy), nervous muscle systems (physiology) of human movements, and principles of mechanical law that relate to movements in humans (mechanics). In doing movements, the reference used is the anatomical attitude, namely an attitude or position when someone:

- standing upright, both arms on the side of the body with the palms facing forward;
- feet side by side with the thumb pointing forward; and
- a straight forward view through an imaginary field.

In processing dance, the concept of kinesiology is needed, according to Gardner. Kinesthetic understanding is one of the abilities to solve problems or products using all or half of the human body that is owned by dancers, athletes, and craftsmen [5]. This ability is needed by all choreographers in performing a dance. So, in creating a dance, there is a correlation with the concept of kinesiology that can be measured according to a person's ability to move his body.

B. *Exercise the Body*

Exercise the body by performing free-patterned body movements. Each stage in the body's process wants to improve movement skills that are body flexibility. Every member of the body makes a sense of aesthetics and sensitivity of motion, also increases ability and increases body stamina through every joint in the body.

The ability of a dancer in an exercise activity can improve the quality of dance techniques that will be displayed. Dance can be performed in accordance with the concept of arable, one of which must have an element of maturity in dancing techniques. If the dance does not have the technique, and the skill in moving, then dance will not be able to communicate the concept of work to the audience. So, in the problem of dancing techniques the need to learn the body and be aware of the joints of the limbs that are performed while dancing.

Body building is useful as a movement carried out in body exercise activities, namely all members of the body's organs can be moved laterally, frontally, or rotationally [6]. In general, the body can be grouped into parts, namely: head, body, right arm and left arm, and also the right leg and left leg.

In the group of parts, all of them can be moved laterally meaning that they can be directed parallel to the plane of the body towards the right, as well as to the left. While towards the front, the direction is opposite to the body towards the front and back direction. In addition, in the direction of rotation, the direction of motion rotates at each joint in each body member.

The concept of the benefits of body exercise according [7] is: 1) to support and help improve the performance of the dancers, 2) to improve the ability of the organs and the biceps on the body, 3) to add quality in the dance, 4) to people who have weakness in the muscle nerves, exercise the body can help as a muscle mastery effort.

The benefits of body exercise, based on experts' statements, can be concluded that the benefits of body work are to help improve the ability of the joints and muscles of a dancer's body, so that it can add quality, and technique in dance and also produce better performance for a dancer.

The body has a variety of forms that will be carried out before starting the dance, then arranged into three stages, namely: 1) stretching or warm-up, namely the movements carried out by the body to progressively increase circulation and stretching muscles and joints (gradually). 2) core body exercise exercises that are activities carried out on the main movement that will be trained according to the purpose [8]. Then the last exercise, which is cooling or appeasing (warm down), is an activity in the movement that trains to maintain a mild increase in circulation and gives the body warmth and also provides the opportunity for the muscles or joints to be more flexible than the exercise activity. The training can be namely:

1) *Exercise heating(warm-up)*

- Exercise Neck
- Exercise fingers and wrist
- Exercises Elbow
- Exercises Shoulder
- Exercises Body
- Exercises Legs Leg and Back
- Exercises Ankle

2) *Exercises Core*

- Convex, Concave and Flat Spine
- Scrolling and Removing
- Swing Pendulum Body Up
- Cooling (warm down)

C. Flexibility

In exercise if the body needs strength and flexibility exercises that function to train the muscles of the body such as abdominal muscles, leg or leg muscles, arm muscles, waist muscles and back muscles. This muscle strength training aims to allow the muscles to perform movements that have the power to move the body as expected. The benefits of doing exercises if the body can facilitate the ability to apply motion skills in a dance [9]. Then the other benefits can increase the ability of the muscles in the whole body to be able to improve the quality of motion in the dance.

D. Motion Skill Ability

In dance is a form of spontaneous reaction from the human mind that can form a series of motion, if arranged with attention elements of space, time, aesthetics, and supported by the rhythm of music, can form a dance movement [10]. Motion is the basis of expression that is encountered as an expression of all emotional experiences expressed through an irrational medium, namely body movements or whole body movements. As is known in everyday language, communication efforts can be found through motion. How this communication is to become a dance study area. Motion is a broad language of communication, and variations of various combinations of its elements consist of thousands of 'words' of motion as well as in the context of dance movement should be understood as meaning in position with others [11].

There are several stages in how to do body exercises including heating, cooling, flexibility, endurance, relaxation, and skills. Heating is intended to relax the muscles of the body and relax body parts, as well as joints from strength. Cooling is useful for refreshing the body's condition, relaxation of the muscles is done to improve the flexibility of the body that is tightened due to core training. Flexibility serves to stretch far enough to allow the joints to act completely in normal distance and from this movement does not cause injury.

Endurance is useful to develop strength for muscle response, in this endurance exercise process is focused on the strength of the abdominal muscles, hands. This relaxation aims to release the restraints in the body through regular body movements. Skills function to be a form of body exercise focused on skills, speed and agility. Of the six stages, the body must be ready to receive a response or accept the dance that will be played.

E. Dancing

The body's processing in dancers is called the body exercise activity, wherein a human activity in processing the body which becomes something that is not yet finished, is developed into finished goods, so that it can be used [12]. This activity is

intended as an effort to prepare the organs of the body in a stable and normal condition, thus making the condition flexible and easy to move. The concept of body exercise shows that there is an activity in the processing of the human body which includes the body and soul which is a unity.

In dance education, it has provided an understanding of the body's processes, especially making a positive contribution to the body in performing dance activities [13]. Body as a means of motion for dancing should in order to perform the movement in accordance with the elements of strength as the muscles, and all the joints in the vertebrae or neck were studied kinesiology should to be a place to get a dance move aesthetically and dynamically.

V. CONCLUSION

Movement in body work that is done regularly and routine, will produce a logical arrangement of movements and have beautiful movements, techniques, pleasant movements, and movements that have artistic value, and movements that have a soul.

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