

Title: Research on the Positive Impact of Dance Creation and Performance EdCreating a Stage for Performing Creative Dance Experiments in the Classroom of the Tian Tian Institute Jiangsu Province China

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Abstract

Dance education plays an irreplaceable role in cultivating aesthetic sensibilities, physical fitness, and cultural literacy. This paper focuses on exploring the importance of dance creation and performance in the holistic development of students in training institutions, including the cultivation of creativity, self-confidence, physical coordination, aesthetic ability, and social skills. The study indicates that dance, as an art form, also has a positive impact on students' mental health and the broadening of their career pathways. Through qualitative research methods, including in-depth interviews and field observations, this study systematically analyzes the educational outcomes of dance creation and performance at Tiantian Education Institution. The results show that dance education not only improves students' physical fitness and artistic literacy but also significantly enhances their self-confidence and creativity. Furthermore, the study finds that the professional teaching environment and resources in training institutions are crucial to the development of students' teamwork and social skills. This research provides empirical evidence for the role of dance education in promoting the holistic development of students and highlights its importance in the modern education system.

Keywords: Choreography, Dance Performance

Introduction

As an art form, dance has a unique physical expression,

comprehensive and cultural connotation, as well as a strong emotional expression and aesthetic value. These uniqueness and values make dance become a deeply loved art form, which is of great significance to enriching people's spiritual world and cultural life. The importance of dance creation and performance in training institutions cannot be ignored. With the increasing demand for diversified talents in the society, dance performance is gradually paid attention to, and dance creation and performance, as the core links, play a vital role in the overall development of students and personal growth (Wang & Jiao, 2002:12).

Students play a crucial role in the innovation and development of dance. They are not only practitioners of artistic creation but also the driving force behind the future development of the arts. Recognizing this, many training institutions have begun to emphasize the cultivation of students' dance creation and performance. By offering more opportunities for creation and presentation, these institutions not only enrich students' artistic experiences but also lay a foundation for their holistic development (Zhang, 2013:24).

However, with the widespread adoption of exam-oriented education, the emphasis placed on dance creation and performance by many parents and some training institutions has diminished. Some parents believe that dance creation and performance do not significantly contribute to their child's academic development and may even distract them from their exam preparation, treating it as a



non-essential hobby. This common perception has led to the marginalization of dance creation and performance in the educational system, stifling students' creative development to a certain extent (Liu, 1999:39).

In reality, students' development should be multidimensional. A sole focus on academic performance is insufficient for cultivating well-rounded individuals. Arts education, particularly dance creation and performance, enriches students' spiritual world while enhancing their aesthetic sensibilities, creativity, and emotional expression (Pan, 2003:31). Moreover, dance performance fosters students' teamwork awareness and sense of responsibility—qualities that are essential for their future careers and social lives. Therefore, reassessing the role of dance creation and performance in student education holds significant practical importance.

This study aims to explore the positive impact of dance creation and performance on the holistic development of students in training institutions. Through an in-depth investigation of Tiantian Training Institution, this research seeks to elucidate how dance creation and performance enhance students' creativity, self-confidence, teamwork spirit, and aesthetic cultivation. Additionally, this study hopes to provide empirical data that will help parents and training institutions better understand the importance of dance creation and performance in students' holistic development, thereby offering new ideas and directions for the promotion of arts education.

Objective

1. To analyze the significance of dance creation and performance in fostering students' creativity, physical coordination, and self-confidence.
2. To investigate the positive impact of dance education in training institutions on the holistic development of students.

Methodology

In this study, researchers employed qualitative research methods, using the Tian Tian Training School as a case study, to systematically explore the positive impact of dance creation and performance on the comprehensive development of students in training institutions. The research methods and steps are as follows:
Research subjects and samples

Dance teachers and students at Tiantian Education Institution

1. Data Collection

1.1 Literature Review Method. Researchers systematically collect and analyze relevant literature, focusing on utilizing the CNKI research database, academic research documents, and other authoritative materials to construct a foundational understanding of dance education.

1.2 Field Data Collection. Researchers will conduct on-site observations at Tian Tian Education School, including observing dance classes, choreographic processes, and performance practices, and conducting in-depth interviews with teachers and

students to obtain firsthand experiences and feedback.

2. Data Processing and Analysis

2.1 Data Categorization and Organization. Researchers categorize and organize all collected literature, observation records, and interview content to ensure the systematic and logical nature of the information.

2.2 Theoretical Analysis Framework. Using relevant educational theories, dance theories, and sociological theories as analytical frameworks, researchers conduct an in-depth analysis of the collected data.

2.3 Data Extraction and Summary. Researchers extract and summarize the organized data, filtering out core findings, and inductively summarize them according to the theoretical framework to distill new insights from the research.

3. Research Procedures

3.1 Researchers will conduct a step-by-step verification of the collected data to ensure its accuracy and validity.

3.2 Through categorization, sorting, and editing of the data, the research aims to ultimately derive analytical results with theoretical value, contributing new insights and knowledge to the study of dance education within training institutions.

Through these clear steps and systematic theoretical analysis, this study will fully demonstrate the significant role of dance creation and performance in education and provide a scientific basis for the further development of dance education.

Results

1. The Importance of Creation and Performance in Dance Education

Dance education is not only the transmission of an artistic form but also the cultivation of personal emotions, creativity, and physical abilities. As an art with a long history, the value of dance is not only reflected in aesthetics and cultural heritage but also in its ability to stimulate an individual's inner potential and promote personal development. (Zheng, 2013)

Research has found that in dance education, performance and creation are two crucial aspects. They are at the core of dance art practice, a process where students transform theoretical knowledge into practical skills and express personal emotions and thoughts through body language. Dance performance refers to the process by which dancers present a dance work on stage through body movements, expressions, and rhythm, while dance creation is the process by which dancers or choreographers conceive, design, and create new dance works.

Dance performance is a dynamic form of artistic expression that requires dancers to have a high degree of physical coordination, sense of rhythm, and expressiveness. In performance, dancers need to perfectly integrate music, emotions, and movements to convey the theme and emotions of the work. Dance performance is not only a reproduction of existing works but also an expression of the dancer's personal understanding and emotions. Dance creation, on the other hand, is a creative activity that involves conceiving,

arranging, and producing entirely new dance works. During the creation process, choreographers or dancers need to use their imagination to explore different movements, rhythms, and forms of expression to create unique artistic works (Figure 1).

Furthermore, research indicates that the teaching of performance and creation is extremely important. They are not only key to the inheritance and development of dance art but also an important way to enhance students' personal abilities. Through dance performance and creation, students can learn and grow in artistic practice, ultimately becoming individuals with an innovative spirit, artistic cultivation, and self-confidence. Educational institutions should value the teaching of dance performance and creation, providing students with rich practical opportunities, encouraging them to explore, express, and create, to realize the comprehensive value of dance education (Figure 2).



Figure 1 The teacher leads the students to practice

Source: Researcher (2023)



Figure 2 Dance performances by students from Tiantian Training Institution

Source: Researcher (2023)

2. The Positive Impacts of Dance Creation and Performance on Students' Development

Dance, as an art form that integrates artistic expression with physical coordination, has been widely recognized as an effective means to promote the all-around development of students. Research has found that through dance creation and performance, students not only enhance their creativity, divergent thinking, and self-confidence but also improve their physical coordination, flexibility, and sense of balance. The following will discuss in detail the multifaceted positive impacts of dance creation and performance on students.



2.1 Stimulating Students' Creativity and Imagination

Dance creation plays an important role in stimulating students' imagination. In the world of dance, students can freely play and express their inner movements and thoughts through their body movements and gestures. This expression can stimulate students' creativity, enabling them to dare to try different movements and rhythms, and create unique dance works.

In the process of dance creation, students need to fully unleash their imagination, try different combinations of movements and music coordination. Dance conveys information and emotions through the dancer's body movements, gestures, and expressions, and these body language have a lot of room for imagination. Dance is a highly visual art that expresses emotions and stories through body movements, postures, and facial expressions. In the process of learning dance, students need to fully unleash their imagination and transform abstract dance elements into concrete imagery. This transformation process not only exercises students' imagination, but also stimulates their creativity. They can create unique dance works based on their own understanding and imagination, showcasing their unique personal style. In the process of participating in dance creation, students need to fully unleash their imagination, construct the artistic conception of dance, and express the deep meaning of dance, which undoubtedly helps to stimulate their imagination. In the process of dance creation, students can stimulate unlimited

imagination by feeling the melody, rhythm, and emotions of music.

2.2 Cultivating Divergent Thinking

Innovation ability can cultivate students' divergent thinking. Divergent thinking is an important form of creative thinking, which requires the thinking subject to explore problems from multiple perspectives and aspects. The main characteristics of divergent thinking are the fluency, flexibility, and uniqueness of thinking, that is, the thinking subject generates as many unique and effective ideas as possible within a certain period of time. In dance teaching, some teachers adopt a less talkative approach to encourage students to think more and cultivate their ability to think from multiple perspectives. At the same time, they also choose beautiful dance pictures to show students, allowing them to observe carefully and explain the concept of dance. The ideas of the students reflect the content of dance from different perspectives, some come from the colors of clothing, some come from the artistic conception of dance, and some come from the basic movements and plot of dance. Through such training, students' thinking has been broadened, and good habits of active observation and thinking have been cultivated, laying a foundation for cultivating their creative thinking. The freedom and openness of dance make it an ideal tool for cultivating divergent thinking. In the world of dance, there are no fixed rules or limitations, and students can freely express their thoughts and emotions. This free environment helps students develop flexible ways of thinking,

enabling them to view problems from different perspectives and generate new ideas and ideas. In addition, improvisation in dance requires dancers to have quick and flexible reaction abilities, which is also an important manifestation of divergent thinking (Xu, 2002) (Figure 3).



Figure 3 Dance performances by students from Tiantian Training Institution

Source: Researcher (2023)

2.3 Enhancing Physical Coordination, Flexibility, and Balance

Dance training has a significant impact on body coordination, flexibility, and balance in dance performances. Dance requires dancers to have a high degree of physical coordination, be

able to flexibly control various parts of the body, and maintain balance. In dance performance training, students gradually improve their skills through repeated practice and performance, making their bodies more flexible and free.

First, dance training can cultivate students' physical coordination abilities. Dance requires coordination among various parts of the body, such as hands, legs, head, and torso movements, which need to be unified and smooth. By repeatedly practicing dance movements, students can strengthen their muscle control and nervous system coordination abilities in various parts, and improve overall body coordination. Good coordination skills are crucial for students to engage in various activities in their daily lives, such as sports, learning, and household chores. Dance training emphasizes the flexibility of the body. Through various stretching and flexibility exercises, students can enhance muscle stretching and joint flexibility. This flexibility not only helps to improve the accuracy and fluency of dance movements, but also prevents sports injuries.

Second, dance training plays an important role in the physical balance of students. In dance performances, students need to maintain body balance and stability, especially in difficult movements. Through training, students can gradually improve their sense of balance and master higher difficulty skills and movements. In dance, different balance movements can enhance students' sense of balance and physical control, enabling them to better



cope with various balance challenges that may arise in daily life. Students who lack a sense of balance may lose balance during walking, exercise, and other daily activities, leading to falls and injuries. Through dance training, students can enhance their sense of balance, improve physical stability, and reduce the risk of injury. In addition, dance training can also cultivate students' physical beauty and dignified posture. Dance requires beautiful posture and smooth movements. Through continuous dance training, students can develop good posture and posture. Correct posture and posture can not only enhance the overall aesthetic of the image, but also help protect physical health and prevent spinal and joint problems. Through dance training, students are more likely to maintain good standing and walking postures, forming beautiful and healthy postures.

Therefore, dance training is important for enhancing body coordination, flexibility, and balance. In training institutions, we should pay attention to a reasonable dance training plan to help students lay a solid physical foundation and provide support for their dance performance and personal growth.

2.4 Boosting Self-Confidence

During the dance performance, students not only demonstrated their skills and artistic understanding, but also exercised and shaped themselves in a challenging environment. As a unique platform, the stage provides students with opportunities to showcase themselves and exercise confidence. Each stage is a

recognition of students' self-expression and self-worth.

For many students, their first appearance may be accompanied by tension and fear. However, it is these challenges and difficulties that have become catalysts for enhancing their confidence. By constantly facing and overcoming the tension and fear on stage, students can gradually establish trust and affirmation in themselves. They began to believe in their ability to showcase themselves in front of people and conveyed their inner feelings and thoughts to the audience through dance. In the process of learning dance, students need to demonstrate their dance skills and postures through continuous practice and performance. Every successful performance will increase students' confidence, making them believe in their talents and potential. Even if there are some small mistakes during the performance, dance performances will teach students how to discover and correct them in a timely manner. This kind of experience can make students more confident, maintain a positive attitude when facing challenges, dare to try and face new difficulties.

This increase in confidence is not limited to dance performances. In daily life, students also become more confident and dare to express themselves more because of the confidence cultivated by dance performances. They began to actively participate in various social activities and activities, daring to challenge themselves and pursue their dreams.

Therefore, dance performances play an important

role in cultivating students' confidence. It provides students with a unique platform to showcase their talents and personality, while also providing them with opportunities to exercise and improve their confidence. In training institutions, we should attach importance to the value of dance performance in cultivating students' confidence, and provide them with more opportunities to showcase and challenge themselves (Figure 4).



Figure 4 Dance performances by students from Tiantian Training Institution

Source: Researcher (2023)

2.5 Cultivating Students' Aesthetic Abilities

Research has also found that dance creation and performance are vital avenues for cultivating students' aesthetic abilities. Dance works contain rich emotions, thoughts, and stories.

Through dance performances, students can better understand and feel these contents, thereby improving their aesthetic level.

Firstly, in the process of dance teaching, aesthetic education should first cultivate students' correct aesthetic abilities. Through on-site demonstrations and the learning method of watching famous dance videos, students can understand what true beauty is, understand the importance of aesthetic and appreciation abilities, and use this opportunity to cultivate their aesthetic and appreciation abilities, promoting the improvement of their aesthetic abilities. By appreciating dance works, cultivate students' artistic taste and appreciation ability. The rhythm, movements, and music of dance all contain unique artistic charm. During the appreciation process, students can feel the beauty and touching aspects of the dance. This process of appreciation and appreciation helps to enhance students' artistic appreciation ability, enabling them to better appreciate and understand other forms of art.

Secondly, by creating dance works, students can cultivate their own artistic creativity and expression ability. Dance creation encourages students to unleash their imagination and express their inner feelings and thoughts through body movements and gestures. This creative process can cultivate students' creativity and expressiveness, enabling them to better express their artistic views and emotions. Dance expresses rich emotions and thoughts through the dancer's body movements and expressions. During the appreciation process, the audience can exercise their perception



ability and increase their sensitivity to beauty.

Through the combination of music and action, dance can evoke emotional resonance, and in the process of appreciating and creating dance works, students can feel the emotional power of beauty. Students can gradually improve their aesthetic level and cultivate their artistic cultivation. This improvement in aesthetic level is not only beneficial for learning dance, but also affects the quality of life and outlook on life of students. Therefore, in training institutions, attention should be paid to cultivating students' aesthetic abilities in dance, encouraging them to appreciate and create excellent dance works, in order to improve their artistic cultivation.

3. The Role and Value of Dance Education in Training Institutions for Students' Holistic Development

Survey results have indicated that dance education in training institutions plays an essential role in the overall development of students. It not only provides a professional teaching environment and resources but also helps students achieve self-improvement and development in multiple dimensions through systematic curriculum design.

Firstly, training institutions typically have a team of professional teachers with rich teaching experience. These educators not only have profound expertise in the field of dance but also professional training in teaching methods and student psychological guidance. They can tailor personalized teaching plans based on

individual differences, ensuring that every student can make progress in dance learning.

Secondly, training institutions offer a conducive learning environment and facilities. Professional dance studios, complete audio equipment, and a comfortable training environment provide students with a safe and efficient learning space. These conditions help to stimulate students' interest in learning and improve their learning efficiency.

Furthermore, for students, overall development includes not only academic achievements but also growth in physical, emotional, social, and aesthetic aspects. In the current education system, more and more people recognize the importance of holistic development, especially in cultivating students' creativity, self-confidence, and teamwork abilities.

Therefore, the dance education in training institutions demonstrates the following roles and values for students' holistic development:

1. Skill and Physical Development

Dance education first enhances students' physical coordination, flexibility, and balance. Through systematic dance training, students' physical abilities are significantly improved, which not only aids in dance performance but also benefits their daily physical activities and overall health.

2. Cultivation of Creativity and Imagination

Dance creation encourages students to use their imagination, trying



different movement combinations and musical coordination. This creative process stimulates students' creativity, enabling them to produce unique dance works while also exercising their innovative thinking.

3. Enhancement of Aesthetic and Artistic Cultivation

Through dance learning and performance, students gain a deeper understanding and appreciation of the emotions and ideas conveyed in artistic works. The accumulation of aesthetic experiences helps to improve students' artistic cultivation, allowing them to better appreciate and understand other forms of art.

4. Boosting Self-Confidence

In dance performance, students need to display their skills and talents in front of an audience. This experience helps to build students' self-confidence, enabling them to face other challenges in life with greater assurance.

5. Cultivation of Social and Teamwork Skills

Dance often requires teamwork for completion. During rehearsals and performances, students learn how to communicate and collaborate with others, and these social skills are very important for their future learning and work.

6. Promotion of Emotional Expression and Self-Awareness

Dance is a medium for emotional expression. Through dance, students can better understand and express their emotions, while also deepening their knowledge of their inner world.

7. Cultivation of Cultural Understanding and Tolerance

Dance education can also help students understand dance forms from different cultural backgrounds, enhancing their cultural understanding and tolerance.

In summary, dance education in training institutions has multifaceted roles and values for students' overall development. It not only improves students' physical abilities and artistic cultivation but also promotes the development of their creativity, self-confidence, social skills, and emotional expression abilities. Therefore, we should value and support dance education, providing students with more opportunities and resources to help them achieve self-growth and development in the world of dance.

Conclusion

In summary, this study, through an in-depth qualitative investigation of the dance education at Tian Tian Training School, has concluded that dance creation and performance education has a significant positive impact on the comprehensive development of students. The research findings emphasize the importance of dance education in cultivating students' creativity, self-confidence, physical coordination, aesthetic ability, and social and teamwork skills.

Firstly, this study combined literature research and on-site data collection to ensure the comprehensiveness and depth of the research. By conducting in-depth interviews and observations with the teachers and students of Tian Tian Training School, this study collected a wealth of first-hand information, providing a solid



foundation for analyzing the impact of dance education.

Secondly, the research subjects were the dance teachers and students of Tian Tian Education School, ensuring the pertinence and representativeness of the study. The research focused on how dance creation and performance promote the comprehensive development of students, and this question was fully discussed and answered during the research process.

Moreover, the research results were consistent with the initial hypothesis that dance creation and performance education could have a positive impact on various aspects of students' abilities. From physical coordination to creativity, from self-confidence to aesthetic ability, the research results confirmed the comprehensive value of dance education. It can be said that no unexpected content contrary to expectations appeared during the research process; all findings supported the main theme and hypothesis of the study. The main theme of this study is to emphasize the key role of dance creation and performance education in promoting the comprehensive development of students. The research results further confirm this point and provide empirical support for the promotion and emphasis of dance education.

Overall, the advantage of this study lies in its use of qualitative research methods to deeply explore the internal mechanism of the impact of dance education. However, the limitation of the study is that the sample scope is relatively limited;

future research could consider expanding the sample scope to enhance the generality and applicability of the research.

The researchers believe that future studies can further explore the adaptability and impact of dance education in different cultural and social contexts based on this study. In addition, attention can also be paid to the impact of dance education on special groups, such as students with disabilities or the elderly, to expand the research horizon and depth.

In summary, this study provides strong theoretical support and practical guidance for the promotion and application of dance education in training institutions. Through empirical research, we recognize the unique value of dance creation and performance education in cultivating the comprehensive development of students, which not only enriches their spiritual world but also lays a solid foundation for their future life and career development.

Discussion

This study, by delving into the practice of dance education at Tian Tian Training School, offers new perspectives on dance education, training, and creative performance within dance training institutions. The findings reveal the pivotal role of dance education in promoting the comprehensive development of students, particularly in nurturing their creativity, self-confidence, physical coordination, aesthetic ability, and social skills. These discoveries challenge the traditional marginalization of dance education and

emphasize its core position in students' personal growth.

The primary target audience of this study includes educators, parents, policymakers, and scholars interested in the development of adolescents. For educators, this study provides empirical support to facilitate the integration of more dance elements in curriculum design. It is hoped that parents and policymakers will recognize the importance of dance education in the comprehensive development of children through this study, thereby supporting and encouraging more opportunities for dance education. For scholars, this study offers new theoretical connections and research directions, especially in how dance education can be combined with other subject areas and how to assess the long-term impact of dance education on students' development.

The research findings support the role of dance education in cultivating students' abilities in various aspects, which aligns with current theories in educational psychology and kinesiology. By applying these theories to the practice of dance education, this study provides a theoretical foundation for the scientific and systematic nature of dance education. Moreover, the study also points out the unique value of dance education in fostering students' emotional expression and self-awareness, which fits with the holistic education concept increasingly emphasized in contemporary education. Overall, this study not only provides guidance for the practice of dance education but also contributes to the development of educational theory.

Recommendation

This study suggests that dance training institutions can take the following measures to further promote dance education and the individual development of students:

1. Curriculum System Improvement: Training institutions should establish a comprehensive and systematic dance education curriculum that covers a wide range of content from basic skills to advanced dance forms, ensuring that students can acquire solid dance knowledge and skills.

2. Innovation Skills Cultivation: Encourage students to participate in dance creation, providing them with necessary guidance and resources to develop their artistic innovation and self-expression abilities.

3. Performance Opportunities: Organize regular dance performances to create opportunities for students to showcase their talents, which can not only enhance their self-confidence but also exercise their teamwork and stage performance skills.

4. ****Strengthening Social Practice****: Establish cooperative relationships with communities, schools, and other art groups to provide students with opportunities to participate in public dance performances and social cultural activities, allowing them to learn and grow in real social environments.

5. Teacher Team Building: Invest in the training and development of professional teachers, ensuring that the teaching team has high-level teaching capabilities and innovative teaching



methods to stimulate students' enthusiasm for learning and creative potential.

6. Parent and Social Education: Enhance educational outreach to parents and society to raise awareness of the value of dance education and encourage social support and investment in dance education.

7. Continuous Assessment and Improvement: Establish an ongoing assessment and feedback mechanism to regularly review and improve teaching methods and curriculum content, ensuring that dance education always meets the developmental needs of students and societal expectations.

By implementing these recommendations, training institutions can better leverage the positive role of dance education in the personal growth of students, providing a solid foundation for their comprehensive development.

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