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PERFORMING ARTS IN EDUCATIONAL ENVIRONMENT

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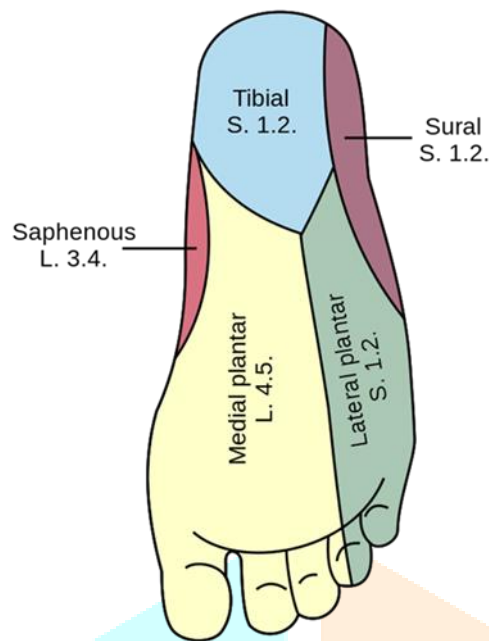
Performing arts are an essential part of any human life. It has to be imparted to each and every individual. The idea of integrating the performing arts into the border curriculum is not new but it appears to be new because we don't implement it. Performing arts are a form of art in which artists use their voices, bodies or inanimate objects to convey artistic expressions. The performing arts often aim to express one's emotions and feelings. Performing arts may include dance, music, theatre, mime, puppetry, etc. The more we teach through performing arts integration, the more we realize how dynamically it brings deep and complex learning to children. Art education proponents suggest that studying the arts provides a variety of academic and social benefits to young people and also studying through performing arts can enhance students' ability to learn each and every subject effectively and easily. It is seen as a powerful way to promote creativity and critical thinking among other skills. Here we will be seeing how we can integrate dance, music, theatre and mime with each and every subject, therefore helping a student to learn effectively. So integrating performing arts into the educational system is a very necessary aspect as on date and it helps in the development of the motor skills and psychosocial skills of every individual.

DANCE IN EDUCATION

Dance is an art form characterised by use of human body as a vehicle of expression. Dance has been described as an exciting and vibrant art, which can be used in the educational setting to assist the growth of the student and to unify the physical, mental and emotional aspects of the human being. And in fact dance is immediately accessible to most of the people. No special equipment's needed. Only the ability to move is just enough. The art of dance uses movements to create meaning about the human experience. It is far more than exercise or entertainment. The foot is the main part of our body which is used extensively while dancing. There are:

- 200000 nerve endings, 26 bones, 33 joints and 100s of tendons, muscles and ligaments in our feet
- Sciatic Nerve and Nerves on the base of the feet.

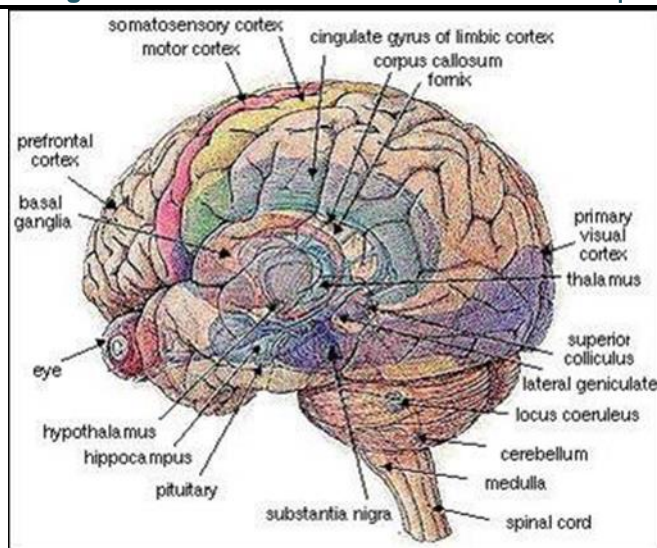
- When we dance the foot hits the ground and these nerves gets activated. Activation awakens the sensory neurons and create contraction and release In the muscle fibers and central nervous system



If the dance can be integrated in the educational system it can give the opportunity for the development of

1. Critical thinking and analytical skills.
2. Cooperation and team work.
3. Self expression and self esteem
4. Organisation and problem solving
5. Cultural literacy
6. Communicating emotions through movements.
7. Our total brain gets activated through dance.

- Motor cortex responsible for movements of limbs
- Somatosensory cortex responsible for the coordination of sense organs
- Basal ganglia responsible for memory
- Cerebellum our brain and spin.



To counterbalance the need to acquire more marks in schools, colleges in spite of a very difficult curriculum, dance forms could play a very important role. They soothe and relax the minds of over-stressed school children and at the same time they educate the children and stimulate their concentration and creativity. Every soul who's getting trained in performing arts will have an extraordinary ability to visualize each and every thing read or spoken. This ability can be used as a mode of studying their respective subjects e.g. Be it science, history, psychology etc., as a kid studies he or she could visualize or even create that particular concept into a flow of movements in their body. Here the entire body is used for studying which will increase the mind's ability to remember, to create and to deliver at the right time. More over by studying this way, the studies are also made interesting because it gives room for creativity and entertainment and not monotony. A complete or balanced human being will remain an illusion unless his emotions are trained, developed and sublimated. That is why we need to introduce art in our educational curriculum as a compulsory subject. The development of human emotions has not received the desired attention in our educational institutes only the emphasis is laid on the cerebral development. By integrating these performing arts into the educational curriculum we can have both cerebral development as well as development of moral values to the children.

MUSIC IN EDUCATION

Music is a performing art form which combines rhythm, pitch and dynamics in order to create a lovely sound. As music is a protean art, it easily co-ordinates with words for songs, as physical movements do in dance. As dance, music also has the capability of shaping human behaviour as it impacts our emotions. Researches have found that learning music facilitates learning all subjects and enhances skills that children inevitably use in other areas. It increases the concentration and co-ordination of all the sense organs, resulting in the increase in the IQ level of the brain. It also helps the kids to develop their language and their calculative skills. The effects of music education on language development can be seen in the brain. The musical training physically develops the part of the left side of the brain which is responsible for processing language. It also shows larger growth of neural activity. The understanding of music can help children visualize various elements that should go together, like they would do when solving a maths problem. Learning of music depends on the power of capacity of listening and in due course will also improve one's listening capacity. So it is also called as art of audio interpretation. Music fosters students'

academic, social and emotional growth. Music programs, especially those focused on making music, play an essential role in the development of social skills and emotional awareness in students. In fact music therapy has proven to have some success among children with disabilities as well. Music training from preschool through post-secondary education is common in most nations because involvement with music is considered as a fundamental component of human culture and behaviour.

Why music education is so important and how it offers benefits even beyond itself:

1. Helps develop language and reasoning
2. Masters memorization
3. Improves students work
4. Increases coordination
5. Increases the sense to achieve something
6. Success in society
7. Emotional development
8. Pattern recognition
9. Fine turned auditory skills
10. Builds imagination and intellectual curiosity
11. Develops creative thinking ,auditory skills, discipline, spatial intelligence
12. Team work, confidence:

John F. Kennedy centre for the performing arts , “Changing education through the art” CETA as it is called defines arts integration as finding a natural connections between one or more art forms such as dance , music, theatre , puppetry, etc. and one or more other curricular areas like science, social studies, English, maths etc. in order to teach and assess objective in both the art form and the other subject area. This allows a simultaneous focus on creating, performing, and responding to the arts while still addressing content in other subject areas. A number of research and music education advocates have argued that studying music enhances academic achievements. It is also said that music enhances knowledge in the areas of mathematics, science, history, foreign language etc. Music can be used as a mnemonic device, to recall any texts or any passage for eg. We can set a passage or a text to a particular repetitive melody and teach to the students in a song manner. This would help them to easily mesmerise and also recall the same even after many years. This will help children to easily study their curriculum and at another hand also helps them to excel in music. Thus if an intensive music curriculum is paired alongside regular classroom activity, it can increase the students reading comprehension, word knowledge, vocabulary recall and word decoding. When a student is singing a melody with text, they are using multiple areas of their brain to multitask. Music education can also improve the skills of dyslexic children by focusing on visual auditory and fine motor skills as strategies to combat their disability. Spatial ability, verbal memory, reading and mathematics ability are seen to be increased alongside music education. Therefore music education enhances intellectual development and enriches the academic environment for children of all ages. In fact music theatre and dance is being used nowadays to even train medical students to develop empathy, communal sense and basically humanities in medical field.

THE ACTOR IN A THEATRE ENCOMPASSES ALL THE THEATRE ASPECTS THROUGH HIS BODY AND MIND. We all consider theatre fun but we often fail to realize that it can also be an important teaching tool for teachers. Theatre can help with developing many skills and improve learning outcomes. Imagination and creativity help with problem solving and thinking. When children participate in activities like theatre and drama it helps them to build confidence. Drama and theatre need to be interwoven into the teaching of other subjects right from the pre-primary level. This cross curricular link will help enhance learning.

It also enhances

1. Self-confidence, imagination
2. Empathy, collaboration
3. Concentration
4. Communicative skills
5. Emotional outlet
6. Relaxation, physical fitness

Concepts in various subjects can be planned in such a way that role play, drama, and puppetry find place in regular class room teaching and not as an activity that is disconnected from the academics. Enacting verbs and expressing emotions are some activities that integrate the learning of a language with drama. Drama in the class room will help inculcate in the students good oratory and communication skills. Students will learn to work collaboratively and develop inter and intra personal skills, problem solving skills and kinesthetic skills among others and the fact that reading and listening skills are fine tuned in the process cannot be ignored. Theatre and drama are great motivators when it comes to learning. Involving the students in activities of different kinds and having them play a variety of roles will help make each one of them a star.

A Chinese proverb says,

Tell me and I will forget

Show me and I will remember

Involve me and I will understand .

CONCLUSION:

Therefore performing arts should be integrated with the academics and curriculum , and the students should be given the opportunity to take any of the performing arts be it dance, music, drama theatre, puppetry etc. as an elective subject right from the primary level, and should also be given a module as to how to incorporate these into their daily curriculum which would help them to excel in their academics.