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Quality Life of Performing Artists : Select Review of Literature

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ABSTRACT : There is a Plethora of writings, research article and documents are related to the quality of life. The scholars of various discipline including Psychology, Education, Management, Sociology, Literature and Behavioral studies have studied extensively on different aspect of health and quality of life. According to WHO "quality of life defined as an individual perception of their position in life in the context of culture and value system in which they live and indulges to goal and expectation, stand and concerns". The quality of life not only includes all these dimensions but also It requires a rigorous understanding about social wellbeing and wellness of different category of human kind. The same individual contribute in the society as a leaders, administrators, professionals, researcher, industrialist, doctors and artists in entertainment industry. In every profession the individual has to perform and take responsibility of social life and as well as professional life. It requires a lot of balance ,hard work to full fill the professional commitments. The individual struggles for earning, success in professional life, to make harmony in family and struggle, with the competitive achievements all these leads to a very imbalanced life , stress, irregular diet and ultimately leads to a disease full and disturbed life. In this present era can an individual ignores the professional competition and social struggle ? In fact to achieve the quality of life at all rungs of society is a major challenges and a dream .The present article attempts to fill this gap .The performing art is one of major dimensions of life which help the human kind to make life harmonious ,balances the work life with family life ,help to come out of stress and anxiety but it is evident that the performing artists are facing a lot of mental pressure due to struggle for profession and stress of life, suicide , mental illness and burnout condition rises due to lots of energy consumption during the performance , continues working for the better performance , practice schedule , irregular diet habit , no specific time limit and inconsistency of income due to lack of opportunity . It leads to suicidal attempt, addition , different health related diseases , mental illness and ultimately a very poor social life . However many other areas are ignored . Renowned artists who are performing on the stage couldn't move freely in public places because of safety issue this is also a biggest challenge . In this article the scholars tries to study on different views ,researches, literature related to quality life of performing artists and their issues .

Key Word : Quality of Life , Performing artists , Stress, Mental Health , Socio Economic Status .

I. INTRODUCTION:THE CONTEXT : The performing art which needs to be acquired through consistency, effort and continuous practice .The carrier opportunities also a biggest challenge for the performing artist . The lack of opportunities , poor socio economic status and support and encouragement has become a stumbling block for the performing artists .the beauty of life ,culture ,language ,life style ,history ,enviourment , mythological components are explained in rhythms ,song ,dance ,drama, paintings ,musical instrument and acting etc. These are the most significant ways of preserving the beauty of life ,the happiness ,emotions feelings and the rhythms of nature are expressed and preserved through this arts .The human being having the same blood and muscle who acquire the skill and entertains the large number population. The administration and government is taking a lot of step to preserve this act but never thought of the stress and strain level of the dark side of a performing artists .So it's the responsibility of the stakeholder , researcher and academia to focus on the ignored community i.e performing artists ,health ,social life and preservation of skill . The research on this aspects of human life will open up the doors of unidentified facts related to an artists life. The causes, unexplored facts of strain and stress level of an artist ,socio economic status and the causes of indulgence of artists into drug addiction or alcoholism . The refinement of performance only comes when the artist brings mastery over the art which requires a lot of time and say years together. After someone has become the artist then one has to struggle for identity in society and finally die with a lots of health problem . Many young artists die on stage itself due to longer hour of performance, many of them died with physical issues like cancer and chronic diseases . So , the society which gets happiness out of these artists performances or entertainment shows like cinema, music shows, live performances of Orchestra, drama , jatra and musical nights shows etc should be given an attention to these community and save the best source of happiness which nature has endowed on unique individual as an artists. The study of review of literatures of the researches conducted by different researches will surely explore many aspects of life of performing artists.

II. SELECT REVIEW OF LITERATURE : The review of literature are collected from research articles published at different national and international journals .The review presented and analyzed on the basis of research findings, statistical analysis and research work related to different aspects of performing artists, the scholar tries to find out and analyze the research related to problem ,health issues, socio economic aspect , stress related issues , eating behavior and nutritional status. to get an understanding of quality life of performing artists.

- Tengiz Verulava; Ketevan Tvalavadze⁴; Revaz Jorbenadze; et.al.(2021), “Health Problems of Professional Ballet Dancers” DOI-10.5937/afmnai38-27680. The study focused on how long the dancers had been into the training. Ballet performers from the State Ballet of Georgia were interviewed in-depth. The study also takes into account the dancers' Basal Metabolic Index throughout time. The average age and Basal metabolic index (BMI) of the dancers in practice were 23.4 and 3.5 years, respectively. Dancers had spent 9.2 to 7.4 years studying dance professionally. On average, they spent 8.5 to 5.8 hours in class and 16.2 11.6 hours at rehearsal. The most common injuries were to the neck (13%), knee (60%), and ankle/feet (16%). Overuse (19%), prior injury (11%), and weariness (11%), among other factors, were frequently associated with pain and injury. 80% of dancers decide to get medical help. They saw physiotherapists (30%) and traumatologists (40%) the most frequently. Ballet performers' bio psycho social conditions are impacted by their demanding physical schedules, increased risk of accidents, and ongoing stress. The findings imply that dance-related injuries are common and frequently occur. Injuries to the neck, knees, and ankles are particularly risk at topographical areas because of the pressure that is imposed on the feet and ankles. The majority of respondents taken advice from medical specialists rather than family physicians . The ballet dance is a specific famous dance form of Russian countries .the dancer dance with the musical rhythm and put pressure on the abdominal region . Each form requires around one hour or more than one and left hour .The researcher found a very significant aspects of ballet dancer which requires at least 8 to 10 years to become a professional .The dancers are supposed to face physical challenges acute injuries ,pains , torn cartilages and also affected by ankle and back pain.¹
- Wojciech Napora^a ;Andrzej Sękowski^b ; (2021) Journal of psychology/roczniki psychologiczne xxiv, 1, page no 23–41.In this study the scholars of psychology have studied the relationship between social skills and a sense of quality of life was not found to be true. The scholars argued by referring the suggestion Sarason, Haacker ,Basham (1995) that social skill are connected to the meta physical realm which is focused on doing good and guides a person behavior towards other .It helps to establish the enter personal connection , handling conflict and helping others. The conclusion that happiness with the meta physical realm of existence grows with an increased level of abilities associated to functioning increase proximately to other people . They also emphasized that physical well being of an individual is a component of quality of life .The improved in this areas of satisfaction is accompanied by and improvement in they caliber of interpersonal interaction. social exposure and they meta-physical domain of quality of life have positively correlated .The researchers also opined that one actors unique experience of becoming a character

while honesty age and stage is the meta physical domains of quality of life .The actor experiences the inner realm of acting and improve their ability to perform .From this study it is clearly understood that the social skill interpersonal, relationships ,health condition ,satisfaction level ,social exposure and physical well being are key factors of an artistic meta physical domain of quality of life .²

- Martin, E., & Battaglini, C. (2019), 34(2), 108-117. The study has been undertaken on the medical problems of performing artists. The researchers have on taken a through study on “Health status of live theater actors: a systematic literature review. Medical problems of performing artists” In their study they found that the actors constitute a health risk population as the physical burden is demanded in their profession ,different health behavior ,poor economic and health insurance status. The purpose of systematic review to find out the evidence of the health and fitness of theater actor. The researcher indentified 18 no of studies ,examining actors ,at different carrier stage ,including secondary school university and professionals level .The study has revealed that fact the artists are indulged in cigarrate smoking (10-26%) and regular Alcohol use 25-40% however the professionals alcohol consumption level was higher .Marijuana consumption was commonly used and around (7-23%) of other drugs are also found that most used by the artists are having health injuries during rehearsal and health diseases at early age .This systematic literature review high lights a large research gap about to the health of actors .This review is the vital indicator of ignoring their own health. The systematic literature survey revealed the fact that performing artists are also indulged with smoking and drug addiction to relief their stress and strain during performances. So the study needs to be given emphasis which can show the path to take care of neglected community of performing artists ³.
- Janete Capel Hernandes ; Viviane Cruvinel Di Castro ; Celmo Celeno Porto; et al. (2018). Quality of life of women who practice : a systematic review protocol p.1-6.ISBN DOI: 10.1186/s13643-018-0750 – 5. This is the first comprehensive analysis of the relationship between adult women's quality of life and dance practice. This essay adds to the conversation regarding women in society as well as the value of dancing as a means of enhancing quality of life . the creation of initiatives intended to improve women's health and quality of life in general. Studies have shown a connection between dance, health, and happiness . The use of dance in the treatment of various disorders as well as in the process of fostering human interaction is featured in many of them with extremely encouraging outcomes . This article done on extensive study on female population who are engaged in some profession . They found that women have shown increased level of stress and higher number of illness . The study try to find out the practices of different activities (Dance)

can be used to improve the level of quality as it involved physical and psychosocial aspects .It also promotes self expression ,self esteem, self confidence .The study is a quantitative study and the data collected from women dancers who are on a practice .The main objective was taken to access the effect of dance on quality of life of adult women. The study reflected that quality of life is impacted directly or indirectly by improvements in health and wellbeing . Therefore, research on the connection between dance and quality of life is relevant and required, particularly regarding. It needs special attention to understand in terms of levels of stress and development number of severe chronic diseases⁴.

- Ofra Walter &Sivan Yanko (2018) Body image and eating disorders did not significantly differ between dancers and non-dancers . The study female dance student are more preoccupied with weight eating habit and body image than girls in the general population .it is also found that the dancers are developing eating disorder .The study was conducted among 90 Females at 15-30 age group ,47 dancer or former dancer ,43 non –dancer ,Basal metabolic index (BMI) had a positive and significant contribution to predict eating disorder .The study revealed the fact that there is no statistical different was found between dancers and non-dancer with the regard of body image , opinions about eating behavior .This is one of the significant study which had given the indication of relationship between dance and its impact on health ⁵.
- Sudarsan Behera & B. Rangaiah | Cornelia Duregger (Reviewing Editor) (2017) Relationship between emotional maturity, self-esteem and life-satisfaction: A study on traditional dancers of Odisha region, Cogent Psychology, 4:1,DOI: 10.1080/23311908.2017.1355504.The study revealed the fact that the nature and structure of emotional maturity, self-esteem and life satisfaction as well as a structural path relationship among them. The results found that there was significant positive relationship between emotional maturity and life satisfaction. Both internally and externally related each other. Self-esteem is generally a stable characteristic of humans and developed through an individual's life experience. Thus, the experience attached with dancers emotional state directly or indirectly. As an individual's identity gets better established, this gives him/her a sense of inner continuity that helps to increase their self-esteem. Perceived emotional factor .The emotional state and pleasure were better accounted by the presence of self-esteem. So it is intelligence that any dance form will help to built emotional maturity, self esteem and life –satisfaction. Life satisfaction, emotional maturity, self esteem are the three main component human behavior ,the human skill, talent and intellect can be grow if these three aspect of life are properly achieved .The life satisfaction in broder scence a feeling and

positive state of mind which can be acquired and achieved by fulfilling the aims of life and doing the work which gives you happiness . This research was conducted among 176 odishi and 116 folk dancer of Odisha to indentify the life satisfaction ,self esteem ,emotional maturity among dancers .The study emphasized that the dance form will bring the highest level of life satisfaction encourage self esteem and also brings emotional maturity among population ,These aspect are one of core dimension quality life enrichment ⁶ .

- Derrick D Brown, Prevention of injuries in the young dancer, (187-201, 2017), Optimal bone health is a dynamic process that depends on a balance of hormonal, dietary, and bio-mechanical factors. The scholar conducted the cases of young dancer who have under one training and there physical issues. According to this study the young dancer .training in dancing forms makes strong bones which is very crucial in this research. Any imbalanced of dance leads to severe impact on dance performance .The study also found the fact that diets high in calcium , sufficient amounts of vitamin -D from food sources increases. The beneficial effects on bone growth . The scholar conducted a very important aspects of health related issues with dance⁷ .
- Alexandria M. Farrar; Robert G. Brannan ;Randy Leite ; (2017), Exploring Motivations Behind Food Choices of Collegiate Female Modern Dancers. This study was undertaken to understand the eating behavior of collegiate female modern dancer .The study reflects that the modern dancer are more physically retrieve than ballet dancer .The dancer exhibited a strong drive to eat healthy to maintain their ability dance and exercise .The dancer express that the dance environment always creates an healthy body image .The dancer needs to be motivated for the diet which is mostly healthy ,followed by availability to food ,money to purchased food ,time to prepare and consume food . The Study is an exemplary study which study that university modern dancer desire to have a healthy diet but they need education regarding balanced diet, to prepared frugal , quick and nutritious food . The study also provide an idea that the dancer wants healthy foods for their body image, energetic performance and an image , energetic performance and a conscious attitude towards eating behavior⁸ .
- Navdha Kapur; Ms. Vaishali Rawat ; et. Al (2016) , The International Journal of Indian Psychology ISSN 2348-5396 (e),ISSN: 2349-3429 (p) Volume 3, Issue 2, No.3, DIP:18.01.046/20160302n ISBN: 978-1- 329-83677-8 . The scholars studied the quality of life parameter of dancer . The study specifically focused on emotional intelligence dancer and non dancer to determine the quality of life emotional intelligence as a taken of significant parameter for a person quality of life . This study was undertaken about the emotional intelligence of dancers and non-dancers . Emotional intelligence is a major quality life dimensions of individual life . The scores were calculated and analyzed using

mean, t- test and graphical representation to understand the quality life . Following are the results which were found out after in-depth analysis of the result the mean quality of life of the dancers came out to be 78.78 and the mean emotional intelligence of the non- dancers totaled to be 73.34. The average quality of life of dancers is more than the non- dancers. The mean emotional intelligence of dancers was computed to be 137.46 and mean emotional intelligence of non dancers came out to be 129.4. The average emotional intelligence of dancers was greater than non dancers. The mean self-concept of dancers was 176.26 and the mean self concept of non dancers was 166.66. The average self concept of dancers was more than non- dancers ⁹.

- Sturm I ; Storek B ; Traore A.; Thuss – Patience P ; Effect of dance on cancer related fatigue and quality of life .support care cancer. (2014) DOI : 10.1007/s00520-014-2181.PMID : 24671434. The study was conducted on the impact of dancing on concerns relating to cancer and quality of life . The purpose of study to was evaluate the effect of dance on the patient in terms of severity and pervasiveness . Research on the severity of exhaustion, personal satisfaction (using the "European Organization for Research and Treatment of Cancer, Quality of Life Questionnaire"), and 40 patients getting dynamic anticancer treatment with moderate to major difficulties were divided into two groups and tested physically (using the "Moment Walk Test") before and after the trial period. Group a consisted of 20 patients who attended 10 dance classes in 5 weeks . In the mediation group compared to the control group , there were significant Improvements for physical performance, enthusiastic and social working scales, and growth-related tiredness. Dance might be a useful, effective method for treating cancer-related weakness ¹⁰.
- Million, E., Perreault , L. A., & Cramer, K. M. (2002). Perceptions of musicians: Gender stereotypes and social role theory, *Psychology of Music*, 30(2), 164-174 4. The study discovered that people view women as more loving, kind, more sensitive, and better balanced when they play “feminine” music . However, when men played "feminine" instruments, they were seen as less powerful and energetic and had lower leadership qualities, demonstrating a gender stereotype in contrast to how men and women are seen equally while playing "masculine" instruments (Million et al., 2002). The way someone perceives a musician's looks might vary depending on everything from their gender to the instrument they play. A musician's performance or decision to keep performing may be impacted by the criticism they get ¹¹.

III. CONCLUSION: A performing artist is a celebrity, a trainer, a stage performer and a entertainer and having multi dimensional personality. Being a celebrity they have to maintain their weight care, body images health profile, wellbeing and particularly the food habit . They have to be very cautious about their eating habit for everything. They have to face the challenge of health problem, practicing their to bring refinement in expressions, the energy consumption during the performance and to perform on the stage for earning and continue it as a profession. Therefore it is an imperative to study and to conduct an in-depth research on performing artist to bring their problem to limelight and provide solutions in terms of maintenance of wellbeing of life performing artist. The following key points are clues of quality life of an artists which are the findings of the review of literature selected for analyzing the facts and issues of performing artists.

- The social skill interpersonal relationships ,health condition ,satisfaction level ,social exposure ,physical well being are key factors of an artistic meta physical domain of quality of life .
- The researcher found a very significant aspects of ballet dancer which requires at least 8 to 10 years to become a professional .The dancers are supposed to face physical challenges acute injuries , pains , torn cartilages and also affected by ankle and back pain.
- Performing artists are also indulged with smoking and drug addiction to relieve their stress and strain during performances.
- The dance form will bring the highest level of life satisfaction encourage self esteem and also brings emotional maturity among population .These aspect are one of core dimension quality life enrichment
- The dancer wants healthy foods ,for their body image ,Energetic performance and a image, energetic performance ,and a conscious attitude towards eating behavior.
- The study also provide an idea that the dancer wants healthy foods ,for their body image ,Energetic performance and a image, energetic performance ,and a conscious attitude towards eating behavior.
- The connection between dance and quality of life is relevant and required, particularly regarding. It needs special attention to understand in terms of levels of stress and development number of severe chronic diseases

This reviews of literature reflects the fact that health, emotional intelligence, social skills, body image ,happiness and well being of life are key factors of quality of life associated with performing art. The selected reviews are taken for different dancers quality life issues . It is evident that the other performing art forms will have lots of dimensions to study. Quality indicators are to be identified for the different performing artists and accordingly a model to be developed to create a healthy community.

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