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Reflections on the Cultivation of Aesthetic Awareness in Ballet Teaching

Jingya Chen

Email: s62584947020@ssru.ac.th

Graduate student in the Doctoral of Fine Arts program, Majoring in Performing Arts,
Faculty of Fine and Applied Arts, Suan Sunandha Rajabhat University
Nataporn Rattanachaiwong
Email: nataporn.ra@ssru.ac.th
Faculty of Fine and Applied Arts, Suan Sunandha Rajabhat University

Abstract

Sense of beauty is a pleasant emotional state provoked by people's direct appreciation of objects in aesthetic activities, a reaction to the aesthetic feeling of things, a subjective experience of whether people's aesthetic needs are satisfied, and an experience of the beauty of things. As the crown of dance art, ballet has higher requirements for the sense of beauty. In the actual ballet teaching, there is a lack of cultivation of sense of beauty due to various factors. Therefore, this paper will take the status quo and problems, as well as strategies for the cultivation of aesthetic sense in ballet teaching as the research objectives. It adopts the status quo investigation, finds the problems and gives the solutions. The research in this paper provides certain theoretical support for ballet teaching practice.

Keywords: Teaching ballet, Aesthetic awareness, Cultivation

Introduction

With the improvement of economic level, people's living standard has been greatly improved, and they have higher requirements for the pursuit of beauty in the spiritual world. Art education is an effective way to cultivate and pursue beauty. Therefore, more and more people are engaged in art education and learning. Dance as an art form with high popularity in art education, ballet as an important content of dance teaching, the cultivation of its sense of beauty consciousness has also become an important teaching goal.

Objectives

1. The present situation and issues in cultivating aesthetic consciousness in ballet teaching.



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2. Strategies for cultivating aesthetic consciousness in ballet teaching.

Research Scope

1. Population

Students receiving ballet popularization education in China include toddlers, children, youth, and adults. Students from Jingya Dance School in Nanchong, Sichuan Province, China, were used as the main case study.

2. Content Scope

A survey of the current situation and problems of students' lack of awareness of movement aesthetics in ballet popularization education, and an analysis of the reasons for the formation of this status quo and a search for its countermeasures.

3. Timing scope

January 2023-November 2023

Research Methodology

1. Research Methodology

1) Literature research method

Literature research method is a method of obtaining information by investigating the literature according to certain research purpose or topic, so as to comprehensively and correctly understand and grasp the problem to be researched. This research is collected and organized through network databases, including Zhi.com, Longyuan, Wanfang, Wipu and other network databases, all of which have relevant academic papers that can be collected and organized. Among them, the papers collected by Zhi.com are relatively high in terms of coverage area and content quality, and their content involves relevant academic papers since 2013 to the present. With ballet aesthetics as the keyword search related academic papers, the specific results of the content analysis chart are as follows:



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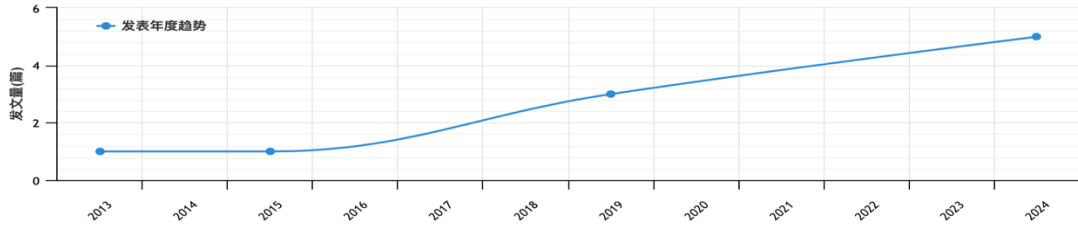


Figure 1: Overall Trend of the Total Number of Academic Papers Issued by Searching for "Ballet Aesthetics" as a Keyword
 Source: China Knowledge (2024)

2) Field research method

Fieldwork, also known as fieldwork or field study, is a concept that belongs to the category of anthropology. It is mainly used in the study of natural and social sciences, which requires the investigator to live with the subject for a period of time, from observation, understanding and knowledge of their society and culture. In this study, the author conducted field research on local ballet training institutions, youth and other dance teaching organizations that offer ballet instruction. Comparative observations and records were made between traditional teaching and teaching that consciously develops a sense of beauty.



Figure 2: Jingya Dance School Classroom Field Recordings
 Source: Photographed by Chen Jingya (2023)

3) Case study method

Case study method is a research method that identifies a specific object in the research object, investigates and analyzes it to figure out its characteristics and its formation process. In the course of this study, experienced teachers such as Zhang Ling, dance teacher of Nanchong Youth Palace, and Nie Yurong, teacher of Nanchong Jingya Dance School, were



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used. Students at different learning stages were used as research subjects, such as initiation (4-6 years old), elementary (7-8 years old), intermediate (9-10 years old), and advanced (11-12 years old). The case study method was adopted, thus focusing in a point manner and forming a comprehensive observation and reflection on the teaching of ballet aesthetics.



Figure 3: Author's Case Study Survey of Teachers in Nanchong City Youth Palace
Source: Photographed by Chen Jingya (2023)

4) Interview method

The interview method, also known as the interview method, is a basic psychological research method that involves a face-to-face conversation between the interviewer and the interviewee to understand the interviewee's psychology and behavior. The interview method takes different forms depending on the nature of the research problem, the purpose or the target audience. In order to realize the goal of this study and to understand its inner logic more objectively, in addition to the author's subjective level of observation and reflection, the relevant people concerned should also be interviewed through interviews in the specific process. Absorbing their observational perspectives and subjective views, and then forming a coherent, more open and objective perspective to understand the actual situation of the development of ballet aesthetic teaching, as well as thinking about a variety of unknown internal relationships.



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Figure 4: Author's interviews with teachers of Jingya Dance School in Nanchong, China
Source: Photographed by Chen Jingya (2023)

2. Research process

- 1) Identify specific research methods based on the internal composition of the research objectives.
- 2) To obtain rich data related to the purpose of this study through the combined application of survey method and literature research method.
- 3) Collation of data and statistics and analysis of data through quantitative research methods.
- 4) Synthesize the above processes and draw relevant conclusions.

3. Data collection

The research tools utilized in this study are pens, books, computers, cameras, video recorders, audio recorders, interview schedules, observation schedules, and so on. Through the literature research method, we obtain the research perspectives and research results of previous related studies to provide reference and theoretical basis for this study. Then, through the field survey to obtain the real current situation, the sample study with the value of highlighting the case to see the big in a small way. The combination of stereotypical and quantitative research is utilized to obtain comprehensive and effective data support.

4. Data analysis

- 1) Data analysis of the literature

The main sources of literature involved in this study include theoretical books related to ballet teaching and various academic research results covered in nearly ten databases on CNKI. According to the quantity and quality of data in each category of the existing literature, the ways and means of cultivating aesthetic sense in ballet teaching are analysed.



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2) Data analysis of video and audio materials

Its main sources are based on the rich reserves in Internet search engines and video websites, and also include video contents that the researcher herself personally watched and recorded live. These contents were collected and collated, and the indicators were analysed in terms of data, from which the feelings at the intuitive visual, auditory and sensory levels were derived, so as to recognise the importance of the cultivation of aesthetic sense awareness in the teaching of ballet.

3) Data analysis of interview results

This study intends to conduct interviews with a number of figures involved in ballet teaching. During the interview process, the data from the scene were mainly preserved in the form of audio and video recordings, which were subsequently converted into textual data to obtain the key content of the interview process. By analysing and summarising these data and comparing them with other existing theoretical results on the same issues, the authenticity and objectivity of the interview results will be analysed and considered, and the corresponding data results will be formed to support the successful realisation of the objectives of this research

Research results

Currently, the popularization of ballet teaching in China is mainly concentrated in provincial capitals and central cities, while the popularization rate in non-central cities is relatively low. Since most of the teachers are born as ballet professional dancers, they have higher requirements on ballet technique and ignore the problems of non-professional students' lack of body control and understanding in popularization education. Thus, more attention should be paid to the cultivation of aesthetic sense, and the specific problems are mainly reflected in the following aspects:

First, too much attention to technology, but ignore the artistic performance. In weekday training, most of the students pursue the high, precise and sharpness of the body movements, while neglecting the transmission of artistic beauty, ideological beauty and emotional beauty carried by the body movements. Therefore, in the process of dance performance, students' movements are more mechanical, and their sense of performance is insufficient. The presentation of movements lacks a sense of beauty.

Secondly, the lack of physical ability cannot support the embodiment of beauty. The basic training of ballet is very strict, and the performance of ballet works requires a very



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mature physical ability to perform smoothly. Due to the lack of physical ability, some students do not have time to care about the beauty of the movement process.

Thirdly, the lack of aesthetic interest leads to a lack of aesthetic awareness. Students have fewer opportunities to be able to appreciate ballet art in their weekday life. As a result, the ability to perceive the artistic style is weak, not to mention the inability to embody the style presented at the physical level.

Fourthly, weak music perception weakens the embodiment of dance beauty. Ballet performance is a combination of dance and music. Students need to harmonise their body movements with music and emotions during the performance, so that the audio-visual integration presents a sense of beauty. How to combine the body's technical movements, inner emotional expression and music is also part of what we need to think about in teaching, and the accurate expression of the sense of music for a better display of the sense of beauty.

Discussion

In ballet teaching, the cultivation of aesthetic sense can enhance students' perception and thinking of ballet, and then enhance the expressiveness and beauty of dance in performance. Therefore, in ballet teaching, the cultivation of aesthetic sense should be taken as an important teaching goal. Therefore, the cultivation of aesthetic sense should be an important teaching goal in ballet teaching.

Firstly, enhance students' performance consciousness. In ballet teaching, performance consciousness should be emphasised and strengthened as an important component of the cultivation of aesthetic consciousness in teaching. Let the students interpret the story, integrate into the role, experience the music, and express the rich inner world of the character when they perform the dance. Use body movements and facial emotions to express them. Driven by the sense of performance, let students make it clear that dance performance is not simply to complete the action, but the interpretation of a story, the interpretation of a character, to convey an emotion to the audience, and convey a sense of beauty, consciously enhance the sense of beauty in the performance process. Secondly, strengthen the physical ability to promote the beauty of dance performance. The body is the main carrier in the process of dance performance, therefore, the physical ability, muscle quality, movement performance is the foundation of the dance beauty, and the strong physical ability can help the presentation of the dance beauty.

Thirdly, cultivate students' aesthetic awareness. Enhance the aesthetic ability by appreciating and analysing the classics. Learning about the art of ballet and deepening their



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understanding of the art. To deepen the understanding of art. Exposure to different art disciplines, such as music, painting, theatre, etc., to improve the comprehensive aesthetic ability and art appreciation. The enhancement of aesthetic ability helps to strengthen the sense of beauty.

Fourth, students' musical literacy is strengthened by integrating physical performance with musical expression. Use musical emotion to accentuate physical performance, and vice versa, physical performance presents musical emotion. Enhance the aesthetic performance in the synthesis of sight and sound. The cultivation of aesthetic awareness in ballet teaching requires teachers and students to have a common understanding, and to constantly raise awareness, improve aesthetics and strengthen training in teaching. The use of scientific and effective methods of training, so as to refine the ballet teaching in the enhancement of aesthetic awareness.



Figure 5: Students of Jingya Dance School in Nanchong receiving awards in PDE competition
Source: Photographed by Chen Jingya (2023)

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