

AESTHETIC IN THE ART OF DANCE

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Abstract: *Art, as nonconformist as it is gives us a chance, of being different than we were by that time, the chance to discover the others, to discover ourselves and new things. Dance may be a show about identity and overcoming existential crisis. Art Dance receives a pulse regenerator today. The proposed experiment, revealed the interest of young people to benefit from organizing as many programs aesthetic dance halls and outdoor as possible, and that the effects of these programs are felt by the participants. It also emerges the moral and social benefits, the idea of continuation of the project and extending to the population of the municipality in as many areas of the county as a "dance aesthetic, aesthetic musical background at mass level.*

Keywords: *aesthetics dance, movement in space, dance beauty.*

1. Introduction

Generally dances consist of a higher dose of beauty, and more diverse they are, some more beautiful than others, by the beauty costumes but also by its spectacular choreographies, can positively influence both: tense people, steeped in a lot of concerns and people who want to recreate

In a man everything must be beautiful: mind, soul, body, but also his work and his deeds. Filling ourselves with beauty, we become good - in everything we do. To present dance in all its glory and "beauty" - it is a "method of giving" [10]. Others require that dedication from those who can give. People who are full of "beautiful" ... endowed "with the esthetic" [9].

Dance is no translation or abstraction of life "dance is life itself" [10]. Aesthetics is - a field of philosophy, which has as its main *objective analysis of beauty* in a broad sense. Aesthetics are beautiful, *that beautiful that comes up every day*, all our

actions - but you can not notice it until a more detailed analysis. *Aesthetics is a form of communication, a way to express our feelings, desires, dreams and ideals.*

The beauty of each dance itself produces very real results, leading to a positive state and internal rebalancing [9], [10].

To daily feed yourself with a "nice dose" is another relaxation method, and is in great demand among the population, regardless of profession, age or sex [6].

The mood induced by the *aesthetics of dance* creates a win-win situation, contributing to the mental health of the body and the emotional [6].

Dance aesthetics lead to the elimination of fatigue and nervous tension and states removal. *Aesthetics dance is known as the "beauty movement* [10]. Also in this program of aesthetics the most beautiful music is mainly chosen. Music is inspiring. We use depressive music, dance movements build dreary, dismal, dark and unpleasant. We use beautiful music, dance

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movements conceive serene, harmonious, joyful, cheerful and very pleasant. It is a way of using body movements in an extremely pleasant, which impresses with outstanding aesthetic movements, spectacular executions and a lot of social benefits [3].

2. The valences of dance

In recent research, experts say that depending on - "type and intensity of movements made" - dance offers numerous benefits such as: socializing with new people, express and unloading accumulated daily stress, frustration and removal complexes, obtaining state of detachment, tranquility and calm, introverted ego unleashing expressing beauty, loneliness removal, obtaining communication beautiful fully [6].

The more beautiful the exercise is, the more it beautifies the body, helping as much the maintenance of mental health.

Aesthetic Dance programs in nature, open spaces, cultural squares, parks, terraces, performed as well in countries with sporting and artistic education and culture, many people were involved, that after the program of study or work found that participation in this project a major win brought to physical and mental health [4]. Young students need activities that express the beautiful a beautiful art of thinking [5]. To be able to express themselves through aesthetic movement, dance, and dance beauty by transforming an idea, a feeling transformation through art forms, by moving in space as the aesthetics of dance is an expression of grace, a form of communication. Dance aesthetic is part of "The Theory of Liberal Arts", analyzing the beautiful.

Dance is an organized grouping of rhythmic body movements, movements led by an instrumental or vocal sound and driven by an inner rhythm. Dance is

accompanied by music. Dance rhythm is actually - the rhythm of nature, continuous alternation between tension and relaxation.

Dance means harmony and happiness, because through this activity, body, soul and spirit unite, creating a correlation full of harmony.

It is like liberation, as a cry on, from within our being that wants to raise aspirations beyond human understanding content.

"It is the symbol of creature subject to matter, trying to find a chance to release beneficial for the soul, because dance comforts, heal , creates moods, exudes feelings of untranslated words, both for those who practice it as well as for the one who watches it" [1].

Dance is a part of the national culture, noticed in a field that wide public dig it. Dancing, "this art", the soul and body form a harmonious whole. But dance is a poorly explored area of our receptivity.

Dancer is a great artist of the body - who knows how to supple - and make the move-an expression of grace, so of gift. For him, mobility is a true art space, to which we look with admiration, not false display [8].

Authentic dance, based on a rigorous professional choreography proposes a new code of expressiveness, and calls on other resorts of reception. We often talk about "total performance". Without dance, such a show would not exist. The show involves choreography and music, color and dance scenarios [6].

The activity of a complex dancer is of large scale, it can cover very different areas: the interpretation of scores for any dance choreographic compositions of different choreographers, organizing memorable festivals, dance transmission study in adolescents and young people and high school student, collaborations with renowned dancers from the dance world, exchanges, etc. [1], [7].

3. The experiment research

Dancers students, enrolled in a rigorous training program make an enormous work with a remarkably constructive spirit. They live through dance and for dance. In everything they do, are clothed in humility, and with a serenity specific only to them. They have the power to overcome difficulties and obstacles, to serve dance. Students feel the need for aesthetic manifestations only they know how to do it.

The study undertaken at the level of the collective of young students, from the academic and student environment of Brasov, by performing a "dance program aesthetic" in different times of day or different days of the week have highlighted the crucial role of mental health particularly beneficial to the program beautiful music and aesthetic movement, conducted among young people [1]. We used a varied musical program in the breaks between classes, and spare time in the dance halls.

4. Materials and methods of the research

We applied questionnaires; from the responses to we noticed that as well as the growing number of supporters of "aesthetic movement program", it was shown that the action was agreed by many participants. So I chose to propose the experiment at different times of the day, to find participants in different states of action, physical fatigue, mental stress, anger, excitement, apathy, etc. [2]. Also, scheduling of reprise of "aesthetic dance" on different days, but at the same times, had different effect.

5. The research results

The results of the questionnaire revealed the following issues:

- About 27% of young people present in the area where the action took place, the rest and wanted to participate in the following actions. (Chart No.1)

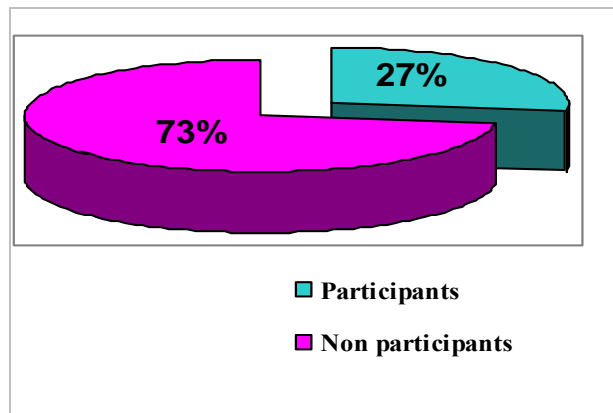


Chart 1. *The participants*

- of which about 69 % were female, throughout the project - the rest male. (Chart 2)

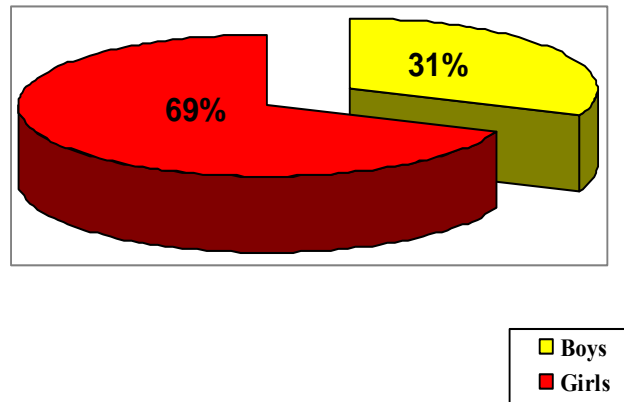


Chart No. 2. *Sex distribution*

Where the program took place, the number of participants grew constantly.

A feature of the program is that, towards the end of the day and the week, the number of followers increased, compared with those early days, or daily morning program. We concluded that by the end of the project, the number of male practitioners doubled, the rest were left to admire the action from the sidelines.

Another consideration that should be emphasized is the quest of young people to have musical rhythms but dynamic and rhythmic movements aesthetic, but we also have "category young romantic rhythm" where to put great emphasis on grace, suppleness, smoothness, ease of movement, expression forms, attitude and style in dance, so every time we worked differently, to cover all genres meet with a wide range of cover for all situations. The

coaches dance aesthetic were divided into several workshops.

In the action to find out the opinions of the participants, we used the small discussion as masked interview with those who participated in the dance. This was done intentionally in order to not disrupt the participant and do not distort the answers that we would receive from them. Those who harvested the answers participated in the program, followed some predetermined questions, opinions were those who join the aesthetic movement program.

The responses collected revealed that

- 76 % attended more "aesthetic dance programs" organized by us the rest have benefited from moving to music in indoor and outdoor. (Chart 3)

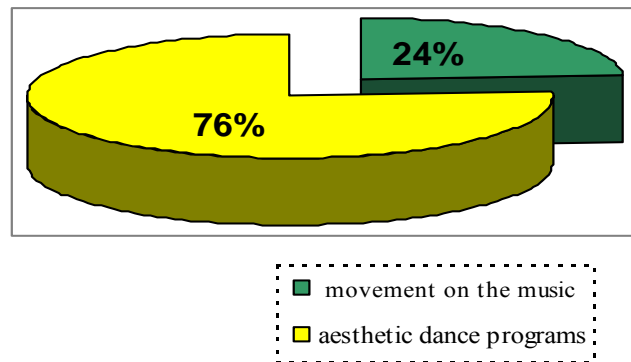
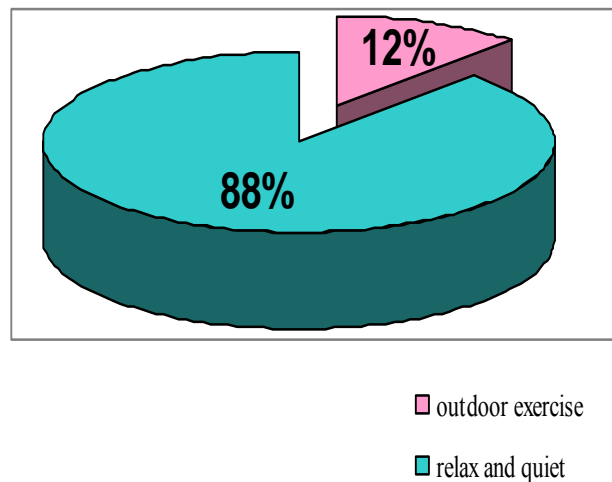


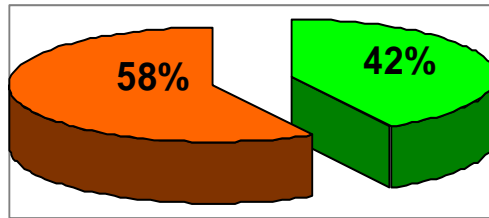
Chart 3. *The participants to the aesthetic dance*

- Also over 88 % responded that they feel more at quiet and relax after work rest received "beauty exercise". (Chart 4).



Chat 4. *The condition after outdoor exercise*

- 58 % said that they felt the next day still in a state of inner joy, mental relaxation - the rest were simply enjoyed the free exercise. (Chart 5)

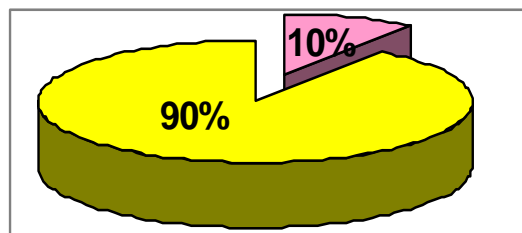


- outdoor exercise
- good condition next day

Chat 5. *The next day condition*

Other outcome of the program implementation is related to moral benefits.

- 90 % said they had reached a state of inner contentment and full integration in a civilized behavior the rest enjoyed the relaxing atmosphere by oxygenation of the nervous system. (Chart 6).
- 75 % said that they want to do more the rest are left to solve availability of free time, and getting spare time to be involved in the action of active rest in the dance hall or aesthetic in nature , recreation and outdoor atmosphere. (Chart 7)
- 30 % were still not familiar with the new trend, appeared on the market dance, aesthetic movement in the classroom and outdoors, a new project the rest were willing to find out information about this new trend therapeutic artistic. (Chart 8)



- Oxygenation of NS
- Inner contentment

Chart 6. *The benefits of the program*

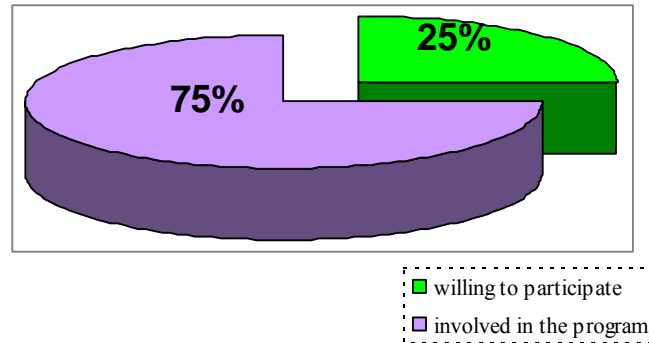


Chart 7. *Available for participation in the program*

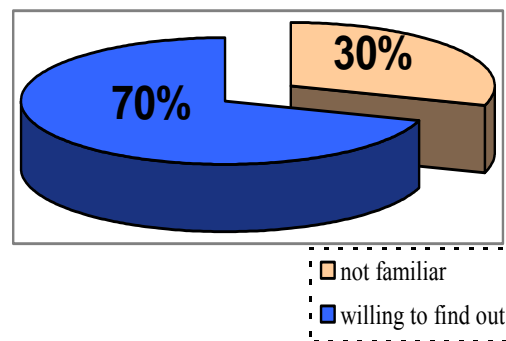


Chart 8. *Informed about the program*

Other social benefits like outcome of the program implementation are:

Examining the responses of those who responded to polls, we found the achievement of knowledge, friendships, collaborations between students from different faculties, and common modes of expression, timing aesthetic movement that frequently not had the opportunity to know, but not to share the same taste in aesthetics. Thus in these actions:

- have developed new relationships knowledge 80 %, the rest remained in perspective (Chart 9).
- were linked friends 65 %, the rest remained in perspective. (Chart 10).
- Collaborations were made and proposals 40 % - the rest remained in perspective (Chart 11).

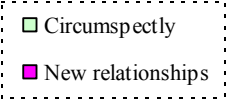
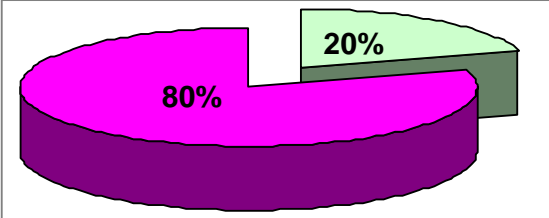


Chart nr.9. The new relationships benefits

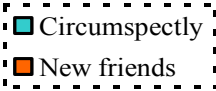
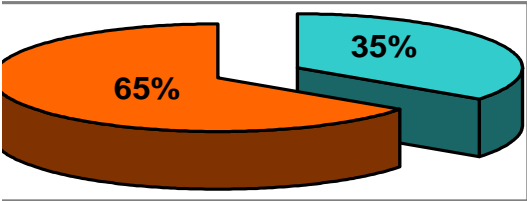


Chart 10. The new friends benefits

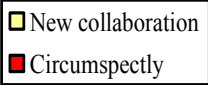
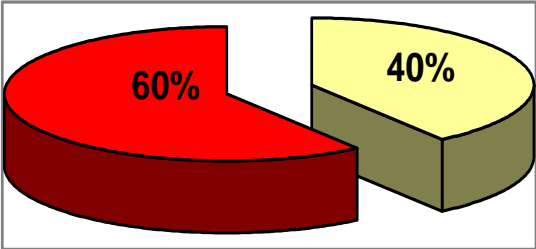


Chart 11. The new project collaboration benefits

6. Discussion

If at first, the number of males was reduced, over time the participation on their part was much higher, and the involvement in free movements became more expressive. From all those interviewed after, we found that female practitioners were more willing to participate in the program constantly. (Chat nr. 1, 2, 7, 8).

It also notes that many of those who participated in the program found interlocutors who share their views and states resulting from participation, contributing to social and casual communication (Chat nr. 3, 4, 5).

As a preliminary experiment, interpretation of results, highlights the validity of the hypothesis, and involves a challenge in the future. Although research results have an unstable, in that participants' answers came after a one to one program aesthetic movement or participation and involvement is up to the performer, simply by evaluating the expression physiognomy the performers, we find beneficial effects of the project (Chat nr.6).

In many situations occurring some communications that attracted people from all areas, regardless of gender or age (college freshmen, students in their final years at daily, or without attendance.) (Chat nr. 7, 8).

All of these were drawn from the behavior of participants during the program, contractors being aware at the manner of addressing those around them during movements, dance and action of others. Following each, to express themselves, creating beautiful in its own way. The positive side of the action emerges, is related to *breaking barriers between students*, between faculties which include students, participants in the project (Chat nr. 9, 10, 11).

7. Conclusions

- The experiment we made revealed the interest of young people to benefit from organizing as many "programs aesthetic dance halls and outdoor" as possible, and that the effects of these programs are felt by the participants.
- It also emerges the idea of "continuation of the project" and extending to the population of the municipality in as many areas of the county as a "dance aesthetic, musical background at mass level".
- Dancing, is "the ultimate balance mind and body".
- "The body must listen first of all mind" so that the man, everything should be beautiful: and mind, and soul, and body, and dance, and actually it reflects inner beauty, not only the exterior, reflects the human personality and his own way of being.
- Exposure and presentation of "aesthetic dance" by students, and teaching methods of teachers, led to interest young students for "aesthetic movement" and so "kind of dance", obtained a higher popularity turn.
- Dance aesthetic beauty in direct contact with the movement as it is called in some writings, the knowledge, the advantages it offers, and great result reached, is recognized as an "art of dance".
- Improve the work specific to this area was done by involving students in large numbers at both the college and university level.
- It creates such an interest and a special appreciation from students for "dance aesthetic" in detrimental of "dance depressed".
- Young business students need to express the "beautiful" art of thinking beautiful no, of "depressed" things,

producing a false impression, an impression illusory and misleading, deceiving and abusing the fragile psyche immature students.

- A greater interest from students, increased activity and sharing experiences with other students from other faculties, multiplying interdisciplinary projects.

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