

Original Paper

Analysis of the Impact of Learning Folk Dance on College Students

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Abstract

The thesis thoroughly researches the influence of learning folk dance on college students. Through analyzing the concept and characteristics of folk dance, the importance of cultural heritage, the current situation of learning, and the influence on college students' psychological, physical and cultural identity, it is found that learning folk dance has a positive influence on college students' comprehensive development. Learning folk dance can improve the comprehensive ability of college students, enrich their personal interests, improve their health and living habits, and enhance their identification with and pride in traditional culture. In addition, learning folk dance can help college students improve their self-knowledge and self-esteem, cultivate their social skills and sense of cooperation, and regulate their emotions and release pressure. Taken together, learning folk dance has a profound positive impact on the comprehensive development of college students, and provides useful support and assistance for the inheritance and development of traditional culture.

Keywords

Folk dance, College students, Comprehensive development, Cultural identity

1. Introduction

With the continuous development of society and diversified cultural exchanges, college students are increasingly interested in and concerned about traditional culture and ethnic folk art. As an important part of China's excellent traditional culture, ethnic folk dance has a long history and unique artistic style, and contains rich cultural connotation and national spirit. On university campuses, more and more students choose to learn folk dance to meet the pursuit of cultural heritage and comprehensive physical and mental development.

2. Overview of Ethnic Folk Dance

2.1 The Concept and Characteristics of Folk Dance

Ethnic folk dance refers to the dance forms that have been formed, passed down and handed down from generation to generation within a specific ethnic group or region. It is an important part of Chinese traditional culture. Unlike modern dance and western dance, folk dance reflects distinctive national and regional characteristics in both expression and dance content.

Its characteristics are reflected in many ways: firstly, folk dance usually originates from specific history, legends, customs or life scenes, has a strong cultural heritage, and represents the emotions and wisdom of the nation. Secondly, dance movements and rhythmic beats are closely integrated, focusing on the wholeness and coherence of the dance, forming a unique dance style. In addition, dance costumes, music and props are all important parts of folk dance, which complement the dance movements and together constitute the unique art form of folk dance.

2.2 Importance of Ethnic Folk Dance in Cultural Inheritance

Ethnic folk dance plays an irreplaceable role in cultural inheritance. First of all, it is a vivid carrier of national culture, which transmits the national history, traditional customs and values to the future generations through the dance form, so that the national culture can be continued and inherited. Secondly, folk dance contains rich national emotions and spirit, which can inspire people's deep feelings for the motherland and hometown and enhance the sense of national identity and cohesion.

In addition, folk dance is also a representative of regional culture, and the dance styles and expressions of different regions reflect the local customs and regional characteristics. They play the role of a bridge and a link in cultural exchanges, and promote mutual understanding and friendly exchanges among different nationalities.

3. The Current Situation of College Students Learning Folk Dance:

3.1 College Students' Knowledge and Interest in Ethnic Folk Dance

In modern society, with the trend of cultural diversification and globalization, ethnic folk dance, as one of the representatives of traditional culture, has received more and more attention from college students. Many college students have some knowledge of folk dance and understand its historical origin and characteristics. Its unique artistic expression and strong national cultural connotation have inspired young people's keen interest. Some college students think that learning ethnic folk dance is an important way to understand and inherit their own ethnic culture, and at the same time, they can experience the wonderful and fun of dance art.

3.2 The Situation of Teaching Ethnic Folk Dance on University Campuses

At present, the phenomenon of carrying out ethnic folk dance teaching on university campuses is becoming more and more common. Many colleges and universities have professional dance colleges or dance groups, which provide students with the opportunity to learn folk dance. In addition, some universities hold dance courses, club activities or cultural programs to provide a platform for students

to participate in ethnic folk dance. In these teachings and activities, college students have the opportunity to come into contact with folk dances from different regions and ethnic groups, expanding their horizons and enriching their cultural experience.

3.3 Motivation and Purpose of College Students Learning Ethnic Folk Dance

College students have different motives and purposes for choosing to learn folk dance. Some students are full of love for the art of dance itself and hope to improve their artistic cultivation through learning dance skills and expressions. Others are motivated by their passion for traditional culture and hope to understand and promote their own national culture through learning folk dance. Some students also regard learning folk dance as a way to exercise and release stress, as the graceful movements and musical rhythm of the dance help to soothe their mood and improve their physical and mental health.

4. The Psychological Impact of Learning Folk Dance on College Students

4.1 Self-concept and Self-esteem

Learning folk dance has a positive impact on college students' self-perception and self-esteem. Through the study and performance of dance, college students can deeply understand their own bodies and emotions, and gradually realize their own strengths and potentials. In the process of practicing, they will repeatedly think about the dance posture and movements, and constantly pursue the perfect performance, thus cultivating a high degree of concern for themselves and a rigorous attitude. This kind of self-perception enhancement helps to strengthen college students' self-confidence and self-esteem, and cultivate a positive mindset, so that they can better face the challenges and difficulties in life.

4.2 Social Skills and Sense of Cooperation

Learning folk dance cultivates good social skills and cooperative consciousness among college students. In the learning process, students need to work closely with dance teachers and dancers to rehearse and perform together. In this cooperative process, they learn to listen to and understand others' viewpoints, learn to cooperate and support each other with others, and develop the sense and skill of teamwork. At the same time, when college students perform dance, they can also communicate better with the audience, enhance communication and understanding with others, and further improve their social skills.

4.3 Emotion Regulation and Pressure Release

Learning folk dance plays a positive role in emotion regulation and pressure release of college students. Dance is an expressive art form, and through movement, rhythm and music, college students can vent their inner emotions and pressure and adjust them. In the busy study life, learning folk dance has become an outlet for them to vent their emotions and release pressure. The pleasurable experience and emotional catharsis of the dance help reduce the negative emotions of college students and improve the stability and positivity of their emotions.

4.4 Creativity and Imagination

Learning folk dance has a positive impact on college students' creativity and imagination. In the

process of learning and performing, students need to show their unique personal style and creative performance according to the theme and emotion of the dance. By creating their own dance movements and interpretations, college students are able to stimulate their creativity and cultivate their unique insights into art and aesthetic sense. At the same time, folk dance usually combines traditional elements and modern expression, and students' imagination is brought into play and expanded.

5. The Physical Impact of Learning Folk Dance on College Students

5.1 Dance Training and Physical Quality

The physical impact of learning folk dance on college students is mainly reflected in the improvement of physical quality through dance training. Ethnic folk dance emphasizes the dancer's body coordination, flexibility, strength and endurance, etc. Through repeated practice of dance movements and techniques, the physical quality of college students has been significantly improved. Long-term adherence to dance training makes their bodies more flexible and agile, enhances their physical endurance and stamina, and also increases their muscle strength and coordination, thus effectively improving their overall physical quality.

5.2 Improvement of Health Condition and Life Habits

Learning folk dance also has a positive impact on college students' health condition and living habits. Dance activity is a kind of aerobic exercise, through frequent dance practice, the cardiovascular system of college students gets exercise, the function of respiratory system and circulatory system is improved, which helps to prevent cardiovascular diseases and respiratory problems. In addition, dance training can also help college students maintain proper weight and body proportion and prevent obesity problems. During dance training, students also pay attention to diet and rest, and develop healthy living habits.

5.3 Posture and Body Shaping

Learning folk dance also has a positive shaping effect on college students' posture and shape. Dance requires students to maintain good body posture and form, and through repeated movement and posture training, it helps students correct bad standing, sitting and other bad habits, and gradually form beautiful body curves and posture. Dance training can also effectively improve students' physique, enhance their physical fitness and make them appear more confident and elegant.

6. The Impact of Learning Ethnic Folk Dance on College Students' Cultural Identity

6.1 Cognition and Inheritance of National Culture

Learning folk dance enables college students to have a deeper understanding of the cultural traditions and historical origins of their own ethnic groups. By learning the movements, interpretive plots and cultural connotations behind the dances, they are able to more comprehensively recognize and feel the unique artistic expressions and cultural characteristics of their own ethnic groups. In addition, ethnic folk dances are often related to specific regions and ethnic groups. By learning folk dances from

different regions, college students can also gain a deeper understanding of the ethnic cultures of various regions in China, promoting cultural diversity and multi-dimensional cognition.

6.2 Recognition and Pride in Traditional Culture

Through learning folk dances, college students develop a sense of identity and pride in traditional culture. With the modernization and globalization of the society, traditional culture is in danger of decline and forgetting, and the cultural identity of college students can precisely be an important link in the inheritance of traditional culture. Through learning and performing folk dances, college students can feel the charm and uniqueness of traditional culture, identify with their own national culture, and thus be more willing to actively participate in the inheritance and promotion of traditional culture.

6.3 The Role of Ethnic Folk Dance in College Students' Identity

Learning folk dance has a positive impact on college students' identity. On college campuses, students are in a multicultural environment and face the exploration and construction of identity. Learning folk dance provides them with a way to gain a deeper understanding of their own ethnic culture, making them more confident and determined in the process of identity. Dance is a kind of emotional catharsis and expression, through learning and performing folk dance, college students can better connect their emotional ties with their own ethnic cultures and form a more solid and three-dimensional identity.

7. The Impact of Learning Folk Dance on the Comprehensive Development of College Students

7.1 Enhancement of Comprehensive Ability

Learning folk dance plays a positive role in the improvement of college students' comprehensive ability. Dance learning covers various elements such as body coordination, sensitivity, expressive ability, emotional expression, etc. Students need to explore and expand their dance skills and expressiveness in their learning. Through repeated training and continuous efforts, college students' comprehensive abilities are exercised and improved, including independent learning ability, organizational and coordination ability, expression and communication ability. The improvement of these comprehensive abilities not only helps students develop in the field of dance, but also lays a solid foundation for their future career and personal growth.

7.2 Enrichment of Personal Interests

Learning folk dance enriches college students' personal interests. Dance is a discipline full of charm and artistry, and learning folk dance can arouse students' strong interest in the art of dance. Through the study and performance of dance, students discover a new way of artistic expression and further develop their own field of interest. Once a love of dance is cultivated, this interest will accompany them throughout their lives and may become an important driving force in their personal development and career.

7.3 Influence on Life Attitude and Life Values

Learning folk dance has a far-reaching influence on college students' attitudes and life values. Dance is an art rich in emotion and meaning, and learning folk dance enables college students to learn to

perceive life through the eyes of art and know how to cherish and be grateful. Dance training requires students to persevere and overcome difficulties, which cultivates their qualities of perseverance and courage. At the same time, as a form of expression, dance requires students to convey emotions and express thoughts, which makes them pay more attention to the emotions and needs of others, and cultivates the values of caring for others and being grateful to the society.

8. Conclusion

In conclusion, learning folk dance has a multifaceted and far-reaching impact on college students. Through the study and performance of dance, college students can get a comprehensive improvement physically and mentally, feel the unique charm of traditional culture, and enhance the sense of identification and inheritance of national culture. We believe that with the joint efforts of all of us, the craze of learning folk dance will continue to expand, contributing more to the inheritance and development of traditional culture, and letting folk dance blossom more splendidly in the college student group.

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