

The Application of Mass Therapy in Dance from “stepping dance”

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Abstract: Dance therapy as a cross subject study, psychology and medicine, the use of dance or action process for individual emotional, cognitive therapy include physical barriers, and the mass of dance therapy is to point to in daily social life, the use of individual independence or passive or impromptu dance movements, given personal body function and mental emotion to relieve and release, In order to achieve the effect of dance therapy. As a kind of self-entertaining mass dance with a long history in China, outing song has always demonstrated the mass therapeutic application of dance. Firstly, from the primitive period to the feudal society, outing song was a widely circulated self-entertaining folk dance activity in the Central Plains from Han nationality to ethnic minorities. Along with the historical changes, the development of Tsing can be divided into two main lines. One is the changing Tsing that can be traced in the Tibeto-Burman language groups -- Sarang of Qiang nationality; the other is the contemporary square dance with a wide audience in today's society. Therefore, we can start from the two paths of ancient and contemporary Tage to explore how "Tage" uses its own various elements to carry out mass rehabilitation and treatment, so as to achieve the harmony and unity of body, mind and soul.

1. Introduction

Dance therapy is also called the dance, "is to the body, action, dancing, applied to the psychological treatment, through the creative process and individual treatment relationship to promote physical, mental, emotional, cognitive, and social integration, it is an art and science of interdisciplinary, in Europe and the United States has 70 years of history, has a comparatively complete system of treatment. And dance therapy as a discipline in China's development relatively late, communicate officially entered the Chinese teaching in the 21st century, but the concern is dance therapy not only confined to the treatment of patients with clinical application, and for the public people in daily social life in the slow healing is also very effective, it is often the use of active or passive set exercises and impromptu dance moves, To achieve the soothing release of the individual body and spirit, so as to achieve the popular therapeutic effect of dance. Compared with professional dance therapy, this kind of therapy has a long history in China. Since ancient times, popular dance therapy has always been rooted in the land of China and subtly healed the vast masses of the people, and "tapping" is the most symbolic carrier of popular dance therapy. First of all, as an ancient singing and dancing activity widely spread in various regions and ethnic groups in ancient China, from the primitive period to the feudal society, people all obtained psychological

comfort and emotional release at the survival level through joyful singing, making it present the essential connotation of popular dance therapy. Moreover along with the historical changes, the extension from ancient times to today has rheological development as in a language can track a hackney-coach ethnic folk dance and the audience in today's society is widely extension type contemporary square dance, the people living in two different forms of extension level national sense of belonging and the slow of body and mind, The stepwise functional application of popular dance therapy is presented by tapping. It can be seen that popular dance therapy has always cured the vast masses of people from ancient to modern times, from passive to active, from internal to external. Therefore, this paper will take "Tage" as the perspective to illustrate the popular therapeutic application of dance from two aspects: ancient Tage and contemporary Tage:

2. Popular therapeutic application of ancient "Tage"

Since primitive times to the feudal society, the extension is a very old dance activities in our country, its form is relatively free, who was not involved in limit, there is no clear formation rules, lyrics impromptu, simple action and bright rhythm, strong repeatability, was later dance after it is defined as: "the extension, the ancients to denote the feet to section, singing and dancing crowd for Healing " (2). In history, the extension of the audience is very wide, by the love of the people on each nationality in each region, but limited to the people at that time, there is no concept of dance therapy, just dancing in different occasions , to express their pleasure freely at the same time accept the dance of exert a subtle influence on treatment effect, thereby gaining mental cure within.

2.1 Formation therapy of song in primitive period

The origin of outing can be traced back to the primitive period of slash-and-burn, in which collective dance was an essential part of human life. Problems during bamboo slips unearthed in Qinghai province to about five thousand years ago the dance lines painted pottery basin, and inner wall of the basin there is a collective dance scene - hair ornaments, dressed in a tail, hand in hand, round into a circle, the body is in a unified direction, neat and to dance, hair accessories and tail in the opposite direction, in fact this is present a pinched swing body posture, In contrast, this dancing form with arms and feet on the ground is very similar to the dance form of Tage, so the dance image in the painted pottery basin has been verified as the original form of Tage. In the primitive society period of poor living conditions, by means of this, the human is collective and strong participatory activities to get a sense of security, and the extension of this round as the core formation collective dance is the way to obtain such a strong emotion is the most straightforward - when people together around the bonfire, flames burn more flourishing, face to face looking at partners familiar faces, Heels the warm temperature of passing each other, hand in hand to be a no fault circle as a whole, along with rhythm and tidy to dance, then everyone feel the collective transfer through the round structure of power, and everyone is composed of one of the most important part of the strong collective, the circle of closed structure to give everyone confidence and courage to resist foreign against nature, Therefore, individuals can gain a sense of group belonging and survival security in the circle formation of collective dance, so as to seek inner stability and comfort and achieve the purpose of dance therapy. Round this collective dance form from the original period to continue to play an important role in today's society, "the mother of dance therapy" Mary Ann chase in group therapy is still in the form of circle, circle is used to establish the start of treatment team trust and rhythmic, and will come back to the circle at the end of the form, carry on some simple repetitive action to end the treatment process, The round form encourages healers to return to the warmth of the group, ensuring that each healer is in a warm and contented state without being attacked or hurt. After comparison, it was found that the therapeutic principle of song in the primitive period was

similar to it, both of them brought popular dance therapy to humans through the formation of group circle.

2.2 Action therapy of singing in the feudal period

With the progress of society and the development of civilization, human beings' understanding of nature and their ability to conquer nature were constantly strengthened, and the remarkable improvement of productivity changed the original social life of living and working together, thus gradually entering the feudal society period (475 BC to 1840 AD). The function of tramp song gradually changed from utility to self-amusement, so tramp song began to appear in different occasions such as festival celebration, funeral and wedding, farewell and so on, and became a very popular self-amusement dance in various regions. At the same time, in the feudal society of farming civilization is still limited in productivity, general populace living difficulties, facing the loess back hard-earned cultivates hide too much the fatigue of the unspeakable pain, and the body as a system, rules, work and life of multiple mixed pressure bearing extremely need short release, "for the realization of perceptual cognition, action is the absolute basis, since activity and vividness are the core of interaction between every creature and the world"^③, then the use of lively body movements to respond to the world and events will be a powerful way for the common people to express their depressive feelings and express their inner anxieties. Throughout "then People's arms pull each other and step on the land rhythmically" (4) "On the night of Lantern Festival, the emperor himself went to the Gate of Anfu to watch the lantern show. When he came in and out, many people joined hands and sang by the means of Tage. Hundreds of officials watched the show together, and it lasted all night ""(5) the extension, we can know from the above historical records, as the public dance for self-entertainment, its extension form is no rules, therefore can only be seen from the historical record song and dance, hand sleeve is linked together, at the foot of the steps is simple, With the extension movement characteristics of randomness and degrees of freedom, and the different dynasties period of feudal society a large number of people in daily life and festivals, it is with the help of a simple extension this posture, bright rhythm, strong repeatability of body movements to wanton pressure of body and mind into through the human body is the most familiar and most easy to accept: Cutting, stamping, etc to vent, resonance action, the physical and emotional heart to achieve the synchronous coordination fusion in an instant, thus make action guidance media, through the body to express release inner emotions, the irrational correction for soul thought for a moment, so as to achieve the feudal society period, the extension of the mass dance therapy.

3. Popular therapeutic application of contemporary "Tage"

In ancient China, when the people at the same time to express joy freely by the means of Tage, passive don't even know it accepted the extension of the potential of dance therapy, thus obtain the living comfort and emotional release inner psychological treatment, and as the changes of The Times, the development of science and technology, the extension of this ancient art form of dance at the same time of changing, Under the pressure of modern life, the public also began to perform active dance therapy with the help of the way of body dance.

3.1 The style therapy of Qiang Salang

In the 17th century, the Tibetan out song, which had been circulating for thousands of years in China, began to gradually disappear in the Han culture in the inland areas. The reasons for its decline are as follows: firstly, the Mongolian invasion destroyed the traditional Han culture, so the popular Tibetan out song customs in the past were also suppressed. Moreover, the emergence of the

bad habit of foot binding has caused unbalanced damage to the audience of tapping and dancing, so that the popular base of tapping and dancing has gradually weakened. Although this ancient art of the extension in the inland areas gradually disappeared, but traces can still be found in the Tibetan-Burman language family affected by the ancient Qiang culture. Tibetan-Burman language family is a language family in the Sino-Tibetan language family. "Qiang, Yi, Bai, Tujia, Hani, SuSu, Lagu, Naxi, Jingpo, Achang , Pumi, Jinuo, Nu, Dulong, Tibetan, Menba, Luoba 17 nationalities" 6, Take the Qiang people for example. Although the Qiang people today are quite different from the ancient Qiang people in the past, there are still many ties between them. In the traditional dance salang of the Qiang people today, there are traces of the ancient Qiang people's singing. Today's traditional dance forms of Guozhuang of Qiang Nationality "somewhere, is a collective dance, by leading, skills in all the columns a line or hold hands or arms circle back and forth, lower limbs flexible, rhythm and lively, forthright and sing, the dance, the collective somewhere qiang a direct line of succession is a long history of traditional dance. From the ancient Qiang folk dance in ancient times to the Dangxiang Qiang Dance in the Western Xia Period, until the final collapse of the Western Xia Dynasty in the first year of Baoyi in the Western Xia Dynasty (1227), The Dangxiang Qiang gradually developed into the Qiang people of today with the combination of internal migration and the change of time, and the traditional dance form of Tage also changed into Sarang. It can be seen that, As an ancient dance form, the Qiang people have long been involved in the essence of the Qiang people's blood from the primitive period to the present day. It has become an indelible spiritual mark of the Qiang people. Therefore, today's Sarang dance of the Qiang people can still reflect the collective memory of the nation's historical changes, cultural beliefs and living environment. This informal and unwritten traditional culture can be regarded as a real mainstream culture in some cases, because it is owned by the majority of people and represents the will of the majority of people. It can truly reflect the spiritual values of the Qiang ethnic group.

As significant steps forward in the history, therefore, relatively rich in living environment, fitness entertainment variety of today's society, the Qiang people still choose somewhere as work and daily leisure entertainment fitness, relieve stress and fatigue of the main entertainment, this is because the Qiang people can still top crotch, sitting crotch, turning crotch formation of the rhythm of the forceful feel like plain original character; Inside and outside the circle of flexible leg movements to feel the living conditions of ancestors in the treacherous mountains; Top crotch, sit crotch, turn crotch and other characteristic crotch movements feel the ancient Qiang nationality nomadic mark rich for the aesthetic concept of beauty; While the arm and other upper limb movements of the small range of dancing can be experienced in the narrow road walking on the road when the arm is constrained life habits. Today, therefore, can through the above constitute the Qiang people, Qiang somewhere unique style of rhythm in the nation's unique mark, feel the national history, folk customs, beliefs, and other content, get the national sense of belonging and a sense of pride, this is today's era of rapid development of the Qiang people's spontaneous adaptation buffer, In the carrier of the unique Qiang somewhere, people from the two aspects of body feeling and symbolic inwards, in participating in Qiang strong style of dance group identification of national spiritual culture, the collective step dance to find implicit in traditional metrical national spirit of contemporary resonance, so as to truly know yourself, to accept this, I reach inner mind of belonging and comfort, In fact, it is also the popular dance therapy carried out by the masses in the contemporary social environment through the unique style and rhythm of Salang folk dance.

3.2 The "space-time" treatment of square dancing

In today's society, besides the traditional dances of the Tibeto-Burmese language group, there is also the square dances of contemporary outing style. Although the extension is not in line with

square dancing, but both originated in life, in people, usually empty venues such as outdoor square, with the help of a simple body movements with a single order of music rhythm, group dance to amuse themselves, it seems that the square dance with the extension in the origin, form, features, functions, as well as the same place. Through the investigation, interview and sample analysis of the major square dance performance groups in Yinchuan audition of 2020 "Dai Alian" Cup Everyone to dance national mass dance, it is found that the main reasons for people to choose square dance are to strengthen their body, prevent diseases, relieve pressure, and enjoy the body and mind. First physiological aspects, square dance belongs to the aerobic exercise of easy to learn, rhythm strong electromotive force is weak, insist to take exercise can speed up the metabolism, promote blood circulation, stretches the body burn fat, strengthen bones, flexibility by square dance exercise at the same time, the consumption of physical strength can improve sleep quality, so as to improve the body constitution have strong body, prevent disease treatment effect; Moreover, in terms of psychology, with the rapid development of today's society, everyone assumes more responsibility and pressure. Square dancing, a free and relaxed dance form, can reduce the psychological discomfort brought by life, and communicate with groups who have the same preferences, so as to relieve the focus of life pressure and improve life satisfaction. The above investigation and analysis focus on people's physical and mental relief treatment through dancing itself. More importantly, the space and time of square dancing can also bring great healing to the masses. Square dancing is mostly held at night and takes place in squares. Under the dual function of space and time, the people participating in square dancing can get a real sense of a moment of physical and mental relaxation. First of all, a square dance more time for the night, it is the most relaxing moment of freedom in a busy day, and the square space is an excellent leisure venues, away from the daily worries pressure combination of both makes the square dance become a free and easy open entertainment, allowing participants to brief forget about stress and fatigue, physical and mental pleasure. Thus it can be seen that people can better perform popular dance therapy through dancing itself with the help of the time and space of square dancing.

3. Conclusions

As an interdisciplinary discipline involving choreology, psychology and medicine, dance therapy believes that mind and body complement each other. Changing the body can help change the mind, and changing the mind can affect the body. And dance at the same mass treatment principle of nature, the difference is that it is geared to the needs of the public mass foundation treatment, so it is relatively free space for development, with the aid of dance elements treatment, through the two stages of the extension of ancient and contemporary extension the mass dance therapy research can be found, Various treatments are used in different periods of the extension plays a distinct mass dance therapy effect, the original extension by the circle of group formation of human survive the comfort of the feudal extension by the nature of the dance movements enable people to obtain the release of emotions, rheological extension through the traditional style of rhythm makes people get people, The square dance and song is through the time and space to enable people to obtain the maximum physical and mental freedom to stretch. Therefore, by the "extension" visible under different stages, the mass dance therapy, all the elements of comprehensive use of dance to make active or passive treatment of people's comfort, release, attribution, soothing, fit the change of cognitive emotional and physical body treatment, so as to achieve the harmony of body and mind, heart, Makes the dance art truly comes from the public life and serves the public life!

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