

**МЕТОДОЛОГІЧНІ ЗАСАДИ ПІДГОТОВКИ ФАХІВЦІВ У ГАЛУЗІ
МИСТЕЦЬКОЇ ОСВІТИ**

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**WAYS TO OVERCOME THE STRESS OF THE INDIVIDUAL
IN THE PROCESS OF MASTERING CHOREOGRAPHY**

Stress is something that affects everybody. Age or gender doesn't matter when it comes to stress; it catches up to all of us, and affects everyone in different ways. It has multiple meanings, and isn't just a negative term as it has been deemed though, as there could be stress that is good as well. Dance performers especially can relate to this term, as stress plays an important role in their perceptions of how they will perform, or whether they think that they can perform.

Stress is a very broad term. It can be defined multiple ways, and often depends upon perception. In its basic form however, stress is defined as «a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances» [4]. As stated, even though stress has a negative connotation, especially in today's fast-paced society, it doesn't necessarily have to be a bad thing. Stress is the general term, but there are two more terms a bit more specific for defining stress: eustress and distress. Eustress is «the good stress that motivates you to keep working» [1]. This type of stress is the stress that is channeled by the person, and put to good use.

An example would be having to study for a huge test, and using the stress as a motivator. For dancers, this applies when they use their stress before a performance to good use by motivating them to do their best. On the other end though, there is distress. Distress is the more common of the two, as this is what people usually associate stress with in the first place. Distress is «when the good stress becomes too much to bear or cope with» [1]. An example of distress for a dancer would be having too much anxiety before a performance. A little anxiety is helpful, as it can get the adrenaline flowing, which can be used as eustress, but too much anxiety may lead to an overwhelming experience where the stress seems too much to handle. These two generalizations of stress are important to distinguish between, as it is important to know that stress can be both good and bad.

Medical journals say that there are three types of different stress, most of which are distress, but some can be eustress. The first is stress from pressures from daily life, like school, work, and family responsibilities. The second is stress from a sudden negative change, such as a sudden death or

sudden illness. The last type is traumatic stress, when is triggered when your life specifically is in danger. This could also lead to post-traumatic stress disorder, which is a disorder in which the person relives those traumatic events without control of them [5]. Though the last two types are very important to understand, the first one is most related to how stress affects dance students, especially children in the Performing Arts school. There are many pressures that face these children, especially living in such a fast-paced society, and living in such a quick and hustling city as Philadelphia. While it is important to note the immense pressures that these children face and how this affects their thoughts and performance in dancing school, it is more important to first understand the causes of stress, and the symptoms of it as well.

There is not one answer to what the cause of stress is. People react differently to different situations, so it is hard to pinpoint an exact answer to that question. However, there are commonalities among the causes of stress, which can be both physiological and psychological. The physiological and psychological causes are often intertwined when discussing what causes stress exactly. Though the first type of stress discussed is the most relevant for children, the other two cannot be ignored. As stated, the first type of stress is caused from pressures from daily life. These are any daily stressors that have an impact on yourself [7].

These include getting stuck in traffic, fighting with friends, having to speak in public, being late for a job, or in the case of a dancer, having to perform in front of a large audience. The list goes on and on for the causes for the first type of stressor, as it is most common. The stress usually starts in a person's perception (i.e. the psychological aspect), as one person may be stuck in traffic and worry they will be late for work, while another person stuck in traffic may turn on the radio and know they can't do anything about the situation. To put it in dancing terms, one performer may be stressed to perform because a lot of people are watching, while another performer may like the attention and is not stressed at all. Perception, or the psychological aspect, is the first step in the process [7]. Next, the physiological aspects happen, as the stressed performer may start sweating and forget what they have to do. The symptoms will later be discussed, but that is how the psychology and physiology is related to the causes of stress. These stressors do not have to necessarily impact you in a negative way though. One could use that stress and pressure (i.e. eustress), to push themselves to accomplish things they wouldn't normally be able to. Further discussion of that topic will be brought up in ways to cope with stress.

The second type of stress is caused by sudden changes in lifestyles. This is a step more serious than the first type of stressor, as it is not something that would normally happen to a person, as the key words for this type are «sudden» and «unexpected» [7]. Some examples for the causes of this type of stressor are children facing their parents' divorce, a parent getting a divorce,

losing a job, getting kicked off a team, or relating to the topic, not getting the role in a performance you wanted and really thought you would get it. Though the causes of the first type of stressor are more common and more abundant especially in younger children's lives, this type of stressor nonetheless affects many children as well. Parents getting a divorce can be relevant for children, as this could be sudden and fall under the second category of stress. Depending on how the situation is handled, the child's stress can be either greatly impacted by this life change, or minimally impacted. Usually for something that serious though, the stress is greatly impacted in the child. Also, the last example used, someone not getting a role they thought they would get, is impacted greatly in children especially.

We develop coping mechanisms for stress as we grow older and face similar situations, so when something like this first comes about, it can be detrimental for children and can immensely stress them out. Like the first type of stressor, this stressor also involves the psychological and physiological aspects too. Similarly, the first step is the perception of the stressor, like the performer who becomes stressed when they suddenly don't get the part they wanted. This impacts the brain more severely than the first type of stressor, as they are not prepared for that outcome, and they may be facing this for the first time. The physiological aspect is then more severe than the first type since the perception is more extreme. The symptoms will later be discussed, but it is important to know that this is more severe than the first, daily stressors, but less serious than the third, life-threatening stressors.

The last type of stressor is caused by fear-of-life situations. These causes are the most serious of the three, as they are also the least common. Examples include being in a war, living through a natural disaster, being in a car crash, or being attacked or mugged on the street. This type is highly influenced by the fight-or-flight response we have, which is activated when we are in dangerous situations and increases adrenaline [7]. It is highly dependent on the physiological aspect of stress, though the psychological aspect is found in the person's perception of whether they think they are in a fight-or-flight situation. This is the most extreme way the physiological and psychological ways of how stress is caused. Though this type is the most extreme of the three, it doesn't necessarily have an effect on a dancer and their performance, as the first two types of stressors are the more relevant to that topic. As the first two are the most common types of stressors, especially the first type, it is important to understand what causes them. As we can see the causes, the next step is to define and understand the symptoms of stress.

Like the causes, the symptoms of stress are numerous and dependent upon the stressed person. They vary in degree, though there is agreement in common symptoms, and there is also a connection between the physiological and psychological aspects to the symptoms as well. Stress affects us in three broad categories: body, mood, and behavior. They are all intertwined within

the psychological and physiological aspects, but starting with symptoms of stress from the body, this is mainly physiological. Some symptoms of stress from the body include headaches, muscle tension, fatigue, upset stomach, and sleeping problems [2]. The second effect of stress, the one on one's mood, is mainly psychological. Symptoms for this type include anxiety, restlessness, irritability, and depression. The final symptoms are behavioral symptoms. While stress symptoms from the body are mainly physiological, and symptoms of the mood are mainly psychological, behavior is more of a combination of both physiological and psychological. Behavioral symptoms include overeating or undereating, drug or alcohol abuse, social withdrawal, or angry outbursts [5].

As stress is an everyday aspect of life, it shouldn't be too concerning to experience some of the bodily or mood symptoms discussed. It is very normal for dancers to experience maybe a little muscle tension or anxiety before a big performance. It should become an issue when the behavioral symptoms, such as drug or alcohol abuse, start appearing. Though this behavioral symptom doesn't apply to child dance performers, they can still show symptoms through tantrums, and blatantly showing how overwhelmed they are. It is important to understand the symptoms to find ways to help with stress, and ways to either reduce it or use it to one's own advantage.

Now that the questions of what stress is, what the different types of stress are, and what are the causes and symptoms of stress are all addressed, it is important to look at how to cope with stress. Without trying to get some relief from stress, it can continually add up until it completely takes over the person and overwhelms them to the point of a nervous breakdown. Some steps are crucial in finding relief from stress, as it not only helps sustain unwanted distress, but also can lead to a better and healthier lifestyle. The first thing you need to do in relieving your stress is to make stress management a major goal, and monitor your stress. As you build a list of what stresses you, you can begin to see patterns and figure out what is stressing you the most and hurting you the most too. You would focus on these stress triggers and try to reduce stress through focusing on them. Depending on how the stress is triggered or what triggers it, you may need to try different techniques to find the right relief [5].

According to the National Center for Complementary and Integrative Health «relaxation...slows the heart rate, lowers blood pressure, and decreases oxygen consumption and levels of stress hormones... Voluntarily creating the relaxation response through regular use of relaxation techniques could counteract the negative effects of stress» [6]. It is important to use some relaxation techniques so the stress doesn't build too much. Some techniques include progressive relaxation, bio-feedback, imagery, and deep breath exercises [6]. Another form of relaxation is meditation. Meditation is clearing one's mind of all thoughts and only focusing on what is presently going on [3].

It tries to put you in a positive frame of mind by clearing out all of the bad and focusing only on the good. Some forms of meditation are mindfulness, guided meditation, tai chi, and yoga. Though these exercises may not work for everyone, meditation nonetheless aims to «restore your calm and inner peace» [3]. It is important for stressed people, especially dancers and performers, to find a stress relief that works for them. It not only helps them relieve unwanted stress for big performances or dances, but can also be used in everyday life stress as well. It is important for dancers to look into techniques that help them best, as there are numerous ways to relieve stress which can vary depending on the person.

Now that all aspects of stress have been explained in detail, we can look at the big picture: how does stress affect a dancer? There were numerous examples throughout the paper, but it is important to connect them to the bigger picture. There are many situations dancers are faced with when stressed. As stated, that stress can be either good (eustress) or bad (distress). One situation could be a dancer having his/her first solo performance. Every person is different, so depending on the dancer, the perception can either be positive or negative. One dancer may see this as an opportunity to prove themselves and impress an audience all by themselves. However, if it is a young child, more often than not, eustress may not be the type of stress they are feeling. If it is their first time, then distress would more often appear.

The symptoms might show up leading up to the performance, so it is important to note when these symptoms appear. The performance is an easy stress trigger to target, so if the symptoms appear early, the person should start looking into stress relief techniques to help them ease their mind. Another example would be if a dancer got a bad injury from dancing, and then was able to dance again. Would they? Again, it is all dependent on the person's perception. They may have seen the injury as a setback and used it as a challenge (i.e. eustress), but more often there would be some high level of anxiety going back into dancing especially after an injury. Stress relief would be extremely important for this example, so the person can stop associating the injury with dancing and focus on the good that comes from dancing. Once the stressor is defined, the stress relief is an important step because it could be a game of trial and error. Each person has to pick their own technique that best suits them, and use it to their advantage. Dancers are under a lot of pressure, especially the younger ones who may perceive the task to be a bigger issue than it should be. It is important to understand the stress in order to relieve it.

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Charova N. Ways to overcome the stress of the individual in the process of mastering choreography.

This paper will look at what stress is, the different generalizations and types of stress, the causes and symptoms of stress (both physiologically and psychologically), ways to cope with stress, and how dance performers and stress are related (i.e. how it can help/hurt them).

Stress is a very broad term that is often used synonymously with distress. Not all stress is bad, as some can be used to push yourself, but most of the time stress is a problem for all of us. Dancers can be put under a lot of stress, so it is important to look at the causes, symptoms, and stress relief techniques in order to help them. In order to suppress stress, one must come to an understanding of what it is, as this paper shows.

Knowing these facts can help a lot of people reduce stress in their lives, as it not only applies to dancers, but anyone in general.

Keywords: stress, distress, eustress, causes and symptoms of stress, relaxation techniques, stress management, stress relief techniques, choreography.

Шарова Н. Шляхи подолання стресових станів особистості у процесі оволодіння хореографічним мистецтвом.

У статті розглядається стрес як явище, дається його узагальнене визначення, аналізуються його типи, причини та симптоми (як фізіологічні, так і психологічні). Розглядаються методики подолання стресу, його вплив на танцівників у їхній виконавчій діяльності.

Стрес – це дуже широкий термін, який часто використовують як синонім лиха. Не всі види стресу однозначно погані. Деякі з них можуть

бути використані в мистецькій педагогіці, з метою задати імпульс, підштовхнути себе, однак у більшості випадків стрес є серйозною проблемою в процесі навчання танцюристів. Люди, які навчаються хореографічному мистецтву, часто можуть відчувати стресові відчуття, тому дуже важливо діагностувати причини і симптоми стресу, а також визначити методи його зняття. Резюмується, що для подолання стресу, людина повинна прийти до розуміння його природи і закономірностей, а знання цих засад може допомогти багатьом нівелювати стрес не тільки в період навчання, але й при необхідності в повсякденному житті в цілому.

Ключові слова: стрес, дістрес, симптоми стресу, стрес-фактор, медитація, релаксація, хореографія.

Шарова Н. Пути преодоления стрессовых состояний личности в процессе овладения хореографическим искусством.

В статье рассматривается явление стресса, даётся его обобщённое определение, анализируются его типы, причины и симптомы (как физиологические, так и психологические). Рассматриваются методики преодоления стресса, его влияние на танцовщиков в процессе их исполнительской деятельности.

Стресс – это очень широкий термин, часто употребляющийся как синоним бедствия. Не все виды стресса однозначно плохи. Некоторые из них могут быть использованы в художественной педагогике, с целью задать импульс, подтолкнуть себя, однако в большинстве случаев стресс является серьёзной проблемой в процессе обучения танцоров. Обучающиеся хореографическому искусству часто могут испытывать стрессовые ощущения, поэтому очень важно изначально диагностировать причины и симптомы стресса, а также определить методы его снятия. Резюмируется, что для подавления стресса человек должен прийти к пониманию его природы и закономерностей, а знание этих фактов может помочь многим нивелировать стресс не только в период обучения, но и при необходимости в повседневной жизни в целом.

Симптомы, вызывающие стрессовые ощущения, могут появиться у танцоров в период интенсивного роста производительности, поэтому очень важно выявить, когда именно эти симптомы появляются. Повышенная производительность стимулирует появление легкого стресса и если эти симптомы начинают проявляться, то человек должен начать искать методы снятия стресса уже на этой ранней стадии.

Ключевые слова: стресс, дистресс, симптомы стресса, стресс-фактор, медитация, релаксація, хореографія.

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