

# Research on Improvement of Emotion Expression in Performance Teaching

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**ABSTRACT.** *Stage performance is a performing art, it usually refers to dance performances, supporting performances, singing performances, etc. The soul of the stage should be emotion, which requires the performer to analyze the emotional experience of the character before performing, and to show the audience a vivid story and character image through the form of the stage. The expression of emotion in performance teaching is studied, which not only represents the author's creative emotion and thinking, but also represents a kind of cultural connotation and life concept. In teaching, we need to constantly improve the love of performance, solid basic skills of stage performance, to stimulate students' interest in stage performance, so that students love the stage performance cause. In the teaching of stage performances, we should also pay attention to the training of students' basic skills, deepen their experience of performing works, and show their thoughts and feelings. In the context of the present cultural development, the development of stage performance education has ushered in spring. The expression of emotional expression in stage performance will be studied, and specific methods will be pointed out to help the stage actors to master the emotion in the stage as soon as possible, thus showing the best stage effect for the audience.*

**KEYWORDS:** *performance; Teaching; emotional style; expression*

## 1. Introduction

As a kind of performing art, stage performance usually refers to dance performance, supporting performance, singing performance, etc., its origin is early, mainly through the human body to complete all kinds of elegant movements, and then form a visual appreciation to the audience. At the same time, the stage will generally be accompanied by music, and is the main means of action node. However, the soul of the stage should be emotion, which requires the performer to analyze the emotional experience of the character before performing, and to show the audience a vivid story and character image through the form of the stage[1]. However, this kind of emotional knowledge reflects the emotional form of the performer's role, which exists as a main body, which makes the actor unable to form the leading emotion, and needs the actor to use the body action to realize the character's emotion. And the

realization of the role of emotion is shown, and then it shows the audience a profound image of the role. Because emotion plays a very important role in stage performance, it is the soul of stage. Stage performance is one of the visual arts. Generally speaking, stage performers convey their inner thoughts through physical movements, so that the audience can understand the beauty of the physical stage performance, and at the same time realize the feelings spread in the stage performance. The stage performance with emotion is the perfect stage performance. In this paper, the expression of emotional expression in stage performance will be studied, and specific methods will be pointed out, so as to help the stage actors to master the stage as soon as possible, so as to show the best stage effect for the audience[2].

## **2. Importance of Emotional Expression in Performance**

Emotion, as the soul of stage, can embody the character of stage and give people a vivid image. Therefore, before performing on stage, stage actors need to understand the characters' emotion and theme thoroughly and form their own cognition. Then, the understanding of the role into the stage action, through physical behavior to the audience, thereby bringing visual enjoyment to the audience[3]. In general, a stage work will have one or several characters. When creating these characters, the author infuses different emotions and forms unique characters. In this way, it is necessary for the stage actors to change their expressions according to the background, music and the author's creative feelings, so as to show different ideological and cultural connotations for the audience. It should be noted that the emotional expression in the stage works is not determined by the subjective emotion of the performer. It should be based on the author's creative emotion, incorporate his own understanding, and use the body to express it. Thus, it can be seen that in the stage performance, the actors show the correct expression of emotion, which is an effective way for the actors to correctly transmit the author's creative feelings to the audience, and is also the necessary way to improve the vitality of stage works. Therefore, it is very important to show the expression of emotion on stage[4].

## **3. Methods of Improving Emotional Expressiveness in Performance**

### ***3.1. Improve the love of performance, solid stage performance basic skills***

Because of the influence of many factors, many stage performers lack the understanding of the artistic essence of stage performance. For example, college stage performance students, when they study stage performances, most of them study stage performances because they can get further education and employment by learning stage performances well. In stage performance studies, many teachers also pay attention to the training of stage performance skills. No attention to students' emotional dynamics, no understanding of whether students have a real

understanding of stage performance[5]. Over time, many students lack a certain interest in stage performance, of course, no love for stage performance. Such a cold art performer, is not in the performance of their own emotional integration. In order for students to be able to integrate their emotions on the basis of understanding their works' emotions, and then sublimate the nature of stage performances and arouse the audience's resonance, the first thing to do is to stimulate students' interest in stage performances. Let students have a passion for stage acting. When students have a mood of respect for stage performance, they will melt into emotion, understand the appeal of stage performance art, and thus obtain different artistic effects and improve their emotional expression of stage performance[6].

Stage performance is both an art and a technique. Technology is the foundation of stage performance, and the foundation plays an indispensable role in the performance of stage performance. However, in the present stage performance education, many teachers and students lack a correct understanding of the teaching and learning of the basic skills of stage performance. There is a disdain for basic skills. However, stage performance is a particularly obvious art of technical performance. If you want to have an obviously contagious effect, let the audience resonate and get emotional experience, you must have a solid basic skill, if you do not have a solid basic skill. Many movements are very difficult to complete, and talk about the artistic appeal of the performance. Therefore, in the teaching of stage performance, we should pay attention to the training of students' basic skills[7].

### ***3.2. Deepen the experience of performing works and express thoughts and feelings***

The process of stage performance with emotional expressiveness is that the performer, on the basis of his personal experience, realizes the thought and emotion of the stage performance itself, fuses his own thoughts, and performs the works incisively and vividly. Therefore, before performing, the performer also needs to know and experience the emotion of the work. Many students majoring in stage acting learn a new stage show by simply using the "tape" method to pause and imitate the video until they are proficient. While this approach allows the performer to learn to perform on the stage, emotional expression is difficult to perform. Therefore, it is necessary for performers to make a comprehensive analysis and understanding of stage performances before learning to perform on stage[8-10].

The analysis is divided into three stages: (1) text analysis. Performers should have a certain understanding of the background of the emergence of the work, look up the author's personal information and the style of the work, to understand all aspects of the work, and get a preliminary understanding of the work. (2) emotional experience. Performers want to imagine themselves as characters in their works, through empathy, according to the author's thoughts and feelings and the background of the work to carry out personal emotional experience, to produce perceptual understanding of the work. (3) try to perform. Performers will experience the emotion into the movement of the dance, grasp the emotional characteristics

contained in the work, found that the action is not standard, emotional performance is not enough to improve timely, as far as possible to form their own style of expression. The emotional experience of works is the most important link in learning stage performance, its function cannot be ignored[11].

### ***3.3. Improve individual's overall quality and raise the height of visual angle***

Stage performance this art is never independent of music, literature, art, history and other disciplines, pure stage performance technology cannot be infectious. But if the performer has rich culture and has a higher perspective to view the meaning of the work, it will bring people more emotional interaction[12-14]. Take the peacock dance as an example, the stage performer Yang Liping has the vivid feeling when performing the peacock dance, is she has the profound understanding to the peacock dance. Peacock dance from Yunnan, Yunnan believe in Hinayana Buddhism, peacocks belong to its sacred. So people in the performance of peacock dance with a pious heart. Without this understanding, it is difficult to express the original feelings and ideas of the work by simply imitating the stage performance. Therefore, a stage performer in learning stage performance, need to dabble in the knowledge of various disciplines, improve their overall cultivation, in the work has a rich emotional experience, can express the emotion of the work and form their own style of performance[15].

## **4. An Effective Approach to the Expression of Emotion in Performance Teaching**

### ***4.1. A thorough interpretation of stage works***

The creation of stage works not only comes from life, but also reflects the author's creative thinking. It not only represents the author's creative emotion and thinking, but also represents a kind of cultural connotation and life idea. Because different writers have different views and different understanding of art, the formation background and emotional basis of stage works are different. Therefore, stage actors should deeply interpret the stage works and understand the social environment created by the works, so as to help the actors to express their feelings better[16]. Secondly, if the performer wants to depict the character image, he also needs to interpret the social stratum of the character and find the mark point of the character, and then, in the stage performance, fully reflect the character's mark point. And the character of the performance of a more distinct. Begonia character archetype is a Peking opera artist, and lived in the Republic of China. Visible, its social status at that time is relatively low, is not recognized by people. In addition, during the period of the Republic of China, the image of women in Peking Opera was mostly played by men, and the living space of female Peking Opera artists was relatively small. Based on the background of the character's creation, the stage actor

should think deeply about the character. Although it has tragic color, it reflects the tragic life of the female entertainer of Peking Opera in that period. But its long-standing success can be seen that it has a strong spirit of artistic dedication. In the process of stage, not only the tragic performance of female Peking Opera artists, but also the strength and tenacity of Begonia. Therefore, the stage actor should master the emotional expression of the stage performance after the interpretation of the role, so as to present a vivid "begonia" for people.

#### ***4.2. Careful capture of the image of the stage***

The emotion of the stage character is usually manifested by the physical action of the stage actor and gives people a certain stage image. Especially in the process of emotional transmission, the audience will bring a strong image impact. Therefore, the actors should capture the characters carefully so as to show them vividly. Then, through in-depth understanding and intensive training to improve the body movements of actors' proficiency. It should be noted that the characters of stage works are derived from life and deeper than life. They have obvious character characteristics and can be displayed through specific body movements. For example, if you want to show the role of an elderly person, you can do it by bending or bending down, stumbling and so on, and the hero character is usually an imposing, vigorous figure. The actor can be reflected by raising his head and raising his chest, etc. Therefore, performers should pay attention to the capture of stage images in order to achieve the overall expression of the characters. Stage actors should understand the child's character and routine during the performance. For example, bouncing around, a smile and so on, to show the child's enthusiasm and innocence. If the audience can not realize that this is the image of a child in the viewing process, then the stage work should be a failure, and the stage actor's grasp of the character image is not in place, thus bringing the audience a deviation in understanding. Therefore, stage actors should capture the stage image carefully in the process of life and training, so as to highlight the image characteristics of the characters, so as to facilitate the audience to distinguish the characters and realize the understanding of the stage works.

#### ***4.3. Fully explore the stage works in the music color***

Although emotion is the soul of the stage, it can be strengthened by the color of music. For example, when performing a tragic role, the stage actors can play sad music to strengthen the emotional transmission of the audience, thus helping the audience to accurately understand the location of the stage role. This is mainly because music can create a kind of artistic conception for the performer, and then lay the emotional expression of the work. Also, actors need to be emotional before the performance, and the musical rendering allows the actor's emotions to come in faster and present the best performance. For example, in the stage work "Spring River Flower Moon Night", the rhythm of music is relatively clear, gradually changing

from slow to fast rhythm, thus creating a beautiful, profound artistic conception, and then constructing a beautiful "Flower Moon Night." The performers then show the serenity and beauty of the night by performing props and looking around. With the ups and downs of music, the stage gradually to the climax, thus to the audience on the visual and auditory impact. In this process, the development of the concert stage works plays a great role, and provides a good condition for the stage actors' emotion to be brought into and rendered. Therefore, actors should fully express the musical color of stage works and attach importance to the role of music on the stage.

## 5. Conclusions

As the soul of stage, emotion plays a very important role in promoting stage art. Therefore, the stage actors should pay full attention to the expression of emotional expression in the stage performance, deeply interpret the stage works, capture the stage image in detail, and make full use of the emotional rendering function of music. In order to show people a profound, vivid stage image, and then convey to the audience the connotation and spirit of the stage works, and finally show people an excellent stage works. In the present cultural development background, stage performance education development ushered in spring. Stage performance learners should fully seize this opportunity to break through the bottleneck of lack of expressiveness in stage performances, so that the quality of stage performances can be substantially improved, thus bringing about positive effects in all aspects. Let the performance career because of emotional expression to get greater development.

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