

The Impact of Chinese Folk Dance Education on Youth Personality Development

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Abstract: Chinese folk dance education is an important part of China's excellent traditional culture, a vehicle for carrying forward the spirit of the excellent Chinese culture, and an important way to cultivate the correct outlook on life and values of young people. Folk dance has profound connotations and rich artistic expressions. At present, young people's ideology is gradually being impacted by western pluralistic values and popular fashions, which, coupled with the special nature of young people's physical and mental development, has led to certain problems in dance education with Chinese characteristics. Therefore, Chinese folk dance education should be combined with youth personality development, and its positive impact on youth development should be explored from both the cultural heritage and social practice levels. Based on this, this paper analyses the current situation of the influence of Chinese folk dance education on the personality development of young people and puts forward corresponding suggestions in the hope of improving the influence of Chinese folk dance education on the personality development of young people.

Keywords: Chinese folk dance; Personality; Education; Mental health

Introduction

In order to further study the influence of Chinese folk dance education on adolescents' personality development, Chinese folk dance education carries on China's traditional culture, so that adolescents can better understand, learn and appreciate Chinese traditional culture, thus inspiring them to have more love and reverence for the national arts and the outstanding works of the motherland. At present, young people's mindset is influenced by the pluralistic values and fashions of the West, and the special characteristics of their own physical development lead to a more radical way of thinking, and dance is the best way to vent their emotions. In traditional Chinese culture, Chinese folk dance and music combine to present a unique aesthetic and rhythm. This is because music is one of the expressions of the laws of human movement and psychological characteristics, as well as one of the factors that make up the unique rhythm of traditional Chinese dance art. Therefore, Chinese folk dance education can play a good role in cultivating a healthy personality in young people.

1. The important influence of Chinese folk dance education on the personality development of young people

1.1 Chinese folk dance can enhance the aesthetic needs of young people

Dance is one of the earliest forms of human art and has played an important role in the development of human civilisation. As an indispensable part of our traditional culture, Chinese folk dance education has always been an important spiritual and cultural activity in China. It plays an active role in the promotion and development of traditional national culture. Traditional Chinese dance not only influences the development of young people's personalities in contemporary times, but also had an equally important impact on people in ancient times, who lived in a natural economic society dominated by agriculture and were influenced and infected by the beauty of natural scenery and animals after long-term contact with nature. With the development of the times, aesthetic consciousness is increasing, and people are beginning to pay attention to other spiritual pursuits beyond the material world and have developed aesthetic and cultural needs. Many of China's outstanding folk songs and dances

have distinctive artistic characteristics and cultural connotations, for example, the performance style of various characters in Beijing opera is a form of traditional song and dance art that has been developed and passed down to this day. Young people are in the process of growth and development, and their aesthetic awareness is gradually maturing. This also requires dance teachers to actively guide young people to properly understand and treat issues such as traditional Chinese folk culture and its art forms. They should be trained to grasp the rich ideological content and spiritual connotations of Chinese folk dance works and to use the folk art language to express and communicate in their creative performances to promote their personality development.

1.2 Chinese folk dance education can effectively enhance the mental health of young people

Chinese folk dance education is an important part of the excellent traditional culture of the Chinese nation, and is also an important way to promote the national spirit and spread excellent culture. When educating young people in Chinese folk dance, we should take into account the characteristics of their physical and mental development to cultivate their artistic qualities, improve their aesthetic sensibilities and moral cultivation, so that young people can form a healthy psychology by osmosis. Chinese folk dance can enhance young people's ability to regulate themselves psychologically. With the development of society and economy, traditional concepts have been impacted by the pluralistic culture of the West. With the rapid development of science and technology and the Internet, some social phenomena in China have been magnified and serious moral slippage has occurred. Against such a background, young people are prone to mental stress, and such emotions can in turn have a negative impact on them. Therefore, we should strengthen the study and grasp of the relationship between the balance of the spiritual world and the material world of students, so that they can correctly face problems such as stress and worries that arise in life, study and work; at the same time, we should also strengthen the construction of students' self-psychological adjustment capacity, so as to help them eliminate the harm and influence caused by bad emotions. The second is to cultivate a healthy and positive mindset among students. In real life, some young people often develop a pessimistic and despairing mentality. The reason for this is mainly due to the influence from society, family, school and other aspects that lead to an imbalance of mind. Therefore, Chinese folk dance education should also focus on enhancing students' ability to correctly understand their emotions and self-regulate, and cultivate a healthy and positive mindset through various forms, while using music and body language for self-psychological regulation. Chinese folk dance can also help to ensure that young people have an accurate understanding of the laws of social development. Young people are at the peak of their physical and mental development and are faced with many temptations and pressures that need to be adjusted in time to avoid psychological deviations, as well as to improve their own cultural cultivation so that they can maintain a clear mind and a good attitude in a multicultural environment. Chinese folk dance education can help young people to enhance their aesthetic sensibilities, strengthen their self-confidence, and make them more receptive to different ideas and influences in society; it can make them more courageous in facing setbacks and difficulties, thus cultivating a correct view of society and their own development, and improving their ability to resist setbacks and stress.

2. Current situation of folk dance education in China

2.1 Insufficient attention to folk dance education

Most schools in China do not accurately understand the importance of Chinese folk dance education, which is a representative art form in China and an important carrier to show the history, culture and style of our nation, as well as a medium to express the emotions of the Chinese nation. In learning Chinese folk dance, young people can enhance their understanding of the long history and culture of the Chinese nation and the customs of the times, cultivate a positive and healthy aesthetic sensibility, enhance their spirituality and improve their moral cultivation through their understanding of it as well as their learning of dance movements and music. As society develops today, people pay more and more attention to the coordination of the relationship between individuals and society, and between individuals and others, while paying attention to the growth of individuals themselves. For individuals, good interpersonal relationships are vital and indispensable. On this basis, individuals need to have good personality qualities to ensure that interpersonal relationships run smoothly. In practice, however, many people are unable to get along with others on a regular basis or have poor emotional responses due to work, life and study. Folk dance education can therefore promote the healthy, holistic and harmonious development of young people. However, this cannot be achieved well if students do not interact positively with their teachers or classmates in class. At the same time, if students do not fully exercise and apply the knowledge and skills they learn in class, they will not only fail to master the knowledge and skills they learn, but also affect their own development. Most teachers in China currently do not pay enough attention to the

work of folk dance education for young people to learn Chinese characteristics, which is not conducive to the influence of Chinese folk dance on young people.

3. Effective strategies for the influence of Chinese dance education on the personality development of young people

3.1 Chinese folk dance should cultivate students' creative and practical abilities

As an important part of China's excellent traditional culture, Chinese folk dance education has a significant role to play in cultivating students' creative and practical abilities. Firstly, through learning Chinese folk dance, students can cultivate their creative spirit. As different ethnic groups have different forms of dance expression, they need to express their own connotations and aesthetic meanings in the process of dance creation. For example, the Xinjiang Uyghur horse-head fiddle solo fully demonstrates the Kazakh people's aspiration and pursuit of a better life through the unique sound, music, performance and dance form of the horse-head fiddle. The creative spirit and practical ability of Chinese folk dance works can be used to promote young people's mindset and creative spirit. In a way, Chinese folk dance education is a creative approach to teaching and learning, enhancing the overall quality of students through the emotional experience of artistic practice, the stimulation of their own creativity and the development of their abilities. Because of the difficulty of artistic creation and the need for creative thinking skills, combining Chinese folk dance education with the development of young people's personalities helps to enhance students' creative practice and social adaptability. The creative consciousness in the creation of Chinese folk dance works can contribute to the enhancement of students' overall quality and social adaptability. Through creative thinking and practical innovation in traditional Chinese dance, young people can enhance their overall quality and social adaptability. Cultivating students' practical skills in Chinese folk dance teaching can also enhance their sense of practical innovation and their spirit of practical innovation. For example, some of the more difficult and artistically demanding Chinese folk dance works can be taught as teaching materials, or folk dance education can be integrated with other subjects to cultivate students' overall quality and create more good qualities that are conducive to the development of young people's psychological health, social adaptability and personality development. It is also possible to create teaching materials or to teach works that require a certain degree of difficulty and artistry. Chinese folk dance education can therefore effectively improve the overall quality and social adaptability of young people and promote their personality development.

4. Conclusion

Cultural self-confidence is the soul of a country and a nation's development. As the backbone of China's cultural heritage and innovation, the physical and mental development of young people has a huge impact on our national culture. Therefore, Chinese folk dance education should focus on the cultivation of students' comprehensive quality and promote their overall development and progress. This is also one of the most important forms of embodiment of our cultural confidence in the shaping of young people's personalities.

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