

On the Emotional Expression Skills of Actors in Dramatic Performances

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Abstract: This paper explores the emotional expression skills of actors in dramatic performances. Emotional expression skills play an important role in dramatic performance, including shaping the psychological dimension of the role, establishing the audience's emotional resonance, enhancing the artistic appeal of the drama and affecting the development of the plot and the emotional tension of the climax. In order to improve the emotional performance skills of actors, targeted emotional performance training, in-depth role research and understanding, actual practice and role simulation, and self-emotional management and regulation skills can be adopted. These strategies help the actors to express the emotions of the characters more accurately and naturally, establish deep emotional connection with the audience, and enhance the artistic quality and appeal of the drama.

Keywords: Dramatic performance; Actor emotion; Presentation skill

Introduction

In the drama performance, the actor's emotional expression skills play a crucial role. Actors' virtuosity is able to translate the emotions in words and scripts into authentic, moving performances that immerse the audience. The emotional expression of actors is not only to present the emotions and inner world of the characters, but also to establish emotional resonance with the audience and trigger the audience's thinking and emotional experience. The improvement of emotional performance skills is a continuous exploration and practice process for actors, which requires actors to deeply understand the role, effectively manage their emotions, and constantly improve their performance skills through training and practice. By mastering the skills of emotional expression, actors can elevate theatrical performance to a higher artistic level and co-create a theatrical experience deeply rooted among the people with the audience.

1. The Overview of Drama Performance

Theatrical performance is an art form in which actors act to show the story and the interaction between characters. It converts the text in the script into a vivid audio-visual experience through body language, language expression, emotional deduction and other means^[1]. Theatrical performances are usually performed on stage, where actors take on different roles, and through their performances and interactions, the themes, emotions and ideas of the story are conveyed to the audience. Theatrical performance is not only a form of entertainment, but also an art form, which can arouse the audience's resonance, provoke thinking, and provide a unique cultural experience. In the drama performance, the actor's emotional performance skills play an important role, they can help the actor to depict the psychological dimension of the role, establish emotional resonance with the audience, enhance the artistic appeal of the drama, and affect the development of the plot and the emotional tension of the climax.

2. The Importance of Emotional Skills in Dramatic Performance

2.1 To Shape the psychological dimension of the character

The emotional expression skills enable the actor to penetrate into the inner world of the character and accurately express the emotion and psychological state of the character. Through body language, facial expressions, voice tone and other means, actors can show the complex emotions of the characters, such as happiness, sadness, fear and struggle, so that the audience can better understand the inner world of the characters. The reality and vividness of this emotion creates the three-dimensional character and enables the

audience to establish an emotional connection with the character.

2.2 To establish the audience's emotional resonance

Emotional performance skills can arouse the audience's emotional resonance, so that the audience can establish an emotional connection and resonance between the role. Through authentic and deep emotional expression, actors are able to touch the audience's emotions and elicit their resonance and empathy. The audience can find their commonalities in the emotional experience of the characters, feel similar emotional ups and downs to deepen their understanding of the story and characters.

2.3 To enhance the artistic appeal of drama

Emotional expression skills are one of the key elements to enhance the artistic appeal of drama. By precisely conveying the emotions and moods of the characters, actors are able to create a strong emotional atmosphere that immerses the audience in the world of the story. The truth and depth of the emotion draws the audience into the plot, giving it a stronger resonance and concern for the development of the story and the fate of the characters.

2.4 Affect the development of the plot and the emotional tension of the climax

Emotional expression skills play an important role in the emotional tension of the plot development and climax. By accurately expressing the emotional changes and inner conflicts of the characters, the emotional expression skills can enhance the tension and suspense of the plot, so that the audience can maintain a high degree of attention and tension on the development of the plot. In the climax moment, the emotional expression of the actor can achieve the emotional tension of the climax. Through the emotional performance full of tension, the audience will feel the urgency and impact of the plot. The actor's emotional expression skills can bring the audience to the climax of the plot, make them nervous, excited or moved, and further strengthen the attraction and influence of the drama.

3. The Strategies to Improve Actors' Emotional Expression Skills in Dramatic Performances

3.1 Targeted emotional performance training

Targeted emotional performance training is an important means to improve the actor's emotional performance skills. This includes training in body expression, facial expression, and voice use, etc.^[2]. Actors can participate in specialized drama workshops or acting classes. And through the guidance and feedback of coaches, actors can learn how to express different emotions. Training can cover both the externalization and internalization of emotions, and actors need to learn to show anger, sadness, joy and other emotions vividly on stage, while they also need to master the transformation and Transition of emotions. Through repeated practice and practice, actors can gradually improve the accuracy and naturalness of emotional expression.

In addition, emotional expression training can also include the learning of physical and vocal techniques related to emotions. Through body perception training, dance and voice training, actors can develop sensitivity to the body and voice, so that they can better use body language and voice to convey emotions. These trainings can improve the actors' body awareness and expressiveness to enable them to better represent the emotional world of their characters.

3.2 Deep role research and understanding

Deep role research and understanding are essential to improve emotional performance skills. Actors need to deepen their understanding of characters by reading scripts, studying their background, exploring their personalities and psychological motivations, and other means. Character research can include character analysis, character question-and-answer, character exploration and other activities to help actors grasp the emotional needs and emotional development of characters. Actors need to think about the characters' past experiences, inner conflicts, and goals and desires in order to better understand and express their emotions. Through discussion and communication with the director, crew members or other actors, actors can get more perspective and inspiration to further deepen their understanding of the character.

Actors can also look for inspiration and references by observing and studying real-life characters to more realistically portray the emotions of the characters. They can observe people's emotional responses in different situations, explore how emotions are expressed and changed, and apply these observed emotional experiences to actual performances.

3.3 Practical exercise and role simulation

Practical exercise and role simulation are important methods to improve the emotional performance skills of actors^[3]. Actors can constantly exercise and improve their emotional expression ability by participating in activities such as actual performances, rehearsals and role simulations. In practice, the actor can cooperate with other actors to play the role in different situations and truthfully express

the emotions of the character through body language, facial expressions, voice use and other means. Such practical training can help actors better understand the emotional needs of the characters, develop emotional resonance with the characters, and improve the flexibility and naturalness of emotional expression.

Role simulation is also a useful training method. An actor can choose a situation similar to the character and try to get into the emotional state of the character. By simulating the emotional experiences of characters in different situations, actors can better understand and feel the emotions of characters and apply them to actual performances. This kind of role simulation training can help actors better prepare and shape the emotions of the characters and improve their emotional performance on stage.

3.4 Develop the self-emotion management and regulation skills

Self-emotion management and regulation skills are crucial to the emotional performance of actors in dramatic performances. Actors need to learn to manage their emotions to match those of their characters. Through meditation, breathing exercises, physical relaxation and other techniques, actors can maintain inner calm and concentration to cope with the demands of different emotional states. In addition, actors need to develop the ability of self-observation and self-awareness, to detect their own emotional changes in time, and to learn to regulate and control the intensity and expression of emotions. In this way, the actor can better control the externalization and internalization of the character's emotions, creating a more authentic and natural expression of emotions.

Through targeted emotional performance training, in-depth role research and understanding, actual practice and role simulation, as well as self-emotion management and regulation skills training, actors can comprehensively improve their emotional performance skills in dramatic performances. These strategies work together to enable actors to express their characters' emotions more accurately and naturally, build deeper emotional connections with the audience, and create artistic and infectious performances. These improvement strategies require actors to make efforts and practice continuously, and through continuous training and exploration, they can gradually improve their emotional expression skills.

Conclusion:

The emotional expression skills of actors in dramatic performance have an important influence on the quality of performance and the audience's experience. Through fine emotional expression, actors can shape the psychological dimension of the role, establish the emotional resonance of the audience, enhance the artistic appeal of the drama, and affect the development of the plot and the emotional tension of the climax. In order to improve emotional expression skills, actors should undergo targeted training, conduct in-depth research and understanding of roles, conduct practical exercises and role simulations, and cultivate skills in self-emotional management and regulation. The integrated application of these strategies can help actors better convey the emotions of the characters, establish a deep emotional connection with the audience, and create a profound and memorable theatrical experience. Through continuous learning and practice, actors can continuously improve their emotional performance skills, present excellent drama works for the audience, and let the audience feel the real and touching emotional world on the stage.

References:

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