

Role of Performing Arts in Cultivating Creativity, Critical Thinking and Emotional Intelligence

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Abstract

Performing arts bring delight and profound joy to the five senses, cultivating an individual's creativity, refining their critical thinking, and shaping their emotional intelligence. This article delves into the ways performing arts enrich daily life, inspire personal growth, and lead us toward the transcendent bliss that art embodies. Performing arts, nurtured through the guru-shishya parampara (mentor-disciple tradition), have evolved into a university curriculum, contributing to the holistic development of humanity. Performing arts influence every aspect of human life, fostering a rich cultural heritage. By incorporating performing arts, a society can cultivate well-rounded individuals and responsible citizens. Performing arts, encompassing disciplines like painting, dance, music, sculpture, and woodworking, have the potential to cultivate human values, promote individual and collective growth, and contribute to the greater good of society. Leveraging social media platforms, artists can share their work, stay updated with the latest trends, and harness the power of art to drive positive change. Key words (Guru-shishya Parampara, performing arts, Creativity, Cultivating creativity, Critical thinking, Emotional Intelligence, Social Respond, Personal growth, Transcendent bliss, Promotion of Social Well-being.)

Keywords:- Performing arts, Five senses, Creativity, Critical thinking, Emotional intelligence, Daily life enrichment, Personal growth, Transcendent bliss, Guru-shishya parampara (mentor-disciple tradition), University curriculum, Holistic development, Cultural heritage, Human values.

INTRODUCTION

The world of arts is a diverse and vibrant realm that encompasses various forms of creative expression. Performing arts indeed have a profound impact on our senses, emotions, and cognitive abilities. By engaging with performing arts, individuals can experience personal growth, develop new skills, and cultivate a deeper appreciation for the arts. Performing arts are forms of creative expression that involve live performances, such as Dance, Music, Theatre etc. Dance encompasses various styles, such as Bharathanatyam, Mohiniyattam, Kathak, Kathakali, ballet, contemporary, hip-hop, and traditional folk dances. Theater Includes plays, musicals,

and dramas that tell stories through dialogue, acting, and stage design. Music: Includes vocal and instrumental performances, ranging from classical to contemporary genres. It brings delight and profound joy to the five senses cultivating and individuals' creativity, refining their critical thinking and shaping their emotional intelligence. This enriches daily life, inspire personal growth and led us towards the transcendent blis that art embodies. Visual arts, on the other hand, are forms of creative expression that exist in a physical or digital space, such as Painting, Sculpture, Photography, Digital art. Performing arts play a significant role in cultivating Creativity critical thinking and emotional intelligence in individuals.

PERFORMING ARTS

Performing arts bring delight and profound joy to the 5 senses cultivating an individual's creativity, refining their critical thinking, and shaping their emotional intelligence. It delves into the ways how the performing arts enrich daily life , inspire personal growth,. Performing arts nurtured through the guru-shishya Parampara or mentor-disciple tradtion. There will be a guru (teacher) who taught dance music,drama,painting etc. Students went to Gurukulam (house of the teacher) for gaining the knowledge as well. This Guru-shishya Parampara changed according to the generations. Schools, colleges and other educational institutions where devoloped and replaced Gurukulam. Gurus become Teachers, Mentors, Proffessors etc. Thus performing arts play a significant role in our culture.

CULTIVATING CREATIVITY

Performing arts play a significant role in cultivating creativity in individuals, it helps to Fostering Imagination, Developing Problem-Solving Skills, Enhancing Self-Expression, Building Collaboration and Communication, Cultivating Emotional Intelligence

- **Fostering Imagination:** Performing arts encourage imagination, experimentation, and exploration, helping individuals develop their creative potential.
- **Developing Problem-Solving Skills:** Through improvisation, adaptation, and creative expression, performing arts help individuals develop critical thinking and problem-solving skills.
- **Enhancing Self-Expression:** Performing arts provide a platform for individuals to express themselves, their emotions, and their ideas, promoting self-awareness and confidence.

- **Building Collaboration and Communication:** Performing arts often involve teamwork, communication, and collaboration, helping individuals develop essential skills for creative projects.
- **Cultivating Emotional Intelligence:** Performing arts help individuals understand and manage their emotions, empathize with others, and develop a deeper understanding of human experiences.

BENEFITS

Some specific benefits of performing arts in cultivating creativity include Increased imagination and innovation, Improved critical thinking and problem-solving, Enhanced self-expression and confidence, Enhanced self-expression and confidence, Better collaboration and communication, Greater emotional intelligence and empathy

CRITICAL THINKING

Performing arts play a significant role in developing critical thinking skills. **Analyzing and Interpreting:** Analyzing scripts, scores, or choreography: Performing arts require individuals to analyze and interpret complex information, developing their critical thinking skills.. Interpreting characters, themes, or emotions: Actors, dancers, and musicians must interpret and convey complex emotions and themes, promoting critical thinking and empathy.

Problem-Solving and Adaptability: Improvisation and adaptability: Performing arts often require individuals to think on their feet, adapt to new situations, and solve problems creatively. Collaboration and communication: Performing arts involve teamwork, communication, and collaboration, helping individuals develop essential skills for critical thinking and problem-solving.

Critical Thinking and Reflection

Reflecting on performance and feedback: Performing arts encourage individuals to reflect on their performance, receive feedback, and make adjustments, promoting critical thinking and self-improvement. Developing nuanced understanding: Performing arts help individuals develop a nuanced understanding of complex themes, emotions, and ideas, promoting critical thinking and empathy. By engaging in performing arts, individuals can develop essential critical thinking skills, including analysis, problem-solving, and reflection.

EMOTIONAL INTELLIGENCE

Performing arts play a significant role in developing emotional intelligence (EI).

Empathy and Understanding

Portraying emotions: Actors and performers explore and express various emotions, developing empathy and understanding of human experiences. **Character development:** Performing arts help individuals understand different perspectives, motivations, and emotions, fostering empathy and compassion.

Self-Awareness and Expression

Emotional expression: Performing arts provide a platform for individuals to express and explore their emotions, developing self-awareness and emotional regulation. **Authenticity and vulnerability:** Performers learn to be authentic and vulnerable, sharing their emotions and experiences with audiences.

Social Skills and Relationships

Collaboration and teamwork: Performing arts involve working with others, developing social skills, and building strong relationships. **Communication and empathy** Performers learn to communicate effectively, understand their audience, and respond to their emotions.

Emotional Regulation and Resilience

Managing emotions: Performing arts help individuals develop emotional regulation skills, managing stress, anxiety, and other emotions. **Building resilience** Performers learn to cope with criticism, rejection, and failure, developing resilience and perseverance.

Collaboration and Communication

- **Team Work:** Performing arts foster team work collaboration and communication among artist, crew members and audience
- **Story Telling:** Performing arts provide a platform for story telling which enhances creative communication and narrative skills.
- **Feedback and critics:** Performing arts encourage constructive feedback and critics promoting growth and improvement

Cultural and Social Awareness

- **Cultural exchange**
- **Social commentary**
- **Community engagement**

Therapeutic benefits

- **Stress Relief**
- **Confidence Building**
- **Emotional healing**

By engaging in performing arts, individuals can develop essential emotional intelligence skills, including empathy, self-awareness, social skills, and emotional regulation.

CONCLUSION

Performing arts play a significant role in cultivating Creativity, critical thinking and emotional intelligence in individuals. Cultivating creativity in individuals enable self-expression, exploration of imagination, improvisation, thinking outside the box and create new idea. By fostering critical thinking, they learn to evaluate their own development in critical thinking skills. By developing Emotional intelligence artists strengthen there on emotions and get rid of the weakness. Confidence building, team work and collaboration, cultural enrichment are bloom through performing arts. It helps to preserve traditional practices customs and values.

The traditional Indian system of guru-shishya parampara connected all the gurus and shishyas in the arts world. The art and culture enrich the happiness in among the humans. The Art is for Happiness and Moksha, (The Eternal Happiness).

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