

Раздел 6. Хореографическое искусство

Section 6. Choreography

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DANCE IS A SOCIAL PHENOMENON

Abstract:

Purpose: This article is focused on the period of the first appearance of dance, its causes, the emergence of dance as a social phenomenon.

Methods: data collection; objective and subjective learning.

Results: It is analyzed that dance arose due to the need of human beings and was more developed in religious rituals.

Scientific novelty: In this article, positive effect of dance on human health are determined.

Practical importance: Interesting facts are brought about the fact that a whole universe is in a state of harmony, any movement is associated with rhythm, humanity is no exception, the rhythm of the heartbeat is the basis of all.

Keywords: primitive system, ancient people, nature, dance, rhythm, behavior.

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Introduction

Dance is one of the forms of art that appeared during the primitive regime as a social phenomenon in society. Early primitive people used different behaviors and sounds (vowels) to communicate with each other. Over time, those sounds became the basis for the emergence of singing, and actions became the basis for the art of dancing.

Today, we all believe in the hypothesis that dance originated and developed during religious ceremonies and think so. This opinion is correct in one respect. In fact, dances developed in religious ceremonies, but they appeared before that. That is, if we understand and think more deeply, we will understand that dance as a social phenomenon arose due to the necessity of the way of life of mankind. Because religion and religious rituals are a phenomenon that appeared much later.

Since the appearance of dance dates back to the primitive system, first of all we should study the reasons

that were the basis for the appearance of dance in those times, and why does a person dance? what is the reason for this? what does dance give a person? we should try to find an answer to the question.

Need is the thing that moves a person in life and encourages him to do something. When a need arises, we act to satisfy this need, we search, learn, find, if we don't know, we master, implement, finally achieve, or vice versa. We set a lofty goal in front of us, even if it is unattainable, and we work tirelessly to achieve this goal for a lifetime. We don't stop trying even if we know it's impossible to achieve. Hope, faith motivates us to keep moving. When we do not achieve our goal as a result of our actions, we create something, we discover something.

What was the purpose of primitive people? Why do we now say that dance was created by our primitive ancestors.

Materials and methods

If we look at history, their first goal was to survive. Primitive people lived in dark caves and mountains, without any protection from monsters and natural phenomena, and without realizing them, they always lived in the grip of fear. Those who are forced to fight to survive instinctively, at every minute risk of being prey to wild animals, becoming a victim of a terrible natural phenomenon, or dying due to harsh living conditions.

But in order to survive, our ancestors had to dance, didn't they have to eat and hunt more, to fill their stomachs and provide energy to their bodies. Of course, this was the main goal for our ancestors. First of all, they had to come out of the caves to eat, face nature, and be able to resist natural phenomena and monsters. It was not an easy task for a man who was now separated from the wild nature. They lacked knowledge, skills, agility, and dexterity for this. This need creates a number of needs in them. In order to survive, it was necessary for them to learn, to search, to master.

It is obvious that living in low and low caves, in constant fear, cripples a person physically and mentally. The ancients, whose mind was developing by nature, began to understand that such problems could only be solved by movement. Movement was not just walking, but running, jumping, turning, jumping, forming and improving the skills of agility, speed, and left-handedness. The idea that there was no need for dance for this also crosses our imagination. Let's continue to think, go deeper into nature and analyze why our ancestors needed dance in order to enjoy the great gift called life!

Man was born as a part of nature, a fragment, its child. Everything in the world moves according to a certain rhythm. Sunset and sunrise, the growth of plants, a person's sleep at night and waking up in the morning, breathing, heartbeat, and steps are all done according to rhythm. If this rhythmic process is disturbed, tragedy will naturally occur. A person dies when his heart stops beating. This phenomenon was probably the first thing our primitive ancestors realized.

In order to protect against wild animals, there is a need to frighten them and drive them away by making various sounds. This is done in the rhythm of breathing, heartbeat. As an additional tool, they use stones to hit trees, sticks to each other.

Result and discussion

When we look at the history of the appearance of musical instruments in the world, we see that the first

ones that appeared were percussion instruments. Moreover, the first method is taken from the heartbeat. The heart is an organ that pumps blood to our body and provides us with life, and it does this rhythmically in the same rhythm. Moving to the rhythm of the heartbeat, performing fast and sharp movements as the heart rate increases, naturally stimulates the body, both physically and mentally. It creates mood, makes mental changes in the human body. As blood circulation and oxygen supply increases in our body, we notice that all our organs and abilities (sensing, feeling) also improve.

When a person sits in one place for a long time or stands still for a long time, he wants to move involuntarily, not just walking, running, jumping, spinning, doing some hand movements. This phenomenon is what we in our everyday life commonly call "mess writing". In order to survive, primitive people had to hunt daily and make more than enough to eat. In modern medicine, if you stand on your feet for more than 10 minutes, it is recommended to shift your body weight from one leg to the other every 10 minutes. Prolonged standing in the same position can damage the spine and cause various diseases.

Primitive people were not protected from wild animals, in order to understand the nature of animals, it was necessary to understand them spiritually, to reflect and feel their nature in their body and psyche, and to imitate the behavior of animals by observing and repeating them. For this, they covered themselves with the skin of that wild animal and in order to feel the ferocity of this animal, they kicked the ground hard, ran, rolled, jumped, performed all kinds of rotations, and danced until they collapsed. Later, they began to use this method widely to study the nature of the animals they wanted to hunt. Such studies of the nature of animals greatly helped primitive people to hunt effectively. The first dance appeared in such conditions through the above-mentioned needs.

Conclusion

Now an idea comes to our imagination – was it necessary to dance, jump, spin and perform other movements for hunting, it could be done with little effort. Now we will answer the question why dance. First, movement based on rhythm comes from the heartbeat, rhythm controls our body. Secondly, the heart beats in the same way with the movement, which improves the blood circulation in the body and increases the feeling of refreshment. Thirdly, rhythmic movement controlled the body and mind and had a positive effect on it and did not harm either the body or the mind.

In this way, totemistic dances appeared for the first time in the whole world. Later, as a result of people worshipping animal totems, the religion of totemism appeared. Why did people dance in religious ceremonies? When people danced, they felt some kind of relief in their spirit, and those who were able to bring the dance to the level of art, knowing that the dance has magic, began to use it in religious ceremonies. This situation created a good ground for the further development of the dance.

In this way, speech and writing gradually appeared in the history of mankind, and the language continued to develop and has been living in the everyday life of people for thousands and millions of years. Today, there are various directions, styles and genres of dance art, which is a product of social phenomena, and these types of dance are being studied and scientifically illuminated by experts in the field.

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