



Dance Training Methods at Bangkit Sekar Budaya Cilacap Art Studio

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Abstract

Training is a teaching and learning activity that has the aim of improving a person's understanding, skills, and expertise in a particular field. This research aims to analyze the training methods applied and the factors that influence dance practice at Sanggar Bangkit Sekar Budaya (BSB). Training methods are closely related to training activities, therefore they are very important to use. This research uses descriptive qualitative methods. The research was conducted at Sanggar Bangkit Sekar Budaya Cilacap. The data collection techniques used were observation, interviews, and documentation. The data analysis techniques used are data reduction, presenting data, and drawing conclusions. The data validity techniques used are source triangulation and methodology triangulation. The results of this research show that several dance training methods are applied as follows, the methods used to convey theory are lectures, questions, and answers, while the methods used to improve skills in training are demonstrations, questions and answers, and drills. , assignments, peer tutoring, and outdoor study. Factors that influence dance training in studios consist of supporting factors, namely the instructor's family, parents, environment, students' physiological factors, desires, determination, talent, students' self-confidence, etc. Inhibiting factors include students not being serious, time conflicts, student fatigue, lack of discipline, progress not following the vision and mission, and location of the art studio.

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INTRODUCTION

Cilacap is one of the districts in Central Java and is among the largest areas in the province. The Cilacap district is divided into 24 sub-districts. Sanggar Bangkit Sekar Budaya is one of the dance studios located in the Cilacap district. Its address is Jalan Sendang Sari Timur, RT 07/RW 11, Donan Village, Central Cilacap sub-district, Cilacap district, Central Java province (Interview, Bambang, September 2022).

The art studio is a space for organizations or individuals to engage in art activities such as dance, painting, crafting, and acting, to turn these activities into positive experiences (Rachmat Susilo, 2018, p. 54). According to (Andi, 2013, p. 20) an art studio is a space where artists prepare works for performance.

An art studio has significant operations such as exploring, processing, and promoting art in its development while a dance studio is a place where there are many people or a group of people who can participate in creative talent development activities together (Hartono, 2000, p. 45).

Sanggar Bangkit Sekar Budaya was founded by Mr. Bambang Joko Sutrisno S.Sn, and he is the founder and manager of the studio. Sanggar Bangkit Sekar Budaya started to run and operate and started using the name "Bangkit Sekar Budaya" (BSB) on January 26, 2004. The only studio in Cilacap Regency that teaches or prioritizes quality, physicality, form, movement details, and the material taught is classical dances for both boys and girls, is Sanggar Bangkit Sekar Budaya (Interview, Bambang, September 2022).

The Undang-Undang Dasar 1945 in Article 31, paragraph (1) that "Every citizen has the right to receive education" (Sujatmoko, 2010). Art education is an important education for children as a process of growth and development of students or

students (Kusumastuti, 2004). Dance education has the goal of supporting students in shaping the development of students' souls to reach maturity, with dance as a link between the body and the abilities it has as a human being (Kusumastuti, 2014, p. 8).

The dance art studio as a non-formal educational institution functions as a support for students' talents and interests. Sanggar BSB educates all its students according to gender. Male students dance male dances, and female students dance female dances. Following the opinion of Retnoningsih, dance is a form of expression that describes a person's soul through specially designed movements of the human body. (Retnoningsih, 2017, p. 21). According to (Wahyudiyarto, 2009, p. 5), dance is a body style accompanied by the sound of music being played, which is a body style that is pleasing to see and imitate.

Sanggar Bangkit Sekar Budaya emphasizes training in basic dance forms, as well as training the physical strength of each dancer, so this studio teaches its students to become professional dancers. The materials taught in this studio are also classical Surakarta-style dances such as Rantoyo, Gunung Sari Mask Dance, Bondan Kendi Dance, Eko Prawiro Dance, Jaranan Dance, Golek Sri Rejeki Dance. The materials taught to the students range from 5 years old to 23 years old, adjusted to the level of ability of the students. Thus, the training methods used are also different from other studios (Interview, Bambang, September 2022).

The subjects of this research are the students at Sanggar Bangkit Sekar Budaya. The reason why the researcher conducted this research was to find out about the dance learning methods carried out at Sanggar Bangkit Sekar Budaya and to analyze the factors that influence the dance learning process at Sanggar Bangkit Sekar Budaya. The researcher chose this research object because the delivery and training methods

used emphasize the exercise of independence and cooperation in learning groups so that students feel enthusiastic, interested, and challenged in the process of practicing dance carried out by trainers or instructors at Sanggar Bangkit Sekar Budaya.

The research was conducted to describe dance training methods in studio activities given to students and to analyze and describe the supporting factors and inhibiting factors in the dance training process conducted at Sanggar Bangkit Sekar Budaya.

RESEARCH METHODS

Qualitative research methods according to (Moleong, 2010, p. 10) is a study that aims to understand events or phenomena experienced by research subjects as a whole, such as behavior, perceptions, motivations, and actions, through descriptions in the form of writing and language in several natural environments and using various natural methods.

Qualitative methods researchers use to see and describe the phenomena that occur in the field following the actual circumstances. Data is taken and collected by conducting observations, interviews, and documentation.

Observations were conducted four times. September 22, 2022, was conducted at Sanggar Bangkit Sekar Budaya. In this observation, researchers obtained data about the background of Sanggar Bangkit Sekar Budaya. The second observation was on September 25, 2022, to collect data on dance training activities, and the materials taught at Sanggar Bangkit Sekar Budaya.

The third observation was conducted on September 28, 2022, at the Cilacap town square. The results obtained were data about outdoor training with physical exercise and improvement of basic dance movements. On July 09, 2023, permission for research activities was obtained from Sanggar Bangkit Sekar Budaya. As a result, the research was

carried out for 3 weeks, starting from July 12-30, 2023.

Interviews were conducted three times. September 25, 2022 with Interviewee one, Mr. Bambang. The results of the interview obtained data on the profile of the studio. On July 21, 2023, with Mr. Bambang, we obtained data on the profile and general description of the studio, the training conducted, the training methods used and their application to dance training activities, as well as data on supporting factors and inhibiting factors in training at the studio.

The interview was conducted on July 23, 2023, with the studio's students, Agil and Dian. The results obtained data on students' opinions on the training process carried out, on how the methods used by instructors, and on the supporting factors and inhibiting factors in the dance training process carried out at Sanggar Bangkit Sekar Budaya Cilacap.

The documentation obtained from this research is in the form of archival photos from the studio, photos of the training process from the studio, training materials, student data, and data on studio facilities and infrastructure. In addition to observations and interviews, the research also looked at some documentation during the dance training process in the form of photos and videos and data from Sanggar Bangkit Sekar Budaya Cilacap.

Triangulation according to (Moleong, 2016) is a method to overcome or re-examine the data that has been obtained by looking at various views. Researchers used 2 triangulations, source triangulation and methodological triangulation.

Data that has been generated from various sources is checked and tested to determine its reliability, which is a triangulation source (Sugiyono, 2016, p. 127). Researchers conducted research using a method that compared data obtained through interviews with sources, with

existing documents, then reviewed back with data in the field with explanations through source interviews to determine the truth of the data sources obtained regarding dance training methods at Sanggar Bangkit Sekar Budaya Cilacap Regency.

Triangulation of methodology or technique, namely, the use of various methods to examine something in the field, with different techniques to check data, such as interview, observation, and documentation methods (Moleong, 2016). Researchers used different data collection techniques such as observation, interviews, and documentation. The researcher made observations at Sanggar Bangkit Sekar Budaya. The researcher conducted interviews with the resource persons, the 1st resource person Mr. Bambang Joko Sutrisno S.Sn, the owner and instructor at the studio, the 2nd resource person Inaya Agil Frihafzoh, and the 3rd resource person Dian Amalina Derliana as a student of the studio. Researchers use methodological triangulation or useful techniques to obtain accurate research results by rechecking the data obtained to produce valid data.

Data analysis in qualitative research is the process of arranging the order of data, organizing it into a category pattern, and basic description units. (Moleong, 2016). Researchers analyzed the data through three stages, namely data reduction, presenting data, and drawing conclusions.

The first is data reduction. Researchers used data reduction to analyze data from interviews, and then the data that had been obtained was selected according to the research objectives. Data regarding training methods in the process of dance training at Sanggar Bangkit Sekar Budaya obtained data from various sources such as information from the owner and trainer of the studio, and students of Sanggar Bangkit Sekar Budaya Cilacap, then the data that has been obtained is then selected based on the

formulation of the problem that has been determined.

Presenting data is a process of compiling information from the results of data obtained through interviews which are conveyed descriptively in the form of sentences regarding training methods in the dance training process at Sanggar Bangkit Sekar Budaya Cilacap. The results of data reduction are analyzed with theory and then presented in descriptive form through the analysis process.

Concluding is carried out with decisions based on data reduction and presentation which is the answer to the problem raised. The data obtained from data collection procedures such as observation, interviews, and documentation are then drawn to a conclusion that is the focus of the research, namely the training method in the dance training process at Sanggar Bangkit Sekar Budaya Cilacap.

RESULT AND DISCUSSION

Overview of Sanggar Bangkit Sekar Budaya

Sanggar Bangkit Sekar Budaya is one of the training centers in Cilacap Regency. Sanggar Bangkit Sekar Budaya is engaged in dance training. Sanggar Bangkit Sekar Budaya is located in one of the sub-districts in Cilacap Regency, namely Central Cilacap District, and Sanggar Bangkit Sekar Budaya is the only dance studio in Donan Village, precisely on Jalan Sendang Sari Timur, Sidanegara Village, Donan Village, Central Cilacap District, Cilacap Regency, Central Java Province, Postal Code 53213 (Interview, Bambang, July 2023).

Sanggar Bangkit Sekar Budaya was established on January 26, 200 by Mr. Bambang Joko Sutrisno S.Sn. Sanggar Bangkit Sekar Budaya has started accepting new students and has held regular rehearsals every Sunday since it was established (Interview, Bambang, July 2023).

Sanggar Bangkit Sekar Budaya has visions, namely shaping the character of children with our culture, especially dance, and prioritizing the quality of dancers' forms and movements." Sanggar Bangkit Sekar Budaya also has missions, namely shaping children's strength, making children mentally better, making children's endurance stronger, making children love our culture, especially dance, and making children more familiar with and love classical dance.

The facilities and infrastructure owned by Sanggar Bangkit Sekar Budaya are a terrace for rehearsals, toilets, mini speakers, mirror glass, dance props, and dance costumes (Interview, Bambang, July 2023).

Training Activities

Training is a process of providing knowledge to improve the attitude and potential of a person as a member of society in daily activities such as work and life (Kamil, 2012). The stages of dance training carried out at the studio are preparation, warm-up, material testing, rest, and the last stage is group dance practice.

The preparation stage that is carried out before starting learning is when students come and start preparing the needs to start learning. Furthermore, the teacher or instructor instructs students to line up to prepare to carry out the next stage, namely the warm-up stage.

The warm-up stage is physical exercise by warming up and all students do the warm-up stage together. The warm-up stage is carried out in addition to reducing the risk of injury, it is also able to improve the quality of basic dance movements in each student. During the warm-up, the instructor instructs students to do *jengkeng*, then stand on tiptoe to hold a few counts then return to *jengkeng*. This is done to train leg strength and improve the quality of basic footwork.

The material guts test stage is a stage carried out by testing the courage of students

to be able to perform the material that has been learned using makeup, costumes, and dance properties, and the performance is watched by friends and parents. The material guts test is carried out to replace the test performance activity, so it is not the same as other studios. The purpose of the material guts test is to train students' mentality so that they dare to perform independently and train students' responsibility.

The guts test material in the first week was Bondan Tani Dance and Topeng Sekartaji Dance, in the following week it was Manipuri Dance and Kuda-Kuda Dance. The following week there is a pair of dance materials, namely the Bambang Cakil Dance.



Figure 1. Test of Bondhan Tani Dance Material (Source: Putri Khakimah, 2023).

Fourth, the break time. The break time is utilized by the students to eat and pray. After that, the rehearsal activities continued according to the group. The group training stage is that each group is determined from students who have the level of understanding and quality of a dancer's movement form. Groups are determined based on the material, the level of student understanding ability, and the quality of the form of motion. The first group has Bondan Tani dance material, the second group has male dance material, namely Eko Prawiro dance, and the third group has Srikandi Mustakaweni dance material.

Application of Dance Training Methods at Sanggar Bangkit Sekar Budaya

Learning methods, that is, steps or ways used by teachers or trainers to deliver material using the skills possessed by the teacher or trainer with the delivery adjusted by the ability of students or students. According to (Sudrajat, 2008, p. 2), techniques or methods that can be used by teachers in delivering material, one of the many learning methods, namely the lecture method, demonstration method, question and answer method, training method (drill), and assignment method (Hamdani, 2011, p. 83).

The lecture method is the delivery of material by the instructor to students orally. According to (Hikmah & Malarsih, 2022) this method is often used by instructors to deliver dance training materials. Instructors must be able to manage the lecture method by combining several other methods so that students do not feel bored or bored with the training being carried out (Hamdani, 2011).

The lecture method is used to explain the meaning of Bondan Tani dance, Eko Prawiro dance, and Srikandi Mustokoweni dance, an explanation of the variety of movements contained in the dance material taught. Therefore, this lecture method is very necessary when learning dance.



Figure 2. Material delivery with lecture method (Source: Putri Khakimah, 2023)

The demonstration method is a method carried out by the instructor and collaborates with students, there is an element of observation and imitation (Hikmah & Malarsih, 2022). The instructor

or trainer shows the process of a particular activity supported by certain tools to find out how something happens. The trainer or instructor provides or shows examples of movements that can be done by students in learning dance practices or can be called dance practice (Hamdani, 2011).

The application of the demonstration method can be seen when the trainer gives examples of dance movements and practices dance movements in front of students.



Figure 3. Application of Demonstration Method (Source: Putri Khakimah, 2023).

The question-and-answer method is a way to present material or teaching material to students in the form of questions that will certainly get answers to these questions. The occurrence of communication can be caused by a conversation between the instructor asking students and students answering questions from the instructor or vice versa, with students asking and instructors answering questions (Hamdani, 2011).

The application of the question-and-answer method is used when students ask questions about the material being taught. The question-and-answer method is also used when the trainer asks students when delivering material at the beginning of dance training activities.



Figure 4. Implementation of Question and Answer Method (Source: Putri Khakimah, 2023).

The drill method according to Sudjana in (Dewi et al., 2021) is a method used by instructors for students to teach material so that students have skills and abilities through the material taught by the instructor. One way of teaching is by training on the material to be taught routinely and repeatedly so that students get special skills or are proficient in certain things. These skills can also be obtained by practicing independently or in groups with other friends, to achieve an expected goal (Hamdani, 2011).

The application of practice method (drill) is used when students practice the material taught repeatedly by coming every Sunday to do the exercises. Students also practice independently or together with other friends as needed.



Figure 5. Application of the Drill Method (Source: Putri Khakimah, 2023)

In the assignment method, namely, the instructor gives students the task of doing and trying to do several things such as reading, doing problems, and practicing, where students do it independently without

any guidance from the instructor to do it, students are required to think creatively and independently. In addition, there are also exercises in dance such as recalling the movements that have been given by learning and re-training independently by students at home (Hamdani, 2011).

The application of the assignment method is used when the trainer asks students to practice independently at home and collect them through videos or photos, then send them through the WhatsApp group. This step is taken to monitor student progress and train student responsibility for the tasks the trainer gives. Therefore, this assignment method is very helpful for students in mastering the material taught at the studio.

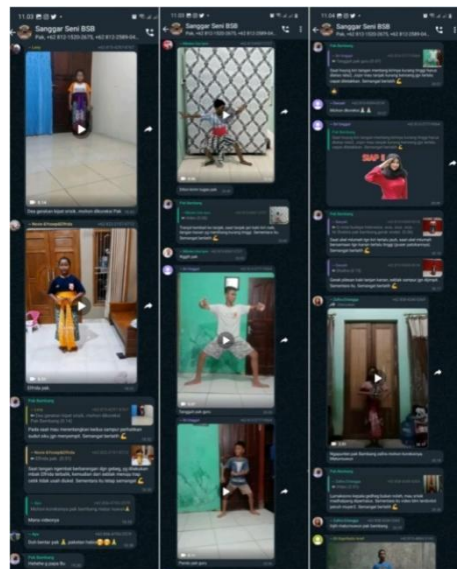


Figure 6. Application of Assignment Method (Source: Putri Khakimah, 2023).

The peer tutor method is a training method where some students are assigned or assigned to help their peers who have learning difficulties so that their friends can understand the material well (Ahmadi & Supriyono, 2004, p. 15). The peer tutor method is a training activity in the classroom or in a room that provides opportunities for students to exchange and share knowledge, experiences, or skills with other students.

The peer tutor method is used in dance training at this studio. The application of the peer tutor method is used when students practice the material independently and ask peers if there is material that has not been understood, the trainer usually appoints one of the students to be a tutor in front as an example for other friends. This peer tutor method is very necessary during dance training in this studio, to provide comfort in asking questions with their peers.



Photo 7. Application of the Peer Tutor Method
(Photo Source: Putri Khakimah, 2023)

Outdoor study method or learning outside the classroom. The outdoor study method (learning outside the classroom) according to (Adelia, 2012) is a method with an effort that aims to bring actual learning sources closer, such as the community and the surrounding nature. The outdoor study method is a training method carried out by instructors outside the room which is close to nature aims to make students more interested in the teaching and learning process carried out by instructors.

The application of the outdoor study method can be seen when students do physical exercise or stabilization of dance material movements and are carried out outdoors, usually done in the Cilacap city square to provide a new atmosphere for students.



Photo 8. Application of Outdoor Study Method
(Photo Source: Putri Khakimah, 2023)

The existence of methods applied in dance training at Sanggar Bangkit Sekar Budaya, makes the training can be carried out optimally. Each method applied can help students understand the material taught, but some methods are not perfectly implemented, such as in the question and answer method, students are more passive and silent, not confident to ask the instructor so that the instructor cannot detect and do not know which students have understood and which students have not understood. The use of methods in the dance training process carried out at Sanggar Bangkit Sekar Budaya are applied optimally and following the conditions of the students to facilitate the training process and make it easier for students to receive the material.

CONCLUSION

Based on the research conducted, it can be concluded that the dance art instruction provided by the teachers and instructors was quite detailed, particularly during the warm-up phase. This is because the initial learning process at Sanggar Bangkit Sekar Budaya begins with the warm-up, which helps students grasp the basic form of dance art. The methods used in dance art instruction at Sanggar Bangkit Sekar Budaya are comprehensive, including lecture, demonstration, Q&A, drill, and assignment methods. Additionally, there are two supplementary methods: the peer tutor method and the outdoor study method.

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