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**МУЗИЧНА ТА ХОРЕОГРАФІЧНА ОСВІТА  
В КОНТЕКСТІ КУЛЬТУРНОГО  
РОЗВИТКУ СУСПІЛЬСТВА**

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Рецензенти:

*Мартинюк Тетяна Володимирівна*, доктор мистецтвознавства, професор, завідувач кафедри-професор кафедри мистецьких дисциплін і методик навчання Університету Григорія Сковороди в Переяславі;

*Демидова Віола Григорівна*, кандидат педагогічних наук, професор, професор кафедри сольного співу Одеської національної музичної академії імені Антоніни Нежданової.

Матеріали і тези друкуються в авторській редакції

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Г.О. Реброва

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університет імені К. Д. Ушинського, 2024

**Zhang SAIZHEN**

Master's student

South Ukrainian National Pedagogical  
University named after K.D. Ushynsky

Scientific supervisor Sergiy SHYP,

Doctor of Arts, Professor,

South Ukrainian National Pedagogical  
University named after K.D. Ushynsky

## **THE CONCEPT OF «PSYCHO-EMOTIONAL STABILITY OF A SINGER» IN SCIENTIFIC DISCOURSE**

The professional activity of a musician, especially a singer, is a complex process that requires considerable effort from the performer. Each performance is a kind of struggle for perfection, which requires not only willpower, but also high concentration and a significant expenditure of emotional and physical energy.

The term «emotion» has a long history and comes from a Latin word meaning «excitement» or «excitement». In the Dictionary of Foreign Words (edited by Melnychuk), the word «emotion» is derived from emotion, which, in turn, comes from the Latin «emoveo» – «excitement, excitement», «...mental experiences, feelings of anger, sadness, joy» (Melnychuk, 1985).

This is a complex phenomenon that is studied by many sciences. In scientific circles, there are many recognized theories of emotions, among which the most famous is the *Theory of the Evolution of Emotions* by Ch. Darwin, *Hypothalamic Theory of Emotions* by Cannon-Bard, *Theories of Emotion* by Harnet-Bard and James-Lange, *Two-Factor Theory* by Schachter-Singer and many others. According to Harnen-Bard Theory, psycho-emotional arousal and emotions occur simultaneously. According to the James-Lange Theory, emotions are the result of arousal. According to the Shakhter-Singer two-factor model, the emergence of emotions is preceded by the processes of cognition and excitement, which combine at the moment of experiencing emotions.

John Dewey's theory of emotions is especially valuable in the context of our study. According to this theory, emotions are closely related to how we evaluate the results of our actions. In other words, our feelings depend on how successfully we achieve our goals and whether the results meet our expectations.

L. Kotova claims that emotionally stressful situations can cause a person to be in a state of exhaustion, which complicates self-control and effective activity. Instead, P. Fres believes that it is in such conditions that opportunities for showing emotional stability open up. After all, a person's reaction to a stressful situation depends on many factors: his past experience, needs, motivation, expectations, personal traits (for example, optimism or pessimism) and physical condition.

Scientists do not have a single opinion about the concept of «emotional stability». Some consider it a multifaceted personality trait that ensures the stability of the emotional state and the absence of sudden mood swings. Other researchers, such as S. Kravchuk, consider emotional stability as a component of temperament, which characterizes the speed of change of emotions. According to the scientist, the phenomenon of emotional stability is «...one of the temperamental properties of the personality, which characterizes the speed of transition from one emotional state to another» (Kravchuk, 2014, p. 468).

Thus, the concept of emotional stability has different aspects and requires further research.

The question of the formation of emotional stability is relevant for many scientific disciplines. Research in this field focuses on various occupational groups such as athletes, the military, educators, and psychologists. Different authors offer their definitions of emotional stability. For example, V. Maryschuk believes that it is the ability to overcome strong emotions while performing complex tasks. L. Kotova claims that emotional stability «... contributes to maintaining the effectiveness of any activity in emotional situations» (Kotova, 2001). It is in this that the scientist sees the importance of emotional stability, thanks to which the specialist can use stress as an additional resource to increase productivity.

In music pedagogy, it is already an established opinion that emotions play a key role in the professional activity of a musician. They affect the performing skill, creativity and general well-being of the artist.

According to L. Labintseva, stage performance is not only a demonstration of musical skills, but also a complex psychological activity. A musician must not only master the instrument, but also be able to manage his emotions, turning the negative effects of stress into positive energy. That is why understanding the nature of emotions helps musicians better cope with stress, increase their effectiveness and achieve greater success on stage. Therefore, the problem of forming emotional stability is also extremely important for musicians. After all, it is emotional stability that allows them to maintain a high level of performance even in stressful situations, such as public performances. As noted by L. Feline, emotional stability is the foundation on which a musician's confidence is built during performance.

Researchers define emotional stability as the ability of a person to maintain the effectiveness of his activities even under conditions of strong emotional experiences. This ability is key for musicians, as their professional activity is associated with constant emotional stress.

A theoretical review of scientific literature allows us to conclude that emotional stability is a multifaceted concept that encompasses a person's ability to maintain mental balance in difficult situations, effectively regulate their emotions, and adapt to

changes. The formation of emotional stability depends on the interaction of biological, psychological and social factors. Based on the conducted analysis, we believe that the training of future singers should include not only the development of vocal skills and theoretical knowledge about the vocal apparatus, but also the formation of a stable psychological readiness for performance. In particular, it is important to develop in singers the ability to effectively manage their emotions and remain calm even in difficult situations.

The next step of our research is an in-depth study of the concept of «singer's emotional stability». We strive to clearly define what components it consists of and how these components interact with each other.

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**Zhan HAN**

Master's student

South Ukrainian National Pedagogical  
University named after K.D. Ushynsky

Scientific supervisor Lyudmila STEPANOVA,  
Candidate of Pedagogical Sciences, Associate Professor,  
Head of the Department of Musical Art and Choreography  
South Ukrainian National Pedagogical  
University named after K.D. Ushynsky

### THE POTENTIAL OF ACTING SKILLS IN CREATING A DANCE COMPOSITION

Modern dance puts forward new requirements for dancers. Today it is not enough just to own the technique, it is important to be able to convey through dance your feelings, experiences, to be a real actor on stage. How to develop these qualities in dancers is one of the key issues facing teachers and choreographers.

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