



The Development of Chinese National Folk Dance Art from the Perspective of Cultural Self-confidence

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Abstract

As an important component of China's rich traditional culture, national folk dance art embodies the country's history, culture, and national characteristics. It stands as a significant cultural treasure created by the Chinese nation. However, with the rapid development of modern society and the impact of globalization, China's national folk dance art is faced with a series of challenges and difficulties. These include issues such as difficulties in inheritance, a lack of professional talents, innovation bottlenecks, and insufficient resources, all of which hinder the development of China's traditional dance art. In recent years, with the promotion of China's traditional culture, cultural self-confidence, and national self-confidence, there is a growing need to enhance the inheritance and protection of our traditional culture. This study aims to explore the current development, issues, and challenges of China's ethnic and folk dance art. It also aims to propose relevant strategies and recommendations to enhance the prosperity and innovation of China's ethnic and folk dance art, showcasing the distinctive charm and confident style of Chinese culture.

Keywords

Cultural self-confidence, Chinese national folk dance art, Develop

1. Introduction

As one of the four ancient civilizations in the world, China has formed a multi-ethnic and multi-cultural society in the course of more than 5,000 years of development, with a rich cultural heritage and profound historical deposits. As a unique art form, China's ethnic folk dance is an artistic expression created by the working people of all ethnic groups in China under long-term social development, combined with local customs, habits, cultural background, values, etc. It is the earliest spiritual and cultural embodiment, and with the continuous development of society, it is constantly integrated with other art forms to make it lasting and new. It has become the link between the various nationalities of our country and has also become an important content of understanding our culture and history. However, the development of globalization and the enrichment of information media, foreign culture, and dance culture have had a strong impact on China's national and folk dance art. Therefore, China has issued several documents such as the Opinions of the Central Committee of the Communist Party of China on the Prosperity and Development of Socialist Literature and Art to promote the inheritance and development of traditional Chinese culture and enhance people's cultural self-confidence.

2. The cultural characteristics of Chinese folk dance art contain

2.1 It carries the long history and tradition of our country

China's ethnic and folk dance art, including ethnic dance and folk dance, is a form of expression summed up and created

by the people of all ethnic groups in the production and life, carrying thousands of years of historical origin, reflecting the lifestyle, ideas, and values of each ethnic group, forming a diversified dance system. People can feel the style and cultural atmosphere of the historical period through ethnic and folk dance. The earliest ethnic and folk dances were mainly in the initial stage of social civilization, facing unknown challenges, and imitating animals, plants, or natural phenomena to alleviate people's fears. With the development of social civilization, ethnic and folk dances have gradually become a way for people to relax and entertain themselves. Or express people's reverence and praise for nature. Therefore, the national folk dance carries the long history and tradition of our country and also becomes an important way for modern society to understand history and traditional culture (Feng Chenhui, 2023).

2.2 It has unique regional cultural characteristics

On the vast land of our country, a multi-ethnic and multi-cultural social system has been given birth, and the differences between different ethnic regions, cultures, languages, etc., also make our national folk dance exhibition show rich and diverse cultural characteristics. For example, Tibetans mainly live in the vast grassland area of China. Due to their farming and animal husbandry culture and Buddhist religious beliefs, the Tibetan people often use dance to express their natural, enthusiastic, free, and courageous emotions. Therefore, the Tibetan ethnic folk dance is often expressed by jumping, stepping, kicking, swinging, flipping, and other movements, showing its unique dance movements (Feng L, 2022). Coupled with the unique Tibetan clothing and music, it shows the characteristics of the Tibetan people, such as chic, elegant, calm, and so on. Due to the uniqueness of the region and culture, the local ethnic folk dances in the eastern region of China mostly show the tenderness and gentleness of the water towns in the south of the Yangtze River in a delicate and beautiful form, which makes each dance have a unique charm and expression form, enriching the diversity and uniqueness of Chinese dance art.

2.3 Represents the traditional values and belief culture

As the artistic creation of the working people's production and life, China's national folk dance fully embodies the working people's values, beliefs, and culture. For example, in the national folk dances of our country, we can often see the theme of reflecting the hard work of the working people and advocating labor. For example, the movements of farming activities such as tilling, harvesting, and drying grain often appear in the peasant dances, showing the respect and importance of farmers' labor. The folk dances of various ethnic groups in China often reflect religious beliefs, myths, and legends, as the "Thangka dance" in the Tibetan dance reflects the Tibetan people's belief in Buddhism, and the celebration dances and sacrificial dances of the Mongolian people also represent the religious beliefs of their ethnic groups, demonstrating the piety and reverence of people of different ethnic groups for their beliefs. In addition, China's national folk dance art also reflects people's reverence for the natural environment and the value of family and family affection, whether it is the awe of nature displayed in the grassland dance or the attention to family and family affection expressed in the minority wedding dance, all reflect the traditional values and belief culture of the Chinese working people (Yang X, 2022).

2.4 It reflects the folk customs and cultural characteristics of our country

China's national folk dances often take local folk activities as the theme, showing the local customs and traditional customs of different regions, such as the dragon and lion dance in Guangdong, the Yangko dance in Northeast China, the Change of face in Sichuan, and the water-splashing Festival dance in Yunnan, etc., are all dance forms with strong folk characteristics. China's ethnic and folk dances also incorporate elements such as costumes, music, and religious beliefs of different ethnic groups, which also reflect their traditional culture and lifestyle. For example, the Mongolian dance often contains elements such as horse riding and grassland, while the Dai dance shows their yearning for quiet life and natural scenery, and uses graceful movements. Expressing the characteristics of implicit and quiet, the ethnic dance has become a cultural card of various regions and nationalities, showing the rich and diverse national culture of our country (Yu J W, 2021).

3. The development status of Chinese national folk dance art

3.1 Over-reliance on traditional dance elements and lack of innovation

As an important form of artistic expression in China, national folk dance has a long history of development, and with

the development of society and culture, it has formed a rich national folk dance with local culture, folk customs, humanities, etc. However, if ethnic folk dances want to develop sustainably, they must innovate and create on the basis of inherited dance elements in combination with the current situation of modern society and contemporary culture. However, many ethnic folk dances rely too much on traditional dance elements, repeatedly express similar dance forms and themes, and lack novel creativity and expression methods, which makes the dance works less attractive and competitive. Even because of the lack of innovation and creation, the performance can only rely on a fixed dance movement system, which makes it difficult to attract the attention of the modern public, so the development of many ethnic folk dances has stalled. Moreover, due to the neglect of understanding and grasping the needs of contemporary society and audiences, the forms and contents of many ethnic folk dances are difficult to resonate with modern audiences, leading to difficulties in the inheritance and development of dance art (Wu Meng, Zhang Wei, & Yang Tianjuan, 2020).

3.2 The number of inheritors is reduced or there is a fault, and the national folk dance art is facing a loss

The development of Chinese national folk dance art must be protected, inherited, and created by generations of inheritors to realize its sustainable development. However, with the development of globalization and the fast-paced life of modern society, the public, especially young people, pay less attention to traditional culture such as ethnic and folk dance art forms, and pay more attention to foreign culture, mass culture, and popular culture. As a result, there are fewer inheritors of traditional dance, and even some ethnic and folk dance art inheritors are divided, and the dance art is faced with the risk of being lost. Also, due to the low demand of the public for traditional dance, dance artists are faced with great challenges in the market and a lack of good performance opportunities and economic support, which makes it difficult for dance artists to focus on dance creation and inheritance. Even college students majoring in ethnic and folk dance art pay more attention to the study of popular dance due to the low market demand for ethnic and folk dance art. Influence the inheritance of national folk dance (Xu F P, 2020).

3.3 The impact of foreign dance culture on Chinese folk dance art

With the continuous advancement of globalization, the influx of various foreign cultures, as a part of foreign dance culture, has a certain impact on our national folk dance. Foreign dances generally have novel and unique characteristics and are more easily sought after by the younger generation, resulting in the decline of the popularity of traditional ethnic folk dances among young people. Moreover, with the integration of foreign dance culture, dance majors and relevant training institutions in Chinese universities pay more attention to the education of these popular dances and dance styles, while the teaching and inheritance of traditional national and folk dances are relatively small, resulting in fewer successors of traditional dance art. Especially the influx of Korean Wave dance, because of its simple and easy to learn, easy to use, so it is more likely to be favored by young people, China's national folk dance often carries rich cultural connotations and historical background, contains rich emotions, meaning and skills requirements, learning these dances is also relatively difficult, young people are affected by fast food culture, etc. It is easier to accept foreign dance culture, which also affects the inheritance of Chinese national folk dance art (Xu Z J, 2020).

3.4 Lack of a sound protection, inheritance, and development mechanism

In the vast land of China, a rich variety of ethnic folk dance art forms have been born. Although China has gradually promoted the protection of traditional culture and dance art culture in recent years, due to the different dance traditions of different regions and nationalities, China has not yet established a unified inheritance mechanism, standards, and protection system. In most cases, the cultural administrative departments of the regions where ethnic and folk dances are located are responsible for the protection of local art forms, formulating relevant policies and measures according to the actual local conditions, organizing dance festivals, competitions, and exhibitions, providing dance training and guidance, and supporting the performance and creation of dance groups. However, due to the differences in resources and capabilities of cultural management departments in different regions, the protection and inheritance of ethnic folk dances are not strong enough. Traditional dances in some places are facing the danger of being lost, and some traditional dance groups are also facing problems such as insufficient funds and a shortage of talent. Therefore, the establishment of a unified inheritance mechanism standard and protection system is still an urgent problem to be solved.

4. The development strategy of Chinese national folk dance art from the perspective of cultural self-confidence

4.1 Follow the principle of advancing with The Times into the new era of dance, artistic elements

With the rapid development of The Times, ethnic and folk dance art also needs to be combined with modern dance art elements to better meet the artistic needs of the public, so as to make ethnic and folk dance art more dynamic and attractive and keep pace with The Times. For example, the integration with modern technology, the use of virtual reality and augmented reality technology, to create a more rich and immersive dance experience, the audience can interact with the dancers through VR headsets or AR equipment, and feel a more immersive dance performance; Modern technology can also be used to design more innovative and unique stage sets and lighting effects, to add visual charm and artistic appeal to national folk dances, and enhance the audience's viewing experience. Inheritors of national and folk dance art can also innovate and create, break the shackles of tradition, and create more creative and unique works, such as trying to integrate different dance forms and pop music elements to create new dance styles. It can also combine the themes and problems of contemporary society, transmit ideas and emotions through dance, so that national folk dance is in line with The Times, and achieve innovative development.

4.2 Strengthen the training of inheritors of national and folk dance art

4.2.1 Strengthen cooperation with universities and training institutions

College dance majors and social dance training institutions are important places to train inheritors of ethnic and folk dance art. Local ethnic and folk dance protection organizations should establish close cooperative relations with colleges and training institutions, invite inheritors of ethnic and folk dance art to teach in colleges and training institutions and provide more systematic and professional dance education. Organize students majoring in dance to participate in the study of related arts, and cultivate more inheritors of national folk dance art; Local dance art protection organizations can also cooperate with universities and other institutions to fully collect and sort out local ethnic and folk dance resources and materials, establish dance art archives and databases, record and preserve local excellent dance works and traditional dance forms, and provide convenience for future generations of dance talents to study and research. China's national and folk dance art protection organizations can also establish a nationwide exchange platform for dance art, promote exchanges and cooperation between dance groups and individuals in different regions, and promote the mutual learning and learning of folk dance art of different regions and nationalities through the holding of dance art festivals, seminars, and workshops, so as to promote the diversified development of dance art (Zhang Le, 2023).

4.2.2 Establish a sound mechanism for the protection and training of inheritors

National and folk dance art protection organizations around the country should establish a complete protection mechanism for inheritors, and ensure that they can focus on the inheritance and innovation of dance art by providing basic social security and welfare security for inheritors and providing creative support for inheritors in terms of dance creation funds, venues and equipment. Relevant organizations should cooperate with inheritors to establish a comprehensive training mechanism for inheritors, formulate training plans, training courses and training institutions for inheritors, provide systematic training and education of dance art for relevant learners, strengthen relevant publicity and financial investment, and encourage more young people to participate in the learning of ethnic and folk dance art. Better protection and inheritance of outstanding dance traditions. China's national and folk dance protection organizations can also actively participate in international dance exchanges and cooperation, provide opportunities for inheritors to show and exchange on the international stage, promote dialogue and cooperation between them and the international dance community, and expand the international influence of national and folk dance art.

4.3 The use of new media to strengthen the publicity of national culture, stimulate the public's awareness of participation

Public participation is an important link to strengthen the development of national folk dance art in China, and relevant organizations should actively use new media for publicity and promotion. For example, official accounts are set up on social media platforms such as Weibo, WeChat, and Douyin, and dance videos and music performances of ethnic and folk dance art are released to attract young people's attention and participation; It is also possible to organize online cultural activities through the live broadcast platform, and attract more audience participation through the live broadcast

of ethnic and folk dance arts related competitions and community activities, and interact with the audience through interactive functions to increase their sense of participation. It can also cooperate with TV and other media to produce relevant documentaries, etc., to show the public the unique charm of ethnic folk dance art, so that more people can understand, love, and inherit national culture, and promote the inheritance and development of national culture (Zhou Y N, 2020).

4.4 Establish a sound mechanism for the protection, inheritance, and development of ethnic and folk dance arts

China's national and folk dance protection organizations should strengthen cooperation with local organizations, cooperate with the formulation of unified protection standards, clarify local requirements and measures for the protection of national and folk dance arts, in particular, provide funding, institutional support for local protection organizations to ensure the consistency and continuity of protection work; In cooperation with local organizations, we will fully excavate and sort out ethnic and folk dance art forms in various places, establish a unified art resource library, collect and sort ethnic and folk dance works, materials, videos, etc., to provide reference and support for protection and inheritance work, improve the efficiency and level of protection work, and jointly promote the protection, inheritance, and development of ethnic and folk dance art.

5. Conclusion

As an excellent traditional cultural heritage of China, folk dance is the crystallization of the wisdom and creativity of the Chinese nation, carrying rich historical, cultural, and emotional connotations. We should attach great importance to the value and role of ethnic and folk dance art. We should adhere to a people-oriented creation orientation and pay attention to the mass appeal and popularity of dance works so that more people can enjoy the charm and fun of ethnic and folk dance art. Additionally, we should strengthen the publicity and communication of ethnic and folk dance art to enhance social awareness and participation in dance art. Promoting the popularization and widespread appreciation of dance art can better showcase the cultural confidence of the Chinese nation and make significant contributions to achieving the Chinese dream of the great rejuvenation of the Chinese nation.

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