An Overview of the Research Status of Dance Flow in China

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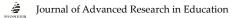Correspondence: Bi Zhang, Lingnan Normal University, Zhanjiang, 524048, China.

Abstract

This article uses Dance Flow as the keyword to search in China National Knowledge Infrastructure (CNKI), selects eight articles with high correlation, and analyzes the research status of China's Dance Flow. Master the download, citation, publication time, article type, article source and research method of the article by using the basic analysis method. Master the main research angle and research core of the article by using the content analysis method. Through the basic analysis and content analysis, the characteristics of Dance Flow in China are reflected. Firstly, China's research on Dance Flow is in its initial stage, and there are few studies that can combine dance status and Flow factors, which lack pertinence and detailed analysis, and there are many fields that can be filled. Secondly, in applying Flow theory to interdisciplinary research on dance, there are few research institutions, so more universities are needed to expand the research perspective and accelerate the integration with the international community. Thirdly, the research methods show diversity. Some studies use statistical analysis methods, and the measurement tools used have the characteristics of international application. However, compared with the empirical studies that generally use statistical analysis in the world, there is still a huge room for expansion. Fourthly, China's research on Dance Flow has strong practicability, which can lay a foundation for subsequent research and provide a research paradigm.

Keywords: flow, Mihaly Csikszentmihalyi, dance flow, Chinese dance

1. Introduction

Flow was pioneered by Mihaly Csikszentmihalyi, one of the founders of positive psychology. Flow can bring people a sense of accomplishment, confidence and a more fulfilling life experience. Professor Csikszentmihalyi believes that people's happiness needs to be devoted wholeheartedly, reaching the level of selflessness, and thus obtaining the state of inner continuity and peace (Csikszentmihalyi, M., 1975). Flow can bring people a sense of accomplishment, self-confidence and a more fulfilling life experience. Through decades of research, Professor Mihaly Csikszentmihalyi believes that Flow Experience also exists in art, sports, games and many other fields. Based on the Flow concept of Mihaly

Csikszentmihalyi, this paper conducted a search on China national knowledge infrastructure (CNKI) with the keyword Dance Flow. And analyze the research status of Dance Flow in China.

2. Overview of the Flow

In Csikszentmihalyi's early research, he believed that when experiencing Flow, he would feel the psychological experience like flowing water or flying, entering a state without self and fully focusing on his own task (Csikszentmihalyi, M., 1977). Flow is the best psychological state. Is the holistic emotion or mood that people felt immediately after they were fully engaged (Csikszentmihalyi, M., 2017). Flow only occurs when challenging goals and personal abilities reach a certain level (Csikszentmihalyi, M., 2017). Mihaly Csikszentmihalyi once quoted dancers' depiction of Flow Experience in Beyond Boredom and Anxiety. Meanwhile, a lot of studies have proved that there is Flow in dance creation and performance. Flow has a positive relationship with Dance (Kim Hye-rim, 2005). Kim Hye-ryeon believes that Dance teaching type has a significant impact on students' Dance Flow (Kim Hye-ryeon, 2011). Choi Seo-khwan and Hwang Seong-wu believe that Dance Flow has a significant impact on students' ability and state (Choi Seo-khwan & Hwang Seong-wu, 2013). Learning satisfaction will affect Dance Flow and learning harvest (Park Jung-kyo, 2014). Lee Juy-eon and Im Jeong-hee believe that Dance enthusiasm has a significant impact on Dance Flow (Lee Juy-eon & Im Jeong-hee, 2019). The more Dance practice, the richer the experience of Dance Flow (Lee Kyung-hee, 2006). In the fields of dance teaching, dance performance and dance psychology, there is an increasing number of related studies on Dance Flow, showing a multi-angle and detailed development trend, which provides a foundation for the research in China.

3. Literature Sources of Dance Flow Research in China

In order to understand the research situation of Dance Flow in China, a search with the keyword Dance Flow on CNKI revealed twelve articles, eight of which were related to Dance Flow. China scholars in the fields of psychology and pedagogy have translated Flow into immersion. If Immersive

Dance and Dance Immersion are used as keywords to search CNKI, there are ten articles. The research of these ten articles is not consistent with the concept of Dance Flow, so they are excluded from the research.

The eight articles with high relevance include: Lin Jietian's master's thesis "Application and Value of Structural improvisation in Chinese Folk Dance Choreography" published in Beijing Dance Academy in 2022. Wang Siyu's master's thesis "On Improvisation Dance and Creativity Cultivation" was published in Beijing Dance Academy in 2020. Zeng Chunxia's master thesis "Study on the Characteristics of Flow Experience of Latin Dance Students in Colleges and Universities", published in 2020 by Guangzhou Institute of Sport. Wang Luning published in Sichuan Drama, "On the Stimulation of Flow State of 'Unity of Mind and Body' in Dance Teaching". Wu Sisi's master's thesis, "Study on Flow State of Chinese Classical Dance Students", was published in Beijing Dance Academy in 2019. Han Qiaoyu's master's thesis "A Comparative Study of 'Improvisational Dance' Teaching in Chinese and British Universities" was published in Nanjing University of the Arts in 2018. Wang Tong's master's thesis, "Design and User Experience of Dance Entertainment System Based on Natural Interaction", was published in Harbin Institute of Technology in 2015. Guan Jingyan's master's thesis "Research on 'Immersive Experience' in Dance" was published in Beijing Dance Academy in 2015.

4. Literature Analysis

4.1 Foundation Analysis

Through the quantitative visualization analysis of CNKI, the total number of citations of the eight articles was 26 times, and the average number of citations of each article was 3.25 times. The total number of downloads was 2,123, with an average of 265.38 downloads per article.

Analysis of publication time showed that the earliest publication time was two articles in 2015, one article in 2018, two articles in 2019, two articles in 2020, two articles in 2020 and one article in 2022.

For the analysis of literature types, one article was journal literature, and seven articles were master's thesis.

Analysis of literature sources, one article from Sichuan Drama magazine, four articles from Beijing Dance Academy, one article from Nanjing University of the Arts, one paper from Guangzhou Institute of Physical Education, and one article from Harbin Institute of Technology.

Research method analysis, Lin Jietian's research uses literature research, case analysis, questionnaire survey, interview method. Wang Siyu's research uses the methods of literature research, observation, interview, questionnaire and experiment. Zeng Chunxia's research uses literature research method, observation method, questionnaire survey method, statistical analysis method, comparative analysis method, logical analysis method. Wang Luning's research uses interview method, questionnaire method and Experience Sampling Method (ESM). Wu Sisi's research uses the interview method, the observation method, the literature research method, the expert consultation method. Han Qiaoyu's research uses comparative analysis method, literature research method, experience observation method, case analysis method and interdisciplinary research method. Wang Tong's research uses literature review and measurement methods. Guan Jingyan used interview method, questionnaire survey method and Experience Sampling Method (ESM).

Based on the basic analysis, it can be found that there are few literatures on Dance Flow in China. According to the analysis of the number of literature downloads, Wang Siyu's on Improvisation Dance and Creativity Cultivation has been downloaded 502 times, Guan Jingyan's Research on Immersion Experience in Dance has been downloaded 398 times, and Wang Tong's Research on Design and User Experience of Dance Entertainment System Based on Natural Interaction has been downloaded 310 times. The overall download numbers reflect the lack of attention paid to Dance Flow in the dance research community in China. From the analysis of the literature reference Wu Sisi's Studies of Chinese Classical Dance Students Flow State of the referenced for eight times, GuanJing yan's The Study of Dance immersion experience, and Han Qiaoyu's the Sino-British Comparative Study of impromptu dance Teaching in Colleges and Universities were cited, 5 times more than three

articles were the earliest reference time is 2019. It reflects that Chinese Dance research has paid more attention to Dance Flow since 2019. From the analysis of publication time, the earliest literature was published in 2015. Compared with the international research on Dance Flow and other Chinese disciplines on Flow, the research started very late and did not show an increasing development trend year by year. From the analysis of literature types and sources, master's degree thesis is the main one, which can indirectly reflect the attention of the young generation of researchers to Dance Flow and interdisciplinary research. From the perspective of research methods, the above literatures all use a variety of research methods, reflecting the characteristics of cross-research and enriching the research methods. Among them, six articles used literature research Method, the other two articles were not used as the main research method, five articles used questionnaire survey method, five articles used interview method, five articles used observation method, two articles used case analysis method, and two articles used psychological Experience Sampling Method (ESM). There are few empirical studies in the 8 literatures, which is quite different from the empirical studies generally adopted in the world. It reflects that there is room for expansion in scale design and optimization in the research field of Dance Flow in China, and the emphasis on empirical studies is not high.

4.2. Content Analysis

Among the articles studied, one was related to interactive dance entertainment systems, and the remaining seven were related to dance practice, including three involving dance improvisation.

In Wang Tong's research, cognitive psychology and design theory were used to study the goal, method and measurement of natural interactive design of dance entertainment, and the systematic and practical methods of interactive design in dance entertainment situation were demonstrated, and the effective ways to enhance the interactive experience of dance entertainment were explored (Wang Tong, 2015). The research subject of this paper is interactive experience, and it believes that natural interaction needs to be based on behavior and spirit. Dance Flow is only used as a test tool to measure the effectiveness of feelings, consciousnesses and cognitive habits in the
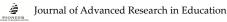
spiritual aspect of interactive experience, and the research is not highly correlated with Dance Flow.

There are three articles on dance improvisation. Lin Jietian studies the value and significance of the application of structural improvisation in the choreography and creation of Chinese folk dance, studies the application of Flow theory to analyze the improvisation characteristics of folk-dance artists, and makes case analysis based on the creation of works (Lin Jietian, 2022). Wang Siyu's research applies the theories of Sigmund Freud, J.P. Guilford, Mihaly Csikszentmihalyi and Howard Gardner to improvisational dance, in order to verify the cultivation and improvement of creativity (Wang Siyu, 2020). Han Qiaoyu studies the differences between Chinese and British improvisational dance teaching and explores the new development direction of Chinese improvisational dance teaching (Han Qiaoyu, 2018). Although the three literatures all take dance improvisation as the research core, the application of Flow theory is different. Lin Jietian's research focuses on the use of Flow theory for case analysis. In Wang Siyu's research, Flow is only one of the four psychological factors related to dance improvisation. It is difficult to judge the single influence of Flow on improvisation through statistical analysis of the cultivation of creativity by Cattell Sixteen Personality Test Scale. In Han Qiaoyu's research, dance improvisation is analyzed with the theory of mind and body, the theory of multiple intelligences, the theory of human dynamics and the Flow theory, and the Flow theory only focuses on the psychological perception of improvisation.

When the dancer is in the improvisation state, the self-consciousness will disappear, and the sense of time will pass away. The dancer will have a clear goal in the improvisation of dance and be able to give timely feedback. These factors in dance improvisation are consistent with the elements of Flow, so it is very suitable to use Flow theory to study dance improvisation. However, the research on the correlation between dance improvisation state and Flow factors seems to be lack of pertinancy, and it fails to conduct detailed psychological analysis based on Flow theory in a deeper way.

In the literature of Dance style research, Wu Sisi analyzed the state of Flow of Chinese classical dance students, the causes and the advantages of Dance Flow, and studied the effective ways to stimulate students to Flow in teaching (Wu Sisi, 2019). The study focuses on psychology, body, Dance improvisation and breathing in dance respectively, and demonstrates the effective methods to enhance students' Flow experience in Chinese classical dance teaching, which has a positive impact on the application of Dance Flow in Chinese classical dance. Zeng Chunxia studied the characteristics of Flow of Latin dance majors in universities and studied the influence of Flow on dance through comparative analysis (Zeng Chunxia, 2020). According to the research, Dance Flow has low recognition among teachers and students of Latin dance major, the training method of Flow is simple, and boys are more likely to enter Flow state. The years of learning Latin dance have an impact on Flow Experience. Through the study, the five components of Flow for Latin dance major students were clarified, and the Flow measurement scale of Latin dance major was verified to have good reliability and validity. Lin Jietian's research uses Flow theory to explain three values of the application of structural improvisation in the choreography and creation of Chinese folk dances (Lin Jietian, 2020). Combined with case analysis, this paper expounds the Flow factors contained in Chinese folk dance, and the influence of dancers' living background and learning background on structural improvisation and demonstrates the three functions of using structural improvisation in the creation of Chinese folk dance. Although the dance styles studied in the three articles are different, they are all related to the causes, methods and characteristics of Flow Experience in dance.

The other two articles are comprehensive studies of the physical and psychological effects of Dance Flow. Through the analysis of the Flow state, Wang Luning found the internal and external reasons leading to the separation of mind and body, studied the training methods to improve students' flow experience, and promoted the unity of mind and body in dance teaching (Wang Luning, 2019). The study emphasizes that we should pay more attention to the psychological factors in dance teaching, and the synchronized education of body and mind can effectively improve the dancing ability. By comparing and

analyzing the mental state of concentration, immersion and selflessness in dance practice, Guan Jingyan ranked dance groups and types in the degree of Flow and gave the method of improving dance expression and happiness. Besides, she also carried out detailed analysis on gender, age, dance type, occupation and dancing time (Guan Jingyan, 2015). The study clarified the corresponding relationship between Flow factors and Dance state, emphasized that the inner state and psychological needs should be paid attention to during dance, so as to arouse the attention to the ecological environment of dance. This study provides a paradigm for the subsequent in-depth study of Dance Flow. The above two articles, as well as the research of Zeng Chunxia and Wu Sisi, have conducted in-depth research on the development process, dimension, research methods, measurement tools and application of the Flow theoretical system.

5. Conclusions

Through the analysis of the above eight articles, it can be seen that China's research on Dance Flow has the following characteristics. Firstly, in terms of the amount of literature and publication time, the research on Dance Flow in China is still in its infancy and relatively late. There are few studies that can combine dance status and Flow factors, and the pertinence and details of the research are insufficient, so there are many fields that can be filled. Secondly, in the interdisciplinary study of dance by using Flow theory, there are few research institutions, half of which are concentrated in Beijing Dance Academy, which reflects that Beijing Dance Academy has an international vision in the forefront of dance disciplines. At the same time, more universities are needed to expand the research perspective and speed up international integration. Thirdly, the research methods show diversity. Wang Siyu, Zeng Chunxia, Wang Tong and Guan Jingyan used statistical analysis methods in their research, and the measurement tools used have the characteristics of international application, but there is still a huge room for expansion compared with the empirical studies that commonly use statistical analysis in the world. Fourthly, in Wang Tong's research, Flow theory is used as a measuring tool to test the spiritual level in dance interactive experience, while in Lin Jietian's and Han Qiaoyu's research, Flow theory is

studied in combination with other psychological theories. The other 5 articles mainly focus on Flow theory and have strong practicability, which can lay a foundation for subsequent research and provide research paradigms. This study only focuses on the literature on Dance Flow in CNKI, which has certain limitations. It is hoped that this study can arouse relevant scholars' attention to Dance Flow.

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