

Life Orientations of Performing Artists: A systematic Review of Literature

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ABSTRACT

This article is written based on reviews of the literature on the studies of performing artists. The objective of the article is to find out the gaps, similarities, and areas of research to be addressed. A total number of 50 articles are studied and reviewed the findings. The review of literature which was studied and reviewed the findings. The review of literature includes research articles on dancers, artists, belly dancers, singers, and orchestra artists. The research was heterogeneous and made the overall synthesis of the research results. The study of the review of literature will throw light on different dimensions of research on performing art, performing artists life style, and research gaps, and helps in understanding the different issues related to performing artists. This article will analyze the review of literature from four dimensions Health and health-related issues, Social struggle, Economic issues, and career issues.

Keywords- Performing artists, Life related issues, Life orientations.

1. INTRODUCTION

Performing art is a unique skill of humanity. Human life passes through lots of challenges that lead to stress and health complications. Every individual needs happiness, love, affection, and social harmony with recognition. It requires a unique way of leading life and performing art is life-enriching art. The pursuit of performing art requires understanding the different forms of art, body movements, continuous practice, acquiring the skill, bringing refinement in art forms, and becoming an accomplished artist. These aspects of performing art contribute the society and unique ways of life. In this one has to be engaged physically, mentally, and psychologically for acquiring the skills. This requires a lot of perseverance. The complex life has become harmonious and gets stress free. The artist's community performs for the people to make them feel stress-free. Dance, Opera, drama, singing, and magicians are the real remedy in this disease-prone world. The research conducted on performing art and their issues will provide the platform for understanding the artist's community, and the associated issues of their life. The health-related issues of performing artists, socio-economic conditions, stress level, emotional intelligence, body image

behavior, and lifestyle must be the key indicators of preserving the skills of the artists. So it needs to be studied and addressed at all levels. The review of literature which was studied and reviewed the finding includes the research articles on dancers, artists, belly dancers, singers, and orchestra artists. The research was heterogeneous and made the overall synthesis of the research results. The study on performing artists is only limited to health profile and mental well-being limited to health profile and mental well-being in fact, the scholars have not focused on the socio-economic profile of performing artists, lifestyles, and quality of life research is still lagging. It is evident that an artist becomes famous the lifestyle changes but no such research was conducted for the struggling artists. Researchers are more concerned about the social problems and the communities that have not been addressed at any point in time. Qualitative research and social issues are real platforms to understand the problems, associated with the different people, communities, and people having specialties in terms of lifestyle, talents, and culture (M Dixon et al., 2005). This review of literature article will explore the facts related to performing artists, their problems and also the research gap.

2. REVIEW OF LITERATURE

The review's presentation and analysis were based on research findings, statistical analysis, and studies on the psychological, social, economic, and health issues that affect performing artists.

2.1. HEALTH ISSUES

Health is the key indicator of the human development index. In this competitive era, healthy life is a dream for every individual. Each profession throws challenges and demands exclusive skills in terms of performance, carrier, education, understanding of the skill, and delivery at the right platform. Perform art has become a major entertainment industry to provide employment and carrier opportunities. It requires a lot of practice and preservation to perform and to get an identity in this field. So, health issues have been selected as a major dimension as many young artists face health issues at a young age due to stress, and lack of opportunity in the said field "Health Problems of Professional Ballet Dancers. Ballet dancing style is one of the unique styles which demands body movements and continuous practice for perfection. The study on ballet dancers formed that the pain and problem in basal metabolic rate only a negligible member of ballet dancers i.e 11 % of respondents face pain and physical injury. Ballet performers' bio-psycho-social conditions are impacted by their demanding physical schedules, increased risk of accidents, and ongoing stress. The findings imply that dance-related injuries are common and frequently occur. The physiological complexities of dance include risky areas including the neck, knee, and ankle/feet (Verulava *et al.*, 2021). " A dynamic process that makes use of hormonal, dietary, and biomechanical balance, optimal bone health" according to the study. This essay makes the study that young dancers' healthy bones become especially crucial during dance instruction. A variety of health problems are brought on by an imbalance in one of the aforementioned areas, and ultimately have an impact on dance performance. A healthy diet is a crucially changeable component that young dancers can use to help with their physical and artistic development (Derrick et al., 2017). The study revealed the facts related to Exotic dancing and health, examined

occupational health and safety issues associated with exotic Interviews With 30 18- to 42-year-old exotic dancers, assessments of demographic features, professional histories, the work of dancers, their work environments, relationships among coworkers and customers, sexual histories, and health problems were made. The findings reveal that the individuals' health issues were related to: the consequences of costuming and beauty standards; unclean workplaces; issues brought on by stigmatisation, sexual harassment, and assault; and police apathy or victim-blaming. Dance in any form contributes to harmony, happiness, and a stress-free environment. Society must address the issues of exotic dancers. health, Work environment, safety, protection, and diet must be covered for the exotic workers. Any performance requires a lot of practice, and an understanding of the rhythm of music, body movements, and expressions so the exotic dancers must be given a proper social platform for the survival of the art skill (Maticka et al., 2000). In the lives of artists, eating habits and body image are crucial. When an eating disorder is present, the artist's body is more susceptible to weight gain and other health issues. In terms of the traits linked to body image and eating disorders, there was no noticeable difference between dancers and non-dancers, nor was there any connection between these factors and eating disorders. These results are at odds with earlier research. The results here support earlier research showing that BMI is an objective measure of a variable correlated with the emergence of eating disorders and can affect body image, and they may offer guidance concerning BMI. Consequently, it's crucial to (Ravaldi et al., 2003).

2.2. SOCIAL ISSUES

One of the universe's sustainable development goals is people's health and well-being. There are several approaches to creating a healthy society. A disciplined lifestyle, optimistic thought patterns, and size. Women and men can learn about life through different performing arts, such as dance and other performing arts. This is the first time a thorough review of dance practice and adult women's quality of life has been done. This essay adds to the conversation about the value of dancing as a means of enhancing women's status in society and quality of life. Studies have shown a connection between dance, health, and happiness. Dance practice and the process has a positive impact on Health and wellbeing improvements may have a direct or indirect impact on quality of life. Therefore, research on the connection between dance and quality of life is relevant and required. Understanding it in terms of the levels of stress and the growth of serious chronic diseases requires specific attention (Hernandes et al., 2018). Performing art is a unique art that can be acquired by male as well as female artists. The studies are undertaken to understand gender stereotypes and social role theory. The researcher found when a female plays a feminine instrument, they are perceived as more caring, warm and sensitive, and better adjusted (Crammer et al., 2002). performing art is a unique skill that cannot be generalized for female or male it can be acquired through practice.

2.3. ECONOMIC ISSUES

Performing art has become a major contribution to the entertainment industry. The unique creativity and talent of humanity have been explained, enjoyed, and highly recognized. The researchers have taken an interest to explore the economic facts associated with performing art an extensive study has been undertaken by the researchers on 14 cultures and fields. The only field of study was the performing arts industry, which is heavily influenced by the socioeconomic environment. The results of testing Hypothesis 1 demonstrate that socioeconomic factors impacting performing artists, such as gender, age, educational attainment, and employment status as a full-time employee, have a considerable impact on whether they obtain funding. JOB and OWN were statistically significant at the 5% level of significance, and part-time artists were more likely to get smaller rewards than full-time artists. This result showed that full-time artists were 27.4% more likely to receive funding than part-time artists. The artistic elements COST and WORK were 10% statistically significant, whereas SPEND was within 1%. Overall, increasing artistic activity, spending on education and training to produce artistic works, and The likelihood of winning a grant increased with significant artistic activities. Other genres of artists' life satisfaction did not significantly differ from zero. Additionally, not all genres of job satisfaction showed a substantial amount of satisfaction. (Park et al., 2020). Performing art is commercially acknowledged by many sectors of the entertainment industry. The paper on commercially active creators found very interesting results on the generation of revenues from radio, television, and internet, broadcasting. The study found very interesting facts like the procedures of commercial music earn from jingles and advertising, composers and pop music authors and jazz artists on record sales, etc. The income from music video creation one closely related to both personal and market-related activity. The majority of respondents express dissatisfaction with government actions and the legal regulations governing crisis aid. For particular industries. The commercially active creations can generate revenues from radio, television, and internet broadcasting. The study focused on the earning status of the performing artists (Kossecki et al .,2022). The covid pandemic situation created a lot of challenges for the entertainment industry. The study was conducted among the women population in Kerala and 43 percent of the respondents were instrumental artists .most of the artists took membership in professional associations. The study focused that there is inequality in the income of the same art forms. Only 11 percent of total female artists get higher monthly income compared to male artists and 90 percent of the artists suffered income due to covid 19 situation. The entertainment industry is the only industry that relieved the entire world's population and gain smiles during the pandemic situation. The artist's community tried to spread happiness through their skills even through the low income. The study also explored the fact that the financial support from the government is minimal and 32 percent of the artists did not receive it. Any type of helps from the government .artists never wait for monetary support but the artists exhibit the talent for spreading happiness, love and social harmony (Anagha V. S *et al* 2021).

2.4. PSYCHOLOGICAL ISSUES

Learning is a lifelong process. The learning of life starts from the birth of the baby and continues till old age. In this period of life, the basic development like cognitive, social, psychological, overall personality, language, and physical development takes place in this developmental process of dance, song, drama and any other forms of performing art play an important role. Cognitive development includes the intelligent quotient and emotional intelligence. The studies found the crucial fact that performing art helps in developing emotional intelligence. Ballet dancers' training skills and emotional intelligence have a strong relationship (Petrides, K et al.2006). Additionally, it was discovered that through experience and developing communication skills through dancing, kids can learn how to deal with a variety of responsibilities and problems in life. Through movement, dance aids in the exploration of thoughts and emotions. In the end, it promotes the growth of emotional intelligence (Walter, O et al.2011).According to the researchers, there is a positive correlation between dancers' stress and life satisfaction. The meta-analysis of reviews found that a higher standard of living and a decline in clinical symptoms like anxiety and depression (Koch et al. 2014). Dance performance in particular has a profoundly good impact on a person's well-being. In terms of the social environment. It embodies culture, memories, and everyday experiences. A systematic review and meta-analysis on promising results for the application of art to combat youth mental stigma were undertaken. When numerous forms of art are used, the study examined the idea that arts interventions are very successful because no studies in this meta-analysis showed any negative effects (Gaiha S M et al .2021). The dance therapist claimed that dance had a positive impact on treating the mental health problems like autism, anxiety disorders, mood disorders, and psychotic disorders. So, the psychological issues of the performing artists need to be addressed by society, academia, and administration. Mental health, emotional intelligence, positive thinking, and a stress-free life can be possible through any type of performing art (Pinniger et al.,2012).

3. METHODOLOGY OF THE STUDY

The article has been written based on research findings, views, and opinions of the researchers or performing artists. It is a review of the literature of study for the research work. The review of literature extracts is collected form secondary sources like journals and articles in different research journals. The statistical tools are used to analyze the review in terms of similarities and dissimilarities.

4. SCOPE OF THE STUDY

This study as an unique study includes all categories of performing artists. The researcher tries to explore the knowledge regarding other research and the different research already carried out on performing artists. This research will act as foundational researchers on the entertainment industry or community.

5. OBJECTIVES OF THE STUDY

1. To find out the facts related to performing artists.
2. To study the different research issues related to performing artists.

6. RESEARCH GAP ANALYSIS

Years with author	Title	Objective	Sample	Tools & technique
T. Verulava (2021)	Health Problems of Professional Ballet Dancers.	This study's objective was to assess ballet dancers' health-related issues.	50	Mean, Standard deviation , BMI are used in this article.
E Maticka (2000)	Exotic dancing and health examined occupational health and safety issues associated with exotic dancing about the social organization of strip clubs.	Study about a specific occupational category, female exotic dancers, and their susceptibility to HIV infection.	30	Exploratory research on female dancers was undertaken utilizing in-depth interviews with 30 dancers and observations at 10 clubs. To increase the diversity of the sample, non-probability purposive sampling was used to choose bars and dancers.
C Ravaldi (2003)	Eating disorders and body image disturbances among ballet dancers, gymnasium users, and bodybuilders.	To explore the food habits of Elite athletes in some sports or physical activities.	200	The Beck Depression Inventory, the State-Trait Anxiety Inventory, and the 12th version of the Eating Disorder Examination (EDE-12).
Harnandes (2018)	Quality of Life of women who practice: a systematic review protocol.	To research women's quality of life in order to comprehend the causes of long life.	50	There will only be quantitative studies included. Any amount of dance practice time will be accepted in conjunction with studies. The following bibliographic databases will have published: MEDLINE, Embase, Cochrane, Portal da Coordenação do Aperfeiçoamento de Pessoal de Nível Superior (CAPES), Scientific Electronic Library Online (SciELO), Biblioteca Virtual em Sade (BVS).
KM Cramer (2002)	Perceptions of musicians: Gender stereotypes and social role theory.	In the current study, college students' opinions of fictitious male or female artists performing on instruments associated with either gender—the tuba and drums or the flute and harp—were examined.	98	Using a semantic differential scale.

HS Park (2020)	Impact of Government Support on Performing Artists' Job and life satisfaction: Finding From the national survey in Korea.	To investigate what is known about the effects of gout support on performers and their quality of life.	200	Stratified random sampling method.
P Kossecki (2022)	Economics of music Industry –Revenue Streams of The Artists	To find out the basic solutions and innovation in music industry.	154	Using pre-designed online surveys with closed questions and a random selection of artists and performers from databases of CMOs (ZAIKS, Stoart) and social media, the research involved interviews.
Anagha V. S (2021)	Impact of covid -19 on performing artists in kerala.	To analyze the socio-economic makeup of Kerala's performing artists. To investigate the issues experienced by performers in Kerala during the COVID-19 pandemic. To assess the impact of the COVID-19 Pandemic on the different welfare programs for performing artists in Kerala.	40	The study employed both primary and secondary data and was quantitative and descriptive.
K V Petrides (2006)	Trait emotional intelligence of ballet dancers and musicians.	Examine the reliability of the Trait Emotional Intelligence.	76	The technique, or the Trait Emotional Intelligence Questionnaire.
Pinniger (2012)	Argentine tango dance compared to mindfulness meditation and a waiting-list control: a randomized trial for treating depression.	To find out that practicing tango might help people feel better by reducing their symptoms of psychological stress, anxiety, and depression in the same way that doing mindfulness meditation can.	100	This study employed multiple regression analysis and analysis of covariance (ANCOVA). the scales for self-worth, life satisfaction, mindfulness and awareness of one's attention, and measures for stress, anxiety, and depression.
O Walter (2013)	Dance and its influence on emotional self-control and regulation and emotional intelligence abilities among early childhood-aged children.	The areas of motor skills and emotions are the two key aspects for appropriate overall child development that are the subject of this study.	60	Correlation, Pearson's coefficient, Standard deviation.
Koch (2014)	Effects of dance movement therapy and dance on health-related psychological outcomes: A meta-analysis.	The results of 23 primary trials (N = 1078) on the variables of quality of life, body image, well-being, and clinical outcomes, along with a sub-analysis of depression, anxiety, and interpersonal competence, are analysed in this study to determine the current state of knowledge on the effectiveness of DMT and	1078	Randomized controlled trials used in this article.

		dance.		
S M Gaiha (2021)	Effectiveness of arts interventions to reduce mental-health-related stigma among youth: a systematic review and meta-analysis.	To conduct a systematic review and meta analysis to investigate the impact of the arts on the mind.	57	The Effective Public Health Practise Project (EPHPP) Quality Assessment Tools for Quantitative Studies. Data were collected into tables and analysed using RevMan 5.3.5.

6.1. RESEARCH GAP ANALYSIS ON STUDIES OF PERFORMING ARTISTS

Table 1 Research gap analysis of performing artists

Sl. no	Type of studies on performing artists	Frequency	Percentage
1	Dancer health	3	20
2	Socio economic	2	13.33
3	Quality life	2	13.33
4	Eating disorder	1	6.66
5	Psychological stress	7	46.66
	Total	15	100%

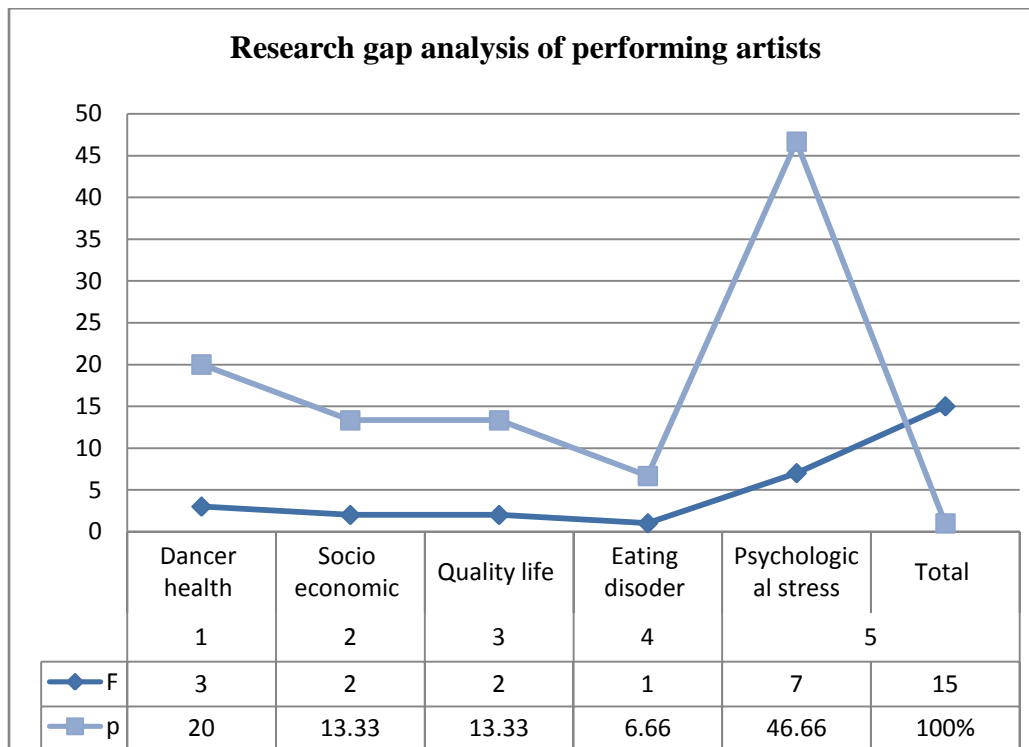
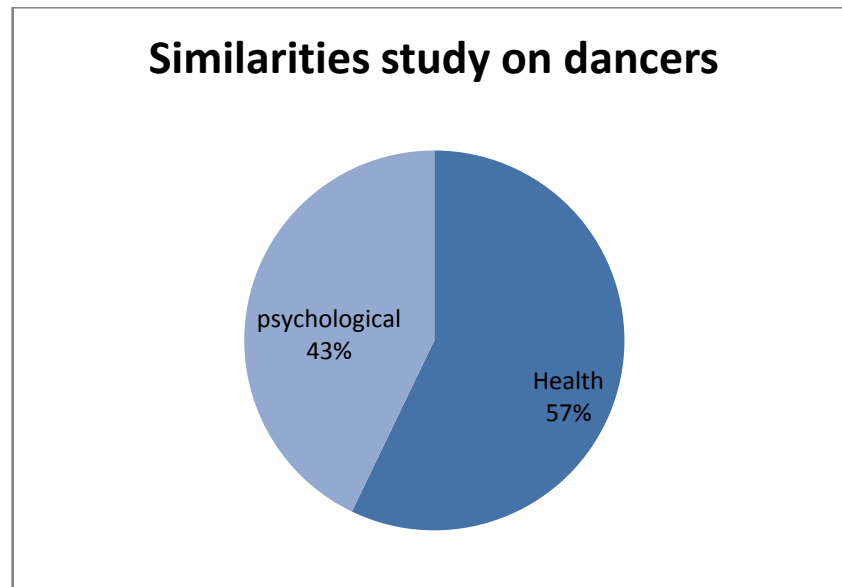


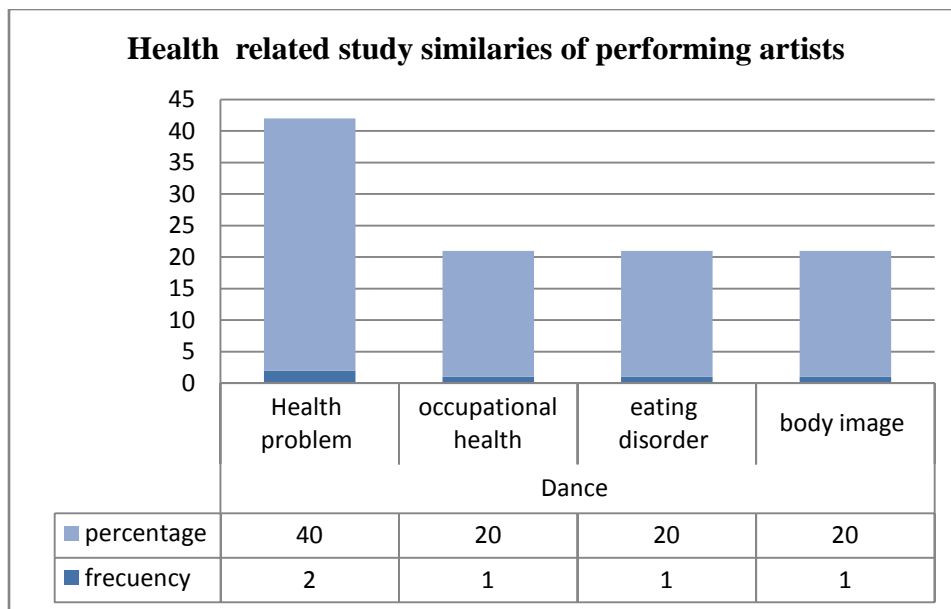
Fig.1. Research gap analysis of performing artists.

Table 2 Similarities study on dancers

Sl. no	Similarities	Percentage
1	Health	57.14285714
2	psychological	42.85714286
	Total	100

**(Fig.2. Similarities study on dancers)****Table 3 Health related study similarities of performing artists**

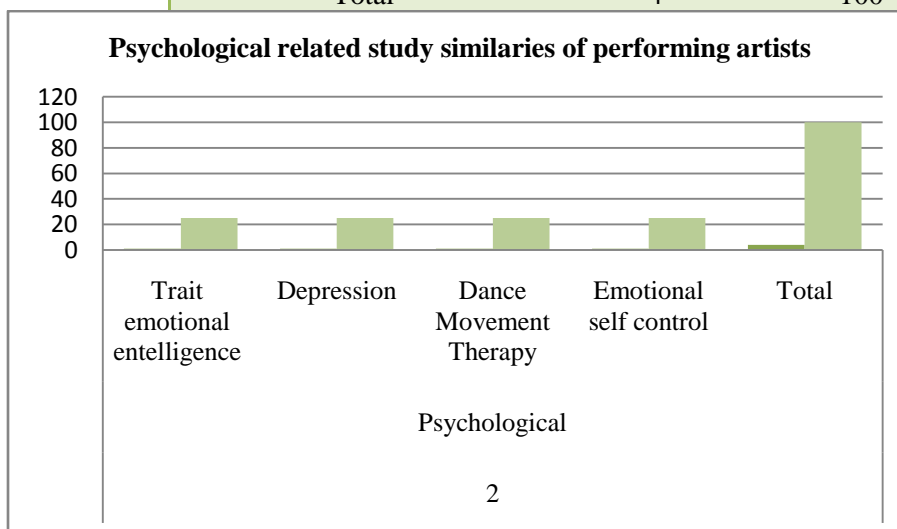
Similarities	Sub- Similarities	Frequency	Percentage
Dance	Health problem	2	40
	Occupational health	1	20
	Eating disorder	1	20
	Body image	1	20



(Fig.3. Health related study similarities of performing artists)

Table 4 Psychological related study similarities of performing artists

Type	Sub content	Frequency	Percentage
Psychological	Trait emotional intelligence	1	25
	Depression	1	25
	Dance Movement Therapy	1	25
	Emotional self control	1	25
	Total	4	100



(Fig.4. Psychological related study similarities of performing artists)

Table 5 Dissimilarities of studies of performing artists

Sl. No	Dissimilarities	Frequency
1	Gender stereotypes	1
2	Job life satisfaction	1
3	Economic of music industry	2
4	Mind fullness medication	1

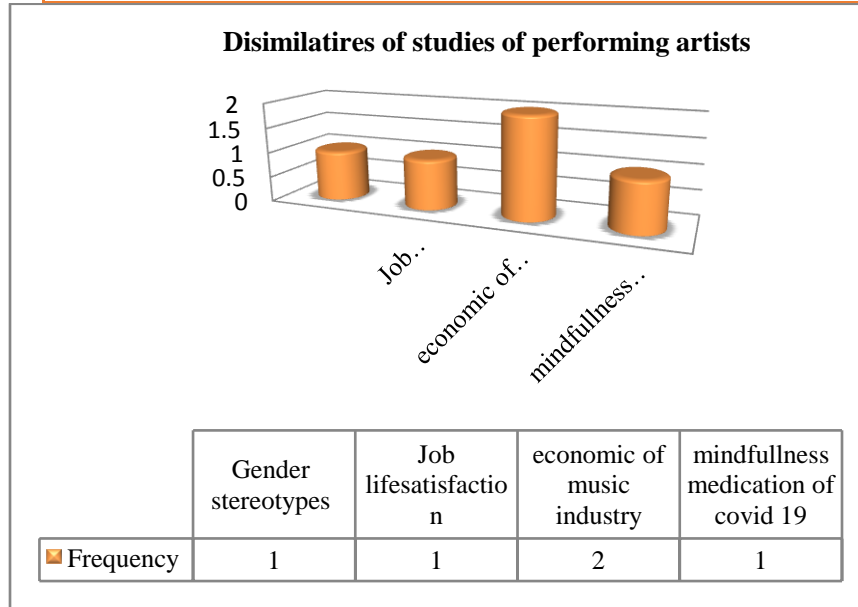


Fig.5. (Dissimilarities of studies of performing artists)

7. CONCLUSION

Perform or perish is like two sides of a coin. The people who have chosen performing art as their earning source faced a lot of challenges from social, economic, and psychological dimensions. It is evident from the study of the review of literature contributed by eminent researchers. They revealed the different facts related to performing artists' life. Clinical disorders, emotional intelligence, empathy, social skills, positive thinking, and well-being concepts have direct connections with performing art. The expressions, portraying the character, continuing practice for a refined performance, and struggling for identity in society are the realities of the artists. The key facts are explored from the social, economic, and psychological issues.

- The reviews of literature reflected the facts that the health, happiness, empathy, emotional intelligence, body image, and well-being of the artist's life orientations of performing art.
- It is evident from the review of literature that performing art forms will have lots of dimensions to study. Life orientations are not limited to social, psychological, and economic. Many other factors like internal trait development, effects on personality, and effects on emotional intelligence need to be addressed.
- The dance forms and other performing forms will bring the highest level of life satisfaction but at the same time, lack of opportunity, recognition, and competition for

identity creation also leads to stressful conditions. The artists also face physical challenges which sometimes make them paralyzed.

- The literature analyzed in this article have limited to socio-economic and psychological aspects of performing artists. Society as a platform and its related issues with performing art are studied. In economic aspects, the earning of an artist, employability, and economic conditions are studied. In psychological issues, mental health, stress, a positive mind, and emotional intelligence are studied. Besides these artistic skills, real human values need to be returned, preserved, and protected.

8. FUTURE SCOPE

The research done on many issues relating to performing artists is included in the study's scope. It's important to address the unexplored such as psychological, social, and economic problems. The Study to understand the facts on contributed the various artist communities' socioeconomic status, health, and life philosophy of performing artists as well as their quality of life.

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CONFLICT OF INTERESTS

None.

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