

## BAB V

### PENUTUP

#### 1. Kesimpulan

Berdasarkan hasil penelitian ini, penulis mengambil kesimpulan sebagai berikut:

- a. Penelitian ini menunjukkan bahwa *Authentic Movement* (AM) dapat menjadi pertimbangan dalam menstimulasi respons emosional penari melalui ruang aman tanpa penilaian, refleksi diri, kesadaran tubuh, dan penerimaan diri. Faktor-faktor ini membantu penari mengekspresikan emosi secara terbuka dan memahami keadaan emosional mereka dengan lebih baik.
- b. Eksplorasi model latihan AM yang mencakup narasi pribadi, momen kehadiran, refleksi, dan jurnal, berhasil menstimulasi respons emosional penari. Dengan menggabungkan *mindfulness*, maka akan memperkuat keterhubungan tubuh dan pikiran, meningkatkan kesejahteraan emosional, dan kinerja artistik penari..

#### 2. Saran

Dalam penelitian ini, beberapa aspek yang dapat diperbaiki atau diperhatikan oleh peneliti lain untuk kajian serupa di masa depan adalah sebagai berikut:

- a. Perlu memperhatikan jumlah subyek agar dapat mewakili keragaman yang lebih luas dari populasi penari. Melibatkan lebih banyak partisipan dengan latar belakang yang beragam, baik dari segi usia, jenis kelamin, pengalaman tari, maupun kondisi emosional agar memperoleh gambaran lebih komprehensif tentang teknik *Authentic Movement* (AM).
- b. Durasi dan frekuensi sesi AM perlu ditambah untuk menggali dampak jangka panjang dari latihan ini terhadap respons emosional penari. Selain

mempertimbangkan program latihan yang lebih panjang dan intensif untuk melihat perubahan secara lebih signifikan dalam respons emosional dan kesejahteraan psikologis penari.

- c. Perlu menggunakan alat ukur psikologis (kuantitatif) yang lebih objektif dan seperti skala pengukuran emosi agar dapat menambah wawasan dan membantu validasi berbagai temuan. Terakhir, pastikan untuk menciptakan lingkungan yang benar-benar bebas dari penilaian untuk memaksimalkan keamanan emosional peserta sebagai elemen kunci dalam AM.



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### **Sumber Video Karya:**

*Authentic Movement with Artem Markov*: <https://youtu.be/2UtDRxIpp0s?feature=shared>  
*Dance Your Feelings with Erika Malone* <https://www.youtube.com/watch?v=U53-K0iLsmA>  
*10-minute Dance Exercise to Release Stress & Anxiety* 🌱 *Very Grounding!*  
<https://www.youtube.com/watch?v=9DhwZqNJkIU>

### **Link video cuplikan Model Latihan AM**

[https://www.youtube.com/watch?v=WyQo\\_B3VvEA](https://www.youtube.com/watch?v=WyQo_B3VvEA)

**Link video dokumentasi latihan full:** [https://drive.google.com/file/d/1CIV6tX30NjR3-3ymumvEpcGUiG1A6HB/view?usp=drive\\_link](https://drive.google.com/file/d/1CIV6tX30NjR3-3ymumvEpcGUiG1A6HB/view?usp=drive_link)