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АСТАНА

DRAMATIC ART FOR PERSONAL DEVELOPMENT: A JOURNEY FROM PERSON TO PERSONALITY

Annotation

The article «Dramatic art for Personal Development: A journey from Person to Personality» highlights the challenges, stages and benefits of personal growth through dramatic art studies. Practising dramatic art will help an individual to grow in all aspects to become a personality. Drama has been an important art for presenting an individual in a different way in-front of the mass. Through this article the researcher tries to study and find out the benefits and impact of Dramatic art in personal development and transforming a person to a Personality.

Key words: *Dramatic art, Personal development, Personality.*

Introduction. Dramatic art is one of the important parts of performing arts where actors, designers and directors unite together for the performance. Drama specifies any real and imaginary incident/story of life and history which will not only make the spectator think and change but also a practitioner, performer, individual to understand themselves and convince to do the needful change in his/her life/Personality. This art emphasises on self study because while practising dramatic art every individual starts thinking from self, then after that any character building, story development, designing and directing the fiction work will begin. So, as an individual if one can go to understand in deep about his/her own self (habits, behaviours, temperament, addictions etc.) one may be able to understand the good and bad personality easily before starting the dramatic performances.

Personal development means overall growth and development of an individual. Personal development leads to a great personality some day. For personal development an individual should be honest with self so that they can realise themselves each and every positive and negative thing, behaviour, habits happening around them and tries to correct them. Personal development includes one's body and mind growth in a positive way. Let's discuss about the body first,

human body requires all the comforts easily without putting great effort and human minds are always ready to accept those comforts easily. The comfort without having hard work may lead to one's great failure some day. In another point of view, if the human body takes the help of mind and gets ready to do hard work and puts much effort on time and then gets ready to accept the benefits or comforts. Then that soul will definitely lead to great success someday. However, for personal development self acceptance is very important.

Person to Personality is the magical journey from a common person to a legend. This Journey depends upon the mind set of an individual. If a person doesn't want to be anything interesting and unique in his/her life, will spend his/her life as a common man but if someone wants to do something interesting, innovative in his/her life then that person becomes a personality someday. To become a Personality one should go through with a vigorous hard work in his/her life. To achieve the goal/passion one has to sacrifice the basic comforts of life and some time to fight with the universe as well as with the obstacles. At last the universe and all the positive forces will unite together and give space to that person to be a Personality. Journey from Person to Personality demands honesty, dedication, commitment, Passion towards goal, focus, mind set, enthusiasm etc. to achieve their ultimate goal/dream.

Factors of Dramatic art: As the name dramatic art sounds, the first thing in mind that will strike is Acting (Actor) but for drama performance we have many things to study/deal. For dramatic performances firstly we need an idea that will further develop into story and script then after we will jump for direction and actors requirements will be there and so and so. As a researcher it has been thought that, dramatic art performance and Personal development will work/grow simultaneously. When the performance/Show will be near by then the structure of drama and actor or performer, all will experience a great variety of Physical, Emotional and mental changes. The change may be in a positive way mostly but some time negative change has been felt in the actor and performer/individual. Here the treatment of self begins. How the individual's environment, living styles, thinking patterns will be there the outcome will fluctuate from positive to negative and vice versa. Here, Dramatic art and character study, creating and building a role will lead to a practitioner to do positive changes in themselves whereas those who do not have the exposure of Dramatic art may get negative results and will search for motivational speakers for personal motivation and satisfaction.

Methods of Research: For this research (Qualitative method), data was collected by conducting Personal interviews, discussion with the experts, interaction with the students, questionnaire and observational methods with dramatic art participants and non-participants.

Personal Interview: As data was collected from individuals through one on one interactions regarding dramatic art for personal development. Most of the individuals/interviewees admitted the change in personal growth after participations of Dramatic art session. This art makes them to think about self and also gives an opportunity to realise good and bad with correct judgement.

Discussion with the experts: A number of experts from the field of education, Business, IT, Performing art were selected for the purpose of discussion. In this case the first question asked was as follows:-

Q. How do you see dramatic art as a personal development and leads to a personality?

As a response following data has been collected:-

The great Stanislavsky on the way of creating his system of teaching dramatic artists didn't know what he had truly created.

He created not just system of teaching dramatic artists; he found a way that allows not for only artists, for whole humanity system of:

- developing its creativity,
- a tool that gives you understanding pallet of colours of your soul;
- expanding the boundaries of your consciousness;
- it forms the image of creator or "to be or not to be" as told by William Shakespeare;

Because his system gives us an effect where you unconsciously find a touch point of conscious and subconscious that equals the genuine state of human.

The state, the individual power that equals the genius of Sherlock Holmes.

Dramatic Arts encompasses all other forms of Art like acting, singing, fine arts, dancing etc. Therefore, it provides enough exposure to an individual to choose from a variety of art forms for his/ her personal development. Dramatic Arts sets one on an onward journey of self-discovery. This art has helped people develop interpersonal skills. Theatre Arts fosters creativity while makes children more imaginative and they learn to use their body, voice etc. in very different ways. Expressing of self is accompanied with loads of

confidence and children become problem solvers and decision makers. Due to the immense exposure they understand in dignity of labour. They realise how art emulates life more than life emulates art. All these help develop a sound personality.

For an actor and director, dramatic art is always associated with development. But for the general public, this is professional development. Only the chosen ones (those who think deeply, who are able to unite the inner world and professionally the outer world) can grow a unique personality in themselves. Most actors and directors develop according to the same laws as all people. Dramatic actors are more tempted to "play" with drama and personality.

Interaction with the participants: An interaction of researcher with group of 50 participants of different backgrounds of Patna, Bihar (Northern Part of India). In the group few participants are from slum background and don't have any kind of exposure of dramatic art subject studies. And on the other hand the remaining participants had some exposure of dramatic art subject and are good in presenting themselves.

| Exposure of Dramatic art | Non-Exposure of Dramatic art | Personal growth after workshop |
|---------------------------------|-------------------------------------|---------------------------------------|
| Creative | Slow | Growing |
| Alert | Not alert | Growing |
| Goal oriented | No goal/dependency | Awareness |
| Presentable | Shy And Introvert | Extrovert |
| Logical mindset | Anything acceptable | Positive changes |

During the interactions with the participants from different backgrounds it has been seen that the personal environment and backgrounds may also be one problem for personal growth of an individual. Then after the impact of dramatic art, they will work efficiently. If one's personal environment is challenging then impact of dramatic art will be difficult in comparison to those individuals whose personal environment may be supportive/healthy.

Questionnaire and Observational methods (between participants and non participant and after the workshop)

The Questionnaire:

Q. What are the benefits of Personal development?

It helps to improve:

- Concentration power, self confidence, memory power, learning ability, self satisfaction & self-esteem in life, Positivity, awareness,

- Respect to elders and care for children, leadership skills, strengthen your self control and develop good habits, and plan short term and ultimate goals, social connectivity, good job and positions in the society to grow.

Q. What is the role of Dramatic art in Personal development?

It helps to improve improves:

- Public communication skills, body languages, imagination, and helps to focus more in academic subjects, creativity, expressions, acting skills, team working ability, to know & identify positive and negative characters of the world, speaking power, time & stress management.

- Makes you goal oriented, personality, focus and motivation, and develops better relationships.

- Help us to tackle difficult situations of personal life easily, express our feelings and makes us happy from inside of our body and mind, and less chances to be over confident and self realisation, exchange of knowledge, culture and makes us problem solver.

Observational methods: During initial stage of interactions with the students. Observation has been categorised in four levels Body, Voice, Expression and mind (Conscious and Unconscious).

| Body language | Voice & Speech | Expression | Mind (Conscious/Unconscious) | Outcome |
|--------------------------------------------------------|----------------|---------------|-------------------------------|--------------------|
| Exploring | Work out | Initial level | Confusion | In Process |
| Flexible | Articulated | Expressive | Started thinking(self) | Growth |
| Relaxation | Projected | Eye contact | Involved in present | Logical |
| Familiar in Public | Confident | Interactive | Creative and honest (Soulful) | Reached at a level |
| PERSONAL GROWTH BEGINS HERE FOR THE WAY TO PERSONALITY | | | | |

By the last day of session, participants have gained tremendous personal growth and if this will be continued with full dedication then it will lead to become a PERSONALITY and that will not be so far for individual/soul.

Review of Literature: Being a Researcher and as a dramatic art practitioner, when started searching for review of literature in the title 'Dramatic art for Personal development: A journey from person to Personality.' It has been found that many literatures, articles for learning dramatic skills, and, especially books for the development of Personal growth and Personality development has been identified, but literature on personal development to personality development through dramatic art has rarely been seen by the researcher. Researcher wanted to mention many of them here but there is some limitations even on Internet or any dramatic workshop, if it would be searched/asked/surveyed to get tutorials for personality development, it may be found that everyone wants to improve their Personality and wanted to become a public figure, for example motivational speaker, actor, designer etc. in a short span of time. But actually the journey from person to personality is not easy.

In Dramatic art Researcher wanted to focus about the craft of Actor, that is Actor's Body, Voice and Speech, Expression and Mind/thoughts (Conscious & Unconscious). If a common person starts working seriously in all the crafts of an actor that they were unconsciously working on, then Personal growth will definitely happen, and, in fact, somehow it will start developing. It is said by the experts in various dramatic lectures that if you want to be a good actor first be a good human. Since the journey for good actor is the same to be a good human first then it's best to practice dramatic art, you may or may not be a good actor but at least you may be a good human first and then you will start your journey to become a Personality.

It is mentioned by the author in his book that in the development of actors preparation an actor will unintentionally going through several steps like action, imagination, concentration, attention, muscular relaxation, emotion & it's memory, faith, sense and truth, Inner intuition and creativity, subconscious mind level etc. are also important for a common man and along with an actor common man is also practising it. Author also focuses on thought processes of actors.

Character is what a person truly is, and his reputation is what he is supposed to be. When character and reputation are the same, that is the ideal state of being. The Greek word for character means to

engrave one's mode of being in the world. «History is made by character» [1, p.26].

Character is the acquired dynamics of the self-chastening process set going within oneself through self-effort. This process is initiated through an unremitting but well-regulated struggle within oneself by way of habituating discrimination between the true and untrue, discarding what is untrue and concentrating with love and tenacity on truth [1, p.53].

You must be careful in the use of a mirror, it teaches an actor to watch the outside rather than the inside of his soul [2, p.20-21].

Every moment you make on the stage, every word you speak, is the result of the right life of your imagination [2, p.77].

Put life into all the imagined circumstances and actors until you have completely satisfied your sense of truth and until you have awakened a sense of faith in the reality of your sensations. This process is what we call justification of a part [2, p.141].

Truth on stage is whatever we can belief in with sincerity, whether in ourselves or in our colleagues. Truth cannot be separated from belief, nor belief from truth [2, p.141-142].

Our type of creativeness is the conception and birth of a new being—the person in the part. It is a natural act similar to the birth of a human being [2, p.336].

Your personality is the type of person you are, which is shown by the way you behave, feel and think [3, p.7].

According to Bhagwat Gita, the undisciplined mind acts as our enemy, whereas a trained mind acts as our friend. So, we need to have a clear idea of the mechanism of our mind [3, p.9].

Whatever you think, that you will be. If you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be; if you think yourself impure, impure you will be; if you think yourselves pure, pure you will be. This teaches us not to think ourselves as weak, but as strong, omnipotent, omniscient. No matter that I have not expressed it yet, it is in me as Swami Vivekananda. All knowledge is in me, all power, all purity and all freedom [3, p.96].

Believe, therefore, in yourselves. The secret of Advaita is: Believe in yourselves first, and then believe in anything else [4, p.14].

By the «World of Inspiration» neither money pays nor name, nor fame, nor learning; it is character that can cleave through adamant walls of difficulties. Bear this in mind. [4, p.53].

Every successful man must have behind him somewhere tremendous integrity, tremendous sincerity, and that is the cause of his signal success in life. He may not have been perfectly unselfish;

yet he was tending towards it. If he had been perfectly unselfish, his would have been as great a success as that of the Buddha or of the Christ. As Swami Vivekananda wrote in book «Work and its Secret», «the degree of unselfishness marks the degree of success everywhere» [5, p.23].

Karma-Yoga is purifying the mind by means of work. Now if any work is done, good or bad, it must produce as a result a good or bad effect; no power can stay it, once the cause is present. Therefore good action producing good Karma, and bad action, bad Karma, the soul will go on in eternal bondage without ever hoping for deliverance. Now Karma belongs only to the body or the mind, never to the Atman (Self); only it cast a veil before the Atman. The veil cast by bad Karma is ignorance. Good Karma has the power to strengthen the moral powers. And this it creates non-attachment; it destroys the tendency towards the bad Karma and thereby purifies the mind. But if the work is done with the intention of enjoyment, it then produces only that very enjoyment and does not purify the mind or Chitta [5, p.26-27].

Results of the study: The results changed the predetermined assumptions of the researcher. This research work will be definitely helpful for every one to know about the importance/value of personal growth through dramatic art.

Growth

- Growth, after experiencing dramatic art sessions, has been found to take place by each individual.
- Growth in body language has occurred in the individual.
- Growth in voice & speech (articulation, projection, perfect delivery of any idea) has been found by the individuals.
- Growth in facial expressions and in maintaining perfect eye contact has been found by the individuals.
- Growth in creative thinking, self awareness and realisations, goal oriented, developing good habits and positive approaches towards life has been found by each individual.
- Overall after dramatic sessions each individual experienced tremendous changes in self but here researcher faced some challenges related to each individual's backgrounds (family living style, occupation, and family education). Those individuals belongs to well educated backgrounds with good living standards were much better than the average educated family backgrounds individuals but this is definite that after experiencing continuous dramatic art sessions positive change in individuals has been found.

Benefits

Indeed dramatic art sessions help an individual to think about self in positive way mostly and it also helps to think about the impact of positive and negative thinking. Each individual has gained such maturity to choose the correct way of living a good life style knowing the truth of negative/bad habits. They are good public speakers with expertise in relevant subject. They know how to improvise or deal any critical situations easily.

Conclusions: The uniqueness of Dramatic art and Personal development depicts positive effect with few challenges in personal growth. Researcher himself is the best example of the positive changes in Personal development through Dramatic art. The technique of dramatic art is helpful for all age's individuals in personal development. Its benefits and growth begins from self realisation and acceptance, improvement in appearance and behaviour, habits and positive changes in interaction with common people. The impact of dramatic art will focus in the development of communication and way of thinking, body languages, eye contact with perfect facial expressions, delivery of speech, creative thought process with logic oriented.

After gaining more name and fame few challenges has been found that even in small scale popularity of an individual series of super hit dramatic performances their personality has been changed/affected with negative things like ego, selfishness, addiction, attitude, less attention to smaller things, dealing in a wrong way of self stardom, bad behaviour with not much important people and then in conclusion one teacher of life 'time' will only teach them a good lesson but unfortunately it wastage an individual's years of years for realisation of the negative effect of this dramatic art popularity. And in the old age an individual accepts his own mistakes. This mistake sometimes leads to missing great opportunities in his/her life as a professional. An individual's environment and background is also, somehow, responsible for their personal growth and development. Example: If someone gets

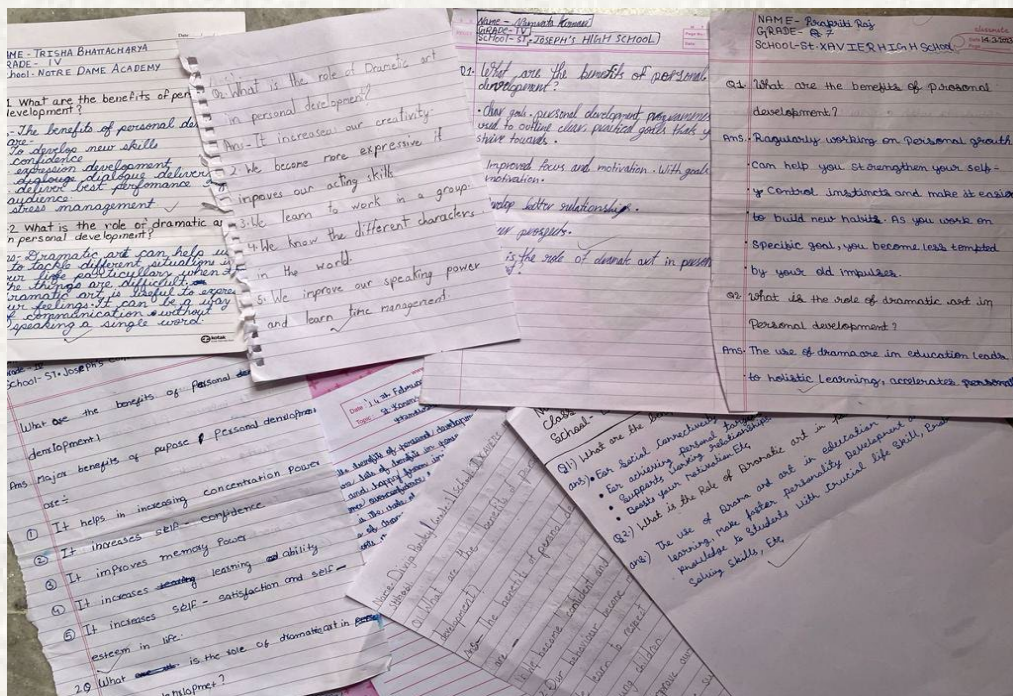
Good life style and all the good facilities, comforts of life will have both positive and negative impact. On the other hand if someone does not get all the comforts, then the individual does a lot of struggles and achieves a level then finally his environment and current mind set will help one to experience the positive benefits of personal growth. Such an individual will be a personality some day in life.

Finally after the study on this topic 'Dramatic art for Personal development: A journey from Person to Personality' researcher

studied the mixed impact (Positive & Negative) in personal growth through dramatic art because through dramatic art high chances of positive growth can be experienced by an individual but researcher want to make others aware of the negative effects on an individual through bad environment & past life style will take more time to develop or, in some cases no changes can be expected in personal growth. Whereas the trainer/Instructor/coach/ institution for training dramatic art may also be responsible for the individual's positive and negative growth but it is quite obvious that dramatic art will definitely be helpful to know self and grow to be a Personality with disciplined life style.

Figures





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Thakur Sumit Kumar – SUDHIR CHANDRA THAKUR6, PGDBA-MBA (HR), NSD SIKKIM, M.A (Dramatics), PhD Pursuing, Freelance theatre arts educator and researcher Sri Prakash Synergy School Kakinada, India.

АВТОРЛАР ТУРАЛЫ МӘЛІМЕТ СВЕДЕНИЯ ОБ АВТОРАХ INFORMATION ABOUT THE AUTHORS

1. **Кари-Якубова Елена Анатольевна** – преподаватель кафедры «Теория и история искусств» Государственной академии хореографии Узбекистана, Ташкент, Узбекистан.
2. **Жумагулова Қаршыға** – ҚР Ұттық музей, Ғылыми қызметкерлері, Астана, Қазақстан.
3. **Ибраева Гүлжан Орынбаевна** – ҚР Ұттық музей, Ғылыми қызметкерлері, Астана, Қазақстан.
4. **Ақжасарова Айнұр Қонысбековна** – ҚР Ұттық музей, Ғылыми қызметкерлері, Астана, Қазақстан.
5. **Ташкенбаев Пулат Иркинович** – кандидат искусствоведения, доцент кафедры «Теория и история искусств» Государственной академии хореографии Узбекистана, Ташкент, Республика Узбекистан.
6. **Абдирасилова Зауре Садуакасовна** – тарих ғылымдарының кандидаты, педагог-шебер, №3 мектеп-лицей директоры, Тараз, Қазақстан.
7. **Адепхан Шугыла Байтаккызы** – магистрантка 1 курса - 7М02108 – хореография, Казахская национальная академия хореографии, Астана, Казахстан.
8. **Кульбекова Айгуль Кенесовна** – доктор педагогических наук, профессор искусствоведения, Казахская национальная академия хореографии, Астана, Казахстан.
9. **Накыспеков Серик Жаканулы** – магистрант 1 курса - 7М02108 – Хореография, Казахская национальная академия хореографии, Астана, Казахстан.
10. **Науразбаева Жанна Тимуровна** – магистрант 1 курса ОП 7М02108 – «Хореография», Казахская национальная академия хореографии, Астана, Казахстан.
11. **Саитова Гульнара Юсуповна** – кандидат искусствоведения, профессор, Заслуженная артистка Республики Казахстан, Казахская национальная академия хореографии, Астана, Казахстан.

12. **Султангирова Ирина Радиковна** – преподаватель кафедры «Хореография» Государственной академии хореографии Узбекистана, Ташкент, Узбекистан.
13. **Алимджанова Надира Абдугапаровна** – и.о. доцента Государственной академии хореографии, Ташкент, Узбекистан.
14. **Даниярбеков Нұрәлем Қайратұлы** – студент 3 курса, ОП В028-Хореография, 6В02104- Педагогика спортивного бального танца, Казахская национальная академия хореографии, Астана, Казахстан.
15. **Агзамова Диана Олеговна** – старший преподаватель кафедры педагогики, Казахская национальная академия хореографии, Астана, Казахстан.
16. **Ешимбетова Айдын Ибадуллаевна** – и.о. доцента кафедры «Хореография» Государственной академии хореографии Узбекистана, Ташкент, Узбекистан.
17. **Женсикбаева Айсулу Сериковна** – оқытушы, Қорқыт Ата атындағы Қызылорда университеті, Қызылорда, Қазақстан.
18. **Мурзабаева Гульбану Илюбаевна** – академиялық доцент, Қорқыт Ата атындағы Қызылорда университеті, Қызылорда, Қазақстан.
19. **Юлдашева Жибек Байузаковна** – оқытушы, Қорқыт Ата атындағы Қызылорда университеті, Қызылорда, Қазақстан.
20. **Шағырова Айгерім Қабдешқызы** – оқытушы, Қорқыт Ата атындағы Қызылорда университеті, Қызылорда, Қазақстан.
21. **Комарова Ольга Константиновна** – и.о. доцента, Государственная академия хореографии Узбекистана, Ташкент, Узбекистан.
22. **Магдиева Алина Арпаевна** – доцент, Государственная академия хореографии Узбекистана,, Ташкент, Узбекистан.
23. **Махмудова Малахат Махмудовна** – Заслуженный работник культуры Республики Узбекистан, доцент, Государственная академия хореографии Узбекистана, Ташкент, Узбекистан.
24. **Мирзаев Аскар Манасович** – докторант 1 курса ОП 8D02107 - Искусствоведение, Казахская национальная академия хореографии, Астана, Казахстан.
25. **Тен Татьяна Альбертовна** – магистрант 2 курса 7M02108 - «Хореография», Казахская национальная академия хореографии, Астана, Казахстан.

- 26. Харламова Татьяна Валерьевна** – кандидат искусствоведения, Казахский национальный университет искусств, Астана, Казахстан.
- 27. Худойназарова Шахзода Турсуновна** – преподаватель, Государственная академия хореографии Узбекистана, Ташкент, Узбекистан.
- 28. Цихлер Данил Олегович** – 2 курс, образовательная программа – 6B02104-Педагогика спортивного бального танца, Казахская национальная академия хореографии, Астана, Казахстан.
- 29. Джубатчанова Сауле Баянбаевна** – старший преподаватель кафедры балетмейстерского искусства, музыковед, Казахская национальная академия хореографии, Астана, Казахстан.
- 30. Шәмшиев Алмат Шердарұлы** – 8D02108 – Хореография білім беру бағдарламасының 1 курс докторанты, Қазақ ұлттық хореография академиясы, Астана, Қазақстан.
- 31. Шахмурадова Нигяр Октай кызы** – докторант 1 курса ОП 8D02108-Балетмейстерское искусство, Казахская национальная академия хореографии, Астана, Казахстан.
- 32. Борисова Кристина Владимировна** – студентка 3 курса специальности «Компаративное искусствоведение», Белорусский государственный университет культуры и искусств, Минск, Белоруссия.
- 33. Грачёва Ольга Олеговна** – кандидат искусствоведения, доцент, Белорусский государственный университет культуры и искусств, Минск, Белоруссия.
- 34. Бухарбаев Арман Алтынбекович** – 2 курс магистранты, Қазақ ұлттық хореография академиясы, Астана, Қазақстан.
- 35. Мамбеков Евфрат Багдатович** – педагогика ғылымдарының кандидаты, социокультуролог, Құрманғазы ат. ҚҰК профессоры, Т.Қ. Жүргенов ат. ҚазҰӨА профессор ассистенті, Алматы, Қазақстан.
- 36. Волос Мария Владимировна** – студентка 2 курса специальности «Компаративное искусствоведение», Белорусский государственный университет культуры и искусств, Минск, Белоруссия.
- 37. Никифоренко Алла Николаевна**, кандидат искусствоведение, доцент, Белорусский государственный университет культуры и искусств, Минск, Белоруссия.

- 38. Karev Rustam Vyacheslavovich** – 1st years students EP 7M02108 – «Choreography», Kazakh National Academy of Choreography, Astana, Kazakhstan.
- 39. Thakur Sumit Kumar** – SUDHIR CHANDRA THAKUR6, PGDBA-MBA (HR), NSD SIKKIM, M.A (Dramatics), PhD Pursuing, Freelance theatre arts educator and researcher Sri Prakash Synergy School Kakinada, India.
- 40. Федотенко Инна Леонидовна** – доктор педагогических наук, профессор, профессор кафедры психологии и педагогики, Тульский государственный педагогический университет им. Л.Н. Толстого, Тула, Россия.
- 41. Филиппова Светлана Анатольевна** – кандидат психологических наук, доцент, доцент кафедры психологии и педагогики, Тульский государственный педагогический университет им. Л.Н. Толстого, Тула, Россия.

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10 АПРЕЛЯ 2023 ГОД

010000, Астана,
Ұлы Дала, 43/1, офис 471
8 (7172) 790832
otdel_nauka16@mail.ru
Пішімі 190x260.
Шартты баспа табағы 13,5.
Таралымы 100 дана.