

Bipolar as a Creative Idea for the Creation of Nodus Tollens Dance Works

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Abstract

Nodus Tollens' is the title of a dance art work that uses the psychological approach of Bipolar Disorder. The choreography of the work is composed to express the idea of Bipolar that affects one's mindset and emotions. Nodus Tollens' work is a picture of the behavior, habits, and character of humans with bipolar who are transferred into gestures using contemporary dance techniques. This study describes the process of choreographing creation and exploration of the Bipolar body with three episodes of depression, manic and hypomanic. Nodus Tollens' work became a performance with a creative process that prioritized the science of dance choreography. Some of the things presented in Nodus Tollens' dance work include the social value of society in interpreting bipolar sufferers. This research uses a qualitative approach with an orientation of meaning and understanding.

Keywords: Bipolar, Choreography, Works, Creativity

INTRODUCTION

Nodus Tollens' dance work was created based on anxiety about social phenomena in the community. The Tollens node departs from psychological science that affects human life related to emotions, thoughts, how the brain works or thought patterns and behavior. Nodus Tollens' is a psychological term that means when someone feels a strange feeling in themselves or feels something different or not experienced by others (Heryana et al., 2022). Tollens' node approaches psychiatric or mental problems that have the potential to become problems in the social life of the sufferer.

Many things affect a person's mental health such as genetic factors, social environment and experiences or traumatic experiences experienced in the past. One of the mental disorders that can occur to humans is Bipolar Disorder. The phenomenon of bipolar disorder is a serious mental health problem (Triswidiastuty et al., 2019). In Bipolar Disorder a person will experience tremendous and unstable emotional changes that end in death due to the tendency to end his high life.

According to Ahuja (2011) Bipolar Disorder broadly has three phases or episodes that continue to repeat in life, namely depressive, manic or mania phases and hypomanic or hypomania. People with Bipolar Disorder who experience the manic phase will have explosive energy, excessive excitement, very high euphoria, not easily feel tired, impulsive behavior and agitation (Kurniawan et al., 2019). While Heryana et al explained that people with Bipolar Disorder who experience or go through depressive episodes will be different from the manic phase who experience deep sadness and anxiety and difficulty sleeping, reduced appetite, feeling worthless, even thinking and acting to hurt and even end their lives (Heryana et al., 2022). The difference between manic and hypomanic episodes lies in the length of this episode, manic episodes are about 1 week while hypomanic episodes will last for approximately 4 days only.

Literally bipolar symptoms can hit anyone in a state of mental or congenital stress that they have. They can only accept and surrender to what they suffer. The tendency of people

with bipolar they prefer to be alone and do not want to be open with others to tell the problems they face. In the scope of bipolar which tends to hurt and hurt oneself, it can only be realized by people around when the effects given are already visible such as depressive disorders, self-harm, and other things such as self-harm (Mahesa & Sulindawaty, 2021). If symptoms like this are allowed to continue without serious treatment, it can have an impact on death.

The high death rate due to suicide caused by mental burden or psychological illness such as Bipolar Disorder became a basis for the creation of the dance work Nodus Tollens. The idea of Bipolar is visualized into a contemporary dance work by exploring the phases that Bipolar survivors pass through in dealing with themselves and the social environment.

Nodus Tollens' work uses a choreographic or compositional approach. Based on the term word, choreography comes from the Greek choreia which means group dance or together; and grapho (graphy) is a record, so when understood it means choreography is a "mass dance record" or group (Rosalina et al., 2020). The process and principles of motion preparation become a very important concept in the sense of choreography. Basically, choreography is only interpreted as the preparation of dance movements and does not include aspects of dance performance and other dance supporting aspects (Yuda et al., 2020).

This study aims to describe the creative process of creating Nodus Tollens' work. In the creation of Nodus Tollens's dance work, many important things or a new finding in the work of this work. Some of them are ideas and ideas and choreography patterns that are considered unique enough to learn. Nodus Tollens' work is very suitable as a reference in the creation of dance works with contemporary nuances or we call it contemporary.

RESEARCH METHODS

This research is based on research with a qualitative approach with an orientation to meaning and understanding (Endaraswara, 2003). The main subject of the research is the concept of Nodus Tollens' work which uses the science of choreography in the process of its creation. Through a creative process involving dancers, choreographers, and all supporting elements in the performance.

Important data are taken from an observation and observation on the process of creating the work of Nodus Tollens. This work is examined based on the ideas and ideas that are the subject of the performance of Nodus Tollens's dance work which begins with the process of dramaturgy, movement formation, composition, arrangement of floor patterns until this performance is staged. Some secondary data were also obtained from interviews with choreographers and dancers directly involved in the process of Nodus Tollens' dance work

RESULT AND DISCUSSION

Basic Framework of Thought Dance works

Nodus Tollens visualizes people with Bipolar Disasder disease that occur in life. The process carried out in realizing the theme is to compile the right concept in expressing the idea to be conveyed. Nodus Tollens' dance works express the life, triggers and impact of people with Bipolar Disorder on their social lives. In addition, to support the atmosphere expressed with the musical instruments that change drastically with changes in episodes and types of Bipolar Disorder experienced by sufferers.

The number of dancers in Nodus Tollens' work is 7 people including 3 boys and 4 girls. Women choose more than men because the reality is that women are more susceptible to

bipolar than men. The selection of dancers also includes the ability of a flexible body to be a medium of expression. As stated by Venny Rosalina "a good dancer is a dancer who is able to function and master proper and correct body exercise techniques". The selection of body characters for dancers includes the ability to explore a flexible and flexible body to reflect unsystematic movements such as distorted movements in the body (Rosalina & Yuda, 2022).

Nodus Tollens' dance work uses the property of rope that binds the dancer's body as a symbol of bipolar disorder that cannot be controlled by himself in experiencing changes in symptoms. While the costumes used are black and red, black itself gives a mysterious impression and symbolizes deep feelings, sadness, and self-esteem, while red is the dominant color, passion, energy assertiveness, strength and refers to natural joy.

Basic Concepts of Nodus Tollens Dance

The basic concept of dance begins with a reflection of objects such as phenomena or social issues. Ransang dance is understood as a passion or trigger for thinking, motivation and encouragement. The birth of a work of art begins with a plan of ideas in creation (Atikoh, Alisahatun., & Cahyono, 2018). Based on the stimulation of ideas and ideas leads to the creation of tangible motion into a dance. Stimulation can be visual, kinesthetic, observational, auditory and many other factors (Rosalina, 2021). Nodus Tollens' dance work was affected by the choreographer's illness. Based on personal experience, as a choreographer and survivor of bipolar disorder makes this idea a strong plan to bring bipolar problems to the surface. This idea gives birth to meaning in daily activities and turmoil experienced by bipolar survivors.

As a Bipolar survivor, choreographers are certainly very devoted to revealing all aspects of this idea. The experience passed becomes a separate study in the birth of ideas that have been stored in memory and are often experienced. As with the view of others who think bipolar is a shameful illness. But in fact, through the work of Nodus Tollens we can see and sympathize that actually bipolar is mostly caused by external factors and not just internal.

To simplify and make the red line the main point of creation, a theme is needed so that the idea is well structured. The theme becomes a large window that becomes a reference in a dance work. The theme determines the boundaries or basic foundations that a choreographer will work on (Venny Rosalina et al., 2022). Broadly speaking, the theme in Nodus Tollens's dance work is survivors of bipolar disorder and the symptoms faced by the part. The determination of the theme is based on the source of ideas processed from the point of view of psychological science in the meaning of the theme. Through the creative process, dance works become very innovative by raising themes that have never been thought of by other choreographers in general. In addition, Nodus Tollens' dance work also in the name or informs that people with bipolar also deserve a place in society.

The dance work of Nodus Tollens was born in the form of an interpretation of life phenomena in mental health. The creation of forms carries a dramatic type with conflicts and inner turmoil that become events in this work. It begins with seven dancers on stage accompanied by dim lights with nuances of tension to emphasize a turbulent event in a person with Bipolar. Then proceed with movements representing feelings that cannot be controlled by circumstances. Every movement always leads to distortion of the body as a form of imbalance between mind, physical and feeling.

Choreography, Nodus Tollens' work is categorized into group dance works that are interrelated between dancers with each other. The relationship between dancers is born step by step to explain the different episodes that go through in certain phases. The application of meaning born to group movement patterns becomes a cue to the audience to see the phenodome of bipolar presence in the surrounding environment. In certain parts, to express the feelings and contents of the Bipolar mind, there is also a solo dancer who instructs all

movements. Solo dancing is quite an interesting expression because it uses more exploration and gymnastic techniques.



Figure 1: Some dancers are doing group movements, doc: Fabio Yuda

Structure of Nodus Tollens Dance Works

Structure is a system of relationships that are interrelated with one another. Nodus Tollens' dance work is divided into three parts. In the dance work, Nodus Tollens is divided into 3 parts to realize all phases in the turmoil of Bipolar Disorder.

The first part describes survivors of Bipolar Disorder in the depressive phase which becomes a percentage of how Bipolar symptoms attack sufferers. As well as the triggers that cause this to happen. The first part focuses on the symptoms, causes and factors that cause the occurrence of symptoms. Each scene in part one shows worry, depression, stress and distress towards each object that is packaged in a structured manner. In this one part, the atmosphere is made as tense as possible so that the audience also feels how suffering a bipolar person is. The Feedback from the first scene was conceptualized using the property of a rope that dangled and tied the dancer's entire body from four directions. The rope is a symbol of the attachment of people with diseases that are not easily released.



Figure 2: The dancer is trying to break free from the bonds. Doc: Fabio Yuda

The second part describes Bipolar survivors in the manic or hypo manic phase, doing everything with explosive energy, very high euphoria, creativity, aggressive, fast and decisive. The symptoms in this second part will be more energetic than in the previous section. Dancers will be seen jumping merrily and making the rope as a game. The cheerful atmosphere

presented illustrates the concentration of people who are easily changed instantly. Although his face or expression is very happy or aggressive, but behind that there is a suffering that is difficult to explain to anyone even oneself is also difficult to accept this fact.



Figure 3: Dancers are trying to go through every phase that people with Bipolar go through.

Doc: Fabio Yuda

The final section focuses on the struggles of Bipolar Disorder survivors to survive with all sorts of feelings they can't control, accept themselves and love themselves more. Resignation is one of the best alternatives to face. Getting closer to positive things will help for relaxation and catharsis for the better.



Figure 4: The atmosphere of struggle to live a better life. Doc: Fabio Yuda

The Concept of Working on the Nodus TollensDance

The basic element in the creation of dance choreography is movement. Motion is defined as the language of communication or media of expression in dance. Venny Rosalina emphasized "motion has basic elements, namely, space, time and energy which become a whole unit in building a motion in choreography (Rosalina & Yuda, 2022). Nodus Tollens's work made unsystematic motion a language of expression at his birth. Some of the basic motion motifs of Tadashi Suzuki's body exploration, a Japanese artist, are used as the basic foundation for the search for motion. As is known that the Suzuki movement always prioritizes strength, endurance and balance (Rosalina, 2021). These three elements are born in symbolic form of the idea of bipolar. This makes Nodus Tollens' work have a firm, strong and bold character when distorted into various forms.

The motion in Nodus Tollens' work requires maximum stamina because some scenes must be energetic as a form of body insanity in expressing the contents of the patient's mind. Every movement must highlight the force that exceeds the limit and is also supported by the

tempo of movement. So the audience is also carried away tense to feel what bipolar people also feel such as, fear, anxiety and some other psychological symptoms that terrorize the audience.

As a means of life or owner of media, the body needed to convey ideas is the dancer. Dancers must be able to translate choreographers' ideas and ideas into motion (Asriati, 2012). Tullet's Nodus dancers are very experienced dancers in movement and have good enough technique to demonstrate choreographer concepts. Some of the stunning motion performances that are displayed become a certain attraction and when danced by unprofessional dancers are not necessarily an aesthetic work. Dancers become important pillars in this work because they dare to explore themselves and get out of their comfort zone in dancing. Because in the work of Nodus Tollens, dancers are required and trained to move not in accordance with the movements of dancers in general such as the movements of people affected by steps, physical disabilities, or like zombies and there is also movement training to focus on imbalances of mind and body such as eating with feet. This movement is intended for the basic material of exploration and then conceptualized into a dynamic movement or pattern that is measured according to the concept of the birth of Nodus Tollens' work.

Music is an important element to support the atmosphere in the performing arts (Ferdian et al., 2020). Nodus Tollensmusic is played by only one person with digital music (IDM). The choice of digital music is because it sees that bipolar is a disease that is felt in general. So the choice of music is deliberately with digital music to remove cultural elements and become together or anyone can feel it from various directions. The atmosphere music created is like the sound of tuning, chaos, like the sound of friction and other sounds that are not harmonious. But in some scenes there is also dynamic music to express a calm and peaceful mood.

Nodus Tollens' dance works use the concept of a proscenium stage so that the audience can enjoy all aspects of support. The selection of proscenium is based on the infrastructure of the pattern formed in the cultivation of works. The number of floor pattern designs that turn into a point to place a position that is easy to see and enjoy regular changes. On stage, dancers are assisted by lighting arrangements that help every dancer's movement. In addition to helping movement, lighting also helps build the atmosphere on stage according to the needs of the choreographer. Overall, the staging of Nodus Tollens' work is quite spectacular because the combination of all the supporting instruments is very helpful in launching this work.

CONCLUSION

Nodus Tollens' work is a view of the mindset, character, emotions and symptoms faced by bipolar sufferers. Through the touch of the choreographer's hand, Nodus Tollens' work becomes a spectacle that can be enjoyed aesthetically and contains a lot of symbolic meaning. The birth of works that depart from a social phenomenon is very worth watching because we can understand what people affected by bipolar disorder feel. If associated with daily life, bipolar sufferers are very much near the community even though the symptoms or levels are not too high but the beginning of a depression can be a major factor. People today are very easily depressed and face excessive mental stress both in the school, work and even family environments. Therefore, through this bipolar work, the choreographer poured this extraordinary idea into a spectacle with a choreographed approach so that ordinary audiences can enjoy an entertainment that has a certain meaning and purpose.

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