



Well Being of Performing Artists: A Bio Statistical Survey

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ABSTRACT: Performing artists face unique challenges that can impact their physical and mental well-being. This article aims to provide an in-depth analysis of the well-being of performing artists through a bio statistical survey. By examining the factors that contribute to performers' wellbeing. The young India have enough opportunities to explore the performing industry. In this current era of advanced technology and industrial society the family structure is changing day by day. This change brings many more changes in attitude of the family members as well as creates a great impact on the youth. The feeling of well-being is a distant dream for the families because all the members of family struggles for job, money power, work stress and confused about their responsibility. The competition in society, job insecurity, squeeze in job market and advanced technology creates a lonely and stressful life. Research evidence indicates the ability of dance to improve physical and mental health and wellbeing through its unique combination of creative expression, movement and social connections. This article tries to explore the wellbeing of performing artists of Odisha. Three themes emerged – barriers to wellbeing, isolation and support networks. Four crucial areas of concern were highlighted. 1) Performing arts programming. 2) Action to address the lack of affective support and training for artists/practitioners working in a health and well being context, and 3) Recognition of performing artist. It is evident that the majority of well-known dancers and performing artists passed away from a variety of terrible ailments since their quality of life was not preserved. The performing artists are facing a lot of challenges in terms health, occupation, recognition, getting opportunity and sustainable income source. They struggled hard for becoming an accomplished artist. The time spent for practice, training, and creating of identity among the artist community is real challenge for performing artists. An artist can perform well when he/she is healthy in all aspects. The current study focuses on analyzing performing artists at adolescent age, general well being in the physical, mental, psychological, social, and spiritual domains. The performing artists are the contributors of displaying artistic skills, preserver of culture and rhythms of life. They relieve the stress and strain of the society by taking the all stress and pain to body, mind and life orientations. The unique quality needs to be preserved and nurtured through proper support from family and society at large. The purpose of this study is to conduct a survey on three key aspects of performing artists, their wellbeing, socio-economic profile, health status, life orientation eating pattern.

Keywords: Well being, Health, Stress, Social, Life Orientation, Performing art.

INTRODUCTION

Well Being and Performing Artist: the Concept
Performing artists at adolescent age faces a lot of mental pressure due to struggle for profession, suicide, mental illness and burnout condition arises due to lots of work related pressure. In fact there are many other fields of occupation are ignored by the researchers. The performing arts is one such area. It needs to be focused. Continuous practice and energy expenditure are necessary for the performing artists like dancers, musicians, singers, opera artists, cine stars must exert a lot of effort because of the body movements, expressions, acting on a particular character are difficult. To maintain their beauty and health, dancers

must adhere to a set of dietary rules. In actuality, it is obvious that the majority of well-known dancers and performing artists passed away from a variety of terrible ailments since their quality of life was not preserved. An artist can perform well when he/she is healthy in all aspects. The study on health problems of professional ballet dancers focused on how long the dancers had been into the training and found a very significant aspects of ballet dancer which requires at least 8 to 10 years to become a professional (Verulava *et al.*, 2021). The study has been undertaken on the medical problems of performing artists and found that the actors constitute a health risk population (Martin and Battaglini 2019). The study has revealed that fact

the artists are indulged in cigarrate smoking and regular Alcohol, however the professionals alcohol consumption level was higher. Marijuana consumption was commonly used and other drugs are also found that most used by the artists are having health injuries during rehearsal and health diseases at early age. Quality of life is impacted directly or indirectly by improvements in health and wellbeing Hernandez *et al.* (2018) Therefore, research on the connection between dance and quality of life is relevant and required, Therefore, research must be done to understand the obstacles of performing artists lifestyle as well as their health, well being and other factors. The performing artists at adolescent age not only struggles but also neglects the life enrichment factors. In fact the imbalance mental state, confused career opportunities, irregular diet, love for passion and mental pressure leads to many death due to suicide, drug addiction, lose of interest in pursuing the art and also depressed life. So the stake holders of the society must rethink about the well being of the young energy for different performing arts by focusing on their life style, understanding the health and social well being of the artists.

Types of Performing Art

There are many types of performing artists, each specializing in a different form of art or entertainment. So here few examples of performing arts disciplines and some of the associated types of performers within them (Ravaldi *et al.*, 2003).

1. Music: Musicians, singers, conductors, composers, DJs, and music producers.
2. Dance: Ballet dancers, contemporary dancers, ballroom dancers, jazz dancers, tap dancers, and hip-hop dancers.
3. Theater: Actors, directors, playwrights, stage managers, and costume designers.
4. Circus: Acrobats, clowns, trapeze artists, and tightrope walkers.
5. Comedy: Stand-up comedians, improvisers, sketch comedians, and comedy writers.
6. Magic: Magicians, illusionists, and mentalists.
7. Performance art: Performance artists, live art performers, and multimedia artists.
8. Film and television: Actors, directors, screenwriters, and producers.
9. Voice acting: Voice actors, dubbing artists, and animation voice-over artists.

These are just a few examples of the many types of performing artists that exist. Each discipline requires an unique set of skills, training, and performance techniques. Performing arts may include dance, music, opera, theatre and musical theatre, magic, illusion, professional wrestling and performance art. There is also a specialized form of fine art, in which the artists perform their work live to an audience (Sudarsan and Rangaiah 2017). This is called performance art. Dance was often referred to as a plastic art during the modern dance era. Live performances before an audience are also considered as the one of the

significant form of performing art. The performing art often aims to express the emotions and feelings which is a real challenge for an artist to portray the character on stage. The forms of performing art has been adopted by the young generations (Wojciech and Andrzej 2021). They got chance to participate in different events organized by government as well as other reputed entertainment companies. So to nurture the performing artists, enhancing their talent and health issues with emotional balance is a great responsibility of everyone. The entertainment industry plays a significant role in providing employment, identifying hidden talent, enhancing creativity among youth and creating the most unique individual talent as performing artists. So its evident that the forms of different performing art and co-artists who are also contributing with main performer need to addressed at all platform (Chaffee *et al.*, 2017; Davico *et al.*, 2022).

Performing Artists and Well being

Performing art generally contributes the in positive impact in several ways. There are the four major positive aspects.

1. Emotional expression: Performing art provides an outlet for emotional expression, allowing performers to channel and communicate their feelings in a healthy and creative way.
2. Stress reduction: Performing art activities such as singing, dancing, or acting can help to reduce stress levels by promoting relaxation and changing the mood.
3. Sense of accomplishment: Performing art allows the performers to set and achieve goals, provide a sense of accomplishment and boosting self-esteem and also builds confidence.
4. Social connection: Participating in performing art can also foster social connections, The performing art is the reflection of culture, traditions and life styles etc. However, it's important to note that performing artists also face unique challenges and stressors that can impact their well-being, such as performance anxiety, competition, and the demands of the industry. It's important to promote strategies that can help and mitigate these challenges and support the well-being of performing artists.

MATERIAL AND METHOD

The study was conducted on adolescent performing artists. There were 30 samples from different categories of performing artists like dancers, musicians and actors. The data were collected through questionnaire cum interview method. The scales, WHO quality life scale, Stress scale, EAT -26 scale. The data has been analysed by applying statistical methods *i.e.* percentage.

RESEARCH GAP

The review of literature has been studied which revealed that the most of the study conducted on health issues, quality life of women artists, emotional intelligence of dancer, Fatigue and Perception of musicians. It is evident that there is no proper study has been conducted for adolescent performing artists. So there is a need of studying the performing artists quality

life, socio-economic status, stress level and life orientation. These are major research gap needs to be addressed.

It is evident that the other performing art forms will have lots of dimensions to study. Quality indicators are to be identified for the different performing artists and accordingly a model to be developed to create a healthy community.

RESULT AND DISCUSSION

The study on health status of performing artist was undertaken for around 30 performing artists. Out of 30 respondents 76.67% are female performing artists. The data reveals that 70% of the sample felt health related problem.

Table 1: Health Status of Performing Artists.

Sr. No.	Questions	Particular	Frequency	Percentage (%)
1.	Gender	Male	7	23.33
		Female	23	76.67
2.	General ill	Yes	2	6.67
		No	28	93.33
3.	Health thinking of artists	Illness	9	30.00
		Problem	21	70.00
4.	Health satisfaction level	Very dissatisfied	3	10.00
		Dissatisfied	1	3.33
		Neither Satisfied nor Dissatisfied	5	16.67
		Satisfied	16	53.33
5.	Physical pain prevention	Very satisfied	5	16.67
		Not at all	1	3.33
		A little	6	20.00
		A moderate amount	12	40.00
6.	Medical treatment	Very much	10	33.33
		An extreme amount	1	3.33
		Not at all	2	6.67
		A little	9	30.00
7.	Mental health condition	A moderate amount	8	26.67
		Very much	5	16.67
		An Extreme Amount	6	20.00
		Never	0	0.00
		Seldom	1	3.33
		Quite often	15	50.00
		Very much	9	30.00
		Always	5	16.67

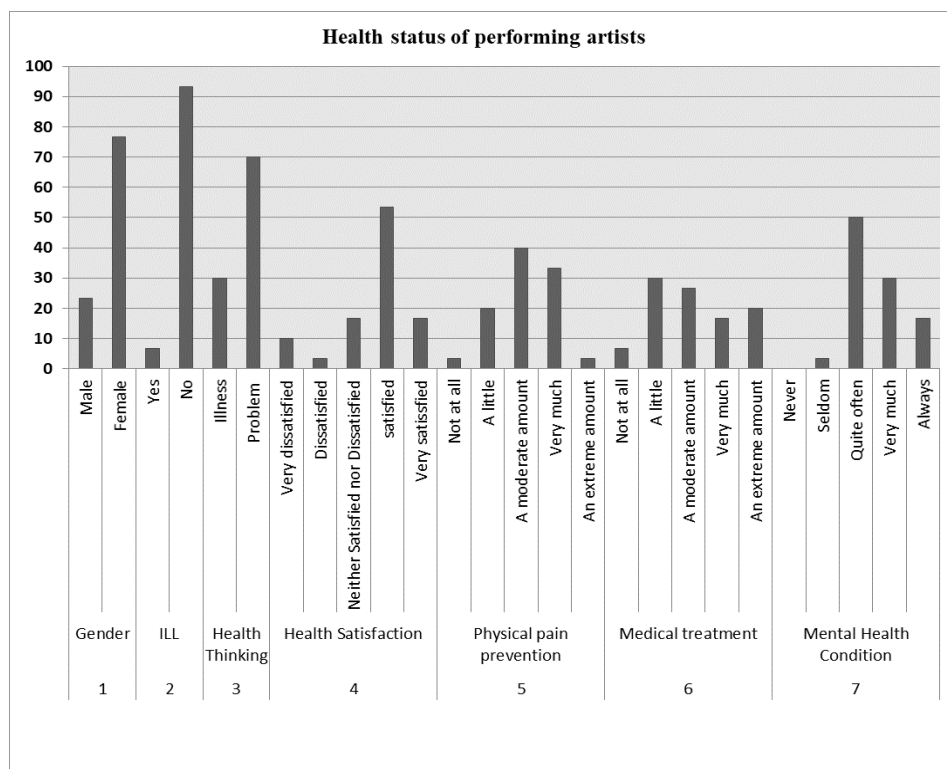


Fig. 1. Health Status of Performing Artists.

Table 2: Socio Economic Status of Performing Artists.

Sr. No.	Question	Particular	Percentage
1.	Education	Not at all	0
		Elementary School	0
		High School	0
		College	56.67
		Graduate / Professional Degree	43.33
2.	Marital Status	Single	100
		Living as Married	0
		Widowhood	0
3.	Well Able to other people	Very Poor	0
		Poor	0
		Neither Poor Nor Good	26.67
		Well	60
		Very Well	13.33
4.	Relationship Satisfaction	Very Dissatisfied	0
		Dissatisfied	6.67
		Neither Satisfied Nor Dissatisfied	23.33
		Satisfied	33.33
		Very Satisfied	36.67
5.	Income level	10,000 to 30000	30
		30,000 to 60,000	43.33
		60,000 to 1,20,000	23.33
		1,20,000 to 1,50,000	3.33
		1,50,000 to 1,8,000	0

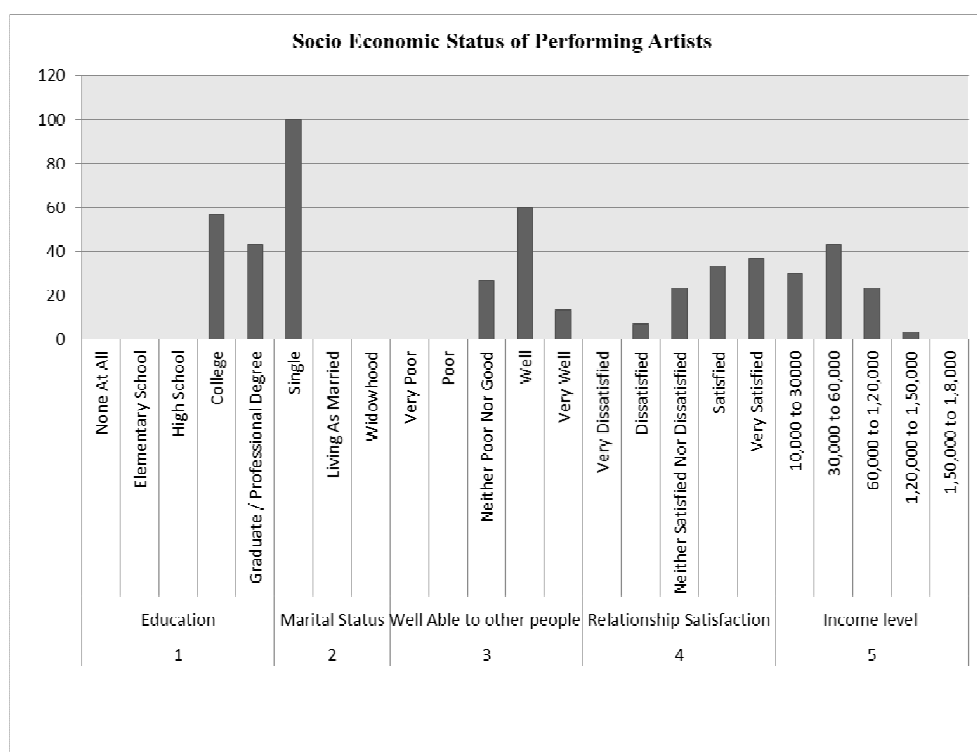


Fig. 2. Socio-economic Status of Performing Artists.

Only 16.67% of artist are not very conscious about their health. Only 26.67% artists are going for medical treatment. Around 30% of artist says that they were having mental problem due to the profession and 6.67% artist opined that they always get stressed for the profession, around 23.33% of artist are very much dissatisfied. The above analysis reflects that the physical condition of performing artists are generally better. The body movements, exercise, practice of the

art are the best preventative life line for the artists. The mind, body and understanding of art gives a better life to artists.

The data reveals that around 56.67% of artist are college going student. and all are single. Only a negligible percentage 13.33% are from socio economic condition, only 33.33% of performing artist are in good social relationship. The economic condition of the performing artists are not so good. Only 43.23%

artist the young students are earning 30,000 to 60,000 rupees for month on an average mostly 23.33%. of the artist are always in financial need. The statistical data revealed that the performing artists are having insecure economic status, relying on the unstable job and lack of opportunity to exhibit their art. In fact the young

students are meet their focuses on their education and not in the cancer. The artists struggles for getting an identity in the society. So the socio-economic profile of artists are not in a good condition. It has to be addressed and needs more focus from career prospective.

Table 3: Life orientation of performing artists.

Sr. No.	Question	Particular	Frequency	Percentage
1.	Quality of life	Very Poor	0	0.00
		Poor	2	6.67
		Neither Poor nor Good	11	36.67
		Good	13	43.33
		Very good	4	13.33
2.	Life Enjoy	Not at all	2	6.67
		A little	1	3.33
		A Moderate amount	6	20.00
		Very much	16	53.33
		An Extreme amount	5	16.67
3.	Meaningful Life	Not at all	1	3.33
		A little	3	10.00
		A Moderate amount	4	13.33
		Very much	11	36.67
		An Extreme amount	11	36.67
4.	Daily Energy	Not at all	1	3.33
		A little	2	6.67
		Moderately	10	33.33
		Mostly	16	53.33
		Completely	1	3.33
5.	Bodily Appearance	Not at all	4	13.33
		A little	2	6.67
		Moderately	9	30.00
		Mostly	6	20.00
		Completely	9	30.00
6.	Self Satisfaction	Very Dissatisfied	0	0.00
		Dissatisfied	3	10.00
		Neither Satisfied nor Dissatisfied	10	33.33
		Satisfied	10	33.33
		Very Satisfied	7	23.33

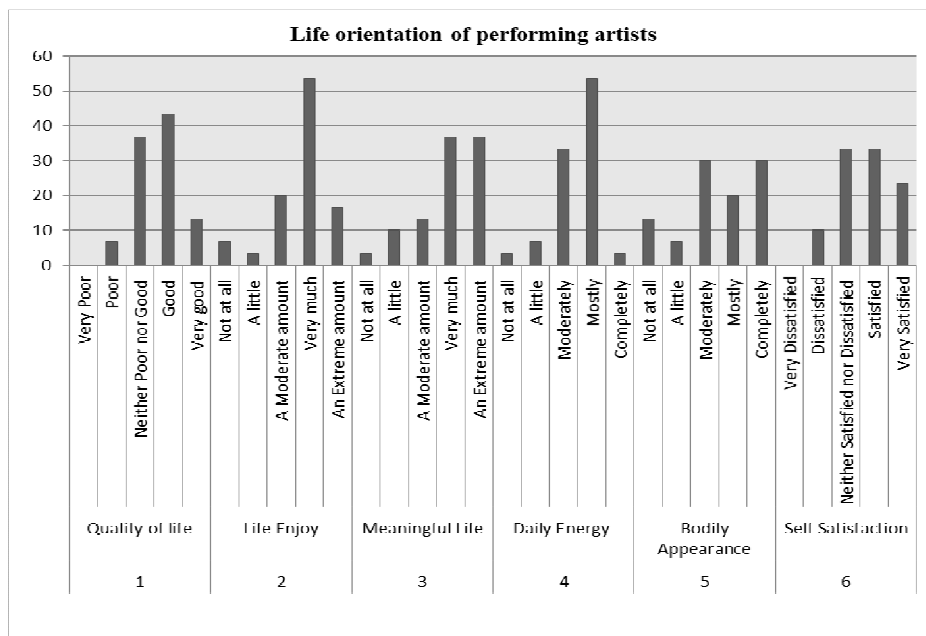


Fig. 3. Life Orientation of Performing Artists.

As the social relationship is in a positive condition so the artists can create their own network for exploring their talents. In fact, the talents shows will provide recognition and identity of the artists. A very negligible percentage of artists need to by the society as well as the perception artists got the salary 1.2 to 1.5 lakhs. The economic condition of artists need to should by the society as well as the stakeholders.

The data on life orientation of performing artist are collected on quality of life, life enjoyment, meaningful life, daily energy consumption for the practice of artistic skill, body appearance, self satisfaction and concentration. energy for the continuous practice. The data revealed that only 30 respondent (36.67%) of

artists are maintaining average life style and 43.37% of artist are living in good condition, Mostly 50% and above are spending energy for practicing artistic skill. Only 7% of artists that is 3.33 are not enjoying their life. Around 33.33% of artist are satisfied with their profession. Around 60% artists are able to concentrate in their profession. The performing artists life orientation is studied by taking the dimensions reflects that the artists enjoyed their life very as they are in entertainment industry. The data revealed that they are leading a satisfied life with good condition. The life style, quality dimensions and the life can be meaningful by adopting a discipline.

Table 4: Stress Level of Performing Artists.

Sr. No.	Questions	Particular	Frequency	Percentage
1.	Feeling Upset	Never (0)	2	6.67
		Almost Never (1)	2	6.67
		Sometimes (2)	14	46.67
		Fairly Often (3)	9	30.00
		Very Often (4)	3	10.00
2.	Unable to Control	Never (0)	4	13.33
		Almost Never (1)	7	23.33
		Sometimes (2)	10	33.33
		Fairly Often (3)	6	20.00
		Very Often (4)	3	10.00
3.	Felt Nervous or stress	Never (0)	5	16.67
		Almost Never (1)	2	6.67
		Sometimes (2)	12	40.00
		Fairly Often (3)	9	30.00
		Very Often (4)	2	6.67
4.	Felt Confident	Never (0)	0	0.00
		Almost Never (1)	3	10.00
		Sometimes (2)	8	26.67
		Fairly Often (3)	10	33.33
		Very Often (4)	9	30.00
5.	Control Irritation	Never (0)	2	6.67
		Almost Never (1)	5	16.67
		Sometimes (2)	14	46.67
		Fairly Often (3)	5	16.67
		Very Often (4)	4	13.33
6.	Anger issue	Never (0)	2	6.67
		Almost Never (1)	3	10.00
		Sometimes (2)	14	46.67
		Fairly Often (3)	3	10.00
		Very Often (4)	8	26.67
7.	Sleeping Pill	Never (0)	10	33.33
		Almost Never (1)	6	20.00
		Sometimes (2)	7	23.33
		Fairly Often (3)	5	16.67
		Very Often (4)	2	6.67

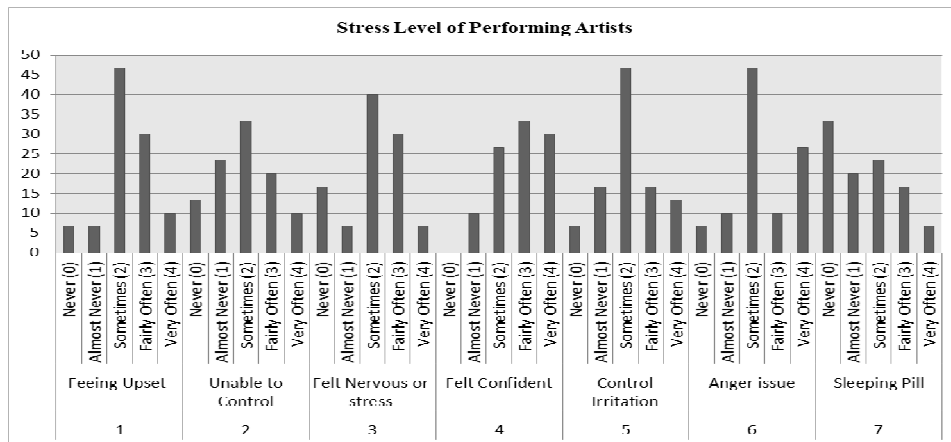


Fig. 4. Stress level of Performing Artists.

The result reflected the stress level of the performing artist to understand mental health condition. The data revealed that very surprising result that around 46.67% feeling upset and due to stress. Around 33.33% of performing artist are unable to control the Stress. These condition leads to nervousness and other health problem. Sometimes 46.67 % of artist are controlling their irritations. and only 10% of artists are never control their anger. It's a very condition that 33.33% of artist are using sleeping pill at this age. In fact stress is a condition of life for the artists. The incidences of using alcoholic substances are common among the artist community. The question is can this approach of life is acceptable for the society. In fact feeling upset, lack of control, feeling stressed, showing anger and showing irritations are the real challenges for the performing artists. The artist must focus on performance and portraying the character and delivering the most artistic presentation as per the skills is highly essential for an artist to get recognition, social identity as well as a position in society. Preservation of artistic quality is a great challenge for the artists and continuity of the artistic quality must be realized the artistic community. The evidences of death, drug abuse ,suicide and many other problems are the unseen truth of artists life. So it is very essential to understand the stress, level of performing artist. The artist qualities are the real gifts to humanity. The happiness, reflection of

art, culture, tradition and life can only possible by the expression of beautiful portraying of life.

SUGGESTIVE MODEL FOR WELLBEING OF PERFORMING ARTISTS

Performing art is an unique art which requires body movements, expressions, emotional feelings expressions, body movements in relation to other objects in different artistic forms. It requires specialized form of art performance where the artists perform their work live to an audience. In this article the study has been trying to find out the wellbeing of performing artists. Performing artists are now considered to be a major part of entertainment industry. There is a paradigm shift in entertainment industry which created a large numbers of employability but at the same time challenges for performing artists. The audience expects that the artists must entertain as per their demand. The struggle for the performing artists starts from health disorder, strain leads to mental health issues, dissatisfaction of audience throws challenges for getting second time chance for the shows and perfectionism becomes a major obstacle for the performing artists. So the wellbeing in terms of social, mental and spiritual and economical is need to be addressed by the stakeholders of the society. A suggestive model has been developed to preserve and protect the most unique talent holders *i.e* Performing Artists.

Suggestive Model for Quality Life of Performing Artists

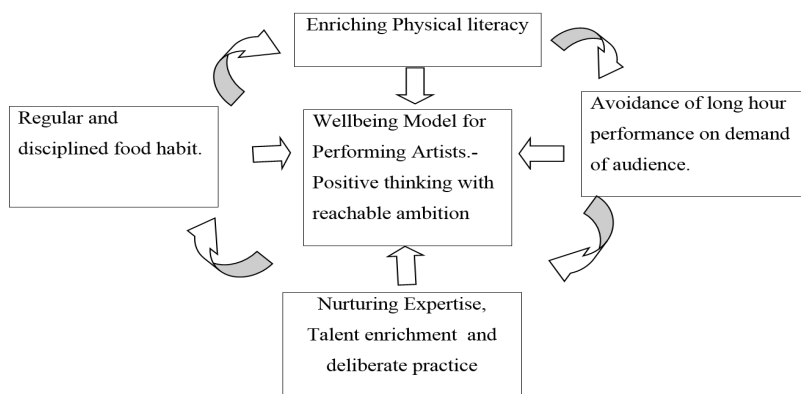


Fig. 5.

Explanation. The model provides a four quadrant model which shows the suggestive life style dimensions for a performing artist. The artist must be aware about the physical conditions of the body and its requirement. The health issues, food habit and its impact on his artistic performance need to be educated to artists community. At individual level one artist has to be more conscious about health facts of his own body. Secondly the Performing artists should avoid the long aware practice, performance on stage and performance on demand. It hampers the talent , health as well as affects the unique ability for best performance. One should be very careful regarding emotional biasness regarding the performance. Spreading happiness through performance should be limited to physical and mental ability. Thirdly the factors like expertise, talent enrichment and deliberate

practice needs to be nurtured. The artists has to continuously enrich their expertise in their performing art will add confidence, motivation and provide opportunity in a better way. So continuous perseverance is always advisable for a performing artists. The life is uncertain and one has to be very particular about the health, food habit and daily diet. Generally the artists used forget to take diet before performance, sometimes skips diet and take food in long aware duration so it affects their health severely. They require rest after a performance. So it is suggested whatever may be challenge during performance one has to take a regular as per body requirement. This is a very challenging aspect for performing artists so they need to focus on this aspect. Overall the wellbeing can be achieved through social, spiritual and physical wellness. So, one has to focus on positive thinking which is the need of

the life today. The mind has to be nurtured through mental exercise like listening positive things, adopting spiritualism and gaining confidence on self then only the artists can manage the stress, strain and challenges of the profession. This life style model i.a suggestive approach need to be adopted by artist community for enriching the wellbeing of life.

CONCLUSIONS

A performing artist has a multi-faceted personality and is a celebrity, professional, trainer, stage performer, and entertainer. Celebrities must maintain their weight, body image, health profile, wellbeing, and especially their eating habits. In fact their food habits, they must exercise extreme caution. They have to deal with health issues, training the dance to improve their expressions, using energy while dancing, and performing artists play a vital role in our culture and entertainment industry, and their well-being is crucial to their ability to perform and contribute to society. By understanding the factors that impact performing artists' well-being and developing strategies to promote their health and wellness, it can ensure that they can continue to thrive and bring joy to audiences around the world. Therefore, it is essential to study and research performing artists in-depth in order to bring their concerns to light and offer answers for maintaining the well-being of performing artists.

FUTURE SCOPE

The scope of the study is includes the quality of life of performing artists, socio economic status, health status, life orientation beside this research can be taken up to study the different artists community.

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Conflict of Interest. None.

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