

# Exploring an Overview of Applied Theater in Education

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**Abstract.** With the deepening of education reform, the traditional concept of education cannot adapt to the development of the times, the development of Internet technology, but also people's mode of thinking to produce far-reaching impact: the audience is not just a spectator, but a co-performer of the show. The audience should not just passively accept the transmission of information but need to be actively integrated, with common sense. The integration of applied theater and the art of teaching is a new way of teaching that has a history and is in line with the trends of the times. To give full play to the unique value of the theater, the stage, and the audience as one, to convey the power of truth, goodness, and beauty, to play a positive role in education, to bring students a new educational experience and teaching insights, through the participation of the students to improve the students and the actual life of the divergent thinking, to better improve the overall quality of the students. This study found that combining applied drama and multidisciplinary education can play a greater value. Applied drama can not only promote the participants' cognitive behavioral changes, but also the viewers can actively participate in their way, obtaining inspiration and life lessons, the diversity of drama forms enriches the emotional experience of the viewers, so that the blueprints depicted by the people for a better life and the real portrayal.

**Keywords:** Applied Drama, Education, Audience Participation, Children's Theater, Psychodrama.

## 1. Introduction

This study focuses on the background and development of applied drama in the field of education, and its in-depth study is of great significance to the inheritance and innovative development of applied drama in the future. This study mainly focuses on the purpose, classification, and practical application of applied drama in education. It analyzes and discusses it concerning relevant literature and actual investigation and interview, which is more realistic and developmental. This study aims to show that the combination of theatrical creation and education should be innovative, have certain creative value, and be able to attract better the audience to be in the scene, conscious and active participation, applied drama is to let the audience to the stage, participate in the experience of the theater process. To achieve this goal, this paper carries out in-depth thinking and research, and with the practical combination, vividly demonstrates the aesthetic value of applied theater, as well as enlightenment, to convey the effect of power. Combining applied drama with education is the charm of interaction, the vivid expression of aesthetic language, and the artistic expression of creating meaning and fun [1].

## 2. The Purpose of Applied Theater

### 2.1. Promoting Change

In the process of presenting, applied drama can not only improve the performers' performance skills and performance quality, but also communicate with the hosts, convey the power of truth, goodness, and beauty, integrate social trends, promote socialist core values, and express social expectations. It is the reproduction of life, the link and bridge of value transmission. Drama performances can change the viewer's mode of thinking and cognitive ability so that the viewer has a deeper understanding of society and different roles, and through reflection, realizes the consequences of different attitudes and ways of dealing with the consequences of the impact, but also let the participants to participate in social exchanges more confidently, and to face the challenges of life with an optimistic mindset.

## **2.2. Audience Participation**

Applied drama can strengthen the communication with the participants, stimulate the inner self-generated power, open up the mind, awaken the thinking, make the participants actively express their feelings, also in the process of transferring the value to make themselves more responsible, enhance the sense of community, better participation in society, enrich their own lives. Active acceptance, and conscious and active exploration, will let the viewer get a real experience, and the impact on the viewer is also profound and huge. Everyone is an independent individual, but also a member of the world, which also makes the participants in the exchange and communication with others hone and grow. Applied theater has different ways of expression for specific groups, through which people get inspiration and empathy. The applied theater has not only aesthetic value, breaks through limitations, changes the traditional relationship between the audience and the performers, diversified forms, rich performances, and infectious, but also has great educational value, comes from the most real-life practice, inspires people to think and create [2]. Applied theater presents an avant-garde experimental aesthetic fused with the aesthetics of civilian life [3].

## **3. The Purpose of Applied Theater**

### **3.1. Social Drama**

There are always various problems in social life, such as poverty, violence, crime, and discrimination. The social drama focuses on social life, expresses itself in the form of drama, exposes the essence of the problems, inspires people to think better, reduces such social injustice, changes people's perspective on the problems, deepens their understanding of the matter, strengthens their collective consciousness and sense of social responsibility, meets the expectations of the society and promotes the forward development of the society. Life is full of opportunities and challenges, and different people will react with different behaviors. Humanistic care can be enhanced for different groups. For example, one can provide opportunities for the elderly to participate in plays and express themselves. In the world of the elderly, there may be the loneliness of seldom returning home when their relatives are away, or the sadness of being sick and in a bad situation, participating in plays can greatly enrich their lives, raise their sense of social participation and their aspirations for life, improve the quality of their lives, experience life happily, and have good memories.

### **3.2. Educational Theater**

Educational drama is used in overall teaching, meaning that under the guidance of the teacher, through the specific design of the situation, the students through the role of the characters to play, can be sensible and intuitive experience of the characters in the play personality and emotional changes. This kind of drama is widely used in schools and other educational training institutions, through the art of theater performance. Participants give full play to their unique physicality, providing them with the space to release themselves and the stage to show their performances so that their imagination and creativity can be developed to the fullest. This kind of application of theater can also help students better understand the content of the teaching curriculum, open thinking, enhance their ability to express themselves and learn to participate in the consciousness of independent, all-round development, cultivate students' excellent quality, learn to think differently, show themselves, to prove the action to improve the overall ability to better motivate them to learn and give back to society [4]. Theatre in Education. Educational drama gives impetus to art and vitality to education. Through theater performances, the value of education is conveyed, so that education is no longer a sermon, but a driving force that touches people's hearts and inspires them. Every character story, and every scene change, is a stage in life that most people have to go through, no matter whether in school, family, or society, the viewer is receiving education at any time, any place, all the time, and is gradually "visualizing" education. Education is warm, it is not a rule, a constraint, not the simple cold paragraphs in the books, but a vivid expression of life, is the enlightenment of the participants of the wisdom, the driving force of the good life.

### **3.3. Drama Therapy**

In the fast-paced era, people's mental pressure is high, and how to release their emotions, get rid of psychological trauma, and optimistic response to life, is the reality of the people directly faced with the problem. Drama therapy, which combines theater performance with psychological knowledge, can help people deal with their problems and emotional distress, and achieve emotional cleansing, psychological growth, and self-affirmation. Drama therapy recreates story scenes, characters' dialogues, and heart monologues, turning back the clock, rewinding the past, and making choices again, the viewers will have a different state of mind, different experiences and feelings, and they will try to let go of the self-blame and regrets that have caused the traumas, and look forward to a new life positively. Participants may be depressed because they can't accept the death of their loved ones, they may feel self-doubt and self-blame because of other people's comments and opinions about them, they may feel sad because they can't integrate into the workplace and can't deal with interpersonal relationships well, etc. These are normal phenomena and guide them to know that there is only one of them in the world, that they are the only ones, that the past will be over, that everything will become better, and that they should not criticize themselves for their traumas. Participants do not need to criticize themselves at that time, they should be confident and optimistic to face the future life, facing the sunshine and blossoming flowers in spring. Through drama, the viewer will have new ideas to solve the problems in life, and the darkness will be brightened up. Drama therapy is like the key to the door of a happy life, opening the door, letting go, and welcoming the hope that drama plays a role in healing people's hearts and educating the self so that everything can be traced and the future can be predicted.

### **3.4. Prison Theater**

In a society governed by the rule of law, everyone has a different mindset and a different way of expressing his or her behavior and may lose his or her mind because of a momentary emotion, which may lead to breaking the law and committing a crime. But for such behavior, the law is humane, not just punishment, but also ideological and political education, to promote their behavioral reflection. Through the form of dramatization, one can directly enter the inner world of the characters, guide them to change their psychology, and educate them to modify. Reveal the underlying logic of criminal behavior, explore the reasons for its occurrence, and show the consequences of its impact, to better establish the rule of law thinking and legal awareness. The beam of fairness and justice will warm the whole society, and the purpose of education can only be optimized by using reasonable and appropriate methods. Every citizen is free and equal but must abide by the law and do so within its limits. Dramatization plays a role in educating people and allowing them to make other choices in life. Life is not always easy, but it is important to get up from failure and realize one's own mistakes. Through a series of episodes and stories, people learn to adapt to society, abide by the law, discipline themselves, and reform themselves.

## **4. Applied Theater in the Field of Education**

### **4.1. The Artistic Presentation of Children's Theater**

Children are independent individuals capable of actively constructing meaning, and while receiving the messages conveyed by the theater, they are also interacting with them through their perceptions, feelings, and imaginations [5]. The two plays "*Tan Tan*" and "*Left*" have enriched the forms of artistic expression in the drama exhibition. In the process of drama creation, the characteristics and needs of children are fully taken into account. To create a specific theater environment for them, so that children can observe things in life, and then fully release their imagination in their minds, sensory perception stimulation, they will have a deeper experience of the theater. Through the sadness and happiness of the main characters, they can trigger the softest things in their hearts, integrate into the drama, have a dialogue with the main character's heart, cross over to an unfamiliar place, experience different life experiences, conquer suffering and pain, and ultimately harvest the joy of victory. Each

experience brings different rewards, and they try to overcome the devil and show themselves in their way. Children's imagination should not be limited by reality, although they have less social experience, their childish hearts and sincere feelings are the most rare and precious things in the world. They are kind, sincere, brave and fearless. When they encounter setbacks and troughs, participants should not hesitate to help them, hand them hands, and believe that they have unlimited possibilities in the future. Despite the thorns all over, despite the bumps and rugged, they always have an unconvincing fight, cannot be defeated tenacity, will summarize the experience from one failure after another, self-exploration of a belong to their own, paved with flowers of the road to success.

Each character comes from the practice of life, and each performance is a release of the soul. Every drama story is a rich performance of life. Drama performance is a combination of art and life. In this fast-paced era, people are pursuing more and more spiritual lives, and enjoying the charm of art has become the aspiration of many people. Through the drama show, the main character's life encounters joy, for sadness, to create an artistic environment for children to create a stage for artistic performance, in the drama show to realize self-education. Children's theater, so that people in the understanding of theatrical performances, also better understand the children's psychology of the most real ideas and feelings, and thus fundamentally realize the children's ideological leadership. Theater sense of presence, children's cognitive and emotional expression, through certain performance techniques and performance forms, children from the experience and discovery of the final return to real life to use, not only to enrich the children's rationality and perceptual cognition, but also improve the children's thinking and communication skills, and more importantly, through the wonderful journey to the realization of the transmission of the beauty [1].

#### **4.2. Knowledge Education in Psychodrama**

Balme sees applied drama as a form of theater that seeks to heal and educate participants. Drama can be used not only for therapeutic purposes but also for value-based education. There is no clear boundary between the audience and the actors; they are participants in the story, as well as experiences of the experience. Through the construction of similar environments, character design, and dialog expression, people can directly feel and participate in the design of historical scenarios, immersively express their own emotions, and realistically perceive what is happening around them [6]. The experience may change their state of mind drastically. In the process, their state of mind may change dramatically. Although it is through the simplest elements of drama, simple body movements, and language expression, with the body as the medium, but can stimulate the participants' sensory awareness, once clinging to the concept of not being able to let go will also be put down in the choice of time back again, out of the heart of the trauma, return to the real life, with unfinished regrets, other people's expectations for the pursuit of a better life. Applied drama is closely connected to people and the reality of social life, triggering people to do, feel, implement, and act [7]. The main character of the story in the heart drama may be the prototype of countless similar characters in the world. The protagonist of the story in the heart drama may be the prototype of countless similar characters in the world, and through the scenario interpretation, the perspective is changed to let the viewer feel the relationship between the characters. A section of the story, an encounter, joy, and sorrow, sweet and sour, love and hate, this time the participants will make what choice? Justice for the country, guarding the family to save the sacrifice of the heroes of the revolution, the legend of their lives is an immortal poem, from childhood to adulthood, from reunion to reluctant to part, the faith in the heart will always be the same; life and death at the time of survival and time to race desperately medical personnel, the light in the eyes of the light are never extinguished; three-foot podium constantly for the motherland to cultivate pillars of the team of teachers, the pace of the feet will never stop; responsibility and commitment, kindness and bravery, patriotic education in-depth, the relationship between the participants will make? Responsibility and commitment, kindness and bravery, patriotism education deep into the marrow. Craftsmen who carve every piece of work with their heart, and staff members who stick to their posts no matter what time of the day, teach the viewers what it means to strive for excellence and what it means to be dedicated to one's work. Over the years, ordinary businessmen or successful entrepreneurs who have been operating their stores and enterprises seriously without any

greed for personal gain tell the viewers about integrity. Giving roses to others, the fragrance of the hand, a family in trouble, the whole village to help; a province in trouble, the whole country to support; a country in trouble, the world to help, so that the viewer understands what is friendly. The world is a community, the connection between people is getting closer and closer, and art is a reflection of life. Through the form of theater performance and life closely integrated, applied to the actual, heuristic education, to give full play to its greatest value [8].

Whether it is applied theater or the psychodrama mode, the power it brings to people is incomparable. Through personal experience, the viewers put their passion and sincerity into real life, and what they gain is not only joy but also emotional warmth [9]. Psychodrama. Psychodrama to a whole landscape of different characters' psychological, action expression, time, space stay focus, and location conversion, so that the viewer has a deeper understanding of reality, not the imaginary world, but the real existence of social life [10]. Theater education is the most valuable part of applied theater education. While expressing themselves, they are also watching others, and the participants can face themselves and go deeper into the hearts of the people, thus bringing into play the greatest value of applied drama education, which is transmission and active exploration, rather than indoctrination and passive acceptance.

## 5. Conclusion

The result of this study is that the value of applied theater in the field of education is very significant, from children to adults, everyone has to undergo different stages of education, family education, school education, and social education, but in the final analysis, the inner core of education is to cultivate students to become all-rounded development of human resources. Thus, it further concludes that the meaning of education is not to instill imitation, but to learn to understand, to integrate with real life, to innovate, to apply the theater widely used in education, and to open up a new realm of theater performances. In theater performances, it is important to start from the audience's point of view and let the audience experience it together. This study provides many valuable lessons for future research in this direction. It also reveals to the viewer that the influence of the environment on a person is far-reaching and significant and that the influence of parents, friends, teachers, and society is everywhere and all the time. No matter when and where, there are all kinds of problems in life, when facing difficulties, the theater is like a book of wisdom in life, opening the viewer's mind, enlightening the viewer's wisdom, and telling the viewer how to choose the right direction. Applied theater not only brings the audience closer to the performers, but also makes the performance effective, creates a relaxing and interactive atmosphere, and attracts more people to fall in love with theater. In the future, it is necessary to integrate drama with psychology, sociology, education, and other disciplines to create a rich form of expression of drama, and to give great play to the unique charm and value of drama.

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