

ABSTRAK

PELATIHAN TARI *SANDING* DI SANGGAR BINTANG SENJA DESA BANJAR MASIN KABUPATEN TANGGAMUS

**Oleh
SANAH LIYANA**

Rumusan masalah dalam penelitian ini adalah bagaimanakah proses pelatihan tari *sanding* di Sanggar Bintang Senja Desa Banjar Masin Kabupaten Tanggamus. Penelitian ini bertujuan untuk mendeskripsikan proses pelatihan tari *sanding* di Sanggar Bintang Senja Desa Banjar Masin Kabupaten Tanggamus. Jenis penelitian ini yaitu deskriptif kualitatif. Teknik yang digunakan untuk mengumpulkan data yaitu: observasi, wawancara, dokumentasi, tes praktik dan non-tes. Teori yang digunakan yaitu teori pendidikan nonformal. Sumber data yang diperoleh adalah narasumber, pelatih tari *sanding* dan 6 peserta didik perempuan Sanggar Bintang Senja. Analisis data diperoleh dari hasil wawancara, catatan lapangan dan dokumentasi. Instrumen penelitian ini adalah peneliti sendiri. Proses pelatihan tari dengan menggunakan metode latihan, peserta didik dapat mengamati, mendengarkan, dan merasakan proses pelatihan tari secara langsung. Langkah-langkah penggunaan metode latihan pada proses pelatihan ragam gerak tari *sanding* di Sanggar Bintang Senja yaitu pelatih mempersiapkan ruangan, melakukan pemanasan, memberitahukan tujuan pelatihan, kemudian menyampaikan materi, melibatkan peserta didik untuk aktif dalam pelatihan, pelatih maupun peserta didik menyimpulkan hasil pelatihan, lalu menutup kegiatan dengan memberikan informasi materi yang akan dipelajari selanjutnya. Proses pelatihan ini peserta didik menirukan terlebih dahulu ragam gerak yang diajarkan oleh pelatih, kemudian peserta didik diberi kesempatan berlatih mengulang ragam gerak yang sudah dipelajari dan diharapkan mampu menghafal ragam gerak yang telah diajarkan.

Kata kunci: pelatihan, tari *sanding*, sanggar bintang senja.

ABSTRACT

SANDING DANCE TRAINING AT BINTANG SENJA ART STUDIO BANJAR MASIN VILLAGE TANGGAMUS REGENCY

**By
SANAH LIYANA**

The problem in this research is how the process of *sanding* dance training at Bintang Senja art studio Banjar Masin Village Tanggamus Regency. This research was aimed to describe the practice process in *sanding* dance training at Bintang Senja art studio Banjar Masin Village Tanggamus Regency. The research method used was qualitative descriptive. The data collecting techniques used were: observation, interview, documentation, test and non-test practice. Then, nonformal education theory was used here. The data were elicited from certain sources such as interviewee, *sanding* dance trainer and 6 female students of Bintang Senja Art Studio. analysis of data obtained from interviews, field notes and documentation. instrument of this study is the researchers themselves. Dance training process by using practice method, the students could observe, listen, and engage the dance training process actively. The steps used in implementing the practice method on the process of the training of *sanding's* various dance style movements at Bintang Senja Art Studio were the trainer prepared the room, warming up, notify the purpose of training, and then provide materials, involved the students to be active in the training, trainer or students concluded the result of the training, then closing activities by providing information materials that will be studied next. In the training process, the students should be could imitate firstly various dance style movements which were given by the trainer, the students had given chance to practice various dance style movements that had been learned previously.

Keywords: training, dance *sanding's*, art studio bintang senja.