

Development of Body Movement Skills Using Illustrative Music as a Stimulus in Dance Learning

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ABSTRACT

This research explores the use of illustrative music as a stimulus for skill development in the field of body movement within the Dance Education program at Padang State University (UNP). Illustrative music aids in motivation, rhythm regulation, concentration, emotional expression, memory, creativity, body mobility, and flexibility in the dance body movement courses. The research employs a qualitative methodology involving interviews, observations, and document analysis to investigate the impact of illustrative music. The findings of the study indicate that the use of illustrative music, such as Minangkabau ethnic music and classical music, during dance body movement exercises provides a positive boost to skill development, emotional expression, and movement comprehension within the art of dance. Through this approach, the Dance Education program at UNP creates a deep, holistic learning environment for body movement in the art of dance

KEYWORDS

*Dance
Body Movement
Illustrative Music
Stimulus*

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INTRODUCTION

Dance is a Cultural Expression where dance functions to communicate the cultural values held by its supporters, dance functions as a cultural expression or cultural manifestation of the society where it originates and develops (Asriati, 2012). Dance is not just a form of entertainment but also a medium for conveying stories, emotions and deep messages. Dance is a universal language that can be appreciated by anyone, transcending language and cultural barriers. The dancer acts as an intermediary between the narrative and the audience, providing a deep experience and arousing various emotions (Sari and Rosalina, 2023).

The art of dance has experienced rapid development, giving rise to various dance genres to meet the demands of the times. With increasingly complex demands for innovative and quality dance art, students must continue to improve their performance and skills (Venny Rosalina et al, 2022). The Padang State University (UNP) Dance Education Study Program as an institution committed to shaping the future of its students has the responsibility to look for innovative approaches in the field of body movement that can improve performance and dance skills.

Gesture, also known as movement arts or physical expression, is a form of physical expression that involves movement of the human body for artistic, communicative, or recreational purposes. This activity includes various artistic disciplines such as dance, physical theater, circus arts, yoga, traditional dance, gymnastics, pencak silat, and various

other exercises (Rosalina, 2021). In the realm of body movement, body movement is a fundamental element that becomes a language for movement artists. They use limb movements, body positions, and changes in space and time to communicate, convey emotions, tell stories, or convey messages to their audience. Expression stands out as one of the characteristics of body movement, which allows the movement artist to communicate without words, utilizing his body as a means of communication.

Additionally, body movements involve the development of physical skills in addition to expression. Certain forms of body movement emphasize physical aspects such as dexterity, strength, balance, coordination and precision of movement. Through repeated practice and practice, movement artists perfect these skills until they reach a high level of proficiency (Widiasih, 2013). In addition, according to Grosz, the body has signs that are formed or inherited through history and the specifics of its existence. The body can be interpreted as the basic material from which the body is produced, which indicates a movement preference or tendency for dancers to produce meaningful movements (Rifandi, 2023: 120).

Physical exercise aims to maintain physical and spiritual health, improve balance, and improve physical, mental and spiritual well-being (Wahyudi and Gunawan, 2020). In this context, innovative approaches to bodywork courses can be an important solution. This approach can include various elements such as music, which is an important component to enhance the atmosphere in the performing arts (Ferdian, et al, 2020). However, the use of music in the context of learning body movements still has untapped potential.

Illustrative music is usually used to accompany performances such as dance (Kusumawati, 2009). Illustrative music, as a form of music created specifically to support and illustrate movements in dance, has emerged as a potential means for developing students' skills. Illustrative music is designed to synergize with body movements, create deep emotional nuances, and provide guidance to students in interpreting their physical abilities (Yuda et al, 2020).

Music provides an opportunity for the body and mind to experience perfect relaxation (Astuti and Merdekawati, 2016). The function of music in physical exercise includes several important aspects: First, music functions as a motivational driver. When students listen to music they like, their enthusiasm and motivation to practice increases. Strong motivation is the key to progress in the art of dance. Second, music provides rhythm. Music has a clear and regular rhythm, which helps students coordinate body movements to match the rhythm of the music. It helps in the development of coordination, agility, and accuracy of movements. Additionally, music improves concentration. When practicing with music, students must focus their attention on their movements so that they are in sync with the flow of the music. It helps in the development of concentration and body awareness.

Music is an effort to improve physical and spiritual quality through sound stimulation consisting of melody, rhythm, harmony, timbre, form and style which are arranged in such a way as to create music that is beneficial for physical and spiritual health (Astuti and Merdekawati 2016). . Music plays a role in memory and learning. When practicing with music, students strengthen their memory of movements and sequences in their physical strength. Soft, soothing melodies can help increase flexibility and muscle relaxation during physical exercise. This allows students to perform movements with more grace and reduces the risk of injury. This research aims to explore the concept of using illustrative music in body movement education in the Dance Education Program at UNP. Learning body movement explored with illustrative music can significantly boost the development of students' skills, enhance their understanding of movements, and enrich their expression in dance. Therefore, this research has the potential to provide valuable insights for dance

practitioners, instructors, and students interested in advancing their dance skills.

METHOD

Qualitative research is a relevant approach for investigating the influence of illustrative music on the development of body movement skills in dance. Qualitative research methods allow us to gain a deeper understanding of the experiences and perceptions of students, instructors, and those involved in the Dance Education Program at UNP regarding the use of illustrative music.

Qualitative research involves a focused approach that includes in-depth interviews, direct observations, as well as the analysis of texts or documents related to the learning program (Shintia & Rosalina, 2023). Interviews serve as the primary tool for exploring the perspectives of students and instructors. Students are asked to share their experiences while practicing with illustrative music, including their feelings, challenges, and the benefits they perceive. Instructors provide insights into the changes they observe in the abilities of students who practice with illustrative music. Interviews encompass questions related to the influence of illustrative music on the development of technique, expression, and understanding of movements.

Direct observation allows researchers to witness students during their practice sessions. This helps in understanding how students physically and emotionally respond to illustrative music and to what extent music influences the quality of their movements and expressions. Additionally, the analysis of texts and documents related to the body movement learning program at UNP provides insights into how the use of illustrative music has been integrated into the curriculum and learning guidelines. These documents may include guidelines for the use of illustrative music, lesson plans, and assessments.

This qualitative research offers in-depth insights into the impact of illustrative music in the context of body movement learning in the Dance Education Program at UNP. The findings of this research can provide a richer understanding of the contribution of illustrative music to the development of body movement skills in dance and offer valuable information for dance practitioners and educators.

RESULT AND DISCUSSION

Improvement in the body movement skills of students who practice with illustrative music undoubtedly has a positive impact on their physical development (Rosalina, E, and Mansyur, 2020). This pattern involves enhancements in technique, coordination, and precision of movements. Illustrative music helps students gain a better understanding of movements, allowing them to implement them more accurately in their bodies. Music is an essential element in dance, and the results indicate the positive contribution of illustrative music to the development of body movement skills (Rosalina, 2021).

The use of illustrative music deepens emotional expression in dance. Music serves as a profound source of inspiration for students, enabling them to convey emotions more authentically through their movements. This creates more meaningful and emotional performances, providing a deeper experience for the audience. Illustrative music in the Dance Education Program at UNP is specifically designed to support body movements, create a suitable atmosphere, and influence students' emotions.

The approach of using illustrative music in body movement education in the Dance Education Program at the State University of Padang (UNP) is a highly positive initiative. Illustrative music has great potential to enhance the skills and experiences of the students in the art of dance. To achieve significant progress in dance, it is crucial to effectively utilize

music as a supportive tool in body movement training. Some of the benefits supported by illustrative music include motivation, enthusiasm, technical development, emotional expression, creativity, memory, and learning.

Music in Motor Skill Development.

Music as therapy in the development of motor skills plays a significant role in individuals, particularly in the context of physical exercise. The use of music as a therapeutic tool has proven to provide several substantial benefits:

First and foremost, music provides rich sensory stimulation. The rhythm, melody, and harmony in music can stimulate the auditory senses and contribute to an enhanced sensory perception. When music accompanies physical exercise, individuals tend to be more responsive to their body movements. This can help them feel and understand movements better, improve movement control, and enhance their body awareness.

Music also plays a vital role in the development of coordination and balance. The structured rhythm in music helps regulate body movements and allows individuals to follow the beat. In physical exercise with music, such as dance, individuals can refine their coordination skills, enhance agility, and develop balance abilities (Rosalina and Yuda, 2022). This practice enables them to perform movements with more precision and accuracy. Furthermore, music is also used in physical recovery. In the context of injury or medical conditions, music is used as an aid in rehabilitation programs. Music motivates individuals to participate in their physical recovery exercises, aiding in rebuilding strength, flexibility, and movement coordination. Music provides the spirit and positive energy necessary during the recovery process.

Soothing music can also serve as therapy to reduce stress. Excessive stress can interfere with the development of motor skills. By listening to stress-relieving music during physical exercise, individuals can feel more relaxed, release tension, and improve the quality of their workouts. This can help in achieving better results and reducing the risk of injury. Moreover, music has the ability to influence an individual's mood and emotions. Positive and pleasant melodies and rhythms in music can uplift an individual's mood and motivation during exercise. With a more positive mood, individuals tend to be more enthusiastic and motivated to actively participate in physical exercise. This, in turn, can contribute to improved motor skills.

Additionally, music can help enhance an individual's concentration and focus during physical exercise. Appropriate music can create a calming and structured environment, allowing individuals to engage more deeply in their workouts. This can improve the quality of movements, refine motor skills, and help individuals achieve better results. By combining structured physical exercise with the use of music as therapy, individuals can make significant progress in the development of their motor skills. This creates a holistic exercise experience that combines physical, emotional, and cognitive elements into one. Music as a therapeutic tool helps maximize the development of an individual's motor skills and has a positive impact on the outcomes of physical exercise.

Classical Music: Harmonizing Body Skills.

Classical music is believed to enhance concentration, with the hope that it can improve abilities (Bilqis and Farozin, 2023). One of the functions of classical music is to provide a well-defined structure and rhythmic pattern. In classical music compositions, there are regular rhythms and melodies. This allows students to detail their movements, organize their steps, and coordinate their actions perfectly. As a result, students can achieve a higher level

of movement precision, which is crucial in the art of dance, requiring precise coordination.

Classical music infuses emotion into movement, creating more meaningful and captivating performances. This is the moment when movement becomes more than just physical actions; it becomes a language that enables students to convey deep feelings. The importance of classical music is also evident in its ability to inspire spirit and concentration. When students practice with beautiful and harmonious classical music, they often feel inspired and motivated to move with enthusiasm. Music generates positive energy that encourages students to practice with enthusiasm and a high level of focus. This not only boosts motivation but also helps maintain concentration during exercises that require full attention to body movements.

The primary benefits of classical music in body movement exercises are the improvement of technique and movement precision. By synchronizing movements with the rhythm and dynamics of the music, students can develop stronger techniques. They learn to control their movements better, achieving higher accuracy and fluidity. Classical music also contributes to deeper emotional expression. Students recognize emotions in each musical note and infuse those emotions into their movements. The result is a captivating performance that allows the audience to experience the same emotions expressed by the students. Below is a brief table outlining the body movement training procedure using classical music:

Table 1. Steps in the Process of Body Exercise Training Using Classical Music as a Medium

No.	Step	Description
1.	Selection of Classical Music	Choose classical music according to the type of dance or movement.
2.	Practice Room Preparation	Prepare a large practice room and music player.
3.	Introduction to Music	Listen to music together and discuss meaning and nuance.
4.	Warm Up and Stretching	Do a physical warm-up and stretch to prepare.
5.	Sync with Music	Start moving according to the basic rhythm of the music.
6.	Movement Development	Develop technical and artistic movements according to the music.
7.	Variations and Improvisation	Let students improvise according to the music.
8.	Reflection and Correction	Provide feedback and conduct reflection sessions.
9.	Practice Appearance	Rehearse the dance or movement.
10.	Final Appearance	Hold a final performance session to combine all the elements.

Ethnic Music: Body Skill Development in a Cultural Context

The geographical location of the Dance Education program at Padang State University is in the Minangkabau region of West Sumatra. The use of Minangkabau ethnic music as a support for basic movement in the body training process plays a crucial role in enhancing local culture as the foundation for skill development. Minangkabau ethnic music serves as a rhythmic and deeply emotional guide that inspires the development of body movements. The process, which focuses on the fusion of cultural and physical elements, goes through several profound stages that are beneficial for students.

The first step in the training procedure is the selection of suitable Minangkabau ethnic music for the type of dance or movement to be taught. The music is carefully chosen, taking into account the distinctive Minangkabau instruments and rhythms that match the basic movements to be mastered. This music is not merely background; it is a reflection of deep culture and enables students to feel and internalize cultural elements within their movements.

Basic Minangkabau movements are taught following the rhythm of the music. Students learn to move in harmony with the music's rhythm, allowing them to absorb the rhythmic elements into their movements. The music also serves as a medium for conveying emotional expression and stories. Students are taught to convey emotional expressions in their movements, capturing the nuances embedded in the music and connecting them with their

own movements.

Training continues with the development of more complex movements in accordance with the music's flow. Students understand how each movement can be adjusted to the dynamics of the music, creating a profound unity between music and movement. Students are also given the opportunity to improvise, allowing for deep and unique creative expression in their dances.

Each basic movement in Minangkabau dance serves a deep purpose. They stimulate body movement, enable emotional expression, develop coordination and balance, respect local culture, and deepen the experience of Minangkabau culture. Throughout this entire process, Minangkabau ethnic music becomes an element that shapes and adds depth to dance body training, creating a profound and meaningful experience for students in merging cultural and physical elements in the art of dance. Below is a table detailing the body training process with Minangkabau ethnic music, including the form of movement steps and their musical responses:

Table 2. the Procedure for Body Training With Minangkabau Ethnic Music as a Medium

No.	Practice Steps	Form Movement Steps	Response to Minangkabau Ethnic Music
1.	Music Selection	-	Choose appropriate Minangkabau ethnic music songs.
2.	Introduction to Music	-	Listen and recognize the rhythm and melody of music.
3.	Warm Up	Light stretching, deep breathing, etc.	Music with a slow rhythm for warming up and relaxing.
4.	Sync with Music	Basic movements according to the rhythm of the music.	Adapt basic movements to the rhythm of the music.
5.	Emotional Expression	Movements that prioritize emotional expression and dance stories.	Emphasis on emotional expression, reflex dance of feelings and nuances of music.
6.	Movement Development	More complex and technical movements.	The movement develops according to the flow of ethnic music.
7.	Improvisation	Free movement, creative and unique.	Free to improvise, responding to changes in the music.
8.	Correction and Reflection	Technical and artistic feedback discussions.	Analyze and discuss experiences and improvements in connecting movement to music.

The table above details the steps of the body training process with Minangkabau ethnic music, including the form of movement steps corresponding to each stage and the musical response required at each training phase. This process creates a profound experience for students in blending cultural and physical elements in Minangkabau dance.

Moving with focus and concentration is an art that combines body movements with musical harmony. In this practice, music serves as an illustration that guides us towards deeper feelings and deep introspection. When we embark on this journey, we establish balance between our mind and body, in harmony with the rhythm of the music playing. Music is a medium that allows us to express ourselves more deeply. Through body movements guided by music, we can describe our feelings and thoughts. For example, soft, flowing movements can express calm, while dynamic, strong movements can convey passion and vitality.

In the training process, students are directed to improvise by freeing their movements so that creativity can emerge. Slowly, the veils that cover students' creativity will be revealed due to the search for forms that emphasize the uniqueness of movement while feeling the

changes in music. After the student has carried out the exploration process, the lecturer will provide technical guidance based on the results of the analysis of the movements made by the student. Sometimes students find themselves too free so that the exploration carried out by students seems to deviate from the musical or cultural context in which it is adapted. On the other hand, there are also students who experience limitations in understanding culture related to the learning process (Rifandi, 2023: 160). On this occasion, the lecturer will provide a session to discuss students' experiences and provide input that can motivate students to find solutions to problems related to their limitations. In connection with this presentation, it can be linked to the image below.



Figure 1. Moving with modern illustrative music

The second image shows the ongoing process of training the body to follow the rhythm of traditional music where the music becomes a source of inspiration and encouragement to explore the body's potential. The sounds born from traditional Minangkabau music guide the body, allowing it to explore and utilize its innate abilities. In this session, the lecturer provides opportunities for students to do it individually and in pairs to see the students' readiness and ability to both respond to music and respond to partners. The response shown is the ability of the student's body to follow and even develop various movement variants that are unique based on each body's abilities. Apart from that, by doing pair training, a connection or continuity emerges between one student and another. In some sessions, students feel carried away by the music, giving rise to extra daily movement creations. However, in other sessions there is the potential for students to be carried away by emotions so that a control mechanism is needed that must be carried out by the lecturer after the session ends as a form of assessment for students. Some of the movements carried out in the image below include:



Figure 2. Moving with traditional illustrative music

Harmony of Musical Beats: The Key to Perfect Body Training

Dance is the art of movement that combines expression, technique, and emotion. In this context, the tempo of music becomes the primary element that drives the dancer's movements and influences how they articulate their expressions and the quality of their movements (Rosalina et al, 2022). Tempo refers to the speed or slowness of music and plays a crucial role in body training exercises in the Dance Education Program at UNP. Here is a deeper understanding of the various aspects of tempo in the context of body training in dance; **Fast Tempo:** Fast tempo in music indicates a high speed that triggers quick and energetic movements. Dances such as jazz, hip-hop, or folk dances often utilize fast tempo. During training with a fast tempo, dancers develop speed and agility. They become sensitive to the intricacies of movements that need to be executed rapidly. Fast tempo training helps dancers move with precision and immediate response to rhythm changes.

Moderate Tempo: Moderate tempo is commonly applied in classical and contemporary dance training. It creates an atmosphere that allows dancers to focus on technical aspects and emotional expression in their movements. In moderate tempo, dancers refine the quality of their movements and concentrate on precision, balance, coordination, and flexibility. This tempo also supports dancers in expressing emotions more deeply. **Slow Tempo:** Slow tempo in music forms the core of training that emphasizes movement control, expression, and stability. In slow tempo training, dancers emphasize slow, elegant, and expressive

movements. Contemporary dances frequently incorporate this tempo to allow dancers to delve deeply into each movement. Slow tempo enhances dancers' ability to control their movements and express emotions with intricate details. It strengthens the quality of soft and delicate movements.

Tempo Changes: Some dances involve tempo changes within a single choreography. Dancers must smoothly adapt to tempo changes. This presents a challenging exercise that helps in developing flexibility in movements and the dancers' ability to transition effectively between different movement nuances. **Metronome:** A metronome is a useful tool for setting and maintaining the correct tempo during training. It assists dancers in practicing movements with precision and consistent timing. This helps dancers understand the relationship between their movements and music better. **Dynamic Training:** Training with varying tempos enables dancers to develop their ability to adapt to changes in music tempo. In these exercises, dancers must transition smoothly between different tempo dynamics, which hones their creative and improvisational skills.

Understanding various aspects of tempo in music and its application in training is essential for the development of dance body skills. Experienced dance instructors play a central role in guiding dancers to select tempos suitable for their dance type and skill level, allowing them to hone their skills effectively. In the Dance Education Program at UNP, this understanding forms a crucial foundation for achieving high levels of precision, expression, and movement quality in dance.

CONCLUSIONS

In the Dance Education Program at UNP, the role of illustrative music in body conditioning exercises is a crucial element. This music serves as more than just a backdrop; it has a significant impact on the development of students' abilities in the field of dance. Illustrative music plays a powerful role as a motivator, positively influencing the students' enthusiasm and the intensity of their training sessions. The rhythm and melody in the music encourage the students to give their best during their workouts, creating a positive and inspiring atmosphere. Motivation is essential in maintaining the quality of training and keeping the students focused on honing their skills.

Additionally, the use of music during warm-up and stretching sessions is an effective strategy in reducing the risk of injuries. It prepares students both physically and mentally for more intense training sessions. Music provides the necessary spirit to kickstart their training, ensuring that students are in optimal physical condition. Illustrative music also acts as a memory aid. In the art of dance, where the sequence of movements is of paramount importance, music helps students remember each step more effectively. This boosts their self-confidence when executing movements and helps minimize errors. In summary, music creates a holistic training experience that combines physical, emotional, and artistic elements, resulting in high-quality performances. In the world of dance, illustrative music is not merely a supporting element but a vital component in shaping the physical abilities and artistic expressions of the students. Music serves as a profound tool that plays a key role in developing the students' dance skills in the Dance Education Program at UNP. Thus, illustrative music isn't just an accompaniment; it's an instrument that molds the students into the best they can be in the realm of dance.

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