

# Method Of Acting Training At The Art Space Foundation In Tuban District

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DOI: <https://doi.org/10.62872/s13px737>

## Abstract

The training method for an actor is the first step that becomes an important part of the success of a theater performance. The right training for actors is training that can develop their potential, such as the actor training conducted by the Ruang Seni Foundation in Tuban Regency. Actor training conducted by the Ruang Seni Pribumi Foundation is carried out once a year and is attended by high school / junior high school / high school theater communities in Tuban Regency. The research method used is qualitative with a qualitative descriptive approach that uses data collection techniques in the form of direct observation, structured interviews and field documentation in the form of photographs. Researchers used triangulation of sources and techniques to test the validity and truth of the research. The results showed that the Ruang Seni Pribumi Foundation in the acting training conducted absorbed Constanin Stanislavsky's theory of acting from 15 stages into 5 stages to make it easier for trainees to understand the concept of playing a role for an actor. The results of the application of the acting training method can be seen in the performance of actors in portraying characters when participating in festivals and winning, as well as in the best presenter category and the best actor and actress nominations.

**Keywords:** Actors; Training methods; Yayasan Ruang Seni Pribumi.

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Received 05 July 2024, Accepted 07 August 2024, Published 13 August 2024

## Introduction

Actorship comes from the word actor, according to Stanislavsky in his book an actor prepares, act which means an action taken to achieve his goal (Stanislavsky, 1936: 37). Act is an action performed by a character to express his thoughts and feelings, besides that it can build relationships with other characters, create reality on stage to show the audience what the character being played feels. The actor's work as a performer in a performance is called acting, act means action while ing means doing, so it can be concluded that acting is doing an action. Acting is a deed, action, behavior and movement equipped with expressions made by humans as a form of pretense. An actor who acts and acts in bringing events to life by "becoming a character" must be able to give the audience the illusion that the character created is really real and alive. Acting can be summarized as a training process to enter the character of the character being played.

Actors must be able to make observations on life and be able to master their position to bring imagination, so that their acting will feel more alive. Therefore, an actor must go through significant training in order to be able to explore the role being played. This is even stated directly by Stanislavsky by giving an illustration of an old French actor, Coquelin who created his model in his imagination, and



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like a painter he examined every aspect and characteristic, then he transferred it, not to the canvas, but into himself, he saw his costume, then he wore it, He looks at the steps and imitates them, he looks at the character's face and imitates it to himself and he even makes a voice like the character he hears and he makes the character's personality his own and surrenders his spirit to the character he is portraying, until finally the audience believes that what he is presenting is a character not himself anymore (Sani, 2007: 21). Through this quote, the actor who wants to perform already knows what he has to do to create his character, until he can "become a character" by continuing to practice.

Actorial training is the first step in the formation of an actor or character to be able to understand the role played according to the character which includes feelings, expressions, behavior, and deepening the soul of an actor. (Yudiaryani, 2002: 243-244) argues that actors must work hard continuously and seriously explore training and self-perfection in the performance of the role they perform. Actor training can be found in many communities and theater studios, as well as in Tuban Regency, there is a legal entity engaged in the arts, namely the Pribumi Art Space Foundation. The Pribumi Art Space Foundation has a superior program, namely actor training. In terms of acting training, the creativity of an actor to bring characters to life in a performance requires clear motivation from thoughts, feelings that will be conveyed to the audience and actions taken on stage to create real character characters, so that the audience can capture the story performed by the actor on stage. Bringing characters to life on stage by an actor requires practice using certain methods. Actor training at the Ruang Seni Pribumi Foundation is carried out once a year in the open air which is attended by theater communities of high school, MA and SMK students in Tuban Regency.

## Method

This research method uses descriptive qualitative research methodology with a phenomenon approach as a research procedure. This is because this research requires more in-depth information about the method of acting training at the Pribumi Art Space Foundation in Tuban Regency.

### 1. Data collection

The data in this research was collected through three main techniques: observation, interviews, and documentation.

#### a. Observation:

Observations were made by directly observing the acting training conducted by the art space foundation in Tuban Regency. Observations were carried out in 2 places, namely the indigenous art space foundation used to deliver theory and in open fields such as campgrounds for practical application.

#### b. Interview:

Interviews were conducted with several key informants such as the founder of the indigenous art space foundation who is also the originator of the acting training method, acting training participants and members of the indigenous art space foundation in Tuban Regency. The questions in the interviews focused on the stages of the acting training method, the application of the acting training method and the results of the application of the acting training method initiated by Yayasan Ruang Seni Pribumi in Tuban Regency. Each interview was recorded with the permission of the informant and then transcribed for further analysis.

#### c. Documentation

Documentation in the form of written archives, photos and videos related to acting training. Written archives include the foundation's deed of establishment that has been legalized by the Minister of Human Rights of the Republic of Indonesia. Photos and videos are used to support data obtained from observations and interviews and provide visual evidence of the acting training conducted.

### 2. Data source

Data sources in this research consist of primary and secondary sources.

#### a. Primary Source:

Primary data sources are data obtained directly from field observations, interviews with key informants, and documentation from the archives of the indigenous art space foundation. Key informants include the founder of the foundation as well as the originator

of the acting training method, members of the indigenous art space foundation, and acting training participants.

b. Secondary Source:

Secondary data sources are data obtained from literature or previous studies related to actor training methods, art foundations, and their existence. This literature includes books, journal articles, research reports, and official documents relevant to the research topic.

3. Data analysis

The data that has been collected is analyzed using descriptive qualitative analysis techniques. The data analysis process is carried out through the following stages:

a. Data Organizing:

Data from observations, interviews and documentation are neatly organized to facilitate analysis. Interview transcripts, observation notes, and documents are arranged according to predetermined categories.

b. Data reduction

Data reduction is carried out by selecting relevant data and eliminating irrelevant data. This process aims to simplify and focus the data so that it is easier to analyze.

c. Data Presentation

The reduced data is then presented in the form of a descriptive narrative. Data presentation is carried out using tables and figures to make it easier for readers to understand.

d. Conclusion Drawn

Conclusions are drawn based on the results of the data analysis that has been presented. This conclusion serves to answer the problem formulation and research objectives.

e. Triangulation

f. Data triangulation is used to ensure the validity and reliability of the data that has been collected. The triangulation technique used includes triangulation of data sources, methods and theories.

## Result and Discussion

Yayasan Ruang Seni Pribumi is a legal entity engaged in the promotion of arts and culture, especially theater arts in Tuban Regency. Another goal of the establishment of the Ruang Seni Pribumi Foundation is the development of artists in Tuban Regency and the preservation of arts and culture, especially theater arts. Starting from the unrest of theater artists in Tuban Regency who felt that there was no place to preserve theater art in Tuban, the artists included several extracurricular coaches in high schools / vocational schools in Tuban. Yayasan Ruang Seni Pribumi was legalized and received a Decree of the *Minister and Human Rights of the Republic of Indonesia Law Number: AHU-00172.AH.02.1. TAHUN 2020 on January 28, 2020 and Decree of the Minister of Agrarian and Spatial Planning / Head of the National Defense Agency Number; 392/SK-400.HR.03.01/X/2020 on October 23, 2020.*

Ruang Seni Pribumi Foundation, in its acting training, relies on Stanislavsky's training method. According to Stanislavsky, concept must precede action. Thoughts will determine a course of action that is a responsibility. Stanislavsky divides the process of creating a body to obey the character into four levels, namely:

1. *Actors must understand the work of acting*
2. *They search for the psychological material needed to present their character*
3. *They create an imaginary model for their character*
4. *Imagery is realized into the body*

Stanislavsky said that his system is based on experience, his supporting techniques are based on logical analysis, a figure known as a pioneer of the method approach must attach importance to training to provide guidelines for the preparation of an actor. The principle of Stanislavsky's method training technique is divided into 15 stages, including motivation, imagination, concentration, relaxing the

veins, units and goals, belief and sense of truth, emotional memory, communication and inner connection, adaptation, inner motive power, inner creative state, ultimate goal, subconscious doorway and role in art.

The reference method of acting training based on Stanislavsky's method was then absorbed and simplified by the Ruang Seni Pribumi Foundation to make it easier for participants to understand the actor's performance in playing a character which is divided into 5 stages called the *Saliman Method*, which stands for "telling each other" in the application of the *Saliman Method* is done through peers with the concept of communication through stories in acting training. The following are the 5 stages of actor training conducted by Ruang Seni Pribumi Foundation

Table 1. Actorial methods used in training by the indigenous art space foundation

Stanislavsky Method	Saliman Method
Motivation	Character observation
Imajination	Identifying character
Concentration	Grow a character
Relaxing the viens	Animating the character
Units and goals	Control emotions
Belief and sense of truth	
Emotional memory	
Communication and inner conection	
Adaptation	
Inner motive power	
Inner creative state,	
Ultimate goal	
Subconscious doorway and role in art	

The 15 stages of the stanislavsky method are a reference for the acting training conducted by the indigenous art space foundation, the 15 stages are then further simplified into 5 stages, namely the *Saliman method* to facilitate application to trainees. this also strengthens the bond between trainees.

Table 2. Development of Performance Structure Pencak Silat Association and *Bantengan Garuda Jaya*

Saliman Method	Application of the Saliman method
Observation Character	Observation is the initial stage in Saliman's method that must be carried out by the actor in order to carry out the actor's work properly through direct observation of the surrounding environment and characters. at this stage the actor makes observations in pairs with the trainees.

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Identifyng Character	The stage of identifying the character in Saliman's method will eventually make the actor make a connection to himself and his co-star. the speaker will direct that the character to be played is his partner. Actors can feel the expressions presented can be felt by the audience as truth and honesty through physiological, psychological and sociological dimensions.
Grow a Character	Growing the character to be played in the performance must determine the character that matches the figure to be played through the actor's own body. This stage in Saliman's method uses the media of a pair of actors to make it easier for actors to grow the character of the character being played. After passing the identification stage, participants are expected to have found the characteristics or characteristics of the character's peers to be played. At the stage of growing this character, trainees will get material for body exercise, vocal exercise and imagination exercise.
Animating the Character	The stage of animating the character is the stage where the actor must feel the emotions and situations experienced by the character to be played. After passing the stage of growing the character, participants who have been given material for imagination, the power of imagination at this stage is done through emotional memory.
Control Emotions	This stage is the final stage in Saliman's method, the need for emotional control in the preparation of a character's play. An uncontrolled play will destroy the actor's emotions which will make the performance unclean and uncontrollable. This stage is also said to be the stage of character evaluation in order to arrive at the desired form. This means that the actor must leave a little awareness even though it is said to have entered the character.

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The results of the application of *Saliman's method* can show the actor's performance on stage believable, consistent, able to improvise and dialogue with clear vocals, intonation and diction. The success of Saliman's method can be measured by how many festivals have been participated in and the championships obtained by the fostered school community from members of the Pribumi Art Space Foundation. So far, the festivals that are often followed by the school theater community are the UNESA student theater festival, the sangcek festival, and the student art week in Tuban Regency

#### DISCUSSION

This discussion will outline the main findings of this research, answer the research problem, and interpret these findings in the context of the theory that has been used. Apart from that, this discussion will also integrate the findings from this research into existing bodies of knowledge and develop new theories or modify existing theories.

## History of the founding of the indigenous arts space foundation

The Indigenous Arts Space Foundation was founded by an individual, namely Mr. Siswandi. Before becoming a foundation, Mr Siswandi initially founded a community whose members were high school, vocational and MA extracurricular theater teachers in Tuban district. This community was founded in 2010 which later became a foundation which was legalized in 2020. The Indigenous Arts Space Foundation was legalized and received a *Ministerial Decree and Human Rights Human Republic of Indonesia Law Number: AHU- 00172.AH.02.1. YEAR 2020 on January 28 2020 as well as the Decree of the Minister of Agrarian Affairs and Spatial Planning/Head of the National Defense Agency Number; 392/SK- 400.HR.03.01/X/2020 on 23 October 2020.*

## Indigenous arts space foundation program

As a legal entity that operates in the arts sector, of course it has several programs, including painting classes and acting training. The Indigenous Arts Space Foundation excels in acting training programs and has attracted the interest of many students in taking acting training.

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As a legal entity that operates in the arts sector, of course it has several programs, including painting classes and acting training. The Indigenous Arts Space Foundation excels in acting training programs and has attracted the interest of many students in taking acting training. In this case, the foundation members will be given the theory by Mr. Siswandi at the foundation and will then apply the theory in the open. The unique thing is that this acting training is carried out in the open air with a camping concept. After becoming a foundation, not only the program is structured but the foundation's membership is also structured.

Table 3. List of members of the arts space foundation

No	Name	Position
1.	Siswandi	Founder
2.	Kholilur Aris	Advisor 1
3.	Teguh Sutrisno	Advistor 2
4.	Danuri	Chairman
5.	Dewanti Ayu Sekar	Secretary
6.	Achmad Rosyid Ridwan	Treasurer
7.	Rangga Melligga	Member
8.	Dio Marinda	Member
9.	Misbahhudin	Member
10	Siti Khofifah	Member
11	M. Jhony Fonsen	Member
12	M. Fuady Kresna	Member
13	Ali mustofa	Member
14	Happy ayu	Member
15	Intan nur s	Member
16	Vafa nur	Member
17	Sadeli	Member
18	Hashim	Member



After officially obtaining the deed of establishment, the Indigenous Arts Space Foundation made this foundation a forum for sharing knowledge, a forum for discussion and a forum for preserving art, especially theater arts in Tuban Regency. Membership and programs launched by this foundation have become more organized and focused, interest in the program does not only come from students of old members but from various circles. The relationships that members have make the foundation's programs heard by the people in Tuban Regency and little by little the people are interested in some of the programs and some even want to take part

## Conclusion

Actors are the most important element in a theatrical performance. Actors must understand the actor's performance in playing the character in the story that will be played. Realizing a phenomenon that occurs in life requires training for actors through methods. Appropriate actor training methods can produce actors playing characters with confidence and honesty. The audience will feel that the actor is able to get into the character of the character without pretense, such as the acting training method carried out by the Indigenous Arts Space Foundation. The Indigenous Arts Space Foundation, which is a legal entity that operates in the field of preserving theater arts, has a superior program, namely actor training. The uniqueness of this training is that it was attended by the theater community of SMA/MA and vocational school students in Tuban district with the concept of camping. The Indigenous Arts Space Foundation absorbed 15 stages of Constantin Stanislavsky's acting method into 5 stages in actor formation which include observing characters, identifying characters, developing characters, animating characters and controlling emotions which is called the Saliman method. In its application, the Saliman method is carried out by training participants in pairs. The aim of the Saliman method is that before the training participants play a character in a story script, the training participants are introduced to the characters they will play, namely their peers in the training. In this case, the foundation of the script for training participants is exchanging stories from pairs of friends, so it is called the Saliman method which means "telling each other". The results of applying the Saliman method can display the actor's performance on stage believable, consistent, able to improvise and dialogue with clear vocals, intonation and diction. The success of Saliman's method can be measured by how many festivals have been participated in and championships obtained by the target school community from members of the Indigenous Arts Space Foundation. So far, the festivals that are often participated in by the school theater community are the UNESA student and student theater festival, the sangcek festival, and the student arts fair in Tuban Regency.

## Acknowledgment

I would like to extend my deepest gratitude to Dr. Welly Suryandoko, S.Pd., M.Pd., for your invaluable contributions as part of the research team. Your insights, support, and dedication were crucial to the successful completion of this study. Additionally, I wish to thank all the members Arts Space Foundation for their cooperation and willingness to share their experiences. My appreciation also goes to the artists in Tuban district for their hospitality and support throughout this research.

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(translated by: Tjejep Rohedi Rosidi)

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