The Relationship Between Dramatic Physical Performance and Emotional Expression

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Abstract: Theater performance has a long history and is an important form of expression in the development of art. The whole performance is mainly accomplished through the actors' lines, movements and feelings, etc., so that the audience can feel the ideas conveyed by the theater performance. Therefore, physical performance and emotional expression is an important part of theater performance, and the degree of its mastery by actors determines the effect of theater performance to a certain extent. This paper introduces and discusses the physical performance and emotional expression in theatrical performances, analyzes the way of expression of physical language in different emotional scenes, including joy, anger, sadness, fear, tension and other emotions, and analyzes the application skills of physical language in emotional expression, and after further analysis and research, proposes a strategy for actors to promote the mutual promotion of physical performance and emotional expression in theatrical performances, which can help actors to master the content and essence of the performance, so that they can better master the content of theatrical performances. It can help actors to deeply grasp the content and essence of theater performance, so that they can better display their own style on stage and find their own inspiration.
Keywords: Theater; Physical Performance; Emotional Expression

1. INTRODUCTION

Theater performance is a comprehensive art that brings the images of characters in the script to life in front of the audience through the performances of actors (Liu & Wu, 2023; Sun, 2023; Zhang, 2022). As the most commonly used form of theatrical performance, body language can convey a lot of information to the audience with the help of the actor's body, including emotions, concepts, attitudes and so on, which is an effective fusion of physical and verbal expression, which not only ensures that people can get a good visual experience when watching theatrical performances, but also enriches the contents and plots of the theatrical performances (Tian, 2023; Wang, 2021; Yang, 2023). Emotional expression refers to the actor's ability to convey the character's emotional and

psychological state through language, body movements and other means, which is an important way for the actor to establish an emotional connection with the audience, and the actor's emotional expression can arouse the audience's empathy and sympathy, so that the audience can be more committed to the performance (Lv, 2021; Xu, 2023). Emotional expression and physical performance complement each other; they are interdependent and mutually reinforcing (Fang, 2023). Emotional expression refers to the actor's expression of the character's emotional state through body language, facial expression, speech, etc., while physical performance refers to the actor's expression of the character's image and temperament through body movements and posture. Emotional expression and physical performance are both basic skills that actors must master in the process of performance, and together they constitute the actor's performance system, which makes the actor's performance more vivid, natural and convincing (Wang & Wu, 2022). Therefore, an in-depth study of the relationship between physical performance and emotional expression in theater performance is of great significance in enhancing the actors' performance skills and the audience's viewing experience.

2. THE ROLE OF PHYSICAL PERFORMANCE IN THEATER PERFORMANCE

2.1 Physical Performance is the Foundation of Theater Performance

Drama performance is a form of performance that synthesizes body language, emotional expression and stage skills, and physical performance is the foundation of it (Peng, 2021). Physical performance requires actors to have good physical qualities, including body shape, height and limb proportion, as well as health, endurance and flexibility. Only with these basic physical qualities, actors can be competent in a variety of complex physical movements and performances, so as to better display the image and temperament of the character. The fundamentals of physical performance in theater, film and television require actors to master basic body movements and skills. These include basic walking, running, jumping, crawling, rolling and other basic movements, as well as dance, martial arts and other specialized skills. Through systematic training and improvement, actors are able to show more accurate and wonderful movement effects in their performances, so as to better portray the image and emotion of their characters.

2.2 Create Personalized Character Traits

In theater performance, physical performance is one of the most important means to create character image and personality traits. Through meticulous physical performance, actors can show the character's personality, emotion and behavioral style, thus making the character more real, three-dimensional and attractive (Wu, 2020). First of all, physical performance can show a character's personality traits through body language and movements. For example, a character's body language can show different personality traits such as arrogance, shyness, impatience and composure. Through specific body movements and movement styles, the actor can show the character's personalized characteristics and thus better portray the character. Secondly, physical performance can show the emotion and inner world of the character through detail portrayal (Xi, 2022). For example, a character's expression and body language when encountering frustration can show the character's emotion and inner state, thus enhancing the audience's empathy and understanding of the character. Finally, physical acting can also show the relationship and emotional changes between characters through interaction with other actors. By cooperating and echoing each other, actors can work together to create more realistic and complex character relationships and emotional entanglements.

2.3 Dissecting the Inner Activities of Characters and Displaying Them

In theater performance, the display of characters' inner activities is crucial. Through physical performance, actors can deeply explore the characters' inner emotions and thoughts and show them to the audience (J. Yang, 2022). First of all, physical performance can convey a character's inner activities through external movements and expressions. For example, a character's body language and expressions when they are hesitating can show their inner conflicts and struggles, thus allowing the audience to better understand the character's emotional state (Liang, 2022). Secondly, physical performance can also imply a character's inner activities through symbolism. For example, a character who often turns their back to the audience on stage may suggest their inner loneliness and defensiveness. Finally, physical acting can show the emotional exchange and inner changes between characters through interaction with other actors. By complementing and echoing each other, actors can work together to demonstrate more authentic and profound inner worlds and emotional changes.

2.4 Promote the Development of the Plot

In theater performance, physical performance can promote the development of the plot by means of body language and facial expression, making the storyline more compact and tense. For example, when the main character makes an unexpected action or expression, physical performance can show the main character's inner change and decision-making through body language and facial expression, providing a turning point for the subsequent development of the plot.

2.5 Enhance the Stage Effect

Body language has a strong visual impact in stage performance. Reasonable use of body language can enhance the visual effect of the stage performance and make the audience have a deeper impression and experience of the performance. Through precise and unique body movements, gestures and facial expressions, actors can attract the audience's attention and strengthen the stage effect through visual impact. Body language can create beauty, tension and drama on stage, making the audience more engaged and immersed in the atmosphere of the performance. For example, in the climax scene of a play, the actor's use of exaggerated body movements, rich facial expressions and distinctive gestures can cause the audience's empathy and inner passion, creating a more shocking and touching stage effect.

3. FUNCTIONS AND CHARACTERISTICS OF EMOTIONAL EXPRESSION IN DRAMA PERFORMANCE

3.1 The Importance of Emotional Expression in Drama Performance

Emotion is the core of human behavior and one of the main ways of human communication. In theater performance, actors need to convey the inner emotion and psychological state of the character through body language, facial expression, voice and other means, so that the audience can better understand and feel the emotional world of the character. Emotional expression not only helps the audience to better understand the storyline, but also allows the audience to experience the character's emotions more deeply, so that they can be more engaged in the performance (Kelly & Emma, 2022). Emotional expression is also an important way for actors to establish an emotional connection with the audience, and the actors' emotional expression can arouse the audience's empathy and sympathy, thus making the audience more engaged in the performance. Therefore,

emotional expression is an indispensable and important part of theater performance. Actors need to portray their roles through emotional expression, so that the audience can better understand and feel the emotional world of their roles, thus achieving a better performance effect.

3.2 The Influence of Emotional Expression on the Audience

Emotional expression is a very important part of theater performance, and its influence on the audience is very significant. It is mainly manifested in the following aspects: Emotional resonance. Emotional expression can trigger the emotional resonance of the audience, so that the audience can feel the emotional and psychological state of the character more truly (L. Wang, 2022). When the actors can express the characters' emotions appropriately, the audience will resonate with them more easily, so that they can better understand the storyline and characterization. Emotional regulation. Emotional expression can also help the audience to regulate their emotions. When the audience sees characters experiencing sadness or pain, they may feel sadness or pain; when the audience sees characters experiencing joy or happiness, they may feel pleasure or happiness. Emotional expression can help the audience release emotions and relieve stress and fatigue. Deepening Memory. Emotional expression can help viewers remember the storyline and characterization better. When viewers feel a strong emotion, they tend to remember the emotion more deeply and relate it more easily to the character image, thus remembering the storyline and characterization better. Emotional Experience. Emotional expression can help the audience better experience a theater performance. When the actor can express the emotion of the character appropriately, the audience will be more engaged in the performance and experience the character's emotion and psychological state more realistically, so that they can better appreciate the theater performance. Artistic experience. The actor can convey the emotional state of the character to the audience through emotional expression, thus increasing the audience's artistic experience. The audience can understand the connotation and artistic value of the theater work more deeply through emotional expression.

3.3 The Role of Emotional Expression in the Creation of Characters by Actors

Emotional expression plays a very important role in actors' role creation. When actors create roles, emotional expression can help actors understand the roles deeply and integrate themselves into the roles, so as to better

present the personalities and characteristics of the roles. It is mainly manifested in the following aspects: Deep understanding of the role. emotional expression is an important means for actors to deeply understand the role. Actors need to understand the emotional and psychological state of the character through emotional expression so as to better portray the character (Hou, 2021). Through emotional expression, the actor can understand the inner conflicts and contradictions of the character more deeply, so as to better express the character's personality and characteristics. Expression of Character Emotion. Emotional expression is an important means for actors to express their character's emotion. Actors need to express the emotions and psychological state of the character through emotional expression, so that the audience can better understand and feel the emotions of the character. Through emotional expression, the actor can more realistically express the emotions of the character, so that the audience is more engaged in the emotional world of the character.

Cultivate character emotion. emotional expression is an important means for actors to cultivate character emotion. Actors need to develop the emotional and psychological state of their characters through emotional expression, so as to make their characters more real and three-dimensional. Actors need to practice and explore the emotional expression of their characters over and over again so as to make their characters' emotions more real and natural (Y. Yang, 2022). Characterization. emotional expression is an important means for actors to characterize their roles. Actors need to express the character's personality and characteristics through emotional expression so as to make the character more real and three-dimensional. Through emotional expression, actors can make the image of the character more distinctive, so that the audience can understand and feel the character more easily (Yu, 2021).

4. HARMONIZATION AND INTEGRATION OF DRAMATIC PHYSICAL PERFORMANCE AND EMOTIONAL EXPRESSION

4.1 The expression of Body Language in Different Emotional Scenes
4.1.1 Joy and Happiness
When expressing the emotions of joy and happiness, actors' body language should be light and free, and their movements should be smooth and energetic (HOLK, 2022). They may show upbeat movements such as jumping, spinning, and dancing to convey emotions of excitement and

pleasure. Body posture may appear relaxed and flexible, with limbs stretched out to give a sense of lightness (Ren, 2023). Facial expressions are full of smiles and eyes are bright and lively, revealing inner joy. For example, in a scene celebrating a birthday, the actor may jump and twist his or her body, accompanied by cheerful laughter and bright eyes, showing the character's inner joy and happiness. The audience can feel the character's inner joyful emotions through the actor's energetic body language, thus empathizing with the character and gaining a happy experience (HOLK, 2022).

4.1.2 Anger or Indignation

When expressing the emotion of anger or indignation, actors' body language should emphasize strength and tension, and their movements should have impact. They may show excitement and anger with large movements, such as walking in large steps and rapid hand gestures, to highlight the character's inner anger. Body posture may appear tight and powerful, with tense muscles that give a sense of oppression. Facial expressions may be tense and contorted, with furrowed brows and fierce, sharp eyes, expressing inner feelings of indignation and anger. For example, in a scene of a heated argument, the actor may shout, clench his fists, and his facial expression looks angry and his eyes fierce, conveying the character's inner feelings of indignation and anger through body language. The audience can feel the character's inner anger through the actor's intense physical performance, which resonates or causes an emotional shock.

4.1.3 Mourning and Sadness

When expressing the emotions of mourning and sadness, actors should have a sense of atrophy in their body language and move slowly and heavily. They may adopt low, somber postures and movements to convey the character's inner sadness and grief. The body may assume a bent, drooping posture and move slowly and heavily. Facial expressions may appear sad and melancholic, with eyes that are lost and disoriented, conveying the emotion of inner grief. For example, in an episode depicting a character's loss of a loved one, the actor's body slumps, his steps are heavy, and his facial expression shows grief and helplessness, with lost and sad eyes. Through the actor's body language, the audience can deeply feel the character's inner pain and sadness, and then establish emotional empathy with the character (B. Wang, 2022).

4.1.4 Fear and Tension

When expressing the emotions of fear and tension, actors' body language should be tight and strong, and their movements should be sudden and rhythmic. They may use quick, sharp movements to show the fear and tension within the character, such as trembling and stiff movements. The body may be taut and straight, with a posture that appears alert and strong, giving the impression of tension. Facial expressions may show nervousness, staring, and eyes that are alert and sharp to convey the inner emotion of fear. For example, in a frightening scene, an actor may suddenly stop moving, his body tense, his facial expression grave and tense, and his eyes alert and looking around. Through the actor's body language, the audience can deeply feel the character's inner fear and tension, enhancing the tense atmosphere of the play and empathizing with the character.

4.2 Skills of Body Language in Emotional Expression

The application of body language in emotional expression requires actors to have certain skills. The following are some common body language application methods and techniques:

4.2.1 The Use of Posture

Actors can express the emotional state of a character through different gestures. Gesture is a three-dimensional representation of the body in space, and can convey the character's emotions such as confidence, frustration, and nervousness. For example, when the character needs to show confidence and bravado, the actor can stand straight and steady with chest out, demonstrating the character's firmness and confidence. This posture allows the audience to feel the character's authority and leadership (Xu, 2022). On the contrary, when the character is experiencing frustration and confusion, the actor can choose the posture of bowing the head and arching the back with the body slightly leaning forward, showing the character's frustration and helplessness. This gesture conveys a demoralizing and depressing emotion, enabling the audience to better understand the character's inner pain and confusion. Body language can make the character more vivid and three-dimensional through the use of posture. Different gestures can convey different emotions and characteristics, helping the audience to better understand the character's personality and state of mind. Actors can use appropriate gestures according to the needs of the script and the character to enrich the image of the character and make it more three-dimensional and attractive. In

theater performance, the use of gesture is not limited to static postures, but also includes dynamic gesture changes. Actors can express the emotional state of their characters through smooth movement transitions and gesture adjustments. For example, when expressing the character's pleasure and joy, the actor can adopt a brisk pace and dancing posture. When expressing the character's nervousness and anxiety, the actor can adopt hasty movements and tense postures to emphasize the character's sense of tension and uneasiness. Through the use of gestures in body language, actors can convey rich emotions and character traits on stage through body language, so that the audience can understand the inner world of the character more deeply, and enhance the artistic infectivity and viewing experience of the theater performance. Therefore, actors should pay attention to the use of gesture in characterization and emotional expression, and make the character image more full and three-dimensional through precise gesture expression.

4.2.2 Body Movements

Different movements can express different emotions. Actors can choose appropriate movements to express according to the emotional state of the character. Rapid movements can express tension and excitement, such as swift running and violent gestures, which can highlight the urgency and excitement of the character. For example, in performing a tense escape scene, the actor can turn and run quickly with swift movements to show the urgency and fear of the character through the speed and strength of the movements. On the contrary, slow movements can show contemplation and introspection, such as slow walking and soft gestures, which can emphasize the character's contemplation and emotional brewing. For example, in performing a scene in which a character is struggling internally, the actor can express the character's inner pain with slow and graceful movements. The actor can prolong the process of the movement and slow down the speed of the movement, and convey the conflict and entanglement of the character's heart through subtle changes and pauses in the movement. The choice of movements can also be combined with music and rhythm to better express emotions. For example, fast-paced music can stimulate the passion and vitality of the character, and the actor can choose fast and powerful movements to match the rhythm of the music and enhance the impact of the performance. While slow music can mobilize the inner emotions of the characters, actors can choose soft and slow movements to echo the rhythm of the music, making the performance more delicate and emotional.

4.2.3 Changes in Facial Expressions

Facial expression is one of the most direct and important ways of emotional expression. Through subtle changes in the eyes, lips, eyebrows and other parts of the body, actors can convey rich emotional information. Changes in facial expression can accurately depict the inner world of the character, allowing the audience to understand and feel the emotional state of the character more deeply. Changes in the eyes are an important way of human emotional expression, which can reflect people's inner emotional state and thought activities. Eye gazing and blinking can show a character's concentration, joy or confusion (Hao, 2021). A gentle look and a smile can convey a character's friendliness and caring. On the contrary, a fierce look and a tightly furrowed brow can show the character's anger and hostility. A pitying look can show a character's sadness, helplessness, loneliness, and other emotions. Changes in the eyes can often directly touch the audience's emotional resonance, enabling them to better understand the character's inner experience. Subtle changes in the lips are also an important part of emotional expression. A smile is one of the most common facial expressions that conveys a character's joy and pleasure. A genuine smile can demonstrate a character's kindness and friendliness. In contrast, the downturned corners of the mouth and suppressed lips can express a character's sadness and frustration. Changes in the lips can more accurately depict the emotional state of the character and bring the audience closer to the character's inner world. Changes in eyebrows also play an important role in facial expressions. A furrowed brow can show the character's worry and tension, while a relaxed brow can express the character's relaxation and pleasure. Subtle changes in the eyebrows can help the actor convey the character's emotional state more accurately and make the audience feel the character's inner feelings more delicately. Through the precise use of changes in facial expressions, the actor is able to convey the emotional state of the character to the audience, allowing the audience to understand and empathize with the character's inner world in a deeper way. Subtle changes in facial expressions can enrich the image of the character and make the character more three-dimensional and real. Through the subtle interpretation of facial expressions, the actor is able to touch the audience's heart and create a more profound and memorable performance.

4.2.4 Harmonization of Body Language

An actor's body language should be harmonized with the emotional state of the character. The emotional state of the character will affect the posture, movement and expression of the body. For example, when

expressing pleasant and relaxed emotions, the body should be relaxed and fluid, and the movements should be light and energetic, able to show the pleasure and comfort of the character. Actors can use the dancability and rhythmic sense of the body to show the character's ease and pleasure, such as elegant dancing and joyful jumping. Such body language can enhance the harmonious atmosphere of the character and let the audience feel the pleasure and joy within the character. On the contrary, when the character encounters a tense and fearful situation, the body should be tense and the movement may become rushed and slow. Actors can use body tension and tense muscles to express the character's nervousness, such as stiff posture and clenched fists. Such body language can emphasize the character's tension and uneasiness so that the audience can experience the urgency and uncertainty within the character. Through the rational use of facial expressions and body language, the actor can more accurately convey the emotional state and inner world of the character, so that the audience can deeply understand and feel the emotional changes of the character. The coordination and consistency of facial expressions and body language can enhance the strength of the character's performance, make the performance more realistic and natural, and create a more immersive theater experience for the audience.

4.2.5 Stage and Rhythmic Control

Voice and language are important tools for shaping a person's image. First of all, an artist must fully understand his psychological and personality traits and grasp the regular characteristics of his creation. In addition, she has to deal with his pronunciation and odor, and pay attention to the accuracy and clarity of performance when he speaks. In this way, the verbal quality of the performance will be increased improve and highlight the character's personality and psychological characteristics; secondly, the words and phrases should be clear and the volume should be adjusted; first of all, his voice is too low to be heard by the audience, so the artist's voice is not enough, so it is necessary to ensure that his voice is big enough. In addition, according to the particularity of the role and the specific situation, the artist must learn a good rhythm and intonation, iambic pentameter language, so as to show greater expressive power, well convey the character's emotion and image I love this can affect the audience, maintain a good rhythm of language. Rhythm is the first way to express personality and emotional changes. Finally, to grasp the changes in rhythm, so that the actors in the performance according to the plot and the character of the language characteristics, to find the feeling from low to high, as well as to

the coordination of the language of the problem, the need to maintain relative consistency.

5. METHODS AND STRATEGIES FOR MUTUAL PROMOTION OF THE TWO

Emotional expression and physical performance are mutually reinforcing. By improving one aspect, the development of the other can be driven, making the performance more vivid, natural and convincing. Writing character biographies: By writing character biographies, the actor can deeply understand the character's personality, emotions, life experiences and motivations, and can better express his emotions and perform physically. By understanding the inner world of the character, the actor can express the character's emotions more realistically and turn them into part of the physical performance. Training physical and mental coordination: By training physical and mental coordination, the ability to express emotion and perform physically can be improved. Physical and mental coordination refers to the coordination between the body and the mind. By training the body's strength, flexibility, coordination and emotional perception, the accuracy and expressiveness of emotional expression and physical performance can be improved. Practicing emotional expression skills: Emotional expression skills include facial expression, body language, voice tone, etc. By practicing these skills, the ability to express emotions can be improved. At the same time, these skills can also enhance the expressive and infectious power of physical performance. Cultivating dance and performance skills: Dance and performance skills are the basis for emotional expression and physical performance, and by cultivating these skills, the performer's expressiveness and infectiousness can be enhanced. At the same time, these skills can also enhance the effect of emotional expression and make the performance more vivid and touching. Using music and sound to enhance emotional expression: Music and sound can add emotional color to emotional expression and physical performance, making the performance more vivid, natural and persuasive. In physical performance, actors can use music and sound to enhance emotional expression, such as through songs to express the inner feelings of the character. Enhancing physical performance with costumes and make-up: Costumes and make-up are an important part of physical performance, they can add character and personality to the image of the character, making the performance more real and convincing. In

emotional expression, actors can use costumes and make-up to enhance their physical performance, for example, to show the identity and status of the character through costumes. Focus on practice and reflection: Through practice and reflection, the ability of emotional expression and physical performance can be continuously improved. In the performance, we should pay attention to practicing the skills of emotional expression and physical performance, and at the same time, we should also reflect on our own performance to find out the shortcomings and improve them.

6. CONCLUSION

Emotional expression and physical performance are very crucial to theater performance, which can deeply portray the image of the characters and the connotation of the story. This paper discusses the importance of emotional expression and physical performance in theater performance, and the way of physical language in different emotional scenes. Actors can convey the emotions of their characters through the use of gestures, choice of movements, changes in facial expressions and coordination of body language, making the performance more realistic and natural and creating a more immersive theatrical experience for the audience. Actors can also continue to improve their emotional expression and physical performance abilities through deeper understanding of the role, training in physical and mental coordination, practicing emotional expression techniques, developing dance and acting skills, utilizing music and sound, resorting to costumes and make-up, and focusing on practice and reflection to make their performances more vivid and touching, thus better meeting the visual needs of the audience.

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