



## Short Dance Movie "*Renung*" as a Media for Self-Introspection in Increasing Moral Values

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### ABSTRACT

In the era of the current generation, deviant behavior is developing among young people in almost all corners of the world. This can happen due to environmental factors freedom in accessing social networks and errors in accessing information and the use of information technology. This article aims to explain the process and stages of making short dance films and reveal strategies for overcoming the problem of social deviation through short dance films as a medium for introspection that has a message of moral values. The method used in this article is a qualitative method with descriptive analysis which describes the results of observation and analysis of data phenomena obtained in the field. After analyzing the data, the research results were repeated using triangulation, so that the ideas and concepts of thought could be expressed in a Short Contemporary Dance Film entitled "*Renung*". The results of this article explain the stages of making a short dance film by containing a storyline, storyboard, and editing techniques so that you can dissect every value in the short dance film. This contemporary dance work "*Renung*" can be used as a medium for self-introspection to improve moral values in the current and future generations.

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## 1. INTRODUCTION

According to Kupperschmidt (Putra, 2017) Generation is a group of people who have the same year of birth, age, location, and historical experiences or events within the same individual that have a significant influence on their growth phase. So, it can also be said that a generation is a group of individuals who experience the same events in the same period of time. Generation Generation Y (1980-1995) is known as the millennial or millennial generation. Generation Y uses a lot of instant communication technology such as email, SMS, instant messaging, and others. This is because Generation Y is a generation that grew up in the booming internet era Lyons, in (Putra, 2017). Not only that, generation Y is more open in political and economic views, so they appear to be very reactive to environmental changes that occur around them. Generation Z (1995-2010) is the youngest generation that has just entered the workforce. This generation is usually called the Internet generation or Regeneration. Generation Z interacts more socially via cyberspace. Since childhood, this generation has been exposed to a lot of technology and is very familiar with smartphones and is categorized as a creative generation.

Based on the characteristics of the three generations above, all generations have started to become familiar with technology, especially Generation Z. The development of this technology can certainly make all human activities easier, but on the other hand, if this technology is not used wisely, it will have a bad influence on the people. its users. This bad influence can of course manifest in various forms. One example is deviant behavior which can also occur in various forms. For example, cyberbullying behavior is very common nowadays. In Indonesia, there is a program called the Pancasila Student Profile which was created with the hope that students' character can develop after going through the learning process. There are 6 characteristics that characterize the Pancasila Student Profile, namely Faith and devotion to God Almighty, Global Diversity, Cooperation, independence, Critical Reasoning, and creativity.

From this background, of course, with the development of technology, the current generation has made many moral deviations and behaviors that are not in accordance with the demands of learning at school. In this article, we will explain that using dance containing moral values will have an impact on changing the social behavior of the current generation Z. Several previous studies regarding Film as a Media for the Internalization of Cultural Values for the Millennial Generation in Indonesia (Supiarza, H., Rachmawanti, R., & Gunawan, D, 2020). reviews the role of films in introducing how culture develops and moves to the millennial generation by internalizing culture. This is due to the degradation of cultural values which makes this generation follow popular culture more than the culture around them. The article also states what aspects of cultural values are contained in a film, aspects of the film that can influence the millennial generation in thinking and recognizing their condition. When compared with this article, of course, the purpose of its creation is also different. The article discusses films as a medium for internalizing cultural values for the millennial generation, while the current article aims to be a medium for self-introspection and increasing moral values in Generation Z. It can be seen from the statement above that these two articles have different goals and different targets. then in the discussion, there will be differences.

Then, in the article entitled Short Dance Films: Construction of The Arts and Design Project Subject During Covid-19 by (Hery Supiarza & Ria Sabaria, 2022), discusses that in this modern era, there are many sophisticated technologies that do not make people feel troubled. Apart from that, modern humans' way of thinking has led them to act exploratively in looking for new things, for example in the field of film. Increasingly advanced technology influences changes in the field of art. Many short films can be seen on the internet, such as on YouTube.

When Covid-19 hit, teaching and learning activities were forced to be carried out from home. When faced with this situation, the implementation of collaborative learning could be used as an alternative way to continue learning and test whether it was effective or not during the pandemic. This research discusses increasingly sophisticated/modern technology that allows humans to think creatively and make learning more effective in creating work during the pandemic, while this article discusses how Generation Z can increase their moral values through the medium of self-introspection and develop it into a dance. It is understandable that these two articles have differences, such as who they are addressed to.

Next is the research entitled *Aesthetic Film: Constructive Perspective Art Directors* by Salsa (Nafsika, S., Zakaria S., Irwan Sarbeni, and Hery Supiarza, 2022) regarding the aesthetic elements of the film *Justice League* by Zack Snyder. This film was produced by two directors. Semiosis, in this article, the results of semiotic analysis of settings, properties, color composition, objects, or visual information that directly or indirectly appear in films are shown. The aesthetics in this film are formed from artistic objects consisting of settings, props, costumes and colors. And the last one is the cognitive process. The construction of the art director's point of view in this research occurs when the appreciator analyzes how the perceptions built from the film give rise to the audience's appreciation of the film so that they can properly interpret the film's content through the scenes in the film. All processes such as sensation, perception, experience, and memory are the most important things in the cognitive thinking process. Of the three articles, none of them is related to the article the author is writing, regarding Dance films as a medium for self-introspection and increasing moral values. According to (Ayuningtyas, 2011), video is a combination of still images that are read sequentially at one time at a certain speed. Meanwhile, according to (Binanto, 2010), the word video comes from the Latin word that means "I see". Video is an electronic signal-processing technology that represents moving images (Badaruddin, 2023). So, it can be concluded that video is a collection of still images that move in a certain frame and speed in a different dimensional form.

Dance films are basically a combination of dance choreography with the work of film production tools, namely the camera. The camera will try to capture the aesthetic moments of the dance designed for the camera's purposes, and the results will be projected back in a format that has been arranged in such a way. This means that a dance film is a dance choreography that is made only for the purposes of a film or video camera (Badaruddin and Masunah, et al, 2023). It is also interpreted as an interpretation of dance choreography through film or video whose hybrid results cannot be enjoyed separately, either in terms of the aesthetics of the dance or the cinematography alone (Ardianto, 2014).

According to David Rousseve, a professor in the field of choreography and performance from the University of California, Los Angeles (UCLA), starting from his perspective as a director and choreographer, a dance film is a dance choreography that is made specifically for the needs of the camera, not for the needs of the performance stage. (Rousseve, 2012). This means that as long as the film or video is not a form of dance documentation, the possibility of it being categorized as a dance film is still quite open. Dance film (Dance Film) is not the only term for this film genre. Several cinematographers or filmmakers and choreographers have their own terms to describe their work, including Dance for the Camera, Video Dance, Dance Film, Dance in Film, Choreocinema, Screendance, Cinedance, and Dance Movie (Ardianto, 2014). However, in principle, the difference in terms does not affect the meaning of dance film itself.

Moral means a mental condition or feeling that is represented as an expression or action. Art is an aesthetic area that seeks the essence of beauty and ugliness as well as creating

creations and expressing beauty. Meanwhile, morality is an ethical area that explores the essence of the value of good and evil. Art and morality must complement each other in order to create works of art that truly contain aesthetic and ethical philosophy. Art as a form of aesthetics discusses beauty and its implications for life. The value of artistic beauty is incomplete if it is not associated with the elements of truth, accuracy, goodness, and eternity.

Self-introspection is a very important process in self-development. It involves assessing and reflecting on our own thoughts, feelings, and actions. One of the main reasons why self-introspection is important is that it helps us to understand ourselves better. By better understanding our values, beliefs, weaknesses, and strengths, we can make better decisions and live according to our values.

Apart from that, self-introspection also helps in improving social relationships. By understanding ourselves better, we can better communicate and interact with others. It helps in resolving conflicts, building stronger relationships, and increasing empathy towards others. Self-introspection is also important in achieving goals. By evaluating ourselves regularly, we can identify areas for improvement and design concrete steps to achieve our goals. Self-introspection also helps us to stay focused and motivated in achieving our dreams. So, overall, self-introspection is a very important tool in self-development, understanding others, and achieving life goals. It helps us become wiser, self-aware, and empowered individuals.

## **2. METHODS**

The type of research carried out by researchers uses a descriptive qualitative approach. According to Moleong, qualitative methodology is a research procedure that produces descriptive data in the form of written or verbal sentences from people and behavior that can be observed directly and naturally (Moleong L., 2012). According to (Sugiyono, 2016), qualitative methods are methods that are based on positivism and are used to research natural objects, where the researcher is the key instrument for data collection techniques. And the results of qualitative research emphasize meaning rather than generalizations, whereas according to Bogdan and Tailor, they "define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words or in the form of policy actions (Moleong LJ, 2013). The researcher creates a research flow so that the researcher is free to find information and obtain factual and specific data about things required for research purposes, in order to make the research easier, therefore the researcher creates a research flow that will be carried out starting from the planning stage, the implementation stage, and the final stage.

This approach aims to provide a clear picture of the characteristics, nature, or circumstances of the research subjects being observed. In the descriptive method, researchers collect data related to the observed variables, either through observation, surveys, or analysis and then analyze the information without interpreting or concluding cause and effect. The main goal is to systematically describe what is happening or how certain variables are related to each other, thereby providing a deep understanding of the situation or phenomenon being investigated. This descriptive method is generally used in various research fields, such as social sciences, psychology, education, and other fields that require detailed analysis of observed phenomena.

Data analysis is carried out by researchers in order to compile data from findings in the field, from the beginning of the research starting from observations, interviews, questionnaires or questionnaires. At this stage there are several stages, namely, first, data

reduction which determines the main things obtained in the field and summarizes the important things. Data reduction also has the advantage of making it easier to explain the found data (Sugiyono D., 2015). The results of the data obtained from observations are poured into ideas using construction methods in making dance works and then poured into digital mode to get representative short film-based implementation results.

### **3. RESULTS AND DISCUSSION**

#### **3.1. Short Dance Movie Ideas**

The work "Renung" is a contemporary dance film that combines the beauty of body movements with deep meaning, creating a work of art that arouses feelings and stimulates the minds of the audience. This film is part of the development of the contemporary dance film genre which has become increasingly popular in recent years. In the last few decades, dance has become increasingly relevant in the world of cinema. Contemporary dance films such as "Renung" have taken this a step further by creating a unique art form, which not only explores dance technique but also goes deep into the story and emotions of the characters. Works like this open the door to collaboration between dancers and film artists, combining expertise in various artistic fields.

"Renung" is a prominent example of a contemporary dance film, combining modern and experimental movements. This is proof of how the art of dance continues to develop and adapt to the times. This film creates space for the audience to reflect on emotional and philosophical issues raised through amazing body movements. It is important to note that "Renung" also shows diversity in dance. By using various dance movements and styles, this film enriches the audience's view of the art of dance. In addition, "Renung" illustrates how dance has become a powerful tool for conveying social messages and individual expression. This film creates an opportunity for dancers to express ideas and concepts as well as express their emotions.

"Renung" as a dance work is an embodiment of aesthetic movement that depicts the process of contemplation with elegance and artistic complexity. The concepts underlying this work originate from deep visual stimuli, inviting the viewer to undertake a reflective journey that is rich in meaning. In the context of movement, dancers use dance skills that combine body flexibility and movement control, creating a series of expressions that reflect the complexity of thoughts and feelings associated with the process of contemplation. The movements are slow, measured, and structured, strengthening the narrative of an inner journey that guides the audience to explore the meaning in every movement produced.





**Figure 1a.** Short Dance Movie Poster Before Revision



**Figure 1b.** Poster Short Dance Movie After revision

The visual stimuli that served as inspiration for this work include elements of nature, art, and human expression. Details such as dramatic lighting changes or symbolism in set design play an important role in depicting a brooding atmosphere and deepening the viewer's experience. In terms of moral values, "Renung" summarizes a number of ethical concepts which are conveyed through a combination of movements and ideas (Andi, 2009). First, the value of simplicity is reflected in movements that simplify the complexity of the dance without sacrificing the power of expression. Second, the value of honesty can be interpreted through the dancer's courage to express an honest and open inner state. Third, this work can imply the value of caring for the environment, both physical and social, through an emphasis on the concepts of harmony and balance. Thus, "Renung" is not just a dance work, but rather an art medium that encapsulates the beauty of movement, and deep reflection, and conveys moral values that raise the audience's awareness of the humanistic aspects of life.

### 3.2. Stages of Making a Short Dance Movie

In the context of the contemporary performing arts era, the application of dance through the medium of cinematography is increasingly expanding with the making of short dance films (Anshori, 2015). The unification of dynamic dance movements with visual elements involves dimensions of artistic expression that go beyond conventional boundaries. To explore in depth the creative and technical process behind making a short dance film, describing the essence of artistic innovation that distinguishes it as an art form that combines the uniqueness of performing arts and cinematography, it must go through a thorough design stage through the storyline and storyboard creation stages.

Storyline is a term used in the world of narrative, especially in creative contexts such as literature, film, theater, and other media. This term refers to a series of events or stories that form the core of a narrative (Aminudin, 2017). A storyline is the storyline or outline of a story or work of art that describes how the main events are connected to each other to produce a complete story. Storylines often include elements such as characters, conflict,

plot, and theme. This helps the audience or reader to follow and understand the storyline. The following is the storyline plan for the short dance film "Renung".

**Table 1.** Storyline Plan Short dance film "Renung"

Narrative	Music & Scenes	Duration
Scene 1 (Work Title)	Soft Music (Cinematic Tree)	7 seconds
Scene 2 (No Narration)	Soft Music (Showing 3 women dancing and 1 woman dancing on a stone chair)	52 seconds
No Narrative	Violin Music (Cinematic Matahari)	4 seconds
	Violin Music (Cloud Time Lapse)	5 seconds
No Narrative	Soft Music (Showing 4 women standing and looking in different directions with straight faces)	7 seconds
No Narrative	Violin music (featuring flowing water) Loud music (featuring 4 women dancing)	5 seconds
No Narrative		7 seconds
No Narrative	stand up with smooth movements	
No Narrative	Beat music (Shows close up scenes of the dancers' eyes)	17 seconds
No Narrative	Soft singing (Cinematic trees)	8 seconds
No Narrative	Without Music (Showing silhouettes of hands against the sky)	11 seconds
Core Scene	The music starts at a loud tempo, and is a bit fast (featuring 4 graceful dancers)	15 seconds
No Narrative	Quite fast tempo music (featuring 4 irregular dancers)	15 seconds

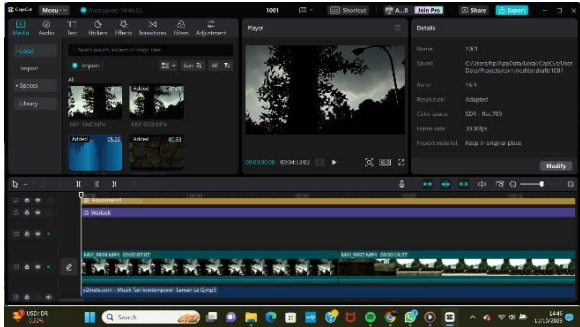
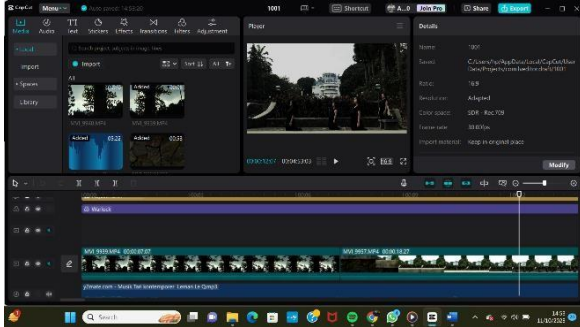
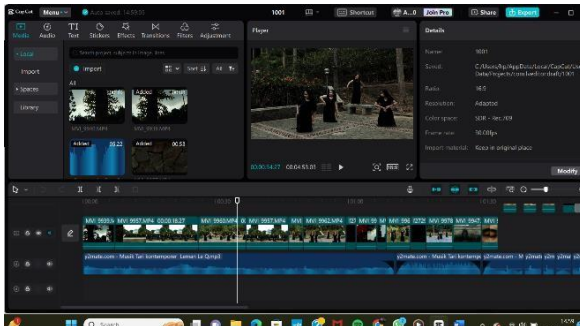
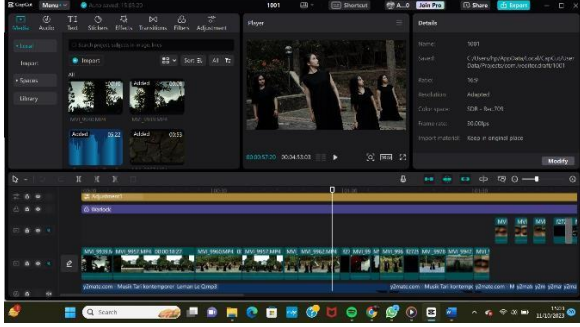
No Narrative	The tempo of the music is a bit fast (time lapse of the sky)	5 seconds
No Narrative	Quite fast tempo music (Hand Transition)	13 seconds
No Narrative	Soft Music (Featuring 1 male dancer dancing)	30 seconds
No Narrative	Beat time music (featuring female dancers)	60 seconds
Closing Scene	Up tempo music (Featuring 5 dancers moving smoothly)	30 seconds
No Narrative	Up tempo music (Featuring 2 female dancers)	15 seconds
No Narrative	Up-tempo music (Featuring 4 female dancers and 1 male dancer at the front)	15 seconds
<b>Total Duration</b>		<b>316 seconds</b>

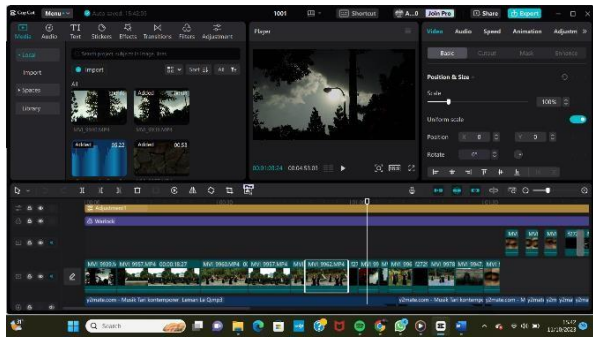
The short dance film work, which is depicted from a series of scenes, forms a narrative that combines harmony between dance movements, music, and visuals. The music that accompanies each scene, from playing violins to dramatic beats, takes the audience through a variety of emotions and immersive visual experiences. Dance movements consisting of groups of dancers and individual moments depict the complex dynamics of the process of contemplation and contemplation. The core scene becomes the peak of the performance with a transition in musical tempo that leads the audience through a series of varied movements, from *rampak* movements to free dancing without rigid rules. The finale, with its use of up-tempo music, brings all the elements together in a final climax that displays harmony between individuals and groups, reflecting the overall essence of the work. In conclusion, this short dance film is a unique and profound artistic combination, inviting the audience to reflect on the beauty and complexity in every dance movement and musical melody presented.

After making the storyline, the design is developed by making a storyboard so that the stages of creation are more fully realized in stages. In general, "storyboard editing" refers to the process of editing or editing images or illustrations in a storyboard. A storyboard is a series of images or illustrations used to plan visual sequences in the production of films, animations, videos or other media (Halaz, 2012). Each image in a storyboard represents a scene or moment in the narrative, and storyboard editing is the process of correcting, rearranging, or modifying these images. The following is a story board design for making a short dance film:

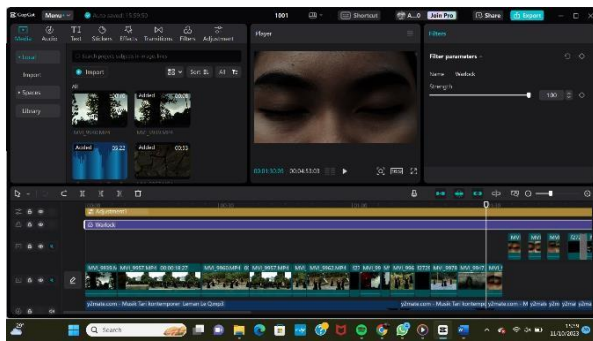


**Table 2.** Implementation Short dance film storyboard design  
 “Reflections” on the Media Stages of film editors

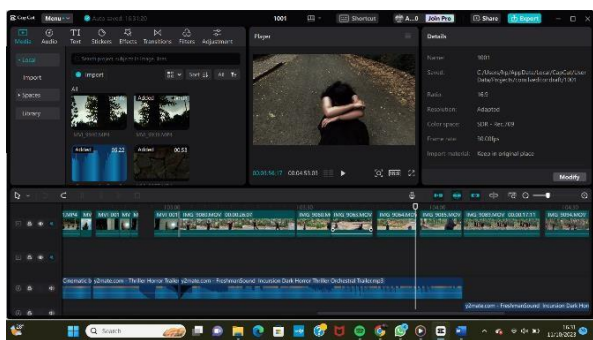
Scene	Duration & Description
	<ul style="list-style-type: none"> <li>Length: 7"</li> <li>Location: Bareti Park</li> <li>Sound FX: Contemporary dance music</li> <li>Technique: Medium shoot</li> <li>Picking: from left to right</li> <li>Image: tree</li> </ul>
	<ul style="list-style-type: none"> <li>Length: 52"</li> <li>Location: Bareti Park</li> <li>Sound FX: Contemporary dance music</li> <li>Technique: long shoot</li> <li>Retrieval: from bottom to top</li> <li>Image: female dancer</li> <li>Actors: 4 women</li> </ul>
	<ul style="list-style-type: none"> <li>Duration: 10"</li> <li>Location: Bareti Park</li> <li>Sound FX: Contemporary dance music</li> <li>Technique: medium shoot</li> <li>Retrieval: from the front</li> <li>Image: female dancer</li> <li>Actors: 4 women</li> </ul>
	<ul style="list-style-type: none"> <li>Duration: 10"</li> <li>Location: Bareti Park</li> <li>Sound FX: Contemporary dance music</li> <li>Technique: medium shoot</li> <li>Retrieval: from the front</li> <li>Image: female dancer</li> <li>Actors: 4 women</li> </ul>



- Length: 5"
- Location: Bareti Park
- Sound FX: Contemporary dance music
- Technique: long shoot
- Capture: blur the background then blur the front object
- Images: flowers, trees and lights



- Length: 17"
- Location: Bareti Park
- Sound FX: Contemporary dance music
- Effect: -
- Technique: close up
- Taken: from the front
- Image: face, eyes



- Length: 9"
- Location: Tahura Dago
- Sound FX: Incursion dark horror thriller orchestral
- Technique: medium shoot
- Take: in a roundabout way
- Image: female dancer
- Actor: female

From the storyboard design, what needs to be understood is the technique used in taking pictures, which must include:

1. *Extreme Long Shot*(ELS), which is an image capture technique that shows a large area around the object in the frame, both in height and width.
2. *Long Shot*(LS), namely an image-taking technique that shows the condition of the object as a whole, no body parts are cut off from the frame.
3. *Medium Long Shot*(MLS), namely a technique for taking images taken from the head to the knees of the object.



Figure 2a. Extreme Long Shot (ELS)



Figure 2b. Long Shot (LS)



**Figure 2c.**Medium Shot (MS)



**Figure 2d.**Close up (CU)

4. *Medium Shot*(MS), namely a shooting technique that only takes the head to the waist of the object. This is intended to highlight the subject's body language and expressions.
5. *Close Up*(CU), namely a shooting technique that takes the head to the bottom of the shoulder of the object. This is intended to show more details of a person's expression and mimicry. And it is also intended to show wrinkles to make it look more dramatic.



**Figure 3a.**Big Close up (BCU)



**Figure 3b.**Extreme Close up (ECU)

6. *Big Close Up*(BCU), namely a shooting technique where the top of the frame cuts off the forehead and the bottom of the frame cuts off the bottom of the chin of the object, so that the skin tissue, eyebrows, and eyelids are clearly visible.
7. *Extreme Close-Up* (ECU), namely a shooting technique that only focuses on one particular part of the body, for example the object's eyes, lips, or nose.

Then, there are several camera movements that must be understood in videography, including:

1. *Zoom*, namely taking a picture of an object using a wide view and then approaching it slowly (ZoomIn). Taking a picture of an object using a narrow/telephoto lens, then moving away slowly (Zoom Out).
2. *Tracks / Dolly*, namely the movement of the camera vertically forward (DollyIn). Vertical camera movement backward (Dolly Out).
3. *Pan*, namely the movement of the camera as if turning to the left (Pan Left) and to the right (Pan Right).
4. *Tilt*, namely the movement of the camera looking up from top to bottom (Tilt Down) and from bottom to top (Tilt Up).
5. *Crab*, namely the movement of the camera sideways, running parallel to the moving object.
6. *Arc*, namely the movement of the camera around the object from left to right or vice

versa.

7. *Follow*, namely camera movement that follows a moving object.

Next, there are several camera angles that must be understood in videography:

1. *Bird Eye View*, namely the point of view with the camera from a height above the object being recorded.
2. *High Level*, namely the angle of taking a picture from above the object with the impression that the object becomes smaller, apart from that, this technique produces a dramatic impression.
3. *Eye Levels*, namely the point of view that shows the capture of a person's eye view whose body height is exactly the same height as the object.
4. *Low Angle*, namely the angle taken from below the object so that the impression of the object is big and tall.
5. *Frog Eyes*, point of view with the camera height parallel to the ground (base of the object).
6. *Over Shoulder*, namely taking a dialogue scene from the back corner/shoulder stage of one of the cinematic subjects.
7. *Walking Shot*, namely the point of view with the camera following the object.

### 3.3. Discussion

Based on the results and findings obtained, in the short dance film entitled "Renung" there is a value concept for introspecting oneself from a mistake that has been made. This is called the concept of self-introspection. Regret is a common emotion felt by almost every individual. It often arises when a person reflects on actions, decisions, or choices they have made in the past that have had an impact on their life. Regret can be an important marker in a person's character development. There are several examples of the link between regret and character values:

1. **Responsibility:** Regret can arise when someone realizes that their actions have hurt themselves or others. This is a powerful teaching moment and allows a person to evaluate their responsibilities in life. Responsibility is an important character value that teaches us to be responsible for our actions and decisions.
2. **Second Chance:** Regret can also be a starting point for looking for a second chance. When someone feels regret for a particular action or decision, they can choose to learn from the mistake and change the direction of their life. It reflects character values such as perseverance and determination to continuously improve.
3. **Empathy:** Regret also encourages a person to be more empathetic towards other people's experiences. Through reflection about their own actions, a person may better understand how those actions impact the feelings and lives of others. This is related to the character value of empathy, which teaches us to feel and understand other people's feelings.
4. **Concern:** Regret can help strengthen the character value of caring for others. When we feel regret because of actions that harm others, it can be a driving force to consider other people's feelings and needs more in our decisions and actions.
5. **Integrity:** Remorse often involves ethical and moral considerations. This allows a person to examine their integrity and whether their actions align with the moral values

they hold. This reflects the character value of integrity, namely consistency in living the values we believe in.

6. Personal Growth: Regret is a natural part of personal growth. It reminds us that we are not perfect and that every mistake is an opportunity to learn. Character values such as patience, perseverance, and curiosity are important in this growth process.

Regret is not just a negative emotion; it is a powerful reflection that helps a person develop as an individual and strengthens the character values they hold. As humans, we all make mistakes, but what matters is how we respond to them. When we accept regret as part of life's experience, we can grow into wiser, empathetic, and responsible individuals.

Regret is a character mirror that helps us become the best version of ourselves. The contemporary dance work "Renung" is an art form that presents an opportunity for dancers to undertake a deeply introspective journey, from the movement elements and short dance film-based presentation of the work, it will provide a viewing opportunity for Generation Z to understand better moral values. Through body movements and expressions expressed in this dance, "Renung" depicts an internal journey that reflects human experiences and moral considerations. The connection between "Renung" and the medium for self-introspection is very strong. This dance work provides a unique platform to reflect on aspects of life that are often forgotten. Through dance, dancers express universal emotions, conflicts, and feelings. This dance work provides a deep personal reflection on the choices that have been made, the actions taken, and how to interact with others.

#### 4. CONCLUSION

The short dance film "Renung" is a contemporary dance film that combines the beauty of body movements with deep meaning, creating a work of art that arouses feelings and stimulates the audience's thinking. "Renung" has taken this a step further by creating a unique art form, which not only explores dance techniques but also goes deep into the story and emotions of the characters. This film creates space for the audience to reflect on emotional and philosophical issues raised through amazing body movements. "Renung" illustrates how the art of dance has become a powerful tool for conveying social messages and individual expression. This film creates an opportunity for dancers to express ideas and concepts as well as express their emotions.

The work "Contemplation" depicts regret when someone reflects on actions, decisions, or choices they have made in the past that have had an impact on their life. Regret can be an important marker in a person's character development. These include responsibility, second chances, empathy, caring, integrity, and personal growth.

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