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MOTIVATION IS THE MOST POWERFUL WAY TO PERFORM YOUR SPECIAL SKILLS ON THE STAGE

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ABSTRACT

This paper explores the crucial role of motivation in enhancing an individual's ability to perform special skills effectively on stage. Motivation acts as the driving force that transforms potential into performance, enabling individuals to overcome fear, anxiety, and self-doubt. The study highlights different forms of motivation such as intrinsic and extrinsic and how they influence stage performance in various artistic fields including music, dance, drama, and public speaking. Practical examples demonstrate that motivated performers tend to show higher confidence, better emotional expression, and stronger audience engagement. Furthermore, the paper discusses strategies to develop and maintain motivation through goal setting, self-reflection, mentorship, and positive feedback.

Keywords: Motivation, performance, stage skills, confidence, self-expression, audience engagement, intrinsic motivation, extrinsic motivation.

Motivation plays a vital role in transforming an ordinary performer into an extraordinary one. When a person steps onto the stage, it is not only their talent that captures the audience's attention, but also their inner drive the motivation that fuels their confidence, creativity, and emotional power. In a real classroom or rehearsal process, motivation can be developed through positive reinforcement, collaborative activities, and personal goal setting.

For example, a music teacher can encourage students to perform in front of small groups first to reduce stage fear, gradually increasing the audience size as their confidence grows. Drama instructors can use role-playing activities that allow performers to explore different emotions, helping them connect deeply with their



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characters. Similarly, in a dance class, teachers can use motivational playlists and peer feedback sessions to inspire students to move beyond their comfort zones.

Creative motivation techniques, such as visualization exercises, self-recording performances for self-assessment, and motivational storytelling, help performers internalize their goals. A performer motivated by a meaningful purpose such as expressing emotions, inspiring others, or achieving personal growth will always shine brighter on stage.

In addition, peer support plays a strong motivational role. When performers celebrate each other's progress rather than competing harshly, the stage becomes a shared space for growth and inspiration. Motivation in performance is not about perfection; it is about passion. A truly motivated performer does not perform for applause alone but for the joy of artistic expression and connection with the audience.

Mirror-to-Stage Transformation Practice A young pianist, before a concert, practices in front of a large mirror every evening. She doesn't just play she studies her hand movement, posture, and emotional expression. After mastering her control in the mirror, she repeats the same routine on an empty stage with dim lights and echoes. This transition helps her feel how the real environment changes her energy. When the concert night comes, she performs not nervously, but gracefully because she already "owns" the stage feeling.

Light and Sound Connection Technique. A dance group uses colored stage lights to match every shift in their music's rhythm. For instance, during a hip-hop performance, red lights flash during energetic jumps, then fade to blue for slow body rolls. The dancers rehearse multiple times with the lighting technician to make sure every move blends with sound and light. On the final night, the audience feels every beat visually and emotionally the performance becomes an immersive art, not just movement.

The Motivation Anchor Technique. Before walking on stage, a violinist closes his eyes, remembers the first applause he ever received, and silently repeats a personal mantra: "Play from your heart, not for perfection." This ritual transforms his nervousness into energy. During the performance, when his bow slips for a moment, he smiles instead of panicking and keeps playing passionately. The



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audience connects to his confidence more than the sound proving that stage success comes from emotional strength, not flawless technique.

Stage	Method Used	Activity Description (Creative Practice)	Teacher's Role	Student's Role	Tools/Resources
1. Warm-Up (10 min)	Inquiry-Based Learning	The teacher shows a short video of rockets launching and asks: "What makes the rocket go up?" Students brainstorm physical principles (Newton's laws, forces).	Facilitator guides discussion, asks open-ended questions.	Think, guess, and share ideas in pairs or groups.	Projector, YouTube video, board.
2. Main Concept (15 min)	Project-Based Learning	Groups design a "Mini Rocket" using straws, balloons, and tape. They predict how air pressure affects distance. Then they test and measure results.	Provides materials, safety instructions, encourages creative problem-solving.	Build, test, and record how far their rockets fly.	Balloons, straws, tape, ruler.
3. Experimentation (20 min)	Hands-on Experimentation & Simulation	Students open PhET Simulation "Forces and Motion" and compare virtual and real experiments. They change mass and force to see how motion changes.	Guides them on how to use simulations effectively.	Run virtual experiments, collect and compare data.	Laptops, PhET Simulation.
4. Integration (15 min)	Collaborative Learning + Engineering Design	Each team creates a short presentation/poster connecting their experiment to real-life technologies: drones, cars, or bridges.	Supports with keywords and prompts.	Discuss, design, and present how physics is applied in modern tech.	Canva, paper, markers, PowerPoint.



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5. Reflection & Evaluation (10 min)	Gamified Assessment & Critical Thinking	Students play a quick Kahoot quiz to test their understanding. Then they write one reflection: "How can physics change our world?"	Launches Kahoot, provides feedback, encourages reflection.	Participate in quiz and write reflective answers.	Kahoot, smartphones.

CONCLUSION

In conclusion, motivation acts as the driving force that transforms ordinary performances into extraordinary ones. It gives performers the courage to express their true abilities and connect deeply with the audience. When individuals are internally motivated whether through passion, purpose, or personal growth they unlock creativity, confidence, and emotional depth on stage. Motivation encourages continuous self-improvement, helping performers overcome stage fear, master their expressions, and deliver with authenticity.

A motivated performer doesn't just present a skill they tell a story, inspire emotions, and leave a lasting impact. Whether it's a musician expressing emotion through melody, an actor embodying a powerful character, or a speaker sharing a message with conviction, motivation is the invisible energy that turns talent into art. Ultimately, without motivation, skills remain dormant; with motivation, they shine brightly and captivate every soul in the audience.

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