



The Impact of Actor's Belief on Audience Emotional Resonance and Emotional Transmission

Yuke Meng

Sichuan Film and Television University, China

Abstract: This study examines the impact of actors' Belief on Emotional Resonance and Emotional Transmission of the audience, revealing the key role of Belief in the performing arts. Belief is the actor's ability to regard fictional situations and characters as real in the performance process, which makes the performance strongly infectious and authentic. Through Belief, actors are able to realize a high degree of integration between their characters and themselves, thus impressing the audience and creating Emotional Resonance. This study analyzes the impact of Belief on performance effect, characterization and emotional expression, explores the interactive mechanism of Emotional Transmission and Resonance, enhances the understanding of performance psychology, and reveals the complex interactive relationship between the performing arts and audience psychology.

Keywords: Drama performance; Belief; Emotional Resonance; Emotional Transmission

1 Introduction

In the performing arts, the actor's Belief plays a crucial role and has a far-reaching impact on the audience's Emotional Resonance and Emotional Transmission. Belief refers to the actor's ability to regard fictional situations and characters as real in the process of performance, so as to impress the audience with sincere emotions. This concept originates from Stanislavski's system and is a key and indispensable element in acting. Through Belief, actors are able to achieve a high degree of integration between their characters and themselves, making their performances highly infectious and authentic. When the audience is watching the performance, through perceiving the actor's real emotion, it generates empathy and inner emotional response. Studying the impact of actors' Belief on audience Emotional Resonance and Emotional Transmission not only helps to improve the overall quality of the performing arts, but also deepens the understanding of the psychology of performance, and reveals the complex interactive mechanism between the performing arts and audience psychology.

2 Theoretical Framework of Actor's Belief Sense

2.1 Concept and Connotation of Belief Sense

Belief occupies a central position in the performing arts,

and this concept originates from the Stanislavski system, which is regarded as an indispensable key element in performance. Simply put, Belief refers to the actor's ability to regard fabricated situations and characters as real in the process of performing, thus making the performance not only vivid and real, but also strongly infectious. This concept is extremely crucial in assessing an actor's ability because only when an actor possesses a sufficient sense of Belief can he or she immerse deeply into the character, develop a deep Emotional Resonance with it, and present a convincing performance. In order to cultivate and deepen a sense of Belief, an actor needs to continuously accumulate rich life materials, through diverse acting experiences and in-depth interpretation of the script in order to establish an intrinsic connection with the character. Therefore, Belief is not only the foundation of high-quality performance, but also the key for actors to demonstrate their personal charm and artistic talent. Only with a sense of Belief can an actor's performance touch the audience's heartstrings, create a lasting artistic impact, and reach the highest level of the performing arts.

1.2 Formation and Influencing Factors of Actors' Beliefs

The actor's Belief is inseparable from his imagination and association, the stage is a set space, although the storyline comes from real life, but how to vividly show the set plot

depends on the actor's rich imagination. Imagination helps the actor to create "real" emotions and scenes on stage, thus enhancing the authenticity of the performance. Through the power of association, the actor can transform real-life emotional experiences into part of the stage performance, making the character more three-dimensional and vivid.

The expression of Belief not only depends on the actor's own feelings, but also needs to be realized through emotional processing and expression. In the process of performance, the actor needs to give a sense of Belief to the character through the mobilization of thoughts and emotions, so that his performance has a soul and vitality. This Belief not only requires the actor to have a diversified evaluation of things, but also needs to be able to accurately perceive the emotions and feelings around them, so as to realize the "oneness" of the self and the character setting in the performance.

Self-confidence enhances the actor's ability to express himself or herself on stage, and allows him or her to integrate more naturally into the character and the plot. Confident actors are better able to express the emotions and inner conflicts of their characters, thus creating Emotional Resonance with the audience. Belief, as a psychological state, can be developed through constant rehearsal and reflection. Actors need to accumulate rich emotional experience in life and enhance their sense of Belief through observation, imitation and repeated practice.

A good performance environment and realistic scene setting can help actors better enter into the character state, thus enhancing their sense of Belief. For example, meticulous scene setting and realistic props arrangement can make actors feel immersed in the scene, which plays an important role in enhancing the authenticity of the performance and the Emotional Resonance of the audience. Actors need to mobilize their emotions and imagination in the process of performance, and realize Emotional Transmission between the characters and the audience through real emotional experience and delicate performance.

1.3 The Relationship between Actor's Belief and Performing Arts

The role of actor's Belief in performing art is not only limited to enhance the authenticity of the performance, but also to promote the audience's Emotional Resonance. Performing art originates from life and is higher than life, and Belief is the bridge connecting the two. Through Belief, actors are able to transform fictional plots and characters in

the script into real and believable existences, thus enabling the audience to empathize with them during the viewing process.

The emotions that an actor displays on stage must be real and deep, and only then can they touch the hearts of the audience. Belief helps the actor to put real emotion into the performance process, so that he or she can realize a high degree of integration between self and character on stage. Through this integration, the actor can not only present a more vivid image of the character, but also bring the audience into the situation of the play through subtle emotional expression.

An actor's sense of Belief enables him or her to perform more confidently and naturally, thus improving the overall quality of the performance. Belief helps the actor to eliminate tension on stage, allowing him to freely use his creativity and imagination to create a more artistically compelling performance. Through the guidance of this Belief, the actor is able to fully express his or her individual artistic talent and emotional appeal in the performance.

Belief also determines to a large extent the sense of immersion in the performance and the audience's emotional experience, the audience in watching the performance, often through the actor's emotional expression and characterization to emotional projection. Actors with a strong sense of Belief are able to bring the audience into the inner world of the characters through real Emotional Transmission and delicate performance details, so that they have a strong Emotional Resonance in the viewing process. This resonance not only enhances the audience's identification with the character and the plot, but also improves the overall artistic value of the performance.

2 Theoretical Discussion of Audience Emotional Resonance

2.1 Concept of Emotional Resonance

Emotional Resonance refers to the audience's emotional experience similar to that of the character through the understanding and perception of the character's emotion when watching the performance. This Emotional Resonance is not just a simple reaction of emotion, but a deep psychological process. When the audience watches the performance, they not only passively accept the Emotional Transmission of the actors, but also resonate with the emotional expression of the actors through their own emotional experience and cognitive

process. This interaction makes the performance more infectious and powerful in moving people's hearts.

2.2 Influences on Emotional Resonance in the Audience

Mirror neurons are able to stimulate their own similar neural activity when an individual observes another person's behavior, thus generating empathy and Emotional Resonance. In the performing arts, the emotional expression of an actor, through the action of mirror neurons, causes the audience to have an emotional experience similar to that of the character during the viewing process. This synchronization of neural activity allows the audience to deeply understand and feel the inner emotions of the character, resulting in strong Emotional Resonance.

When the audience watches the performance, they will understand and analyze the characters and the plot through their existing life experiences and knowledge reserves. This cognitive process includes emotional recognition, evaluation and simulation. The audience identifies the emotional expression of the actors, evaluates the emotions, and then simulates the emotional state of the characters internally. The smoothness or otherwise of the cognitive process directly affects the depth and breadth of the audience's Emotional Resonance, and the stronger the audience's identification with the character and the plot, the deeper the Emotional Resonance.

Each audience's emotional experience and reaction will be different due to their individual qualities, which include personality, emotional sensitivity, life experience, etc. The audience's emotional experience and reaction will be different due to their individual qualities. Audience members who are extroverted tend to be more easily infected by the emotions in the performance, while those with high emotional sensitivity are able to perceive the emotional changes of the actors more delicately. Audience members with rich life experiences may have stronger Emotional Resonance when confronted with certain episodes because of the similarity with their own experiences. Individual differences make each audience's emotional response to the same performance different, but the psychological mechanism of Emotional Resonance is fundamentally the same.

An emotionally charged performance environment enhances the audience's emotional experience and makes it easier for them to be infected by the actor's emotions. Stage sets, lighting, music and other factors together create a situational atmosphere that enables the audience to better

immerse themselves in the performance, thus deepening the degree of Emotional Resonance. Immersive viewing experience through multi-sensory stimulation, so that the audience psychologically produce similar emotional responses to the characters, thus forming Emotional Resonance.

2.3 Relationship between Audience Emotional Resonance and Performing Arts

Audience Emotional Resonance in performing arts is an important factor in determining the effect of performance. Actors show real emotions through Belief so that the audience can deeply experience the inner world of the character. The audience is not only passively receiving information during this experience, but also resonating with the actor through the echo of inner emotions. This Emotional Resonance makes the performance no longer a mere visual and auditory enjoyment, but is transformed into a profound emotional experience, enabling the audience to create a strong connection with the characters and the plot on an emotional level.

While watching the performance, the audience re-examines their own emotions and life experiences through the Emotional Transmission of the actors, thus forming an emotional synchronization with the characters in their hearts. Through this synchronization, the audience is able to understand the motivation and psychological state of the characters more deeply, making the performance more realistic and infectious. Emotional Resonance of the audience not only enhances the realism of the performance, but also makes the audience get emotional satisfaction and psychological comfort in the viewing process.

Emotionally charged performances not only rely on the emotional expression of the actors, but also rely on well-designed stage sets and sound effects. Through the cooperation of these external elements, the audience can enter the characters' situations more easily, thus enhancing the depth of Emotional Resonance. The authenticity of the scene and the natural flow of emotions enable the audience to produce strong Emotional Resonance when watching the performance, which not only enhances the artistic value of the performance, but also enables the audience to obtain an immersive emotional experience.

Through Emotional Resonance, the audience is able to empathize with the characters and the plot while watching the performance, which is not only a personal emotional

experience, but also a reflection on social and cultural phenomena. Through the performance, the audience is able to examine the social reality and cultural context in Emotional Resonance, so as to gain new perceptions and revelations. This social and cultural significance of the audience's Emotional Resonance makes the performing arts bear an important social responsibility in addition to Emotional Transmission.

3 Analysis of the Influence Mechanism of Actor's Belief Sense on Audience's Emotional Resonance

3.1 The influence of actors' sense of Belief on the performance effect

Belief can enhance the actor's sense of identification with the role, so that he or she is fully committed in the performance process. This deep commitment can make the character image more three-dimensional and real, thus triggering the audience's Emotional Resonance. When the audience sees the actor's sincere emotion, it will be easier to be infected by the character's emotional state, and then resonate with them.

Actors with a strong sense of Belief are able to show more delicate and real emotional changes in their performances. Both micro-expressions and body movements will appear more natural and vivid, driven by a sense of Belief. By observing these subtle emotional expressions, the audience is able to better understand the inner world of the characters and thus empathize with them emotionally. Subtle emotional expression not only enhances the realism of the performance, but also improves the audience's viewing experience.

Actors with a strong sense of Belief are able to perform more confidently. The naturalness and relaxation that a confident actor displays on stage makes it easier for the audience to accept and integrate into the emotional world of the character. A confident performance not only makes the actor more comfortable on stage, but also allows the audience to focus more on the character and the plot, thus empathizing psychologically with the actor.

Actors with a strong sense of Belief are able to use greater creativity and imagination in their performances. Through a deeper understanding of the character and the plot, the actor is able to add more personal emotional experience and creative elements to the performance, making the character more vivid and lively. When the audience watches

such creative performances, they can feel the unique artistic charms of the actors, and thus empathize with them emotionally.

3.2 The Influence of Actor's Belief on Characterization

Belief enables the actor to deeply understand the psychological state and emotional motivation of the character. With a strong sense of Belief, the actor is able to fully integrate himself into the character, thus digging deeply into the inner world of the character. This deep understanding enables the actor to show a more complex and real emotional level of the character in the performance so that the audience can understand and identify with the character more easily.

Belief also affects the actor's precise grasp of the character's external performance. An actor with a strong sense of Belief is able to convey the character's emotional state through subtle changes in expression, movement and intonation. When the audience is watching, they are able to capture the subtle emotional changes of the characters through these external expressions, and thus empathize with the characters emotionally. This delicate external performance makes the character more three-dimensional and vivid, and enhances the realism and infectiousness of the performance.

Belief prompts the actor to maintain a high degree of consistency and coherence in characterization, enabling the actor to maintain an accurate grasp of the character's emotional and psychological state throughout the performance. Regardless of how the plot develops, the actor is able to make the character image more realistic and believable with a stable and coherent emotional performance.

Belief also pushes actors to show higher creativity and inspiration in their characterization. Actors with a strong sense of belief are able to add unique personal emotional experiences and creative elements through their deep understanding of the character and the plot, making the character image richer and more colorful. When the audience watches such creative characterization, they can feel the unique charm and artistic talent of the actors, and thus resonate with them emotionally.

3.3 The Influence of Actor's Belief on Emotional Expression

Belief enables actors to show real and deep emotional experience in the performance process, thus enhancing the infectious power of the performance. Through the sense of

Belief, the actor can fully integrate himself into the emotional world of the character and impress the audience with his natural emotion. Actors with a strong sense of Belief are able to show rich emotional layers in their performances, from subtle changes in expression to complex emotional transitions. By observing these delicate emotional expressions, the audience can understand the inner world of the character more deeply, and thus empathize with the character emotionally. This kind of delicate emotional expression makes the performance more real and touching, and enhances the audience's viewing experience.

Actors are able to convey Emotional Transmission in their performances in a variety of ways, whether through language, movement, or eye contact, which accurately conveys the emotional state of the character. When the audience receives these emotional messages, they are able to understand more clearly the emotional motives and inner conflicts of the characters, and thus emotionally resonate with the characters. This multi-dimensional Emotional Transmission not only enhances the richness of the performance, but also makes the audience's emotional experience more profound.

Through Belief, actors are able to combine their personal emotional experiences with the emotional needs of their characters, incorporating unique emotional expressions into their performances. When the audience watches this emotional expression full of individuality and artistic charm, they are able to feel the unique style and emotional depth of the actor, thus creating emotional resonance. Personalized emotional expression not only enriches the image of the character, but also enhances the overall artistic level of the performance.

A strong sense of Belief enables the actor to maintain an accurate grasp of the character's emotional state throughout the performance, making the character image more three-dimensional and believable with a coherent emotional expression no matter how the plot develops. When the audience is watching, through this consistency and coherence of emotional expression, they can feel the character's emotional journey more comprehensively, thus enhancing their sense of identity and Emotional Resonance with the character.

4 Exploration of the Relationship between Emotional Transmission and Audience Emotional Resonance

4.1 The way and effect of actors' Emotional Transmission

Voice also plays an important role in Emotional Transmission. Through the changes in the height, strength and rhythm of the voice, actors can show the emotional fluctuations and inner conflicts of the characters. The emotional expression of the voice is not only dependent on the content of the lines, but also includes changes in the texture and pitch of the voice. When the audience hears these changes in sound, they perceive the emotional state of the character through their sense of hearing, and thus empathize with the character emotionally. The rich expression of sound makes the performance more vivid and layered.

Body movement is another important way of Emotional Transmission. Through delicate movements and gestures, actors are able to show the emotional fluctuations and psychological changes of the characters. The richness and diversity of body language enable actors to be more vivid and specific in Emotional Transmission. When the audience watches these body movements, they perceive the emotional changes of the characters through visualization, and thus emotionally connect with the characters. This kind of body language expression makes the performance more real and infectious.

Through subtle changes in expression, the actor is able to convey the complex emotions of the character. Subtle changes in facial expressions, such as the lifting of eyebrows and the upward or downward movement of the corners of the mouth, allow the audience to intuitively feel the inner activities of the character. When the audience observes these delicate facial expressions, they are able to quickly understand the emotional state of the character and emotionally empathize with them. The fine expression of facial expressions enhances the realism and three-dimensionality of the character.

Through the support of a sense of Belief, the actor is able to achieve the integration and unification of multiple modalities in Emotional Transmission. Belief enables the actor to maintain a consistent emotional tone and expressive effect in different Emotional Transmission modes. This fusion of multiple modes makes the performance more three-dimensional and real, and the audience, stimulated by multiple senses, is able to understand and feel the emotional state of the character more comprehensively, thus creating a deep Emotional Resonance with the character.

4.2 Interactive Mechanism of Emotional Transmission

and Emotional Resonance

In the performance process, actors show real emotions through a sense of Belief so that the audience can feel the real existence of these emotions. Emotional Transmission driven by a sense of Belief is not just one-way, but forms an interactive mechanism. This interaction makes the audience not only passively receive emotions, but also actively respond to them, thus forming a two-way process of emotional communication.

Actors, guided by a sense of Belief, transmit Emotional Transmission through their expressions, voices and body movements. These emotional signals enter the audience's inner world through their senses and stimulate their emotional response. After receiving these emotional signals, the audience will interpret and give feedback to these signals according to their own emotional experience and cognition. The audience's emotional response will in turn affect the actor's performance, making it more committed and realistic, thus further strengthening the effect of Emotional Transmission.

This interactive mechanism of Emotional Transmission and Emotional Resonance emphasizes the active participation of the audience in the performance process. The audience is not only a receiver of emotion, but also a participant in the emotional interaction. Through this interaction, an emotional cycle is formed between the actors and the audience, which makes the performance full of vitality and vigor. The audience's emotional feedback, such as applause, laughter or tears, becomes an important reference for the actor to further adjust and strengthen the performance. This interactive mechanism makes Emotional Resonance not only a unilateral effort of the actor, but also a result of co-creation between the actor and the audience.

Audiences often watch performances with certain emotional expectations, and these expectations affect their acceptance and degree of Emotional Resonance of the actor's Emotional Transmission. Through Belief, the actor is able to break the audience's emotional expectations and bring about an unexpected emotional experience, thus enhancing the depth and breadth of Emotional Resonance. The audience's cognitive model also plays an important role in emotional interaction. Through continuous adjustment and adaptation, the audience is able to find the resonance point with the actor's emotional expression in the performance, thus realizing deep-level emotional interaction.

This interactive mechanism emphasizes the authenticity and naturalness of Emotional Transmission. Through the sense of Belief, the actors are able to show their emotions realistically on the stage so that the audience can feel the natural flow of emotions. This authentic and natural Emotional Transmission enables the audience to emotionally resonate and psychologically form a deep emotional memory. In this interaction, the audience not only enjoys the emotional power of the performance, but also psychologically forms a deep emotional connection with the characters and the plot.

5 Conclusion

This study reveals the importance of Belief in the performing arts by exploring the impact of actors' sense of Belief on audience Emotional Resonance and Emotional Transmission. Belief, as an actor's ability to perceive fictional situations and characters as real during the performance process, not only enhances the authenticity and infectiousness of the performance, but also creates an interactive mechanism with the audience through a variety of Emotional Transmission methods. Emotional Transmission driven by a sense of Belief enables the actor to show subtle and real emotional changes, thus triggering Emotional Resonance in the audience. When the audience is watching the performance, through perceiving the real emotions of the actors, they will resonate and respond emotionally in their hearts, thus understanding and identifying with the characters in a deeper way. This Emotional Resonance not only enhances the artistic value of the performance, but also forms a deep emotional memory in the audience's psyche. The results of the study show that the sense of Belief not only enhances the overall quality of the performance, but also deepens the understanding of the psychology of performance and reveals the complex interactive relationship between the performing arts and the audience's psychology. This study provides an important reference and guidance for future performing arts practice and theoretical research.

References

- [1] Duan Yangjinsi. Exploring the Sense of Truth and Belief in Drama Performance Creation. *Art Education*, 2024(01): 130-133.
- [2] Gao Ning, Yang Yang. On the Importance of Belief in Performance. *Youthful Years*, 2021(08): 70-71.
- [3] Zhang Shengqing. Talking about the role of Belief and

- Sensibility to Actors in Acting. House of Drama, 2019(15):15.
- [4]Hou Zheng,Su Jing. Truth and Belief are the foundation and soul of performance. House of Drama, 2016(09):28-29.
- [5]Pan Lu. The Importance of Sensibility to Actors' Characterization. House of Drama, 2024(12): 53-55.
- [6] YU Chuanjie,ZHANG Zini,WANG Xiaofei. Discussion on the Path of Body Language in Drama Performance to Shape the Character Image--Taking Body Medium as the Perspective. Comedy World (the second half of the month), 2023(12): 20-22.
- [7] Yan Zemin. Analysis on the Establishment of Belief and Imagination in the Process of Performance Creation. Young Literati, 2015(14):155.
- [8]Zhang Bowen. The Role of Light and Color on Emotional Transmission in Drama. Journal of Jiamusi Vocational College, 2023, 39(08): 97-99.