

Analysis of the Main Influencing Factors of Plateau Phenomenon in Chinese Normal University Latin Competitors

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Abstract: This article investigates the primary factors contributing to the plateau phenomenon observed in Latin dance competitors from Chinese normal universities. Through a comprehensive analysis of training methodologies, psychological influences, and environmental conditions, the study aims to identify the key elements that hinder progress at intermediate and advanced levels. By examining these factors, the research provides insights into optimizing training programs and support systems to enhance the performance and growth of Latin dance athletes in this specific educational context.

Keywords: Influencing Factors; Plateau Phenomenon; Chinese Normal University

1. Introduction

1.1 Research Background

1.1.1 Problems Encountered by Chinese College for DanceSport Professionals in Training

Dancesport is very popular in Chinese general colleges and universities for its energetic and complex movements^[1]. Many students experience the "plateau phenomenon" during specialized training or when participating in Latin Dance competitions - despite constant hard work and practice, their professional skills and competition results stagnate^[2]. This phenomenon is not uncommon in sports and performing arts. Therefore, it is crucial to explore the specific causes of this phenomenon among Latin dance competitors in Chinese general colleges and universities. Factors such as training routines, psychological tolerance, coaching quality and environmental conditions all play a key role^[3]. This study looks at these aspects to reveal the deeper causes of the performance plateau phenomenon, aiming to provide a holistic understanding of the issue.

1.1.2 Definition and brief introduction to the "plateau " of DanceSport training

According to analyst Wu Xiangming, "The plateau phenomenon refers to the stagnation or even regression of an athlete's performance within a certain period after the rapid progress in years of training." Xiangming identifies that there are "internal and external" causes for such a plateau^[4]. A "plateau" is the feeling that you might not be getting the steps, or when you have a dreaded feeling that dance is no longer for you^[5]. The so-called plateau period refers to a situation where competitors' performance lags or even declines after they have improved by a certain amount. After a certain level of improvement in athletic performance, the competitors' performance may linger or even decline^[6]. Analyzing the above, we can conclude that a 'plateau' is a temporary or permanent 'period of stagnation' that occurs after a certain level of development^[7].

1.2 Research Questions

The purpose of this paper is to identify the main factors that lead to the encounter of "plateau" in dancesport training and summarize them, so as to lay a good foundation and pave the way for breaking through the plateau of dancesport training in the future.

2. Methodology

2.1 Research Design.

This study adopted a qualitative research design with the aim of gaining insight into the factors that contribute to the plateau phenomenon among Latin dancers in Chinese general colleges and universities. The primary method of data collection was in-depth interviews with participants who were currently in a performance plateau.

2.2 Participants

The participants in this study were Latin dancers in Chinese general colleges and universities (subjects from Anqing Normal University

and Yan'an University, respectively) who were identified as being in a plateau. These subjects were selected through purposive sampling to ensure that they had experiences and insights related to the plateau phenomenon. In total, 60-80 participants will be interviewed to gain a comprehensive understanding of the issue.

2.3 Data Collection

This study's data collection was conducted in two main ways: in-depth interviews with the subjects, and generalization and analysis of the information obtained based on the results of the interviews.

2.3.1 Methods

In-depth interviews were conducted with a selected group of 60-80 participants. Each interview lasted approximately 15-30 minutes and was audio-recorded with participant consent.

2.3.1.1 Interviews

Interviews focused on the participants' personal experiences of altitude sickness, including their self-perceived main factors contributing to the plateau when they experienced it.

2.3.1.2 Analysis

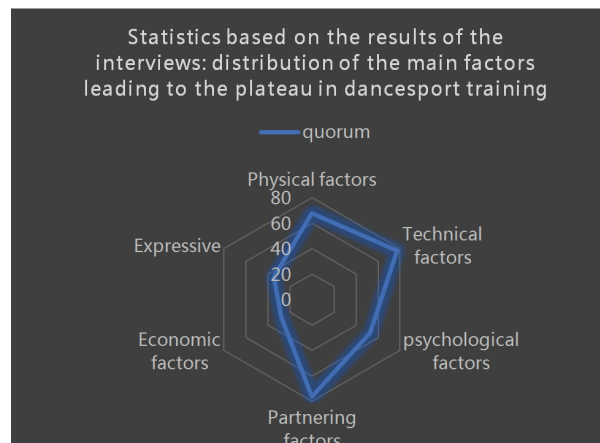
The audio recordings of the interviews were transcribed verbatim and analyzed thematically to identify the main factors contributing to plateaus in DanceSport training.

2.3.2 Induction

Critically analyze each couple's comments on the recording about the factors that led to a plateau in their respective training in dancesport. The most significant factors (those that occurred most frequently) mentioned by all subjects were also categorized and tabulated.

3. Results and Analysis

3.1 Data presentation



3.2 Analysis of Results

Radar chart analysis shows that partner cooperation, physical fitness and specialized technical factors are the most important factors causing the plateau phenomenon in dancesports training, closely followed by psychological factors, while expressive and economic factors have less influence. To help dancers overcome these plateau phenomena, the key is to focus on improving physical fitness conditions and technical skills, as well as focusing on the relationship and communication between partners, with the primary focus being on communicating with each other and consulting coaches when partners encounter any insurmountable problems. Whilst economic factors are of lesser importance, maintaining economic accessibility ensures equal opportunities for all participants. Addressing these key areas can provide a comprehensive approach to overcoming stagnant performance in dancesport.

4. Discussion

The results of the radar chart analysis highlighted the multifaceted nature of the plateau phenomenon in dancesports training among Chinese general college competitors.

Technical factors and partner fit were identified as the main obstacles, emphasizing the need to focus on partner fit, conditioning and advanced training techniques and individualized coaching. Difficulties in mastering or improving technical skills may stem from inappropriate training methods or insufficient attention to individual weaknesses. The use of advanced technical exercises, video analysis and a more per-

sonalized coaching approach can help dancers overcome these technical barriers.

Physical fitness factors are also the most significant cause of stagnant performance. This highlights the importance of physical fitness training and injury prevention in training programs. It suggests that underdeveloped fitness or recurrent injuries may hinder progress, hence the need to incorporate strength and conditioning coaches, individualized fitness plans and comprehensive injury prevention strategies.

Psychological factors scored moderately high, which suggests that psychological barriers such as stress, anxiety and lack of motivation can significantly affect dancers' performance. This finding is consistent with existing literature on the importance of psychological resilience in sport. Psychological support through counselling, advice and resilience training can help dancers cope effectively with these psychological challenges.

Expressive and economic factors were found to be less impactful, but they are still relevant. While expression is important for performance quality, it appears to be less critical in causing performance plateaus. Workshops and training focused on expressive skills can still contribute to overall improvement. Economic factors, despite being the least significant, highlight the importance of maintaining financial accessibility to ensure equal opportunities for all competitors.

5. Conclusion

To effectively address the plateau phenomenon in future dancesport training, it is crucial to prioritize several key areas based on the findings of this study. Given the significant impact of physical and technical factors, training programs should focus on enhancing physical conditioning and technical skills. This includes incorporating strength and conditioning routines, personalized fitness plans, advanced technical drills, and specialized coaching to address individual weaknesses.

Additionally, psychological support should be an integral part of training, as mental barriers such as stress, anxiety, and lack of motivation can significantly hinder performance. Providing access to mental coaching, counseling, and resilience training can help athletes manage these psychological challenges.

Improving partner dynamics is also essential, as synchronization and communication between dance partners can influence performance. Team-building exercises and cooperative training sessions can enhance these dynamics, leading to better overall performance.

While expressive and economic factors are less critical, they should not be neglected. Workshops focused on expressive skills can contribute to performance quality, and maintaining financial accessibility ensures that all competitors have equal opportunities to succeed.

In summary, future training should adopt a holistic approach that emphasizes physical conditioning, technical skill enhancement, psychological support, and partner dynamics, while also considering expressive and economic factors. This comprehensive strategy will help dancers effectively overcome performance plateaus and achieve sustained success.

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