

CHAPTER 5

CONCLUSION AND SUGGESTIONS

5.1 Conclusion

Based on the data analysis, the writer can draw some conclusions. There are some requirements the *Reog* performers have to meet, such as, fasting and staying awake overnight before the performance day. This fasting is called *Puasa Mutih* (white fasting) which is aimed to grant wishes and cleanse the body. When staying awake overnight, the performers are not allowed to touch anything. To display their act of sacrifice, the performers do not sleep and do not do their regular habits they like to do daily, such as smoking, watching TV, or eating regular food. The shamans also have to stay awake overnight, do fasting and prepare flowers, Chinese incense, and Javanese incense. If they do not provide these things, the possession will not happen. The color of the shaman's costume has to be black because black represents bravery, boldness, confidence, and mystery. Shamans must wear black because they are considered having a higher skill level compared to the assistant shaman with ordinary clothes.

There are two kinds of possessions, namely, genuine possession and *made up* possession. During the genuine possession the performers will experience tremble, cramp, and will not remember anything because they will lose consciousness. Meanwhile, during the performance, the performers' movement shifts uncontrollably after the spirit has taken over their bodies. The performers' are unable to see anything

but the sense of hearing will get sharpened. After gaining consciousness, the performers will feel exhausted and painful all over their bodies.

Meanwhile, for the made-up possession, the performers are set to pretend that they are possessed to entertain the audiences. There will be no part when the *Reog* performers will “hurt” themselves. The performers will give a code to the musician, that is, by pointing the index finger before starting their action. The shaman will gather the performers in the middle of the field and then spread the flowers into the air. The performers then will fall into the ground and act as they are in the stage of being possessed.

5.2 Suggestion

The writer hopes that this study can help other students who plan to do a research about folk dance, especially *Reog* performances. In terms of Slomporet-slomporet music and its spiritual energy, a further study is required. The writer also hopes that there would be more media that can share details and information about *Reog* performances which cannot be found in books or other digital sources.

As this study has limited participants, the writer suggests that future research could find more participants to collect in-depth information about *Reog* performance. Future research can also find more *made up* possession that the writer did not discuss in depth in this study.