

PSYCHOLOGICAL AND TECHNICAL CHALLENGES OF AN ACTOR WORKING WITH THE CAMERA*Eldor Khushvaqtov**Uzbek state institute of arts and culture**“Musical theatre art” department acting associate professor*

Annotation: This article examines the history of the development of Uzbek cinema and film acting, its unique features, and its alignment with the times. It discusses the art of film acting and its mastery, emphasizing the importance of an actor's ability to express emotions and movements in front of the camera, as well as the significance of the “authority of the camera.” The article also specifically addresses K.S. Stanislavski's acting method and its influence on cinema. Additionally, the article reflects on the actor's preparation for a role, the importance of both internal and external preparation, and the necessity of possessing specific details and specialized knowledge related to the profession. The differences between theater and cinema, the process of working on a role, and the correctness of its execution are also explored in depth.

Keywords: Uzbek cinema, film acting, acting mastery, acting school, camera, emotions, movement, camera authority, K.S. Stanislavski, actor preparation, internal and external preparation, specialized knowledge, differences between theater and cinema, role, role performance

Since the emergence of cinematography, the art of film acting has undergone various stages of evolution.

Naturally, it must be acknowledged that Uzbek cinema has experienced different political, economic, and moral crises throughout its history. Nevertheless, the unique identity and traditional elements of national cinema have been preserved and continue to develop.

The behind-the-scenes processes, as well as the development of film acting and directing schools, have contributed to the formation and timely evolution of national cinema's distinctive character.

When speaking about the history and development of national cinema, it is impossible not to mention the Uzbek national acting and directing schools. Every form of art draws nourishment from the traditions of its mastery school-cinema is no exception.

The foundation of this national mastery school is built on strong knowledge and tradition. This, in turn, supports the formation, growth, and unique identity of the film art. The incomparable talents who have contributed and continue to contribute to the growth of national cinema have matured within the traditions of this school.

In every era and at every stage, like cinema itself, the profession of film acting has taken on various forms. Many great figures of Uzbek cinema have, through their creative work, laid the groundwork for the skills and techniques of a film acting school. Today, this profession holds a unique place in Uzbek national cinema through its charm, values, traditions, and performance styles.

In theater, the stage acts as a sacred space for the actor. In cinema, the camera plays a crucial role. Although the camera is an inanimate object, every artist senses that viewers

experience the film precisely through the lens of the camera. This awareness places a great responsibility on the actor. Hence, the term “authority of the camera” is used among creative professionals.

For a young artist just entering the world of cinema, the camera’s authority can be a significant obstacle. No matter how talented or skilled an actor may be, nervousness in front of the camera is natural.

More than a century ago, K.S. Stanislavski formulated principles of acting technique that are still relevant not only for theater actors but also for those in cinema. Actors trained in this method can perform in both media.

Stanislavski’s acting techniques serve equally well on stage and on set. However, the film medium imposes additional demands, which Stanislavski had alluded to in a meaningful way: “Everything appears on the screen—even the tiniest details are recorded.”

This observation by the great master of the theater and the founder of the acting method school is thought-provoking.

The camera’s gaze represents the eyes of millions of spectators. Everything in front of the lens—even the smallest details—is visible to the viewer. This imposes great responsibility on the actor, who must possess all tools of the craft while also maintaining strict control over their appearance, movements, and gestures.

One of the most challenging tasks for a film actor is expressing the appropriate emotion and physical action in front of the camera. Regardless of the external environment, the actor must immerse themselves in the world of the film, activating their emotional memory and performing actions based on the story’s events.

In theater, the elevated stage and live audience create a shared experience between actors and spectators. The ensemble of actors and the audience together support the emotional and artistic expression. The audience often comes prepared, knowing the title, author, and genre, and engages with the performance. The goal of theater actors is to touch the audience spiritually, inspiring them through performance.

In cinema, the filming location can be any environment—street, café, store, or crowded place. The actor is exposed to unfamiliar glances from people unaware that a film is being shot. Unlike the unified goal in theater, in film, the actor must perform amidst distractions. In some cases, the curious gaze of a stranger helps actors to concentrate better.

So, how should an actor behave in such a setting?

Where does the inspiration come from?

My teacher, director Bahodir Nazarov, once said:

“An actor performs a variety of roles throughout their creative life. Each role requires a unique, individualized approach. This approach shapes and defines the actor’s talent and versatility.”

Preparation for a role involves both psychological and physical readiness. Stanislavski referred to this as “role hygiene.”

Unfortunately, many actors today focus more on external appearance than on inner preparation. Some even treat being in front of the camera as an opportunity to look attractive, disregarding internal work. This is a sign of disrespect toward the profession and, in some cases, betrayal of the craft.

Experienced actors often set aside dedicated time for role preparation as a strict routine.

Younger actors often neglect or are unaware of the importance of such preparation. They may not understand the concept of role hygiene or the need for internal and external readiness.

Acting teachers in theater schools must ensure that student actors are trained to prepare adequately-whether for the stage or the camera.

Inspiring oneself spiritually and emotionally cannot be forced. This process involves tuning emotional sensors to respond to the smallest changes-like a partner's behavior, movement, or inspiration-and using these subtle elements skillfully in performance.

This ability to discover, isolate, and apply micro-materials in performance is part of an actor's true mastery.

To avoid emotionless delivery in front of the camera, the actor must continuously "polish" their internal "mental film reel."

Upon hearing the director's "action!" call, the actor must activate this inner film, disconnect from the environment, focus solely on the camera and their partner, and enter the performance with inspiration.

Whether it's the beginning or the end of the script, the actor must be able to start performing at full capacity the moment the cue is given.

Another critical requirement for a film actor is deep research into the character-understanding their background, profession, and other details.

For instance, an actor playing a doctor must not only wear a white coat but also understand how doctors behave, use their coat pockets, and perform specific actions.

Similarly, an actor portraying a police officer must know their rank and function, as these influence how the uniform is worn and how equipment is used.

If actors don't study their roles thoroughly or acquire necessary knowledge, they risk making serious mistakes. Even small errors in front of the camera can negatively impact their reputation and professional credibility.

The process of working on a role and acquiring specialized knowledge hones the actor's craft. Acting skill is essential not only on stage but also in front of the camera.

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