

Performance Anxiety Coping Skills Seminar: Is It Effective in Reducing Musical Performance Anxiety and Enhancing Musical Performance Quality?

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(ABSTRACT)

A pretest-posttest experimental study was conducted on 35 music majors at Taylor University, using questionnaires to measure musical performance anxiety and musical performance quality. The study compared the effectiveness of two different treatments: 1) informal practice performance and 2) a coping skills seminar. Though the students attending the seminar averaged less anxiety after treatment, neither treatment was proven statistically to be effective in reducing the level of anxiety or enhancing musical performance quality.

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Jim Glazebrook	(Music Department)

Taylor University

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