Title: A Personal Study on Music Performance Anxiety

Keywords: Music, Performance, Stress, Stage Fright, Somatic Anxiety, Cognitive Anxiety, Affective Anxiety, Pianist, Psychology, Practice.

Abstract: Swiftly after starting my first semester at Georgia State University as a music major I realized I was going to be performing a lot more than I thought I would be. I was very anxious going forward because I suffer from severe performance anxiety. This project was a very important opportunity for me to research and look into performance anxiety; so I could help myself as well as peers and students of mine that I would encounter with the same problems. This research focuses on ways to combat fear of performing as well as an analysis of how musicians experience performance anxiety. In order to support my claims I interviewed several professors from the School of Music to provide their insight. As well as finding statistics on who suffers from performance anxiety, and studies from scholarly sources found through the library’s database on what causes it. I analyzed my findings and compiled the information in a script format to record my findings in a podcast medium. I also included clips from the interviews to support the points I made. This project was researched and completed during my freshman year. At the end of the year the English department awarded me with the freshman-writing award for the project. I hope to orally present, including some clips of the podcast itself, as well as an introduction and conclusion to describe the data.

Video of the Podcast: https://m.youtube.com/watch?v=HxD1v-tCU8I