

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

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Dissertation submitted to the Faculty of the  
Virginia Polytechnic Institute and State University  
in partial fulfillment of the requirements for the degree of

Doctor of Education  
in  
Teaching and Learning

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May 1, 2001  
Blacksburg, Virginia

Keywords:  
Performance Anxiety, Coping Skills, Stage Fright, Social Phobia, Beta-Blockers,  
Systematic Desensitization, Cue-Controlled Relaxation, Cognitive Therapy

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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.

## Acknowledgements

### Advisory Committee, Virginia Tech

Many thanks for their guidance, patience, and encouragement along the way:

John Burton, committee chairman	(Teaching and Learning)
James Garrison	(Teaching and Learning)
Susan Magliaro	(Teaching and Learning)
Allen Bachelder	(Music Department)
Jim Glazebrook	(Music Department)

### Taylor University

Al Harrison, chairman of the Music Department, and the entire music faculty graciously allowed me the opportunity to do my experimental study in their music department and enthusiastically promoted the study to the students. The faculty and students were diligent in filling out questionnaires after each student performance. The students willingly submitted themselves as subjects in our experiment, attending the assigned treatment group sessions without complaint. Some even expressed appreciation for what they were receiving (see Appendix Y). Cathy Moore, Music Secretary, was very helpful in arranging setup of video cameras, checking out videos to faculty members and students, duplicating materials, etc. Steve Snyder, professor of statistics at Taylor University, entered the data into SPSS, using the university's computers. Kerchal Armstrong, adjunct professor of voice, enthusiastically led the Informal Practice Performances, and offered sage advice and encouragement along the way.

### Other Help and Guidance

Vernon Burnsed (Music Department, VA Tech) helped me get started on my proposal and served as chairman of my first advisory committee. Michael Saffle also served on my advisory committee making valuable contributions, but regrettably was in Finland and unable to participate in the Final Exam. Paul Francis (Toxicology Dept of Eli Lilly, Inc.), Shawn Miller (Chemist at Eli Lilly, Inc.), Ray Childers (Chemist at Eli Lilly, Inc.), Kerchal Armstrong (Music Department, Taylor University), and Vance Maloney (Psychology professor, Taylor University) all read and critiqued my proposal. Chris Lamperski, M.D., with a background in medical research, privately tutored me in statistics, so that I could properly interpret and understand the statistical analyses. He also got me set up to finish the t-tests using Excel software. Helpful statistical advice was also received from Dr. Nancy Anderson, professor of statistics at Liberty University, and Dr. Peter Hill, professor of psychology and statistics at Grove City College.

Shirley Simon and Sue Currie graciously checked my data entries and adjustments for accuracy, and uncovered and corrected several errors. My family and friends offered much needed prayer, support, and encouragement throughout the process. My wife deserves an honorary doctorate for her sacrifice in supporting me all through the doctoral studies and the completion of the dissertation. I would have quit many times had it not been for her refusal to let me quit.

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