

# Popular Coping Mechanisms to Manage Performance Anxiety in Undergraduate Trumpet Players in the State of Texas Research Proposal

Jesus Espinoza and Kyle Millsap, DMA.

## Introduction

- This study addresses music performance anxiety, more commonly known as “stage fright.”
- Some common symptoms are nervous shakes, dry mouth, and profuse sweating
- Other musicians have been known to have experienced MPA to the point of debilitation.
- In order to cope with situations like these, musicians employ a variety of “coping mechanisms.” This document will identify some of the more popular of these and discuss both how they are used and their considered effectiveness.

## Background

- Some qualitative studies showed the effectiveness of alcohol and substance abuse as coping mechanisms. However, their effectiveness was potentially linked to a placebo effect.
- One quantitative study gave survey data on how much more likely art students were willing to resort to substance abuse to cope with anxiety.
- Other studies that highlight the effectiveness of Yoga pave the way for having this be a healthier form of coping with MPA in the long term.

## Objectives

The purpose of this case study is to find popular methods of coping with performance anxiety among undergraduate trumpet players through a survey created and distributed via Microsoft Forms, discuss each method, and outline their relative advantages and disadvantages. In addition, analysis of potential differences and patterns in the coping mechanisms for recital and large ensemble performances will also be conducted.

## Methods

The method of investigation chosen for this study will be an online survey. The survey will be administered on the *International Trumpet Guild Student Group* Facebook group and on the *Texas A&M University-Kingsville Trumpet Studio* Facebook group for distribution. The survey will also be emailed to the trumpet professors of music departments in Texas for distribution to their respective trumpet studios. The survey will be online for 10 days. During that time, Mr. Espinoza will continue to monitor the status to make sure no technical difficulties arise. The number of total participants (N) is estimated to be 200.

- Questions asked in the survey:

### Coping Mechanisms for Performance Anxiety (Solo, Chamber, Recital)

- Alcohol
- Natural Remedies (bananas, chamomile tea, herbs)
- Medication
- Practicing (or otherwise reviewing music shortly before the performance)
- Substance abuse
- Technological Distractions (YouTube Videos, Internet Memes, Social Media, etc.)
- Yoga, stretching, exercises (or any other physical activity)
- Other

### Coping Mechanisms for Performance Anxiety (Large Ensemble Concert)

- Alcohol
- Natural Remedies (bananas, chamomile tea, herbs)
- Medication
- Practicing (or otherwise reviewing music shortly before the performance)
- Substance abuse
- Technological Distractions (YouTube Videos, Internet Memes, Social Media, etc.)
- Yoga, stretching, exercises (or any other physical activity)
- Other

## Estimated Results

Estimated results are based upon preliminary, unpublished data from a pilot survey conducted by Jesus Espinoza and Dr. Millsap. Coping Mechanisms are ranked from most popular to least popular as follows:

- 1) Alcohol
- 2) Substance Abuse
- 3) Medication
- 4) Practicing
- 5) Yoga, stretching, exercises
- 6) Technological Distractions
- 7) Natural remedies
- 8) Other

Alcohol will most likely be the most popular form of coping with MPA as it is easily accessible, cheap, and legal.

## References

- AJIDAHUN, ADEDAYO TUNDE, WITNESS MUDZI, HELLEN MYEZWA, WENDY-ANN WOOD. "A SCOPING REVIEW OF EXERCISES INTERVENTION FOR PLAYING-RELATED MUSCULOSKELETAL DISORDERS (PRIMDS) AMONG MUSICIANS." *UNIVERSITY OF SOUTH AFRICA PRESS* 16, no. 1 (2019): 7-30.
- BAGBY, R. MICHAEL, CHRISTIAN S. HENDERSHOT, MATTHEW T. KEOUGH, AND JEFFREY D. WARDELL. "INVESTIGATING THE MEDIATIONAL ROLE OF NEGATIVE URGENCY IN THE ANXIETY SENSITIVITY PATHWAY TO CANNABIS PROBLEMS AND DEPENDENCE SYMPTOMS AMONG POSTSECONDARY STUDENTS." *JOURNAL OF AMERICAN COLLEGE HEALTH* 66, no. 2 (2018): 69-75.
- BANTIN, TRISHA, RUTH COOPER, ALEXANDER L. GERLACH, CHRISTIANE HERMANN, AND STEPHAN STEVENS. "FEELINGS SAFE BUT APPEARING ANXIOUS: DIFFERENTIAL EFFECTS OF ALCOHOL ON ANXIETY AND SOCIAL PERFORMANCE IN INDIVIDUALS WITH SOCIAL ANXIETY DISORDER." *BEHAVIOUR RESEARCH AND THERAPY* 94, no. 2 (2017): 9-18.
- BONHOMME, REBECCA, SANDRA M. BULKMER, UZOMA OBIAKA, PETER F. TROIANO, AND KENNETH S. WALTERS. "SUBSTANCE ABUSE, ANXIETY, AND DEPRESSIVE SYMPTOMS AMONG COLLEGE STUDENTS." *JOURNAL OF CHILD & ADOLESCENT SUBSTANCE ABUSE* 27, no. 2 (2018): 103-111.
- BUTT, JAWAD H., SOREN DALSGAARD, EMIL L. FOSBØL, GUNNAR H. GJSLUND, LARS KØBER, CHRISTINA KRUISE, AND CHRISTIAN TORP-PEDERSEN. "BETA-BLOCKERS FOR EXAMS IDENTIFY STUDENTS AT HIGH RISK OF PSYCHIATRIC MORBIDITY." *JOURNAL OF CHILD AND ADOLESCENT PSYCHOPHARMACOLOGY* 27, no. 3 (2017): 266-273.
- CASANOVA, OSCAR, SANTOS OREJUDO HERNANDEZ, AND FRANCISCO J. ZARZA-ALZIGARAY. "MUSIC PERFORMANCE ANXIETY, SUBSTANCE USE AND CAREER ABANDONMENT IN SPANISH MUSIC STUDENTS." *INTERNATIONAL JOURNAL OF MUSIC EDUCATION* 36, no. 36 (2018): 460-472.
- CHARLET, KATRIN AND ANDREAS HEINZ. "HARM REDUCTION: A SYSTEMATIC REVIEW ON THE EFFECTS OF ALCOHOL REDUCTION ON PHYSICAL AND MENTAL SYMPTOMS." *ADDICTION BIOLOGY* 22, no. 1 (2016): 1119-1159.
- COLETTI, CHRIS. "7 TIPS TO OVERCOME NERVOUSNESS (AKA STAGE FRIGHT / PERFORMANCE ANXIETY) & BECOME A CONFIDENT PERFORMER." *TRUMPETCHRISBLOG*, MARCH 20, 2016, <https://trumpetchrisblog.com/blog/7-tips-to-overcome-stagefright>
- COPE, STEPHEN, BR S. KHALSA, STEPHANIE M. SHORTER, ELYSE SKLAR, AND GRACE WYSHAK. "YOGA AMELIORATES PERFORMANCE ANXIETY AND MOOD DISTURBANCE IN YOUNG PROFESSIONAL MUSICIANS." *APPLIED PSYCHOPHYSIOLOGY & BIOFEEDBACK* 34, no. 1 (2009): 279-289.
- COŞKUN-ŞENTÜRK, GÜLCE AND OKAN CEM ÇİRAKOĞLU. "HOW GUILT/SHAME PRONENESS AND COPING STYLES ARE RELATED TO MUSIC PERFORMANCE ANXIETY AND STRESS SYMPTOMS BY GENDER." *PSYCHOLOGY OF MUSIC* 46, no. 5 (2018): 682-698.
- CUYJET, MICHAEL AND GERALD H. TOLSON. "JAZZ AND SUBSTANCE ABUSE: ROAD TO CREATIVE GENIUS OR PATHWAY TO PREMATURE DEATH?" *INTERNATIONAL JOURNAL OF LAW AND PSYCHIATRY* 30, no. 1 (2007): 530-538.
- DEMETROVICS, ZSOLT, JUDIT FARKAS, MARK D. GRIFFITHS, FRUZSINA ISZÁJ, MÁTÉ KAPITÁNY-FÖVÉNY, GYÖNGYI KÖKÖNYEI, RÓBERT URBÁN. "SUBSTANCE USE AND PSYCHOLOGICAL DISORDER AMONG ART AND NON-ART UNIVERSITY STUDENTS: AN EMPIRICAL SELF-REPORT SURVEY." *INTERNATIONAL JOURNAL OF MENTAL HEALTH & ADDICTION* 16, no. 1 (2018): 125-135.
- DONNELLY, RICHARD, JAMES GOULD, AND DAVID GREENE. "MARIJUANA USE AND ACHIEVEMENT MOTIVES: AN EXPLORATORY ANALYSIS OF SELF-REPORTED HEALTH AMONG ADULT CANNABIS CONSUMERS." *JOURNAL OF DRUG ISSUES* 50, no. 3 (2020): 259-272.
- EEROLA, TUOMAS AND KATHARINA SCHÄFER. "HOW LISTENING TO MUSIC AND ENGAGEMENT WITH OTHER MEDIA PROVIDE A SENSE OF BELONGING: AN EXPLORATORY STUDY OF SOCIAL SURROGACY." *PSYCHOLOGY OF MUSIC* 48, no. 2 (2020): 232-251.
- FARKAS, PHILIP. *THE ART OF MUSICIANSHIP*. ATLANTA, GEORGIA: WIND MUSIC PUBLICATIONS, 1976.
- GALLWEY, W. TIMOTHY. *THE INNER GAME OF TENNIS*. NEW YORK: RANDOM HOUSE, 1997.
- GREEN, BARRY AND W. TIMOTHY GALLWEY. *THE INNER GAME OF MUSIC*. NEW YORK: DOUBLEDAY, 1985.
- GUVEN, ELIF. "LEVELS OF MUSIC PERFORMANCE ANXIETY AND TEST ANXIETY OF TURKISH PROSPECTIVE MUSIC TEACHERS IN PIANO EXAMS." *INTERNATIONAL JOURNAL OF MUSIC EDUCATION* 35, no. 2 (2017): 154-164. Accessed June 29, 2020.
- HERITAGE, BRODY, AMANDA E. KRAUSE, AND ADRIAN C. NORTH. "MUSIC-RELATED ACTIVITIES ON FACEBOOK." *PSYCHOLOGY OF MUSIC* 48, no. 4 (2020): 564-578.
- JOHNSON, KEITH. *THE ART OF TRUMPET PLAYING*. DENTON, TEXAS: GORE PUBLISHING COMPANY, 1994.
- JOSHI, A. R., J. S. KHARCHE, RANITA MEHROTRA, A. V. PHADKE, AND A. PRANITA. "EFFECT OF YOGA ON ANXIETY SCORE AND RESTING HEART RATE IN YOUNG HEALTHY INDIVIDUALS." *NATIONAL JOURNAL OF INTEGRATED RESEARCH IN MEDICINE* 3, no. 2 (2012): 142-146.
- KENNY, DINNA. "NEGATIVE EMOTIONS IN MUSIC MAKING: PERFORMANCE ANXIETY." IN *HANDBOOK OF MUSIC AND EMOTION: THEORY, RESEARCH, APPLICATIONS*, EDITED BY P. JUSLIN AND J. SLOBODA. 425-451. OXFORD: OXFORD UNIVERSITY PRESS, 2009.
- LOUGHLAN, TERENCE AND TIM PATSTON. "PLAYING WITH PERFORMANCE: THE USE AND ABUSE OF BETA-BLOCKERS IN THE PERFORMING ARTS." *VICTORIAN JOURNAL OF MUSIC EDUCATION* 1, no. 1 (2014): 3-10.
- MCPHERSON, GARY E. AND MARGARET S. OSBORNE. "PRECOMPETITIVE APPRAISAL PERFORMANCE ANXIETY AND CONFIDENCE IN CONSERVATORIUM MUSICIANS: A CASE FOR COPING." *PSYCHOLOGY OF MUSIC* 47, no. 3 (2019): 451-462.
- MILLSAP, KYLE. "LEARN TO LOVE THE PROCESS." *INTERNATIONAL TRUMPET GUILD JOURNAL* (JANUARY 2018): 46-47.
- ———. "SIMPLICITY: TEACHING STUDENTS TO PLAY MUSICALLY." *INTERNATIONAL TRUMPET GUILD JOURNAL* (JANUARY 2014): 54-55.
- MIRANDA, DAVE. "THE EMOTIONAL BOND BETWEEN NEUROTIISM AND MUSIC." *PSYCHOMUSICOLOGY: MUSIC, MIND, AND BRAIN* 30, no. 2 (2020): 53-63. Accessed June 29, 2020.
- O'DAIR, MARCUS. "'PARDON ME, I'M VERY DRUNK': ALCOHOL, CREATIVITY AND PERFORMANCE ANXIETY IN THE CASE OF ROBERT WYATT." *POPULAR MUSIC* 35, no. 2 (2016): 207-221.
- PERDOMO-GUEVARA, ELISA. "IS MUSIC PERFORMANCE ANXIETY JUST AN INDIVIDUAL PROBLEM? EXPLORING THE IMPACT OF MUSICAL ENVIRONMENTS ON PERFORMERS' APPROACHES TO PERFORMANCE AND EMOTIONS." *PSYCHOMUSICOLOGY: MUSIC, MIND, AND BRAIN* 30, no. 1 (2014): 66-74.
- PUTTONEN, SAMPA, VEERLE L. SIMONS, AND MARI TERWANIEM. "ARE MUSIC PERFORMANCE ANXIETY AND PERFORMANCE BOOST PERCEIVED AS EXTREMES OF THE SAME CONTINUUM?" *PSYCHOLOGY OF MUSIC* 43, no. 2 (2015): 171-187.
- SNELL, HOWARD. *THE ART OF PRACTICE: A SELF-HELP GUIDE FOR MUSIC STUDENTS*. LONDON: RAKEWAY MUSIC, 2015.
- SWART, INETTE. "EGO BOUNDARIES AND SELF-ESTEEM: TWO ELUSIVE FACETS OF THE PSYCHE OF PERFORMING MUSICIANS." *PSYCHOLOGY OF MUSIC* 44, no. 4 (2016): 691-709.
- WERNER, KENNY. *EFFORTLESS MASTERY*. NEW ALBANY, INDIANA: JAMEY AEBERSOLD JAZZ, 1996.
- WILLS, SARAH. "PHILIP COBB LIVE ON SARAH'S HORN HANGOUTS." YOUTUBE, AUGUST 13, 2019. VIDEO. <https://www.youtube.com/watch?v=vRSUs9VLEPA>