

THE POSTURE EFFECTS ON TRUMPET PLAYING
(SITTING AND STANDING)

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ABSTRACT

This study was conducted to examine the effects of posture on trumpet playing while sitting and standing. The purpose of this study is to find out the effects of posture on trumpet playing while sitting and standing. For this particular study, the data are collected from books, articles and journals by different authors who talk about posture. The data gathered was analyzed and will conclude based on the three research questions. From the findings of this study, posture directly can affect a trumpet player's performance and the player should be determined on an individual basis based on the comfortability of each player or performer.

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1.0 CHAPTER ONE

1.1 Introduction

Trumpet is a one of the instrument with high pitches which come from the brass family. It is known that trumpets were being made in Nuremberg in the late fifteenth century. The trumpet is set apart from all other musical instruments by the splendor of its tone. Trumpet usually used in symphony orchestra and it also often used in jazz and rock groups or band. Playing trumpet need constancy because it is not easy to play if the performer or player start with a bad posture or body position.

Posture is one of the important factors in deciding the quality of the sound that the musician will produce especially for those who played brass instrument such as trumpet, trombone, tuba and French horn. Besides knowing the basic technique how to play those instruments, a musician should know the accurate posture while playing those instruments. This is because poor posture can create an imbalance in the body where it requires extra tension to stabilize. In discussions of posture, the position of the head often receives the most attention. When the head is out of alignment, the balancing mechanism in the inner ear, called the vestibular mechanism, sends a message to the appropriate muscles to keep the body balanced, and then the player is capable of performing with greater efficiency (*Campos, 2005*). That is example on how the posture will effect the trumpet playing.