

UNIVERSITI TEKNOLOGI MARA

**PROACTIVE APPROACHES TO OVERCOME
PERFORMANCE ANXIETY AMONG STUDENTS IN
THE FACULTY OF MUSIC, UiTM**

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This thesis submitted in partial fulfillment of the requirements for the degree of

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DECLARATION OF AUTHORSHIP

“I declare that this thesis is the result of my own work except the ideas and summaries which I have clarified their sources. This thesis has not accepted for any degree and is not concurrently submitted in candidature of any degree.”

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ABSTRACT

This study was carried out in January-April 2011 in the Faculty of Music, Universiti Teknologi MARA, Shah Alam. The scope of study focused on Diploma and Degree music students during for this semester. This study was initiated based on problems and feedback received from the students regarding feeling of nervous and anxious during their performance. The main objectives of this study were: 1) to do comparison study level of performance anxiety between diploma and degree music students and 2) to identify ways to reduce performance anxiety among music students. Survey questionnaires were distributed directly to the music students in various places in university followed by interview on selective respondents in the faculty. Analysis was done using the SPSS VC12.0 making use of descriptive data, percentages, mean scores and standard deviations. Findings showed that the level of performance anxiety were average for both Diploma and Degree students. The anxiety assists in every individual no matter how long their involvement into music especially during their lives performance. Hence, this implied that the level of performance anxiety persisted among the music students regardless of age, years of study and also experience. Next findings also show that there are many proactive approaches or ways towards reduction of performance anxiety mainly; praying, mental preparation, experience and exposure and also readiness to perform. Additionally, these approaches help build student's confidence level and affect the performance skills ability, as well as reduce anxiety during performance. The study concluded that every individual differ from each other. Hence, the approach to overcome performance anxiety are also varies according to age, gender, experience, background, level of ability to performance and many others. In the other words, there is no one technique that appropriate to solve performance anxiety among all musicians especially music students.

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Musical performance is a form of art that requires specific agility in the mentality and physiological of every performer. Musicians need to constantly maintain their performance in order to entertain the audiences. Even though musicians seem to portray as being professional players with high confidence, as human being they still face problems that may affect their performance. One of the common problems faced by musicians is performance anxiety. Every performers experience this kind of disorder no matter how many years or times they perform. However, a well preparation supported by inner confidence helps them to deliver good performance.

Performance anxiety or also known as stage fright is one of the natural behavior faced by each performer whether among actors, musicians, singers, presenter, master of ceremony or anybody who are involve with performance skills in front of public or audience. According to Valentine (2000), performance anxiety is also known as a constant continuously disorder faced by them while they are claiming that it may affects their performance ability skills. It is a serious problem for a substantial proportion of all musicians.

Apparently, there are three main kinds of anxiety symptoms obviously shown by performers. There are physiological symptom, behavioral symptom and mental symptom. Performance anxiety may affect the musician's level of performance in two way; positive and negative. However, performance anxiety also creates arousal towards performance and