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## **Abstract**

For the music students, performance anxiety is not a new thing for them. The purpose of this study was to study the level of the performance anxiety faced by the performer and the ways to overcome this. This study used the quantitative method to determine the level and overcome the performance anxiety. Data was collected using a questionnaire given personally by the researcher to the subjects which was answered by 80 music students in the Faculty of Music UiTM Shah Alam. The findings divided into 2 sections which were: the level of performance anxiety and ways to overcome the performance anxiety.

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