Impact of Performance Anxiety on the Accuracy of the Singing Voice Among Music Students

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AIMS

1. Musicians are more likely to feel anxious under conditions of evaluation. Does a solfeggio examination lead to a high anxiety level?

Performance anxiety causes physical and cognitive symptoms. Effect on the vocal features, including the f0. Impact on the singing voice accuracy?

METHODS

Participants:
- 31 music students (19 men)
- 14-24 years old
- M = 19.29, SD = 2.19
- Music level:
  - 1st degree: 18 students
  - 2nd degree: 13 students

Procedure: Recording of the sung performance at T1, T2 and T3

RESULTS

Subjective measures:
- Self-evaluation: CSAI-2R
- Intensity and direction (debilitating or facilitating) of anxiety symptoms

Objective measures:
- Heart frequency
- Singing voice accuracy
  - Pitch interval deviation
  - Tonal center deviation

Heart frequency:
- T2 > T1 (p = .02)
- T2 > T3 (p < .001)

Cognitive and somatic symptoms: T2 ≠ T3

Effect of the music level:
- Difference between T2 and T3 (2nd degree > 1st degree) for the direction of the somatic symptoms (p = .002)

DISCUSSION

Does a solfeggio examination lead to performance anxiety?
- Anxiety level T2 > T3
  - Heart frequency
  - Self-evaluation of the anxiety symptoms
  - Somatic symptoms particularly debilitating for advanced students

Impact on the singing voice accuracy?
- Students 1st degree: better at T2
- Students 2nd degree: better at T3

Bad effect of anxiety on the singing voice accuracy when the situation is a real challenge.

Consequences on future research:
- Anxiety as one of the causes of poor-pitch singing
- Impact of somatic symptoms and their perception

Perspectives in music pedagogy:
- Organisation of examinations during the year
- Working on the somatic symptoms and their perception as facilitating or debilitating

CONCLUSION

References:

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