



INVESTIGATING THE CORRELATION BETWEEN EXTRAVERSION LEVELS (ELs) AND MUSIC PERFORMANCE ANXIETY (MPA) IN ADULT AMATEUR AND PROFESSIONAL SINGERS

Developing personalised coping strategies for effective MPA
management in the singing studio

Context

- Students concerns
 - MPA is correlated to low extraversion levels (Thomas and Nettelbeck, 2013; Özdemir and Dalkıran, 2017; Spahn et al., 2024)
 - Solo singers have never been studied in this context
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- Investigate the relationship between extraversion levels and MPA in solo singers
 - Identify actionable strategies to help students manage MPA based on their extraversion levels

Introversion



“inward and self-directed
concerns and behaviors”
(American Psychological
Association)

Extraversion

“outward and social-directed
concerns and behaviors”
(American Psychological
Association)

Methodology and methods



Participants ($n = 52$)

- Online
- Adult amateur and professional solo singers of all genres

Data collection: mixed methods

- IPIP-NEO-120 (Johnson, 2014) | K-MPAI-R (Kenny, 2009), cf. Spahn et al. (2024)
- Coping strategies survey for participants with MPA levels ≥ 105

Data analysis

- Pearson correlation coefficients
- Thematic analysis (Braun and Clarke, 2006)

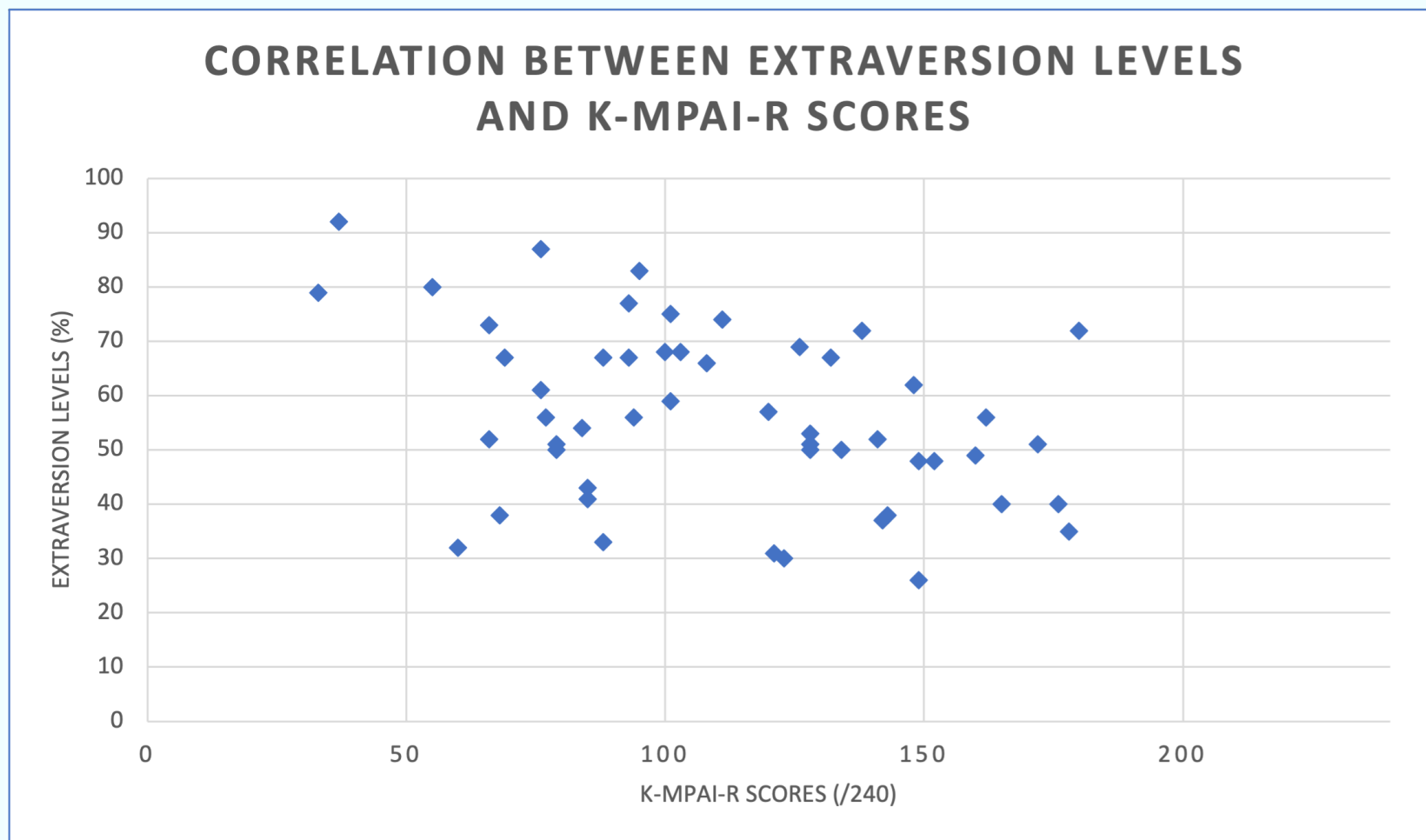
Ethical considerations

- Insider bias
- Emotional distress for the participants

Findings

Moderate negative correlation between extraversion levels and K-MPAI-R scores

($r = -0.38$, $p = 0.004$)



Findings



Professionals vs. amateurs

- Professionals experience MPA as much as amateur singers, which **aligns** with literature (Kenny, 2011; Burin and Osório, 2017; Herman and Clark, 2023)

Amateurs ($n = 28$)	Mean (SD) = 110.71 (40.98)	Med = 100.5
Professionals ($n = 20$)	Mean (SD) = 107.9 (34.25)	Med = 105.05.

- **Moderate negative relationship** between friendliness levels and singers' categories (amateurs vs. professionals) ($r = -0.36$, $p = 0.011$)

Women vs. men

- Women did not experience more MPA than men, which **contrasts** with literature (Kenny, 2011; Butković, Vukojević and Carević, 2021)

Women ($n = 33$)	Mean (SD) = 112.42 (35.64)	Med = 108
Men ($n = 18$)	Mean (SD) = 109.94 (40.26)	Med = 107

Findings: Cheerfulness



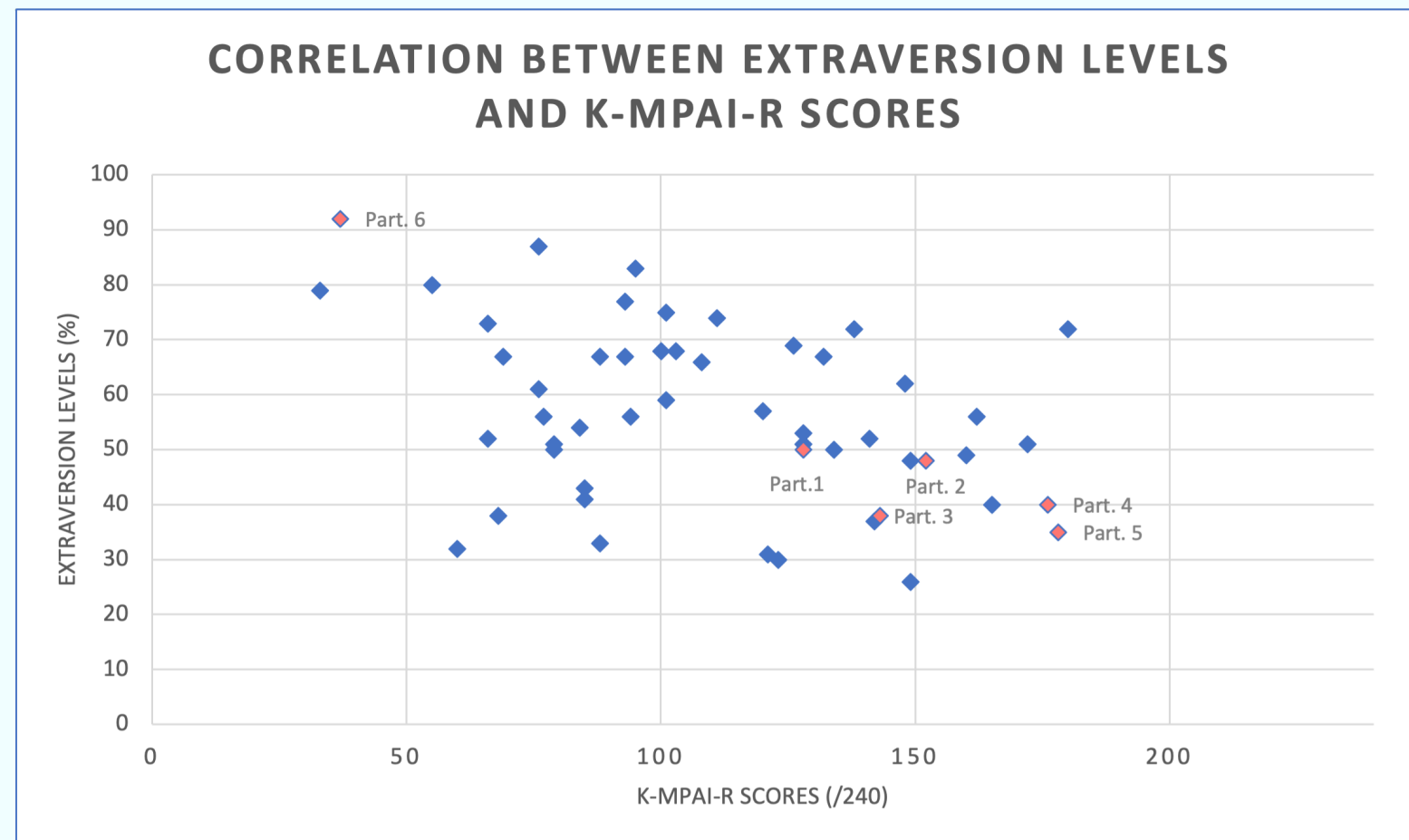
- Strong negative correlation ($r = -0.60$, $p = 0.000002$) between **cheerfulness** and **K-MPAI-R scores**.
- Suggests that more cheerful individuals inherently experience less MPA.

Findings: Thematic analysis

1) In parallel with quantitative data analysis

- Mastery
- Avoidance
- Mindset and mental preparation
- Body connection
- Uniqueness

2) Subsequently, deductively searching for hints of **cheerfulness** in participants' answers



Findings

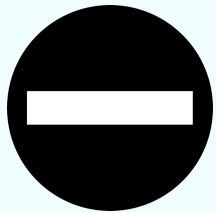
	K-MPAI-R score (/240)	EL (%)	Friendliness (%)	Gregariousness (%)	Assertiveness (%)	Activity level (%)	Excitement- seeking (%)	Cheerfulness (%)
Part. 1	128	50	19	19	37	94	75	56
Part. 2	152	48	44	19	75	75	44	31
Part. 3	143	38	44	31	69	12	19	56
Part. 4	176	40	31	19	37	50	44	56
Part. 5	178	35	12	6	69	44	50	31
Part. 6	37	92	100	100	100	81	69	100

Conclusion



- **Further study:**

- Investigate if cheerfulness causes lower MPA or is just correlated
- Explore if personality traits like cheerfulness can change (Roberts, Walton, & Viechtbauer, 2006)
- Address ethical concerns of encouraging personality changes



- **Limitations:**

- Need to assess if non-productive coping strategies still reduce MPA
- Social desirability bias in responses (inventories/surveys) (Fisher and Katz, 2000)

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