

Appendix 1

a



Syntyche Bishop Vocal Coach
Bishop's School of Performing Arts
22 Charlotte Street Princes Town
Trinidad and Tobago
syntychebishop@gmail.com
26th February, 2025

Dear UWTSD,

RE: The impact of social media on music performance anxiety and effective treatments for its alleviation.

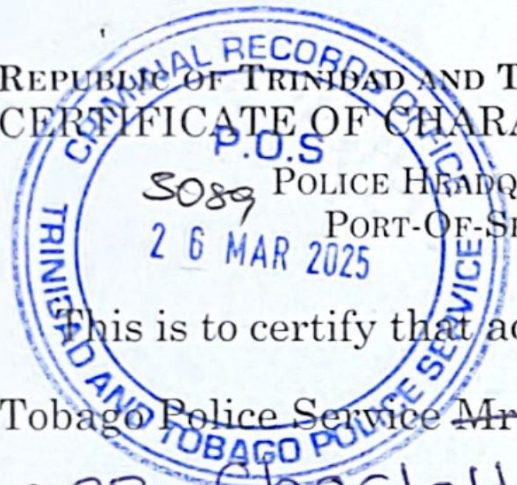
I confirm that I approve of the research proposed into 'impact of social media on MPA and effective treatment for its alleviation' to be carried out by Syntyche Bishop, of Bishop's School of Performing Arts after private lessons with students, and via email or phone call with colleagues. This research will take place between April 2025 and June 2025.

Kind Regards,

Syntyche Bishop



REPUBLIC OF TRINIDAD AND TOBAGO
CERTIFICATE OF CHARACTER



POLICE HEADQUARTERS
PORT-OF-SPAIN

^{cps}
E 0664530 3089

12th march 20 25

This is to certify that according to records held in the Criminal Records Office of the Trinidad and Tobago Police Service Mr./Mrs./Miss Syntyché Bishop of 22 Charlotte Street, Princes Town

holding ^{ID} Passport No. 19910919031 has **NO** previous convictions against him/her.

Malik Ali ASP (AG.)
for Commissioner of Police,
Trinidad and Tobago, W.I.

N.B.— Previous convictions if any, are listed overleaf.

Appendix 3

Participant Consent Form

What is the impact of social media on music performance anxiety in adolescents?

Consent to take part in research

- I..... voluntarily agree to participate in this research study.
- I understand that even if I agree to participate now, I can withdraw at any time
- I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.
- I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.
- I understand that participation involves doing a questionnaire and being a part of a focus group.
- I understand that I will not benefit directly from participating in this research.
- I agree to my interview being audio-recorded.
- I understand that all information I provide for this study will be treated confidentially.
- I understand that in any report on the results of this research my identity will remain anonymous.
- This will be done by changing my name and disguising any details of my interview which may reveal my identity or the identity of people I speak about.
- I understand that disguised extracts from my focus group interviews may be quoted in my report and presentation.
- I understand that if I inform the researcher that myself or someone else is at risk of harm they may have to report this to the relevant authorities - they will discuss this with me first but may be required to report with or without my permission.
- I understand that signed consent forms and original audio recordings will be retained in a safe at Bishop's School of Performing Arts (BSPA) in Princes Town, Trinidad, and focus group interviews on a password secured cell phone until the exam board confirms the results of my dissertation.
- I understand that a transcript of my interview in which all identifying information has been removed will be retained for two years from the date of the exam board.
- I understand that under freedom of information legalisation I am entitled to access the information I have provided at any time while it is in storage as specified above.
- I understand that I am free to contact any of the people involved in the research to seek further clarification and information.

Researcher: Syntyche Bishop

Currently pursuing MA Professional Practice Vocal Pedagogy, University of Wales Trinity St. David.

BA Theatre Arts, University of the West Indies, St. Augustine Campus.

Email: Syntychebishop@gmail.com Phone: 1-868-267-8313

Supervisor: Louisa Morgan, Voice Study Centre.

Email: louisa@voicestudycentre.com

Signature of participant Date

Signature of parent/guardian

I believe the participant is giving informed consent to participate in this study

Signature of researcher Date

Appendix 4

Participant Consent Form

What is the impact of social media on music performance anxiety in adolescents?

Consent to take part in research

- I, [REDACTED], voluntarily agree to participate in this research study.
- I understand that even if I agree to participate now, I can withdraw at any time
- I understand that I can refuse to answer any question involved during the research process without any consequences of any kind.
- I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.
- I understand that participation involves doing a questionnaire and being a part of a focus group.
- I understand that I will not benefit directly from participating in this research.
- I agree to my interview being audio-recorded.
- I understand that all information I provide for this study will be treated confidentially.
- I understand that in any report on the results of this research my identity will remain anonymous.
- This will be done by changing my name and disguising any details of my interview which may reveal my identity or the identity of people I speak about.
- I understand that disguised extracts from my focus group interviews may be quoted in my report and presentation.
- I understand that if I inform the researcher that myself or someone else is at risk of harm they may have to report this to the relevant authorities - they will discuss this with me first but may be required to report with or without my permission.
- I understand that signed consent forms and original audio recordings will be retained in a safe at Bishop's School of Performing Arts (BSPA) in Princes Town, Trinidad, and focus group interviews on a password secured cell phone until the exam board confirms the results of my dissertation.
- I understand that a transcript of my interview in which all identifying information has been removed will be retained for two years from the date of the exam board.
- I understand that under freedom of information legalisation I am entitled to access the information I have provided at any time while it is in storage as specified above.
- I understand that I am free to contact any of the people involved in the research to seek further clarification and information.

Researcher: Syntyche Bishop

Currently pursuing MA Professional Practice Vocal Pedagogy, University of Wales Trinity St. David.

BA Theatre Arts, University of the West Indies, St. Augustine Campus.

Email: Syntychebishop@gmail.com Phone: 1-868-267-8313

Supervisor: Louisa Morgan, Voice Study Centre.


 12/5/25

Signature of participant Date



Signature of parent/guardian

I believe the participant is giving informed consent to participate in this study

 12/5/25

Signature of researcher Date

Appendix 5

FOCUS GROUP

Interview Questions

The number of male and female participants will be assessed before the start of these questions.

Social Media Usage

1. What are your favourite social media platforms?
2. How frequently do you use them?
3. What kind of music-related content do you typically see or post online?
4. Do you follow any musicians, performers, or influencers?
5. How do their posts make you feel about your own performances?

Feelings around Performance

4. How do you usually feel before a musical performance such as in class, competitions, recitals or examinations?
5. Have you ever felt nervous or anxious before performing?
6. Can you describe that experience?

Social Media and Performance Anxiety

6. Do you think social media has any effect on how you feel about performing music?
7. In what ways?
8. Have you ever compared yourself to someone you have seen performing online?
9. How did it make you feel?
10. How does seeing feedback or comments online (likes, shares, critique) affect your confidence or anxiety levels, if at all?
11. Do you feel any pressure to post your performances on social media?
12. Do you feel any expectation to present yourself a certain way on social media?

Perceptions of Performance Standards Online

13. Do you think social media has changed how people define what a "good" performance is?
14. Have you ever held back from sharing a performance online due to fear of judgment or comparison?

Support

15. What do you do to manage nerves or anxiety before performing?

Wrap-Up

16. Is there anything else you'd like to share about your experience with music, social media, or performance anxiety?
17. If you could give advice to other young musicians about managing social media pressure, what would it be?

Appendix 6

Click link below

[Music Performance Anxiety Questionnaire](#)

Appendix 7

FOCUS GROUP (1) ONLINE DISCUSSION TRANSCRIPT

Okay. So I'm going to jump into some questions. All of you don't have to answer all the questions, but questions bring conversation, right? So let's see, if these questions spread any conversation. What are your favorites? So this is the social media usage side of the music performance anxiety, because I don't know if I did I add what my title or your topic that I'm I know the broad topic is music, performance, anxiety, but the title is The Impact of music performance, anxiety, on sorry, the impact of social media, on music performance, anxiety, in ad dollarence. All right? So that's that's the topic. So I'm focusing right now, this set of set of questions is going to be focused on a social media side of things. So, I mean, I'm sure, right, all of you love social media. Some at least someone of these social media platforms, right? So what would you say is your favorite social media platform? anybody Okay.

Lovely. Anybody else?

To me, I feel like Instagram. I think that's the one I was using most.

Perfect. Okay.

Instagram as well. Okay. Okay, how frequently do you use these platforms, you would see, in a given D?

How many hours? Let's see. How many. I on TikTok. If I like to take my manually remove myself from I there for four hours a week. Four hours of my good day. on TikTok. I don't understand it.

I get it. It's addictive. It really is. It really, really is. So I understand. I might take more. So I judge in, a can't judge you. Anybody else? How much hours you would say in your day?.

Yeah, that song's very realistic to me.

I feel like people, you know, when you in school or you have like exams to study for, it won't be as much. But these when the other three do nothing, you're there like, oh, don't want to say 20 for supper because that's unhealth, very unhealthy but it's close it's close to that yeah.

I mean, that's the honest understand. This is a no judgment zone space, by the way. So I forgot to start with that. I was disclaimer. So we't here to judge nobody, so I get it, right? Because I am right there with you, girl. All right? I feel like I'm there very. It's like it's so addictive. It's second Nietzs year. Unfortunately, I guess could be fortunately, in some cases.

All right, so what kind of music related content do you usually see or post online? Do you post? Let me start with that. Do you post any of your musical content online?, I not that much of a music Who said that? Okay. I am I utilize my specific instrument, even though it's like all over the place. Because I can play fun. I have voice, but I don't get videos of those things and I'm advertising myself, those kinds of ways. I don't do that. Okay. I play when I get to play it. I sing when I get to sing. That's all I've been. Okay. So, yeah. Do you love it? Do you love performing? or not necessarily. I

quite like playing Huan. Dally as in too much. Okay. Too much. Okay. I like to sing. Fair enough. No problem. Does anybody else, like, actually post? And this, when I say post on social media, doesn't mean that your favorite social media platform necessarily. You could be on a WhatsApp status, Facebook. Well, you all do use Facebook. Sorry. But like your Instagram status or something, you know, Anything like that.

Well, yeah, I just posted on my WhatsApp status or something.

Okay, lovely. On status, not any page at all. No PH. No. Okay. Okay. So what do you typically then, what do any of you see as music related content on your pages? Because maybe as musicians, I'm assuming that you music related content. may show up. The algorithm is the algorithm. So if me show up on your page, do you see any particular type of musical content on your pages?

I get a lot of people playing, like not like songs that correlate with the instrument I play often. Okay, I'm give me an example, because I feel I can't make at the same moment. I read this flute. So, okayally, I will see like a Barbie, 12 dance and princesses, like, da na. It will come up with somebody play it all food because that's what it's played on and they'll have that it's a piano and then somebody will have a flute you wear and I'm like, oh, this is cute. You know, some people be like, oh my God, yeah, she plays the fl. I did. And so, you know, it's like, I don't pause, but I will repost things that I like. So if I see somebody playing a song, I think this would be p, I'll be like, cool, oh my gosh, how cute this is.. I'll do that soon. But I wouldn't like, I okay? Like, if I do something and somebody already puts it up of me playing, which is very rare, is not, I will probably put it on my story on my status, but it's not to say that I will record my myself playing and then go onentionally put it up. Okay.

Totally, totally respect that. Anybody else? When I practice. I will use YouTube for my songs, like my great pieces. So I guess I well, I use it. So like I see Hot musicians. Yeah. Yeah, know if it was like actual, I know it's like a computer. But they play the song practice and it's on TikTok, you see like people who say arrangements, like when they make their own music. So I'll see that and. Okay or else. Yeah, I like that. Okay, that's perfect. Yeah, your yeah, So, I mean, we have instrumentalist present and two persons spoke about voice, but it'd already cared to use the voice, but mely instrumental is present, right? And all four of you. Yes. Okay. Lovely. All right. This brings me the question. Does any do any of you follow like actual, maybe professional musicians, or musicians that are your age who can also be professional, by the way, but musicians, your age, that you think maybe inspires you in some way. because of how good they are they will getethic. Are there any musicians that you follow? or influencers? influenza, I think I, butmanuel. He's. Okay. he tends to go all over the place with the country. Oh, that's going international because he's really a good Palistan right. job. Lovely. Yeah. So, yeah, he's fuck with him. Destiny, like, regular good day today. He plays her around the gates as well. It would be Gates. Okay. So a lot of the people, if I follow anybody, a lot of the people who I follow are p people, interestingly enough. Because you play, right?? Yeah. Yeah. people who are at and things right that, so that's who I would see. So question. since you follow, since you are a pist and you also follow some pists and you feel as though, you know, you see how good they are, it does that in any way, how does it make you feel about your own performances? Because I know you say, you said, I didn't Go ahead, sorry., well, I know that I could probably do a lot more with my talent. I put thisquotation on. So I guess it sense, it doesn't make you like, oh, you know, okay, you see this person doing this, whatever our stuff, like, oh, you know, you could probably be doing more too, you know, this probably make it feel like you want to get up and get going. But then I take about the father, oh, I have a lot going on my, in my life other than just be wanting to be to play on me, wanting to be in panama. I have a

lot going in my life because right now we have the buying band that I played Panama with for like two years years now. I can't do. They't have a council coming up. I can't go and look to practice, but that concert because of the fact that I am working at 96 job. Whenever they might have practice, I don't look to I'm not going to be and be lucky enough to always get a day off we have practice. So that's like the work,

playing pan life balance, I don't know how to do it. I see that some of my, some of some of the people who I am following, my friend, some of my friends, one of them, he's working extra food, doing, maybe we'll get extra food. He, but he's in school like doing you to see. He's also he's also pl band. He's doing going to practices and stuff and he's like, he's born, he's burnt out. He's tired. I see that and I'm like, I don't know if I'm able to do that. I don't have a car. He's also traveling, by the way. He's doing a lot. Yep. So for him to be doing that, I don't know how I can do that. Yeah. So I think kind of things like the impactality, like it's itself. Yeah. And you're like, oh, I could probably be doing so much more, but I moments, I can't because like like my life there' delowing it. So it feels like, yeah. a little bit like apper. Maybe. Yeah. P. Okay. So what pressure to to do more, like, artistically, maybe? Or Or just I'm sorry. What is it pressure? Is it that you feel like it can be a slight pressure to do more artistically? Like, well, as in playing the pan or just pressure as it feel as though people are looking and thinking, oh well, she should do better. No, no, no, no, no. Okay sure? Intern'm. Okay, internal pressure. Okay. Anybody else? As in, do you follow any musician or performan or influencers and how does looking at them and their work make you feel? I I follow many but twooutes that catch my eye. But when I think about how much effort is because I also have experience with people who have like who are really who high in their career in terms of not even who like just in general musical career. And when they talk about the effort, the time, they take, to be where they are, and they tell me to apply that, oh, and I see other people playing as well as they play and I know because the told how much effort goes into that. It doesn't discourage me, but it's.. It kind of just, I don't know, I'm not to make it, I don't know how I feel about it. I just know, I can't put out 67 hours a day practice. I personally can't do that. And I don't want to be better, but I'm doing what I can to be better. So it encourages me in a way because I'm like, I can't clear that. I just need to practice a little more. I let makes me intentionally fine, a little bit more time to practice, but I still getput I'm not going to be ambitious and put7 hours on a Sunday. It's not happening. It's not happening. What I love is that you it's realistic. You're doing your new. You're making realistic choices. I' understand how they spend seven, eight hours practicing at the I practice half hour I'll be like, four up or tired or going to put insurance because I'ative. So I and then encourage me. But this is one little more than I'm doing. Good, and I respect that. I think those usually are people. I don't know dwell on what they do, but nonetheless, I think those are usually people who really want to do this full time, full time, right? Most times. Those would be, if you work that amount of hours, yeah, yeah. And they clearly have fun doing it. If you don't have fun even, I mean, after half hour, you're like, deuces, then, you know, it's okay. And the good thing is that you are honest itself. And that I always respect. You have to know. You must know, you know? Okay. Lovely. So feelings are wrong performances, right? Anyone. How do you usually feel before a musical performance as in a class performance, maybe a competition, recital, an examination, because I know a lot of you will probably do greative exams. How do you usually feel before that? My heart and drop into my stomach. I don't know, like, as soon as I realized I have to stand up on a stage or I have people watch me. I start to feel like somethingppping down in. I feel sluggish, I feel like I can't do my best for their practice. Oh, wow. I really sucks because most of the time that does happen And then after the performance I feel dreaded that's. I practice all this time. I know I play like garbage. And then people just poke up with yourself annoy me because the It's not worth the club. Oh my God. I feel that. I truly feel that. You see, some people may consider that, you know, perfectionism. I don't necessarily consider that perfectionism. I mean, I think, again, you know, you know your capabilities and you know your practice. And because you knew your practice and you feel as though you didn't give your best. It annoys me as well. If people, if you know like yourself like, boy, this is this was a heartness. But what I was I was taught growing up, like when I was a part of choir and that kind of thing, and I had little competitions when I was younger and that type of thing. I would

my musical lyric at the time would be like, you don't show anybody that you made a mistake. Do not show anybody that you feel the type of way about the performance. Smile. If they say you did great and you know you feel as though you didn't give your best. Oh, thank you so much. So I was just thought to, like, I guess, fake it, right? But at least you know within self, oh, I know I could have done better. But taking that away from the people themselves, the audience, what they experienced, because for some of them, they' genuinely thought it was an amazing performance, eh? For some people. They might have been like, oh my God, that was that was amazing. I've never seen somebody perform that song that well or whatever. And if you them how would that you find that was good? That kind of takes a magic of what you just did, even though you'd think it wasn't that good. But I feel that I understand it like so well because I also experienced that. So I get it Anybody else? for sure I want to go. No, you can go ahead. Okay. Um. Okay, I have variant levels. It depends on, okay, I'm overall always anxious, the perform all the time. Never, there's never been a day in my life that I had to perform where I was calm, collected and cool, never. that's all. Okay., I do agree with Cad with all I will put practice and I put effort in it and then I will go and I will tremble. Like my my mistakes are not, it's not get to hide them because I've gotten better, but I could hide them because I'm trembling on the piano or my breaths or sound shaky andot. So it's not it would like that he untrained eye, it would be fine. That's what fit in levels. If I performance for like a church or like a group of just a random group of people, I'll be less worried. I' still be anxious, but I'll be less anxious because I know that even if I can, if I even do a nicolistic because sometimes most times I' not flat instead of a shop I'm comforted by the fact that they can't do what I do, that not to be most bossy or like boastful. It comes me to that they cannot come and play the food and they cannot identify that, oh, there's jar. You can't tell me that because you can't play the flute. So it comes my I without point. So I will be less anxured. But when I start to perform in front of people who can play the instruments or not even can't believe, but I'm a general ide of back or like how songs are supposed to song is they were released and stuff like that? No, no, mmm. It is it's too much. I remember when I pay for sandfest last year. Do one of the judges came to me afterwards? No, I didn't. I knew I made a mistake. I knew it was it wasn't the greatest. But only judges came after, and she was like, I could tell you what anxious. I was like, wow. She really said that? She was nice though. She was nice about. told me I was good and everything, but she could tell that performance anx like it overtakes me. And I was like, you know, if you could notice that, then I didn't do a good job hiding it. But thank you, you know? So it really varies, depending on who I'm performing too, but overall, I'm always anxious. totally understand. Totally understand. Anybody else? Just one more for this question. Well, it's similar for me, like, my hands are always trembling, like football and they get sweaty and when you t in car, that is probably the worstest thing that could ever happen and it' seemed for me because it also depends on the audience because, like, so sometimes I might play with like UV, like at the semester, they have, like they were concert which is like for their grade. I'll play with them and that's like in France. There's I'm in front, F at friends and like that's normal to me. Like, that's not, like, I don't get as anxious, but stuff like exams that is like horrible. Like Everyone in here knows what happened last exam, you're going to talk about it too much, but it was horrible. It really, horrible. And it was because I was so anxious like, I was so anxious that it made it worse. Because if it was any other day, I would have played it better. But because I was in front of not only miss my teacher, but I a musician who knew like even though she didn't feed the coronet, wasn't sure, she just knows like music that like, it really scared me. Wow. So like, it happens and like, I feel like it depends on your audience. So anxious you going not feel and you always go and feel anxious because, you know, as you say, you practice, and you don't want to, you know you don't want to disappoint yourself, but what will happen in the performance? There's no only is it only shot to like see, oh yeah, what's see what or your practice in fruroatia. So, like, I guess that's where to

the anxiety comes from. Yeah. I I feel, oh, I really do understand exactly what all of you are saying. I didn't realize, I mean, how bad it could be, you know, for some people, because I'm realizing that it really can become, like, terrible, a terrible experience. And that can possibly even make you feel like I don't want to perform. Does it ever make you feel like that? Like, I just, like, forget. Like, because of how I feel before this, like, I'm not even going to do this anymore. Has never gotten to that point for any of you? I am in that point right now. Oh, wow. Okay. Yes, I was like, no, I can't do music anymore. Whoa. But after the performance, it gave me a lot of courage. I was like, I couldn't practice every single day. And I did for like a while. But then I was like, nah, I can't, like, I'll peep it. So then I was like, and then I did a concert after and it was fun when now I just don't want to do it anymore. It could actually ruin my experience. So yeah. I'm really sorry to hear that. For me, every time it's happen, I don't I think I'm like thought like as a do in me. Let me just drop music. I've never really wanted to finalize and drop music, because I enjoy doing it and music has always in my, well, not always. That's a lie. Like it's not my ultimate goal. So I don't really, I can't drop it. I disappoint to that, even if I want to. Okay. Can I just one more person and there's anybody else ever felt like you're, like, I think I'm just shrub this thing? They making sense. see how I feeling? Mm mmm. I don't like the feeling. Being here? Right now, I'm studying business. So music has I have been a part of my life for a while. Oh. Okay. I't for a while. I just finished one six last year. Okay.. Recently. Rec. What I would say is after hearing, oh, you know, that is, like, what you' saying, actually, like, you know, it touches my heart. It kind of, it pulls on your heart, strings a little bit because, you know, for people who I know love or like performance in any way, no matter how small, I feel like anxiety shouldn't ever have to get the better of us. And so that kind of, I mean, a part of my research of this research can't do it in this one because that would be too big. Can't do that right now. But it's finding strategies. And I mean, I have some that I already started to compile and everything, but like, there must be things, strategies, methods that can assist at music, performance anxiety, because.. I mean, the biggest pop star gets anxious at sometimes at times. The thinkers a ying. Everybody experi it at some point, no matter how big or small. Some people just have it lose than others. But fater gets to the point where they say, oh, I't doing this second again because of what makes me feel. That is the part that, you know, affects me and I would really, really love to get some some strategies. For people like you, you know, just in case there's something that you might want to resort to at some point, again, but I digress. Let me continue. All right, so do you think so moving back into the trying to put both social media and music performance, anxiety together now? Do you think that social media has any effect on how you feel about performing music? You may have slightly touch on it already so you don't have to dwell on it too long, but do you think that you just being on social media and again seeing all the performances any persons that you follow or just the algorithm showing up something after we speak about this, I'm pretty sure you're going to see it on the algorithm. Okay, some music going to rule long. You know, how it goes. But do you think that. Sorry, dude effects? Yeah. Do you think it affects how you feel about performing music? Was there? Was that I? Because you're like, oh, I could be better off. Okay. I could be better. I was like, like, I was need pressure. So, yeah. I feel like I need pressure. I feel like I didn't. Say, sorry, say that one more time. Sorry, I' asking you. Do you repeat the question. Oh, do you think that social media has any effect on how you feel about performing music? And when I say social media has any effect, I mean like just seeing other musicians perform and that type of thing, do you feel us do that affects how you feel about performing in general? Mm hmm. Okay. So the effects you a little bit. Okay. Anybody else? Just one more? IT affects me a lot. Okay. Because when I see younger children, you know, how there's that kind of mean thing, a Chinese child will always re represent you, no matter what you do. Yeah, I've heard people say that I follow. Well, you know, I've never really heard that much in that context, but okay. Yeah. I

follow a lot of that just so I number that I would never be, not. But right now I'm not better than a sexy old, so I have to practice more. Oh. And I also follow other other to Florida. Sometimes I will watch them play a piece and then encourage me to learn another piece. Things like that. But I guess I use them as encouragement. even it's like that aren't by them my tell me that I'm not with other level where I could be or should be. And then there's that other people tell me I'm telling dad and I have skill, but I don't feel it compared to the people that I see on social. Okay. That's, I mean, that's an amazing perspective. I didn't really, and I've really thought of it like that. So, okay, in relation to that, do you think that well, you said that you this encouragement, thankfully. It's used as as a form of encouragement for you. Try to try. You try to. Fair enough, fair enough. So that means that you kind of compare yourself occasionally to to the six-year-old or the other musicians. Anybody else so you compare yourself to other performance performers and that, again, you're kind of some persons, I believe, touched on this slightly as well. But because you compare yourself so much, it pulls you back and says it makes you feel like, oh, you know what? Let me nobody with this. Ain't as good as this person I don't think I'll ever be as good as this person so I'm just not going to do it. I haven't cut myself. I' surrounded. Okay. And part of me doesn't want part of me doesn't want to be left behind by. Another part of it is like a challenge that I try to surre myself with people that I think about me. So like, well, this is just a pasta. that again? So my goal is to kind of a pasta. And that's just, I mean, I love that mentality. It actually makes sense. Because at least it's not going to make you feel as though you're just nothing you're not of a particular standard and you have to continuously work because let's be real guys, you know, the performing art industry or just you know, what we do in general, even no matter big or small, it is a very competitive industry. And you must continue to work because there are people who want to just, they're going to come up and they're going to meet you and they're going to surpass you. And just like any other skill, you got to keep practicing because that's the only way you're going to keep stay on top of it and that's the only way you're going to stay at the best you could possibly be. So I think having that, that's a real greet mentality to have, because using other people that you see as goals, let's say, right? It makes you continuously want to be of a particular standard and never drop that standard. So that's that's a great way to look at it. I would see, right? How does Fip persons who post on, I believe Kaden is one of them, who post on WhatsApp stories and on Instagram stories and that type of thing. How I'm sure people comment, right? They may see something that might like it. Something to you about it. How does C and feedback or comments online about your performance make you feel? So does it affect your confidence or your anxiety levels in any way? Well, I see, just like called before, you know, when I said that the audience with even when I feel it doesn't use your app. seeing people that I respond, well, which I'm different, which we respond to the status or string. It compliments most of the time. Okay. But I feel undeserving now because I know I't put out what I could have a key, even though I really tried to. So I feel like I shouldn't get what they give it. I'm not using it. But I guess. Yeah. Again speak any truth and that all that, you know, that we can do. That's how you're feeling. And I think I also thought like you a lot when I was younger, but I guess as you grow older, you really see things a lot differently. So now, I think one thing that helps a lot is that reality is guys again, you are most times, you are your biggest critic. People are not going to be as invested or look at the. I mean, there are some people. You know, there are people who extra. But a lot of people aren't going to go through your performance to find it cool, unless it's an exam, of course. Right? But we nitpick at every single thing because we just feel like we should have been better. Like, I don't know if I sing a song and I record it, I am going to find so many things that I thought should have been better. But by the time I post it, the amount of comments I might get on it and people saying, you know, good things about it would they can be like, so what I'm seeing is I'm seeing, you know? And sometimes, for me, that makes me see, okay, well, I could see why I do it say this. I

like this part, maybe. You know what? I don't like this part. Say, because people give good comments, sometimes, it might change your perspective on the performance. or has that ever happened to any of you? Hello? I'm guessing it happened to nobody. I mean I don't get much online, like responses, but in person, if I was to like go record a like set of me playing, after people have told me, no, it sounds so good, it was so nice. I couldn't use a leave a girl like what I improved on and what is good about it and also what I need to move on. So it is yeah. It does have look at it in a different light. Okay. Kiddens, can I hear your response on this as well? Because I know you say you definitely post. So because you post, what would you see about that question I guess okay. Fair enough. I respect that. Okay, um question for every for, let me see. Elssa, you could probably answer this question. How do you feel about, do you feel sorry that there's any expectation to present yourself a certain way if you had to do something on social media, please a performance or presentation on social media. Do you feel let's do it has to be a particular standard, certain pixels, like equality must like any, you know social media. is intense, right? Yeah. So you feel let's do the expectation of your presentation must be a sitting and it It's almost likectically influencer that has to be like a almost like I could videograph and I could edit and those kinds of things that's kind of level like you, you know? Okay. Okay. Okay. Okay, so question. Do you think social media has changed how people define what a good performances? Anybody? Interesting. Interesting question honestly. Yeah, just summit. Some money. I can probably go a bit more in depth in it. because I feel like the more connected to it. But, yeah. Okay. Yeah. Does't mean, in in cases, especially, like, we are at Tad-wise. I feel like Some people feel like, oh, yeah, I have the grades. So that means I'm a good performer. Right. You know? I' some people who just have raw talent and then going to school for nothing. But they have it, but they would be discounted because, well, particularly they have degree to some of the right effects and extent, maybe, you know, I feel like it's kind of iffy. Yep, I feel like maybe, you know, not impostors when they're like in these states and stuff. So you would see like people just randomly play the violin their little kids there or the guitar or something to affect or the drums or the bucket, you know, those kinds of things don't happen. Yeah. And it'll be, you know, be like, oh my God, yeah, that's such like the perform months and maybe or maybe not there are this council or not depending on what circles they're in. or where they're trying to attempt to show their talent too. But yeah, it's just, it's like a little scale. It's all about3 though, I think. That's actually excellent response. I totally, I actually didn't even really look at it like that, but that actually makes a lot of sense to be quite honest. Guys, I have like four more questions to ask, but I know it is three minutes to to eat. Sorry. Would it be okay if I get 10 extra minutes? I hope that this does get cut off. It should not cut off. But if it does, can you re-enter on the same link? If it does? Hopefully it doesn't. So I'm going to keep going.. I think you answered this question already. Again, I' directing this to Keon, because of his response in terms of sharing on, somebody else said it as well, I know, was it? That said they share online on, like WhatsApp stories and stuff, but have you ever felt as do have you ever sorry, held back on sharing a performance online due to the fear of judgment, because you know, I know that you said people comment and you feel good. I mean, you feel bad because you feel as though you did bad, but they liked it. But have you ever held back from sharing a performance due to fear of judgment or comparison, like, nah, I think Jeffrey was, like, a lot better performing that song. I don't know why you performed that song. You should just leave it. Leave it alone. Have you ever not posted something because of that? No, not really, because I think that, as of somebody who wants to be a performer, you have to get comfortable posting your own music. Yeah. No matter how you feel about it. So I try to, even as it's mostly my friend, it's my friend and give my contacts, I' here. I will see it. So naturally, they will have a more politly because they know me. Right. But I just think of it as like practice and for the future in that kind of way, even if I'mcomfortable if I don't really pull back. Any thing is, a lot of persons who are your

friends or just in your circle musicians as well, you were saying, right? So maybe they may not be soft on you or do you think because they knew you, they would be soft on you?, but sometimes they will, like, say where I could have improved, because I play in a band as well with fellow. Not cost me sweat fellow musicians. And when we played pieces together from time to time, we would come in and watch each other the table could improve the owneror. Like we and we told, and I had a sole and I just knew that I could have done so many different things for that solo. They knew as well So they would tell me how I could like, as I view them much better than me, they could help me improve and I could try and help them improve where I can. That's perfect. That's the kind of friends to have, Jess. In terms of like having musicians and stuff because if you people could give you, if they can give you positive criticisms or just anything to just help you improve, become better, and, you know, move from one level of performance ship to another is. Yakag met than that. Because there are a lot of people who would be afraid to tell you power performances and also you have to take into consideration everybody should take into consideration that all the feedback that you get is not necessarily warranted, right? So some people like to give you advice and, you know, you don't need to take it all the time. It's just something for us as artists stories know that because people just, I guess this is the age we live in as well, social media, the comments, go wild. I'm sure you all are all attest to this, right? Like the comments is the comments section is the funniest section. I don't need to look at the posts, honestly. I'm just like, oh, this is crazy out here. You can. You can test it, I'm sure, right? It's crazy. Yeah. So, you know, I think that's a great thing that you have going, for sure. Anybody, how do you manage nerves or anxiety before performing? Because most of you all have spoken about how difficult it can get before you perform how much things go on with your body and your mind, before you actually hit a stage or before you do an examination or anything. How, if at all do you manage nerves or anxiety before your performance? Well, my teacher always tells before, but it does not.. Sometimes in my life, but most like time it doesn't. But I try to still kind of relax on like, let you sound book. But it depends sometimes Okay. Anybody else? I lots of deep breathing, not like close my eyes, I kind of, but it's like breathing, intentionally. at this way like I mentionedces, cases where it's like not professionals. I remind myself that you are the only person here can read this paper and know what you want to win, so do the best that you can and then will know the difference. Then you' play wrong or not. That helps a bit. in terms of professionals. I just stick with reading in and just kind of remember myself that, you know what, I kind of I did what I could do. And that's what I didn't do what I could do, and just give it the best. I usually say, this a prayer. And I'd be like, Lord, please, please don't embarrass you child. He'ass your children. He do not embarrass your children. not embarrass me. And, you know, he comes true. So, you know, I talk to know, I talk to myself, I drink some water, and all, and I get I blew it to my food a lot. So I said, good water, I just blew like this on my food itself so I could be in the move. I'll be like, you know, I'm here, do it. I can do this, you know stuff like that. It helps a little bit. Okay. It does. Lovely. Anybody else? Just looking to talk about praying that's like one of the first ones, things that I was thinking about. Sometimes our prayer really goes far. Sometimes group prayer, really, it was wondless. Like, you know, everybody class fans, like it really feeling moments, like you with these people, they're going to go out there, we're going to perform as as we can. And, you know, like you'll get energy or probably people around you. be good vibes and stuff like that. So, like, it helps you calm yourself. I feel like that's a. That's a, that's a good, you know, there's strategy. Lovely. Lovely. Kaden, do you have anything that you do? That's maybe different to what they do? I'm all too scared, happy just do it. the stage, I get it done. Okay. I don't really try and manage it. Oh. So, big question. If you don't try to manage it because I know you said after you feel the dread, right? How does that work? afterwards? Because now you're just like going to do it, we're going to do it scared, we're going to whatever happened happened, but we're doing it, right? After Yeah,

because I'm. I'm not going to not do it because I'm scared and I'm not going to like, freeze up. But I do freeze up, but I'm not going to let myself up, freezzer just because I'm scared. I'll try and do it no matter what. Lovely. What happens happens. I put another break as possible. What is that is up to the God and the audience. Okay. Beaut the man. And who? Maybe the stage man. Oh, boy, I love it. Okay. All right. It's taking everything in meat to not like give. Like some suggestions of things that can, but I can't because that's not what this particular research is. But soon I'll be able to assist you all with that, right? One more question. Two, actually. But is there anything else, just in general? It's just a wrap-up session? Is there anything else that you would like to share about your experience in music on social media or just music performance, anxiety, in general? Anything at all that you might not have touched on, but something that you just would like to share with a group Mia somebody wants to do music in the future. It is scary. I guess they're just like a comment of each thing and getting older, but for me, when I realize I'm getting older, still doing music, and home hard and difficult music as tickets and to ambu over time. Because I want to play an Anusha travel. If it's scary to know that, I might not accomplish that and then what do I have after? And then I see all these people accomplishing it doing it better. I'm like, do I really deserve to be understand blah, blah. Y I still do it. I don't understand that. I still do it. But I guess it's just more like a fear thing. Yeah. Because with the access to social media, we have so many perspectives around us. But and I guess really close your judgment knowing that so many other people have been seeing things as doing it much lesser than you. But it never really stuffed me, like stuff me, stop me, is maybe hesitated, like it has really stopped.. I mean. what I will tell you is that. I'm sure that you can do it, and I'm sure that you get onto a cruise ship, right? Dooubt yourself. And the good thing is that you do it scared. That is the greatest mentality to have, I assure you. right? And this industry? Again, it's not an easy industry. It's a great industry, but it's a very difficult industry. And you know, the industry also has appetism on all the other great things that goes along with it. But I'd like to use those things as excuses where that could get or do, I assure you can do it. I also worked on a cruise ship. I mean, it's a beautiful experience. It's a very difficult experience, but if you want to do it, I assure you you can. All right? Just steady course. Continue to work hard and as long as it is for you and if it's still a designing hard, maybe he'll make it happen. You'll me the right people that will take you where you need to go trust all right? And people always calling me for people, so you never know. Right? So, you never know. Just keep working hard. Just keep working hard at that. My final wrap-up question, um and I think I would love if all of you could answer this to us't have to be long at all. If you could give advice to any other young musician about managing social media pressure, what would it be okay sorry. I feel like. The limit in or like, um what the one I wanted to see? here, but it's not here.. It's like, a. Oh, my goodness. Okay, so let's just describe it, I guess, like your li many amount of time on social media, to extent. Like, amount of. I know there's a sometimes you just go away. You are not obligated to just stand down and watch that ugly video about this artist or what this person is doing. You are not obligated to do that. So just, I think maybe no win, maybe hopefully, like no win that is like they able to like take this and probably from it's a bit more. Maybe Lovely. Lovely. That's okay. That's a big one and you are quite right. Anybody else? Unless you are exactly in that person's position, you could never be there and they can never be you. So my doesn't mean my advice. It's like, yeah, okay. They can play Fly T Bumblebee at 10, but you not. You have not done what they are doing. Not can you do what they are doing? Because you hear me in middle of the time and have to resources, and that's okay, so the best, you can do. And God say university way if it's meant for you to stress about it too much, to the best you can, and go to figure it out. Yeah. It's so weird. The least show up. Mine'll be like, you know, everybody is different, and if you're not at that level, at that point, that doesn't mean you wouldn't reach there like ever. So I guess it's like, you know, just take it, r green or so, salt, like, you know, everybody

different as Diny say about it. Some people have all of school and on, and in a half the time, energy, take put in a lot of time, you know, you' never be like them like, someone, I could take 60 years to reach 3 eats and you could someone else could take two and that's okay. So, you know, it's like,. Yeah, you can come here. It's not going to compare itself because you know, people are different, so yeah, that's fine. Lovely. Beautiful. And Keon. I would see you to see social media as more challenge than a barrier. I think it's key to comp yourself to the people that you see, but compare yourself in a way that you want to overcome what you see, not that you should be scared over the. And you don't know how long you're going to play music. You don't know what they've been doing their whole life. Maybe they' them their lives slowly focused on one thing. Likely I said, some people are like you could be working and then you also want to develop your music. It's not the easiest thing to do when you have put things to it on your life. Think of them as a bum that all they do is play music. You gave some excellent advice, man. I love that, honestly. Like, I think anybody listening to all that you all said can actually take all of it. and try to, you know, implement that in day a little routine. And that might actually help their anxiety.. And because it's coming from real people, they're coming from real people who have done music who are doing music, who've experienced music, performance anxiety so you know, you know firsth, so you know what to tell them, you know. I just wanna say thanks. You're excell. me stop recording. Recording stopped. You'all were excellent. Thank you so much. so so much for being willing to participate in this research. I just really want to give, I feel like, you know, the Caribbean, to bego in general. We don't have much research that people can actually go back to and assess and I feel it's very important, part of our duty in some way, to give back or give something so that people can then go to look, get some information, we have to go and look elsewhere. Other parts of the world and get it. We could get it right here, you know? So that is just the aim, one of the aims for me, and thank you for being a part of this with me. That means a whole lot. Mayuel overcome the anxiety and if you really, really genuinely love performance love or passionate about it in some little way, I hope that the music for the anxiety in general does not overcome you to the point where you just never, ever step on a stage again because it's something that might be in you. You have a talent, for reason, you know? So itde for a reason. Trust me, you know? And it may not be that you have to be on stage. It may not have to be that I have to be on. Everybody and not meant to be on stage, and that's fine. But it might be able to use it in some other way. So just go through it we yet, unless you feeling the spirit that is really where you have to do throw it away and because I feel like it's in here, it might not throw it away. So just look at it, continue to as you are, a lot of you have said, about it. And made this Juni Mayo Juni in music continue to be one upliftment and less anxiety. So blessings stew all, thank you for a beautiful evening and if you need to get any information from what I did, I'll be open to sharing most definitely so thank your Thank you for having. Definitely. I normally. So sin, as in something, you may not want to commit like a tie, and key like.. Just your cut are just out there. So sin, as in something, you may not want to commit tie like a bow tie, and key, like the keys of a piano. key. Sontai, Bishop, yeah. Right? Awesome. Wonderful meeting, all of you as well. Thank you, thank you, thank you again. Have a beautiful night. And for those of you who are writing exams and stuff, Kash it up. All right? All right, bye. Bye.

FOCUS GROUP (1) ONLINE CODED DATA

So what would you say is your favorite social media platform?

TikTok (it)

anybody Okay. Lovely. Anybody else?

To me, I feel like Instagram. I think that's the one I was using most. (it)

Perfect. Okay.

Instagram as well. (it)

Okay. Okay, how frequently do you use these platforms, you would see, in a given Day?

How many hours?

Let's see. How many.

I on TikTok. If I like to take my manually remove myself from I there for four hours a week. Four hours of my good day. on TikTok. I don't understand it. I get it. It's addictive. It really is. (it)

It really, really is. So I understand. I might take more. So I judge in, a can't judge you.

Anybody else? How much hours you would say in your day?.

Yeah, that sounds very realistic to me.

I feel like people, you know, when you in school or you have like exams to study for, it won't be on as much. But these when the other three do nothing, you're there like, oh, don't want to say 24/7 because that's very unhealthy, very unhealthy but it's close it's close to that yeah. (it)

I mean, that's the honest understand. This is a no judgment zone space, by the way.

So I forgot to start with that. I was disclaimer. So aren't here to judge nobody, so I get it, right? Because I am right there with you, girl. All right? I feel like I'm there very. It's like it's so addictive. It's second nature. Unfortunately, I guess could be fortunately, in some cases. All right, so what kind of music related content do you usually see or post online? Do you post? Let me start with that. Do you post any of your musical content online?,

I not that much of a music Who said that? Okay. I am I utilize my specific instrument, even though it's like all over the place. Because I can play. I have voice, but I don't get videos of those things and I'm advertising myself in those kinds of ways. I don't do that. Okay. I play when I get to play to play and I sing when I get to sing. That's all I've been. Okay. So, yeah. Do you love it? Do you love performing? or not necessarily. I quite like playing pan . Don't really ask me to sing too much. Okay. Too much. Okay.

I like to sing. Fair enough. No problem. Does anybody else, like, actually post? And this, when I say post on social media, doesn't mean that your favorite social media platform necessarily. You could be on a WhatsApp status, Facebook. Well, you all do not use

Facebook. Sorry. But like your Instagram status or something, you know, Anything like that.

Well, yeah, I just posted on my WhatsApp status or something. Okay, lovely. On status, not any page at all. No page. No. Okay. Okay. So what do you typically then, what do any of you see as music related content on your pages? Because maybe as musicians, I'm assuming that you music related content. may show up. The algorithm is the algorithm. So if me show up on your page, do you see any particular type of musical content on your pages?

I get a lot of people playing, like not like songs that correlate with the instrument I play often. Okay, I'm give me an example, because I feel I am just saying words. I play the flute. So, occasionally, I will see like a Barbie, 12 dance and princesses, like, (hums). It will come up with somebody playing it on the flute because that's what it's played on and they'll have that it's a piano and then somebody will have a flute you wear and I'm like, oh, this is cute. You know, some

people be like, oh my God, yeah, she plays the fl. I did. And so, you know, it's like, I don't pause, but I will repost things that I like. So if I see somebody playing a song, I think this would be p, I'll be like, cool, oh my gosh, how cute this is.. I'll do that soon. But I wouldn't like, I okay? Like, if I do something and somebody already puts it up of me playing, which is very rare, is not, I will probably put it on my story on my status, but it's not to say that I will record my myself playing and then go intentionally put it up. Okay.

Totally, totally respect that. Anybody else?

When I practice. I will use YouTube for my songs, like my graded exam pieces. So I guess I well, I use it. (it)

So I mainly have intstrumentalist present. Yeah. Yeah, know if it was like actual, I know it's like a computer. But they play the song practice and it's on TikTok, you see like people post their arrangements, like when they make their own music. Yeah, I like that.

Okay, that's perfect. Yeah, your yeah, So, I mean, we have mainly instrumentalist present and two persons spoke about voice, but don't care to use the voice. So mainly instrumental is present, right? And all four of you. Yes. Okay. Lovely. All right. This brings me to my next question.

Do any do any of you follow like actual, maybe professional musicians, or musicians that are your age who can also be professional, by the way, but musicians, your age, that you think maybe inspires you in some way. because of how good they are they will get.

Are there any musicians that you follow? or influencers?

I follow someone he tends to go all over the place within the country playing. Oh, I hope he goes international soon because he's really a good musician... So he's like a pannist and arranger. He plays with Renegades as well. It would be BP Renegades. So a lot of the people, if I follow anybody, a lot of the people who I follow are pannist, interestingly enough.

Because you play, right?? Yeah.

Yeah. people who are at and things right that, so that's who I would see.

So question. since you follow, since you are a panist and you also follow some panists and you feel as though, you know, you see how good they are, it does that in any way, how does it make you feel about your own performances?

I know that I could probably do a lot more with my talent. I put this quotation on. So I guess it sense, it doesn't make you like, oh, you know, okay, you see this person doing this, whatever our stuff, like, oh, you know, you could probably be doing more too, you know, this probably make it feel like you want to get up and get going. But then I take about it, I have a lot going on in my life other than just be wanting to be to play on me, wanting to be in panama. I have a lot going in my life because right now we have the buying band that I played Panama with for like two years years now. I can't do. They't have a council coming up. I can't go and look to practice, but that concert because of the fact that I am working at 9-6 job. Whenever they might have practice, I don't look to I'm not going to be and be lucky enough to always get a day off we have practice. So that's like the work, playing pan life balance, I don't know how to do it. I see that some of my, some of some of the people who I am following, my friend, some of my friends, one of them, he's working extra food, doing, maybe we'll get extra food. He, but he's in school

like doing you to see. He's also he's also plays in the band. He's going to practices and stuff and he's like, he's bun, he's burnt out. He's tired. I see that and I'm like, I don't know if I'm able to do that. I don't have a car. He's also traveling, by the way. He's doing a lot. Yep. So for him to be doing that, I don't know how I can do that. Yeah. So I think kind of things like that impactality, like it's itself. Yeah. And you're like, oh, I could probably be doing so much more, but at the moments, I can't because like like my life is set up. So it feels like, pressure.

Okay. So what pressure to to do more, like, artistically, maybe? Like, well, as in playing the pan or just pressure as it feel as though people are looking and thinking, oh well, she should do better?

No, no, no, no, no. Okay sure? But internal. Okay, internal pressure. (pa)

Okay. Anybody else? As in, do you follow any musician or performan or influencers and how does looking at them and their work

But when I think about how much effort is because I also have experience with people who have like who are really who high in their career in terms of not even who like just in general musical career. And when they talk about the effort, the time, they take, to be where they are, and they tell me to apply that, oh, and I see other people playing as well as they play and I know because the told how much effort goes into that. It doesn't discourage me (pa) but it's.. It kind of just, I don't know, I'm not to make it, I don't know how I feel about it. I just know, I can't put out 6-7 hours a day to practice. I personally can't do that. And I don't want to be better, but I'm doing what I can to be better. So it encourages me in a way because I'm like, I can't clear that. I just need to practice a little more. I let makes me intentionally fine, a little bit more time to practice, but I'm not going to be ambitious and put 7 hours on a Sunday. It's not happening. It's not happening.

What I love is that you it's realistic. You're making realistic choices for you. I understand how they spend seven, eight hours practicing at the I practice half hour I'll be like.... So it encourages me. But this is one is a little more than I'm doing.

Good, and I respect that. I think those usually are people who want to perform professionally.

I don't know dwell on what they do, but nonetheless, I think those are usually people who really want to do this full time, full time, right?

Most times. Those would be, if you work that amount of hours, yeah, yeah. And they clearly have fun doing it. If you don't have fun even, I mean, after half hour, you're like, deuces, then, you know, it's okay. And the good thing is that you are honest itself. And that I always respect. You have to know. You must know, you know?

Okay. Lovely. So feelings are wrong performances, right?

Anyone. How do you usually feel before a musical performance as in a class performance, maybe a competition, recital, an examination, because I know a lot of you will probably do greative exams. How do you usually feel before that?

My heart and drop into my stomach. I don't know, like, as soon as I realized I have to stand up on a stage or I have people watch me. I start to feel like something is gripping me down. I feel sluggish, I feel like I can't do my best for their practice (show) (pa). It really sucks because most of the time that does happen And then after the performance I feel dread that I practice all this time. I know I played like garbage. And then people just clap and it annoys me because the It's not worth the clap.

Oh my God. I feel that. I truly feel that. You see, some people may consider that, you know, perfectionism. I don't necessarily consider that perfectionism. I mean, I think, again, you know, you know your capabilities and you know you practiced. And because you know you practiced and you feel as though you didn't give your best. It can annoy me as well.. But what I was I was taught growing up, like when I was a part of choir and that sort of thing, and I had little competitions when I was younger and that type of thing. I would my musical lyric at the time would be like, you don't show anybody that you made a mistake. Do not show anybody that you feel bad about the performance. Smile. If they say you did great, and you know you feel as though you didn't give your best. Still say Oh, thank you so much. So I was just thought to, like, I guess, fake it, right? But at least you know within self, oh, I know I could have done better. But taking that away from the people themselves, the audience, what they experienced, because for some of them, they' genuinely thought it was an amazing performance, eh? For some people. They might have been like, oh my God, that was that was amazing.

I've never seen somebody perform that song that well. And if you say to them " you find that was good?" That kind of takes a magic of what you just did, even though you'd think it wasn't that good. But I feel that I understand it like so well because I also experienced that. So I get it Anybody else?

for sure I want to go. Okay, I have varying levels. It depends on, okay, I'm overall always anxious, the perform all the time. Never, there's never been a day in my life that I had to perform where I was calm, collected and cool, never. Since I'm small (pa) Okay., I do agree with Cad with all I will put practice and I put effort in it and then I

will go and I will tremble. Like my my mistakes are not, it's not that I can hide them. (pa) get I've gotten better, but I could hide them because I'm trembling on the piano or my breaths or sound shaky on the flute. So to the untrained eye, it would be fine. That's what fit in levels. If I performance for like a church or like a group of just a random group of people, I'll be less worried. I' still be anxious, but I'll be less anxious because I know that even if I can, if I even do a wrong note, because sometimes most times I' may play a flat instead of a sharp, but I'm comforted by the fact that they can't do what I do, that not to be like boastful. It comforts me to know that they cannot come and play the flute and they cannot identify that, oh, there's a wrong note. You can't tell me that because you can't play the flute. So I will be less anxious. But when I start to perform in front of people who can play the instruments is it's too much. I remember when I pay for sandfest last year. Do one of the judges came to me afterward to ask about my mistake. I knew I made a mistake. I knew it was it wasn't the greatest. But one of the judges came after, and she was like, I could tell you were anxious.

wow. She really said that?

She was nice though. She was nice about. told me I was good and everything, but she could tell that performance anxiety like it overtakes me. And I was like, you know, if you could notice that, then I didn't do a good job hiding it. But thank you, you know? So it really varies, depending on who I'm performing too, but overall, I'm always anxious. (pa)

totally understand. Totally understand. Anybody else? Just one more for this section.

Well, it's similar for me, like, my hands are always trembling, like when your hands get sweaty and you're playing clarinet, that is probably the worst thing that could ever happen when you're playing the clarinet. and it' seemed for me because it also depends on the audience because, like, so sometimes I might play with like University of the West Indies youth ensemble, like at the end of semester. They have, like a concert which is like for their grade. I'll play with them and that's like in front, Family and friends and like that's normal to me. Like, that's not, like, I don't get as anxious, but stuff like exams that is like horrible. Like Everyone in here knows what happened last exam, we aren't going to talk about it too much, but it was horrible (pa). It really, horrible. And it was because I was so anxious like, I was so anxious that it made it worse. Because if it was any other day, I would have played it better. But because I was in front of not only miss my teacher, but another musician who knew like even though she didn't play the clarinet, wasn't sure, she just knows like music that like, it really scared me.

Wow. So like, it happens and like, I feel like it depends on your audience. So anxious you going not feel and you always go and feel anxious because, you know, as you say, you practice, and you don't want to, you know you don't want to disappoint yourself, but what will happen in the performance? There's no only is it only shot to like see, oh yeah, what's see what or your practice in fruroatia. So, like, I guess that's where to the anxiety comes from. Yeah. I I feel, oh, I really do understand exactly what all of you are saying. I didn't realize, I mean, how bad it could we get, you know, for some people, because I'm realizing that it really can become, like, terrible, a terrible experience. And that can possibly even make you feel like I don't want to perform.

Does it ever make you feel like that? Like, I just, like, forget. Like, because of how I feel before this, like, I'm not even going to do this anymore. Has never gotten to that point for any of you? I am in that point right now. Oh, wow. Okay. Yes, I was like, no, I can't do music anymore. Whoa. But after the performance, it gave me a lot of courage. I was like, I couldn't practice every single day. And I did for like a while. But then I was like, nah, I can't, like, I'll peep it. So then I was like, and then I did a concert after and it was fun when now I just don't want to do it anymore. It could actually ruin my experience. So yeah. I'm really sorry to hear that. For me, every time it's happen, I don't I think I'm like thought like as a do in me. Let me just drop music.

I've never really wanted to finalize and drop music, because I enjoy doing it and music has always in my, well, not always. That's a lie. Like it's not my ultimate goal. So I don't really, I can't drop it. I disappoint to that, even if I want to. Okay. Can I just

one more person and there's anybody else ever felt like you're, like, I think I'm just shrub this thing? They making sense. see how I feeling? Mm mmm. I don't like the feeling. Being here? Right now, I'm studying business. So music has I have been a part of my life for a while. Oh. Okay. I't for a while. I just finished one six last year. Okay.. Recently. Rec. What I would say is after hearing, oh, you know, that is, like, what you' saying, actually, like, you know, it touches my heart. It kind of, it pulls on your heart, strings a little bit because, you know, for people who I know love or like performance in any way, no matter how small, I feel like anxiety shouldn't ever have to get the better of us. And so that kind of, I mean, a part of my research of this research can't do it in this one because that would be too big. Can't do that right now. But it's finding strategies. And I mean, I have some that I already started to compile and everything, but like, there must be things, strategies, methods that can assist at music, performance anxiety, because.. I mean, the biggest pop star gets anxious at sometimes at times. The thinkers a ying. Everybody experi it at some point, no matter how big or small. Some people just have it lose than others. But fater gets to the point where they say, oh, I't doing this second again because of what makes me feel. That is the part that, you know, affects me and I would really, really love to get some some strategies. For people like you, you know, just in case there's something that you might want to resort to at some point, again, but I digress. Let me continue. All right, so do you think so moving back into the trying to put both social media and music performance, anxiety together now? Do you think that social media has any effect on how you feel about performing music? You may have slightly touch on it already so you don't have to dwell on it too long, but do you think that you just being on social media and again seeing all the performances any persons that you follow or just the algorithm showing up something after we speak about this, I'm pretty sure you're going to see it on the algorithm. Okay, some music going to rule long. You know, how it goes. But do you think that. Sorry, dude effects? Yeah. Do you think it affects how you feel about performing music? Was there? Was that I? Because you're like, oh, I could be better off. Okay. I could be better. I was like, like, I was need pressure. So, yeah. I feel like I need pressure. I feel like I didn't. Say, sorry, say that one more time. Sorry, I' asking you. Do you repeat the question. Oh, do you think that social media has any effect on how you feel about performing music? And when I say social media has any effect, I mean like just seeing other musicians perform and that type of thing, do you feel us do that affects how you feel about performing in general? Mm hmm. Okay. So the effects you a little bit. Okay. Anybody else? Just one more? IT affects me a lot. Okay. Because when I see younger children, you know, how there's that kind of mean thing, a Chinese child will always re represent you, no matter what you do. Yeah, I've heard people say that I follow. Well, you know, I've never really heard that much in that context, but okay. Yeah. I follow a lot of that just so I number that I would never be, not. But right now I'm not better than a sexy old, so I have to practice more. Oh. And I also follow other other to Florida. Sometimes I will watch them play a piece and then encourage me to learn another piece. Things like that. But I guess I use them as encouragement. even it's like that aren't by them my tell me that I'm not with other level where I could be or should be. And then there's that other people tell me I'm telling dad and I have skill, but I don't feel it compared to the people that I see on social. Okay. That's, I mean, that's an amazing perspective. I didn't really, and I've really thought of it like that. So, okay, in relation to that, do you think that well, you said that you this encouragement, thankfully. It's used as as a form of encouragement for you. Try to try. You try to. Fair enough, fair enough. So that means that you kind of compare yourself occasionally to to the six-year-old or the other musicians. Anybody else so you compare yourself to other performance performers and that, again, you're kind of some persons, I believe, touched on this slightly as well. But because you compare yourself so much, it pulls you back and says it makes you feel like, oh, you know what? Let me nobody with this. Ain't as good as this person I don't think I'll ever be as good as this person so

I'm just not going to do it. I haven't cut myself. I'm surrounded. Okay. And part of me doesn't want part of me doesn't want to be left behind by. Another part of it is like a challenge that I try to surround myself with people that I think about me. So like, well, this is just a pasta. that again? So my goal is to kind of a pasta. And that's just, I mean, I love that mentality. It actually makes sense. Because at least it's not going to make you feel as though you're just nothing you're not of a particular standard and you have to continuously work because let's be real guys, you know, the performing art industry or just you know, what we do in general, even no matter big or small, it is a very competitive industry. And you must continue to work because there are people who want to just, they're going to come up and they're going to meet you and they're going to surpass you. And just like any other skill, you got to keep practicing because that's the only way you're going to keep stay on top of it and that's the only way you're going to stay at the best you could possibly be. So I think having that, that's a real great mentality to have, because using other people that you see as goals, let's say, right? It makes you continuously want to be of a particular standard and never drop that standard. So that's that's a great way to look at it. I would see, right? How does Fip persons who post on, I believe Kaden is one of them, who post on WhatsApp stories and on Instagram stories and that type of thing. How I'm sure people comment, right? They may see something that might like it. Something to you about it. How does C and feedback or comments online about your performance make you feel? So does it affect your confidence or your anxiety levels in any way? Well, I see, just like called before, you know, when I said that the audience with even when I feel it doesn't use your app. seeing people that I respond, well, which I'm different, which we respond to the status or string. It compliments most of the time. Okay. But I feel undeserving now because I know I't put out what I could have a key, even though I really tried to. So I feel like I shouldn't get what they give it. I'm not using it. But I guess. Yeah. Again speak any truth and that all that, you know, that we can do. That's how you're feeling. And I think I also thought like you a lot when I was younger, but I guess as you grow older, you really see things a lot differently. So now, I think one thing that helps a lot is that reality is guys again, you are most times, you are your biggest critic. People are not going to be as invested or look at the. I mean, there are some people. You know, there are people who extra. But a lot of people aren't going to go through your performance to find it cool, unless it's an exam, of course. Right? But we nitpick at every single thing because we just feel like we should have been better. Like, I don't know if I sing a song and I record it, I am going to find so many things that I thought should have been better. But by the time I post it, the amount of comments I might get on it and people saying, you know, good things about it would they can be like, so what I'm seeing is I'm seeing, you know? And sometimes, for me, that makes me see, okay, well, I could see why I do it say this. I like this part, maybe. You know what? I don't like this part. Say, because people give good comments, sometimes, it might change your perspective on the performance. or has that ever happened to any of you? Hello? I'm guessing it happened to nobody. I mean I don't get much online, like responses, but in person, if I was to like go record a like set of me playing, after people have told me, no, it sounds so good, it was so nice. I couldn't use a leave a girl like what I improved on and what is good about it and also what I need to move on. So it is yeah. It does have look at it in a different light. Okay. Kiddens, can I hear your response on this as well? Because I know you say you definitely post. So because you post, what would you see about that question I guess okay. Fair enough. I respect that. Okay, um question for every for, let me see. Elssa, you could probably answer this question. How do you feel about, do you feel sorry that there's any expectation to present yourself a certain way if you had to do something on social media, please a performance or presentation on social media. Do you feel let's do it has to be a particular standard, certain pixels, like equality must like any, you know social media. is intense, right? Yeah. So you feel let's do the expectation of your presentation must be a sitting and it It's almost

like an influencer that has to be like a almost like I could videograph and I could edit and those kinds of things that's kind of level like you, you know? Okay. Okay. Okay. Okay, so question. Do you think social media has changed how people define what a good performance is? Anybody? Interesting. Interesting question honestly. Yeah, just sum it up. Some money. I can probably go a bit more in depth in it. because I feel like the more connected to it. But, yeah. Okay. Yeah. Does't mean, in in cases, especially, like, we are at Tad-wise. I feel like Some people feel like, oh, yeah, I have the grades. So that means I'm a good performer. Right. You know? I' some people who just have raw talent and then going to school for nothing. But they have it, but they would be discounted because, well, particularly they have degree to some of the right effects and extent, maybe, you know, I feel like it's kind of iffy. Yep, I feel like maybe, you know, not impostors when they're like in these states and stuff. So you would see like people just randomly play the violin their little kids there or the guitar or something to affect or the drums or the bucket, you know, those kinds of things don't happen. Yeah. And it'll be, you know, be like, oh my God, yeah, that's such like the perform months and maybe or maybe not there are this council or not depending on what circles they're in. or where they're trying to attempt to show their talent too. But yeah, it's just, it's like a little scale. It's all about3 though, I think. That's actually excellent response. I totally, I actually didn't even really look at it like that, but that actually makes a lot of sense to be quite honest. Guys, I have like four more questions to ask, but I know it is three minutes to to eat. Sorry. Would it be okay if I get 10 extra minutes? I hope that this does get cut off. It should not cut off. But if it does, can you re-enter on the same link? If it does? Hopefully it doesn't. So I'm going to keep going.. I think you answered this question already. Again, I' directing this to Keon, because of his response in terms of sharing on, somebody else said it as well, I know, was it? That said they share online on, like WhatsApp stories and stuff, but have you ever felt as do have you ever sorry, held back on sharing a performance online due to the fear of judgment, because you know, I know that you said people comment and you feel good. I mean, you feel bad because you feel as though you did bad, but they liked it. But have you ever held back from sharing a performance due to fear of judgment or comparison, like, nah, I think Jeffrey was, like, a lot better performing that song. I don't know why you performed that song. You should just leave it. Leave it alone. Have you ever not posted something because of that? No, not really, because I think that, as of somebody who wants to be a performer, you have to get comfortable posting your own music. Yeah. No matter how you feel about it. So I try to, even as it's mostly my friend, it's my friend and give my contacts, I' here. I will see it. So naturally, they will have a more politly because they know me. Right. But I just think of it as like practice and for the future in that kind of way, even if I'm comfortable if I don't really pull back. Any thing is, a lot of persons who are your friends or just in your circle musicians as well, you were saying, right? So maybe they may not be soft on you or do you think because they knew you, they would be soft on you?, but sometimes they will, like, say where I could have improved, because I play in a band as well with fellow. Not cost me sweat fellow musicians. And when we played pieces together from time to time, we would come in and watch each other the table could improve the owner. Like we and we told, and I had a sole and I just knew that I could have done so many different things for that solo. They knew as well So they would tell me how I could like, as I view them much better than me, they could help me improve and I could try and help them improve where I can. That's perfect. That's the kind of friends to have, Jess. In terms of like having musicians and stuff because if you people could give you, if they can give you positive criticisms or just anything to just help you improve, become better, and, you know, move from one level of performance ship to another is. Yakag met than that. Because there are a lot of people who would be afraid to tell you power performances and also you have to take into consideration everybody should take into consideration that all the feedback that you get is not necessarily warranted, right? So some people like to give you

advice and, you know, you don't need to take it all the time. It's just something for us as artists stories know that because people just, I guess this is the age we live in as well, social media, the comments, go wild. I'm sure you all are all attest to this, right? Like the comments is the comments section is the funniest section. I don't need to look at the posts, honestly. I'm just like, oh, this is crazy out here. You can. You can test it, I'm sure, right? It's crazy. Yeah. So, you know, I think that's a great thing that you have going, for sure. Anybody, how do you manage nerves or anxiety before performing? Because most of you all have spoken about how difficult it can get before you perform how much things go on with your body and your mind, before you actually hit a stage or before you do an examination or anything. How, if at all do you manage nerves or anxiety before your performance? Well, my teacher always tells before, but it does not.. Sometimes in my life, but most like time it doesn't. But I try to still kind of relax on like, let you sound book. But it depends sometimes Okay. Anybody else? I lots of deep breathing, not like close my eyes, I kind of, but it's like breathing, intentionally. at this way like I mentionedces, cases where it's like not professionals. I remind myself that you are the only person here can read this paper and know what you want to win, so do the best that you can and then will know the difference. Then you' play wrong or not. That helps a bit. in terms of professionals. I just stick with reading in and just kind of remember myself that, you know what, I kind of I did what I could do. And that's what I didn't do what I could do, and just give it the best. I usually say, this a prayer. And I'd be like, Lord, please, please don't embarrass you child. He'ass your children. He do not embarrass your children. not embarrass me. And, you know, he comes true. So, you know, I talk to know, I talk to myself, I drink some water, and all, and I get I blew it to my food a lot. So I said, good water, I just blew like this on my food itself so I could be in the move. I'll be like, you know, I'm here, do it. I can do this, you know stuff like that. It helps a little bit. Okay. It does. Lovely. Anybody else? Just looking to talk about praying that's like one of the first ones, things that I was thinking about. Sometimes our prayer really goes far. Sometimes group prayer, really, it was wondless. Like, you know, everybody class fans, like it really feeling moments, like you with these people, they're going to go out there, we're going to perform as as we can. And, you know, like you'll get energy or probably people around you. be good vibes and stuff like that. So, like, it helps you calm yourself. I feel like that's a. That's a, that's a good, you know, there's strategy. Lovely. Lovely. Kaden, do you have anything that you do? That's maybe different to what they do? I'm all too scared, happy just do it. the stage, I get it done. Okay. I don't really try and manage it. Oh. So, big question. If you don't try to manage it because I know you said after you feel the dread, right? How does that work? afterwards? Because now you're just like going to do it, we're going to do it scared, we're going to whatever happened happened, but we're doing it, right? After Yeah, because I'm. I'm not going to not do it because I'm scared and I'm not going to like, freeze up. But I do freeze up, but I'm not going to let myself up, freezezer just because I'm scared. I'll try and do it no matter what. Lovely. What happens happens. I put another break as possible. What is that is up to the God and the audience. Okay. Beaut the man. And who? Maybe the stage man. Oh, boy, I love it. Okay. All right. It's taking everything in meat to not like give. Like some suggestions of things that can, but I can't because that's not what this particular research is. But soon I'll be able to assist you all with that, right? One more question. Two, actually. But is there anything else, just in general? It's just a wrap-up session? Is there anything else that you would like to share about your experience in music on social media or just music performance, anxiety, in general? Anything at all that you might not have touched on, but something that you just would like to share with a group Mia somebody wants to do music in the future. It is scary. I guess they're just like a comment of each thing and getting older, but for me, when I realize I'm getting older, still doing music, and home hard and difficult music as tickets and to ambu over time. Because I want to play an Anusha travel. If it's scary to know that, I might not accomplish that and then

what do I have after? And then I see all these people accomplishing it doing it better. I'm like, do I really deserve to be understand blah, blah. Y I still do it. I don't understand that. I still do it. But I guess it's just more like a fear thing. Yeah. Because with the access to social media, we have so many perspectives around us. But and I guess really close your judgment knowing that so many other people have been seeing things as doing it much lesser than you. But it never really stuffed me, like stuff me, stop me, is maybe hesitated, like it has really stopped.. I mean. what I will tell you is that. I'm sure that you can do it, and I'm sure that you get onto a cruise ship, right? Dooubt yourself. And the good thing is that you do it scared. That is the greatest mentality to have, I assure you. right? And this industry? Again, it's not an easy industry. It's a great industry, but it's a very difficult industry. And you know, the industry also has appetism on all the other great things that goes along with it. But I'd like to use those things as excuses where that could get or do, I assure you can do it. I also worked on a cruise ship. I mean, it's a beautiful experience. It's a very difficult experience, but if you want to do it, I assure you you can. All right? Just steady course. Continue to work hard and as long as it is for you and if it's still a designing hard, maybe he'll make it happen. You'll me the right people that will take you where you need to go trust all right? And people always calling me for people, so you never know. Right? So, you never know. Just keep working hard. Just keep working hard at that. My final wrap-up question, um and I think I would love if all of you could answer this to us't have to be long at all. If you could give advice to any other young musician about managing social media pressure, what would it be okay sorry. I feel like. The limit in or like, um what the one I wanted to see? here, but it's not here.. It's like, a. Oh, my goodness. Okay, so let's just describe it, I guess, like your li many amount of time on social media, to extent. Like, amount of. I know there's a sometimes you just go away. You are not obligated to just stand down and watch that ugly video about this artist or what this person is doing. You are not obligated to do that. So just, I think maybe no win, maybe hopefully, like no win that is like they able to like take this and probably from it's a bit more. Maybe Lovely. Lovely. That's okay. That's a big one and you are quite right. Anybody else? Unless you are exactly in that person's position, you could never be there and they can never be you. So my doesn't mean my advice. It's like, yeah, okay. They can play Fly T Bumblebee at 10, but you not. You have not done what they are doing. Not can you do what they are doing? Because you hear me in middle of the time and have to resources, and that's okay, so the best, you can do. And God say university way if it's meant for you to stress about it too much, to the best you can, and go to figure it out. Yeah. It's so weird. The least show up. Mine'll be like, you know, everybody is different, and if you're not at that level, at that point, that doesn't mean you wouldn't reach there like ever. So I guess it's like, you know, just take it, r green or so, salt, like, you know, everybody different as Diny say about it. Some people have all of school and on, and in a half the time, energy, take put in a lot of time, you know, you' never be like them like, someone, I could take 60 years to reach 3 eats and you could someone else could take two and that's okay. So, you know, it's like,. Yeah, you can come here. It's not going to compare itself because you know, people are different, so yeah, that's fine. Lovely. Beautiful. And Keon. I would see you to see social media as more challenge than a barrier. I think it's key to comp yourself to the people that you see, but compare yourself in a way that you want to overcome what you see, not that you should be scared over the. And you don't know how long you're going to play music. You don't know what they've been doing their whole life. Maybe they' them their lives slowly focused on one thing. Likely I said, some people are like you could be working and then you also want to develop your music. It's not the easiest thing to do when you have put things to it on your life. Think of them as a bum that all they do is play music. You gave some excellent advice, man. I love that, honestly. Like, I think anybody listening to all that you all said can actually take all of it. and try to, you know, implement that in day a little routine. And that might actually help their anxiety.. And

because it's coming from real people, they're coming from real people who have done music who are doing music, who've experienced music, performance anxiety so you know, you know first, so you know what to tell them, you know. I just wanna say thanks. You're excellent. me stop recording. Recording stopped. You'all were excellent. Thank you so much. so so much for being willing to participate in this research. I just really want to give, I feel like, you know, the Caribbean, to begin in general. We don't have much research that people can actually go back to and assess and I feel it's very important, part of our duty in some way, to give back or give something so that people can then go to look, get some information, we have to go and look elsewhere. Other parts of the world and get it. We could get it right here, you know? So that is just the aim, one of the aims for me, and thank you for being a part of this with me. That means a whole lot. Mayuel overcome the anxiety and if you really, really genuinely love performance love or passionate about it in some little way, I hope that the music for the anxiety in general does not overcome you to the point where you just never, ever step on a stage again because it's something that might be in you. You have a talent, for reason, you know? So it'd be for a reason. Trust me, you know? And it may not be that you have to be on stage. It may not have to be that I have to be on. Everybody and not meant to be on stage, and that's fine. But it might be able to use it in some other way. So just go through it we yet, unless you feeling the spirit that is really where you have to do throw it away and because I feel like it's in here, it might not throw it away. So just look at it, continue to as you are, a lot of you have said, about it. And made this Juni Mayo Juni in music continue to be one upliftment and less anxiety. So blessings stew all, thank you for a beautiful evening and if you need to get any information from what I did, I'll be open to sharing most definitely so thank your Thank you for having. Definitely. I normally. So sin, as in something, you may not want to commit like a tie, and key like.. Just your cut are just out there. So sin, as in something, you may not want to commit tie like a bow tie, and key, like the keys of a piano. key. Sontai, Bishop, yeah. Right? Awesome. Wonderful meeting, all of you as well. Thank you, thank you, thank you again. Have a beautiful night. And for those of you who are writing exams and stuff, Kash it up. All right? All right, bye. Bye.

Appendix 8

FOCUS GROUP (2) IN-PERSON DISCUSSION TRANSCRIPT

So this is a good response. I have press report I remember we're were. Feel free to share as much as you want to share. I'm understanding simple, right? So we're starting with social media usage. What would you say anybody is your favorite or a social media platform?

Instagram TikTok. Against.

Okay, how frequently would you say you use it?

So everybody's Instagram and TikTok. Yeah. Every day.' properly.? What's that? California, though.

All right, so. So, everybody here uses. TikTok and Instagram. AB.

How much would you say? Honestly, you come. I check. And that I said, I love that.. I just again? Um, Screen time. Yeah, spring time. Phone you better not stop. It was off. Was that? It was off. It's it was off? Oh my goodness.

I would say like, like give me an approximate. How much do you think? How many 24 hours a day.. TikTok. There' be a lot of cows and a lot. But Lovely. That's on ay. E. Eat name.. I love that. All right. What type of music related content do you, if any, do you post online? Me, I. So you post off then? Well. Okay, but you post. Yes. All right. And real else?. I don't post often at all, but music content, sometimes. Is you talking real? I feel. Because I find this. I didn't take any chance. It's just. Uh huh. Come in, come in, we' roll in, because I' take it here and we still. Wait, let wait.

So you could continue.. So the question was, do you post any music related content online?

Sometimes

I any music related. Other than me, it'll be like, what song I'm listening to? Or like, if I cover was nice, I would like be. Okay. Yeah. Lovely. S.

Okay. Do you all follow any musicians or performers or influencers at all on Instagram?

since, I mean, TikTok, yeah, I guess. Yeah. Yeah?

Yeah. All right. How do their post to make you feel about your own performances?.

I love that. I love that. All right. So his ambition. Anybody else?

When you see them perform online.

Yes. Pro.. It inspires you, okay?

It depends. I'll be honest. Sometimes, like, if there's a song I'm learning and I'm like,, I can't hit that over right now and like, they hit it like, is nothing. And I'm like, oh, well, I'm not finishing this video. You're not getting a like.

I appreciate you. It's. I appreciate your honesty. That's good.

Well, I'm good, but good. Right?

Okay. So how do you usually feel before a musical performance? such as a class in class or competitions or examinations or recitals, anything or performances. How do you usually feel before you have a performance?

I depend on what place I am, to be honest,
I get this,.

But if I'm middle or last, I won't feel feel no type away

until I talk. I am. That's crazy. All right, I'm gonna have to hold this in my hand, because I think you're talking too soft. So you go again.. Yeah, I place. Like if our standing, last place, then, I then we cruising.. All right. For me, it depends on like, where I am, not like, what position I'm performing, but the place. Like, it is like a. an actual performance, I just get really, really nervous before. But if it's like to come practicing class and I go with my friends, I don't really feel. I love us. Okay. I don't be feeling. Honestly, if I mine, I'd just be like, let's just get this over with. Yeah. You know what's really cool, what' amazing, is that I feel like even in the last focus group,

there's always one person that Things like you. Some people will be like, yes, fearless, but like, it is what it is. I won't do it nonetheless, so just do it. I just do it. Right? There's a real mental that I have? Yeah, because I guess it those might hit you as hard, or does it? No, it doesn't. It doesn't really hit me. That was real good. Okay. Have you ever felt a person so anxious before performing? No. You see, as like joy, if I being honest, I'll be like, A, if you just gonna go up one, the bus come up to see and smile. Yeah. And you know, cruise. Oh, this cruise. Oh, this crew is a job performance to me. smile and make sure the aud. All right. I just feel nervous and anxious 247. So! Oh! So, it's a given. One only time, I do not feel nervous anxious. This is when I sleep in or when I actually start to perform. And I's always been nervous before I go on, but as soon as I'm on the stage and I get to like, see the people watching man stuff, which is so weird. when I see them watching me, it's like, just gotta do my best. So I just love performing. I think that's right. Yeah. The thing is, I think what usually helps. So that is that stage is home. Stageages like home for anybody who loves to perform really and truly. I mean, it's cliche to see, but it really is. You will be nervy before you touch that say once you start performing, it's like, ah, let me go. You ready? You ready? You want it, you want to go? Because it's home. It's home. Okay. I think you kind of answered this question already, but I still going again, just in case. Can you describe that experience of the anxiety that that you feel? You don't feel anxious, you don't really feel anxious. It really based on you, right? How do you? Can you describe the feeling that you have? Well, performance week it be like, I know if I would like crack move, if I'd be able to make a note that I know I was struggling with the class, if I remember my woods, if people would even enjoy.. Or like, if I would jump down, you know anything could happen... You know, I about. The ceilings could cave in. Like all those thoughts is this be so crazy, but I really do. Like think all of that. Yeah. Wow. Yeah. Look at that. Like, when I was perform was there with the flowers, like, what if this gets in my eye? What do I do? I go like this to the rest of the performance? You know? Oh, my God. Okay. All right. Lovely. Well, little lovely, but I understand.. Do you think anybody, especially people, who post, which doesn't mean like two of you? I feel like. cheaper. Oh, you say boss? I thought you said it didn't post much. I just stuff. Yeah, sometimes me, if I'm going out, and yeah, that's mostly it. Okay. Well, anybody can answer this question then. Do you think social media has any effect effect on how you feel about performing music? A lot, because, you know, when I post on TikTok and Instagram was getting likes on it's from some people it that don't know. If it check you inside, you'll see like 64 people like and I don't know these people. So that just blws your confidence. tell it that somebody out there actually enjoying it so on postpondation. Yeah. And I wanted to do like the flip side of that. Sometimes you will see that people just view it and they didn't even like it. Oh, yeah. Okay.. I know who's not giving a happy birthday like you know. Oh, my God, that's so funny. And sometimes it's like, when I think it, I'm like, no, Julian, that sounds really selfconscious. But, like, since I don't, not self-conscious, self absorbed, you know? And, but sometimes I think it's because I don't post myself singing on a lot. So when I do like get the confidence to do it, like like Yeah, like.. I understand. I feel that. I feel that. You answer this question already? Yeah. Okay. How you, and I think somebody, probably a couple of you answered this question already, but have you ever compared yourself to someone you've seen performing online? Have you ever compared yourself to anyone performed that you would have seen performing online? No, because I'm my own person and I must have my own. Yeah. I love that. I love that.. Okay. So that the thought has never come over? Like I'm. Now that that's fabulous. Trust me, I tell that. That actually probably we should really go on. Because listen. All right. For me, it's only about the notes they're making. others never really look at how they perform in it because I think I'm very confident in how I perform. Okay. But it's more about the notes and stuff. Oh, okay. Yeah. Okay. Miss Martin. Oh. No, I don't really compare myself to anyone. At least I do think I do. Okay, yeah. Okay. What? I really hope I guessing all these things and because

they're giving some good pointers. I don't know why. I still should do that. You I does that as well? Yeah. Yeah. But it's still? Oh, really? You sure? Yes. Because now look can I can move in when its dark, so I was like, is it good morning? Yeah, it is. Oh. Because I'm like, okay, we' gonna leave it then. Okay. All right, where was that? Because I top it, and then we'll see it's still go. Well, right now we's not that, so we don't tell it turn down again and we'll see. Privacy. Okay. Yeah, yeah. All right, so, um it make you you feel when you compare like someone else online to making better notes better than you? Or in an easier way than you? need to stop eating ice to start practicing. I honestly. It is like, it does more to be Lovely. Good. Anything for you? No. don't do anything. Well, I mean, brutal. Okay. How does seeing feedback or comments online, like like shares critique in general, right? affect your confidence anxiety levels, if at all. Amazing. Yeah. So this is where it stopped. But it's moving on here's talking just now. So that's what I was saying. It's moving. Not even moving now. Oh. But when it becomes black, it's not moving. Yeah, it's stuff. Go ahead. You know nice to see people coming, you know, people actually say, keep going and try hard, you know? That's what I really push, man. You know? Yeah, I'm generally confident people. Yeah, be nice. comfort with me. For me, I think it's the same thing as well. Okay. But I don't like, you know, there's always a downside to take like, you pick a good part in that video. Like, you pick our goodness. That's my God. It's okay. On the flip side, because you're talking about good, have you ever got bad critique online? No. No. Okay. Well, I See, look. I think it's the numbers. Just stopping back. I think it's still going. But we will keep tapp up. Yeah. Let's not play that. Go ahead. I think I did not get that bad comment before, but if I did and I'd probably see it, I'd probably didn't take it as how I wanted me to take it. Because the confident this confidence. Okay, no problem... So one bad comment is not affecting you. If you get like, you had a good comment. people say like me, I Yeah. And that, that's a good. That's a word. Yeah. Yeah. That's just real reality... All right. That's actually around the mentality I have, so I'm guessing everybody feels the same met him. Yeah. Okay. Yes. Yeah. How you imagine? I've never gotten a bad commenter. I'm not too sure, but yeah. Well, that's good that you'll have have not gotten bad comment. But question, is it because people, these people are your friends, only who comment on your stuff? No. People I don't know from Jesus,. What, big shot? Oh, I so nice. Yeah.. For me, it's mostly only my friends. Okay. And the friends most likely entertaining back. So, I mean, it's have the honest ones. Well, I mean, I put it on online, I tell it personally, you know? But that's good that you have people people elsewhere commentcing and still commenting good. Because they're going to say bad things, right? So, lovely.. To, um. Do you feel any pressure to post your performances on social media? No. No. No? Probably charm sad because I know. For me, I have to do to edit down and make sure I' good at it. You know,. When I didn't talk, I'll be like, all right, shut off.. But, okay, so you're editing, so that's fine. But do you feel like I have to post? Like, every Friday, I have to pull something or every whenever I have to post something. Yes, because when you the algth, algorithm is you have to kind of attention to because alg. Okay, okay. Uh. So I'm trying to be the algorithm. So how often do you post? You know organized, and there. Love that for you. Anybody else? No? You're the person. I think it's also. because I don't have a set, like, he has a set page posts his performance. Yeah. I don't.. I just post on, like my main and whoever sees and sees it, you know? Where do your post usually? Instagram stories, WhatsApp Instagram stories. And I'll like put it in a highlight. Yeah. I just posted posting. Oh. On your page. Okay. So you're a page person and you're the stories. Yeah. Okay. Come on, you better be there, you though. Like you better be there. I get them a story. All right. All right, so, um. Do you feel specifically, well, all of you, but specifically, you since you post an main page, you play it all in. Do you feel any expectation to present yourself in a certain way? Yes. On social media? I' been a good car at being yourselves as a lot because being on camera and being face to face is two different things. I might have different attitudes. So, no, yes, my Beyonce

is smiling and I be a video smile and talk enjoy stuff and face Smile... Yeah. Is that. You, you. And what do you feel? Like you need to be. How do you feel, you need to present yourself on social media. And I know, I present myself as myself, but also in a good manner, so people look at me as, you, respectable person, you know? Okay. Anybody else? Even if people. so professional. I want to be like him.. Oh, my God. How do you feel to present yourself? Well, do you feel pressure to present yourself in any way to social media? No. No. No. It's not really pressure, but it's more like a subconscious thing. So, mam can't, I might just cause myself for like my my friends.. But like, on my private account, I'll post like all my interests and different stuff like that where I have like closer friends like them, it in. Okay. Okay.. Lovely. Do you.. Do you think social media has changed, how people will be fine what are good performances? Yeah. Yeah? Yeah. You want to wait. Mm. I feel like a long time, you could just post a video that has has, like, scratchy audio and, like, bad bad lighting. And if you can hear, like, 10 good notes, they'll be like, oh, my gosh, this is so great. But now you need to have good lighting, could this goes back.. such quality. You must have come must be clear. Listen to me a little talk. I like this. That's good. And these they all know that because I feel like even though we live in a digital era, I feel like a lot of I don't I'm going to say younger people. I feel like you all know that already. But a lot of people still put very bad quality things. Yeah. They just it's a reality. You know, and even living in an Europe where people really want high. highest quality. Yeah. Yeah, yeah, yeah. So, you know. So do you feel any, what was the question? Do you, yeah, do you feel, do you think, sorry, social media has changed up you find was a good performances? Yes, I love. I know because. I reallighted for real for you? Because when we we performance, who will play us that? I was when I wanted to who said I was like, when people like how we just start and I just see it and there's smaller light of me in the middle are small and closer. So, you know, it was really a human mind. And then I saw our next performance we were playing some it was the same light and big, I was like, worried, I b liked it. But people didn't take it on, they was here and they knew it and I was like, okay, that's But you know that you could edit Unlighten it, all right? And you could also zoom in in will decrease the quality, of course. But, I mean, you could zoom in a little bit at least. The truth to see you a little better. I Now, that's some crazy stuff. I think that is where the first haven't actually started. Stop. Yeah. But that's so weird, because I don't think I'm. Anyways. I don't think it has ever already stuffed people. I don't. It's fine. I think it'd go in... I would definitely be checking it before you leave.. Where was I? Right. In terms of thinking, defining whatever a good performance is, we know that the package the packaging of the performance must be good, right? But I think. What I wanted to get on this question specifically was, here social media changed how people define out and good performances. Even judging the quality of the contents to the actual performance can be two very different things. Do you all agree? Yeah. So the performance itself. So you saying, okay, you know was good, you not so accurate. So it was good. But I didn't like you liking, I didn't like this, and I was to post it because you know, people might have be like, you want to watch because you liked and I wasn't good I a scene, I might just seeing notes. Do you think people who want to highly grade on the other, or should they be a complete package? They should be a complete package, but knowing people, they may hold one to a hide. It really does depend on the person already.. Some people just off and be like But for you. Personally, what do you think, do you think that social media has changed how people define what a good performance is just holistically? Whatever that means to you. I think they were still kind of value notes, like how you sounded stuff over how the video is professionally taking. Even though, like, if you're trying to get a job, they would want it, like, more professional. But, like, if it is posting for people to see, I believe that's a lot of people, especially around our age, will more focus on the notes. Okay? Yeah. Yeah.. Yeah? I can actually attach to that because from experience or personal experience, seeing that I try to post very high quality things on my page,

right? But I might have done a performance anymore. It was good. quality the quality, whatever I call it was.. But I think, yeah, it would have the opposit because it's still a good performance, right? And I don't care, because I mean, everything else is good. I mean, there are times when any reality is people don't have it's not that good. So that would mean that you're not going to post it. I mean, you know, you're still going to try to present yourself in a particular way, but people will understand they'll be understanding of it because they know that it's not ale content bad. It's just that this happens to be bad and it still wants to share it with us. right? Okay. Have you ever held back from sharing a performance online due to fear of judgment or comparison? No. I don't care. This is that you. the confidence. All right. just sudden you say I don't care. Exactly.. Exactly. So you don't care if they say good, I said it. I would take the good comment to nobody. But I come and time and take itine. If it's like performing, like. Like constructive criticism. Yeah. I will take that in mine and I'll be like, all right, there's., you know? I'll do that. But if it like you say, you suck. Yeah. You be like, I would like your message. I would like your message. Well, that's. I feel it. That's it. Have a blessed. That's your way. Have a blessed day. Mm hmm. Anybody else? Um. Personally, I don't even know if I' us think about judgment from others. Kat has already judged myself so much. It'll just be me. I feel that it' you. Thank real good. Oh, um.. Yeah, I't I don't really care. Yeah, yeah. People. Yeah, I. Yeah, I like you have judgment and stuff. That't really bother me. I just bore my day normal. I feel? That's me. Yeah. That to me., oh my goodness. That's great. That's a great. You see that? What you said do I understand? Because what I would do is that I would judge myself so harshly, I would judge for everybody already. So whatever they say, I I already, I mean, you can't say was me. You can't say? Because I already see this needed to be better than that. And funny thing about this, most people always see great things. Yeah, and they like don't see what we see because they. Because sometimes you know a perform that did and they perform itself. So you know when they say, hey, you perform good, you'll be like, yeah, turns. No, it in yourself, you could have done better. I think it's also because we're watching ourselves from a performer's eye and they're watching us from.. Yeah, to be entertained. To be entertained. I love it. And you are your biggest fritting. know that. No always be. You would judge yourself passion and anybody else would. That could be a good or bad thing. Friends on which type of up to you? Yes. No, I tell. I I hope people't that, though. I really do. You see that I hope hold on to that because it's easy. And the h world, right? And the more you course, the more you expore exposed to a bigger audience, the more comments are going to come in. That may not be as stable, as the ones you're custom getting. But what is that going to do to you? You know? And how do you cope with that? Is it that you still hold out the mental. Okay, for them, I get better. I mean, you comments on to that. But you know, the one bad comment is usually the one that is hold on three most a lot of times. But as good good at you doing. That's really good at you don't. So you hope to stick with that. All right.. How do you manage nerves anxiety before performing, specifically to Julian, since Julian, is he, who mainly said that.. I count. Okay, I count.. How many numbers I feel like you need to count two? It depends. Okay. Like, it really does depends. It could be I need it from, like, 100 or.. like, that account. And I just do this in my hand, in my fingers. I' I do this? Is is such a habit? So. Yeah. I does do this a lot. And I could crap, like a lot of my bones, so I just do that a lot. So like I just b. Yeah, because I'tacked my elbow. Like this right? You? Like that. I was good crack, G-b. I mean, crack. So I crack, I crack, like I crack like this. And I was like, look like this too. Yeah. I would crack like this on this. Yeah. Or this. Or like, you know. Or someh I'll put it back up to crack from. I was doing cracks a lot. Yeah, so like, if I knew first and even if we're not cracking, I'll still be like this. Like, that how node, when I'm not like this? Yeah. As a no no. Right.. Okay. So you found and you crack. That's interesting. That is the first game color. I think a lot of people. just remembering some of what the Lass of the students spoke about. they do very different things to you. So everybody find they

find what works for them. And I think what they do, I tell them more common. So pray, of course. Breathing. I prayreathe.. I pray. Oh my God. Breathing, which is to me, well, I believe in breathing or breath. So when they said, I was like, okay, good. They breathe. But it's I like that you choose, well, you do different things. I can say something then. Of course. I think what also makes it kind of different. A lot of people don't know this kind of talk about it. I have OCD. So a lot of the things I will do would be kind of different. And I have a thoughts process will be kind of different and stuff like that. Okay.. Yeah. Fair enough then. Are those exercises that they told you, do help you, you? No? Mm mm. Okay. Even though you look at move us necessarily, what do you do before perform? Yeah, I a little dance. Serious. Oh, this hits another dance before performance. No matter who I girl. What does I love that. That's fine. I love that. You are the Everybody does join in when. Yeah, like if I see someone that I had a performance. I see him like, something wrong with me. But, you know, it was coolant, so. Really? I too. Period. Love that. Period. Indeed. I. Yes, yes. The empty J. Ch. I really didn't think that she was supposed to say that. On the finals, all Joy was coming on me saying it, I'm hungry.'ll leave soon. Joy. I'm hungry. And I'm like, yes, Joy. Wow. So you been hungry before. Yes. Wow, that's interesting because I can't even perform. Really? I'll feel. Like that, like I. I can quicker if I'm doing a play. And I am the lead actor, in no way I'm meeting. I'll drink others juice or water and then go up on. And I have the sing, it really depends on how far apart, I may try to eat something, something, something, and then cut off at the set time, record and just center. I guess the reason I wouldn't eat this because of the whole singing thing and like, you know, you had to be careful the way you string. But if not enough to be careful, I was feasted, honestly. You how I dance my leg.. I. That's Actually, that's actually one of the biggest reasons I do in because you never know how will to feel before a performance after eating and what you eating and if it's steel and if you never know what you never know. and to not be able to go on stage, oh, it's unfathomable to be. So, like, I'm like, oh, I't Oh my God. Yeah, I don't eat food I don't eat food I eat. I know I feel that's great. That's good I do that and you're young. That's good. Okay. So that's how you manage. You manage help really need food, so to get food. D and cracking. Go crack.raken, like, I just finished the sexy. Kraken remind me of chemistry. Like, I don't want to go back right now. Oh my God. Oh, cry. That's the thing in chemistry. Look at that. Yeah. Okay. Okay, so wrap up questions. Imagine that.. or seven. Shocking and you introduce questions so people? Yeah Yeah, Oh, because maybe because I have one less season. Because Oh, yeah, sure. I come. Shaya and Alistair. Oh. I need. So the question. I think that's why, because when you have more voices, it's critique a little longer. So, um is there anything else you'd like to share about your experience with music, social media, or performance anxiety? Music is. Breathe. Music? Yes. Music. Oh, my. I's. I know, by the way, I' you. I know. Coca, Pepsi. Why do I know? I like so music.. Yeah, so one, two, two, four. Oh, yeah. The triang the thing you're talking about. It's an oval. It's the O. Right. That, yeah. Quit, but I mean, but I want you this I said to be I'm,. It's. So wait, question. No music here. There wasn't a show. Oh, I was I know that. I sure. Is it Harry wood underneath it? I could read it. No, I have to read it, but just. just that the words are she could read it. Well, yeah, you could read that. I have to read it by. I just seeing this little block that's on a line.. read by air. I mean, you by an. That's very cool to me. Meaning. song sing by. Yeah. So? No, song song, he didn't learn it. Oh, good. Yeah. It's.. In terms of, do you, um. read music? Sorry? Yeah, well, yeah, well. You don't know what I mean like read music, right? I don't know about reading Like the music like that the actual notes. Do you know where DC T Sharp? They can read music class? Okay. No, they are different levels to reading music. Yeah. So it's the beginner level they half? Beginner. Okay.? Whatever's underneath beginner, is where I am. Oh, my God! Anybody else wants to share about the experience with music in general, your journey. We started to where you are at now and how you feel about it, and the anxiety you feel. Did you? You attempted to start, but. I think music is like the best

thing in the world. Hey, Honestly. Yeah. Like, when I started, when I was young, as I was singing in, like, elementary school, primary school, like, for all the talent shows and stuff. No, I was singing it before that. And there's this time my mom always reminds me of what do you call kindergarten here? Kinderarten. Kindergarten? Okay, yeah. And she was like, for like the graduation thing we had they had all of us singing and Julie was singing over everyone. I was like, oh, don't remind. Don't even bring that up. Why am I singing over people? I'm telling you, like, as a child, your parents would always know. I think you can't be a performer. There's say no. There's no. You could see the child and the things that they do and you're like, whoa, let's My mother says, I was a when I was smaller. Me too. just become singers and something, I heard that too. I' voices. voiced. My. I used to cry so much. I still cry a lot, but... That's not, not because I'm sad. Like, I'll some. Yeah. Yes. I had to clear that up. I was like, are you okay? Oh, my God. My mom told more like this stuff. I used to be. I could see it. Like I used to sing and I quiet and che. But when I used to live by myself, like that is one time I one on the fuck I was like, what's fucking cheating.. Oh my God. It was crazy. That's like the opposite to me. I said it, it was wind. I thought I wind. I' no wind. That was feeling. That's good. That's good. The opposite to me now because Mum was like, when I was younger, I was out there. Like, I would go up to people and say hi and sing to them or whatever... And she used to be like, my mom in, right? I used to go on my mom and say, hi, I'm. I can see that. What? I can see that. Finish your point, finish your point. She said that I used to talk a lot, like a lot, a lot, a lot. Now, very reserved. And you like, yeah. I don't know if I got the dollars, but.. When you at your performance. Without a note. How was that? I was on menace. Let me action. Let me. So, um. Any feel towards on social media? Or performance anxiety, you know? Social media could be a best friend or enemy. That's a way to. Why are things to make you? Because community itself.. And sometimes, you can have good comments about this how you read it too. That's quite true. Because perceptual is everything. Like, based on what you read, because I always, when you write something, it's really up to your reader's interpretation. When somebody says something, at least they can hear the reflections, they can hear the intonation. It might have a better ideas to what they really mean. When they read it, you're like, oh, that. That would sounds so good with no emoji.. Are we being sarcastic here? And that's, you know? Again, that's again, look at the time we live in. You have to have a emoji on it. At the end or in middle somewhere to lighten the tone or to make it you know, it just that just workss. It's with what you and said about the community, I feel like in every community, there's always really negative people who like the know it-all. That's quite true So I feel like the bigger get, you will always have someone like like that. So like, none of us has received a h coming yet, but like, Jaden, he's growing big. So like, someday flying all countries on stuff. They get. Big money, like, send some money Yeah., you will be coming too boy. Yes, like, I have friends. What I'm talking about? I'm talking about? together, guys. Uh. talking to you? No. Are you? What's talking? All right. Yeah. talk you. But good. So it could make you break you. It can it's a good space to either motivate you and your talents and make you become better or it can actually put you completely away. Yeah, and sometimes you might be surprised to comment on your video. I swear, like Josh right, comment. about that. He was like, he didn't message you too. Yeah, he had like, you know. Keep there. I was like,. At the end though I was like, I'm in, like somebody who you look up to, so that's good. Yeah, oh, look up. That's excellent. Lovely. And you see, you know, for artists who are out there in the public eye already, sometimes we don't know, well, when I do interviews with students, I realize how much people really look at me. I'm like, oh, okay, there doesn't think about it. and that in itself is a more TV top to keep going. Like, I literally am like, okay, cool that stuff because of how much, like, yeah, because they really don't realize how much people look at you and your work and that kind of thing. So I'm happy that she was able to do that for you. That's good. My kids need that because trust me, you going to be that for somebody else. And I

things. S thing. You. You're going to be that for somebody else. So always remember that there are people that I'm looking at you right. Yeah. All right, final question. If you could give advice to other young musicians who are, if you could give any advice to other young musicians about managing social media pressure, what would it be?, if it's a music page only, have your parent monitored too. The music page? Yeah, there are creeps. A lot of them. There are so many creeps. Please have your parents, like, help you.. And don't think you're on your own. And as more. Say than believe it yourself, but just one mean comment doesn't define you or your talent. You have so much to grow in know? Like, I thought I was good two years ago. I cannot listen to anything I said to you years ago, but you know, and I think I'm good now. Two years from now, I'll be like, what? You know? We will grow. You' grow.. Mm hmm. We come better, by day. Who's else? We are you, performing and stuff. In the whole, the whole performing, hands and stuff, you know don't beat up on. Don't you go there, do your best, you know, make sure everybody have a good time.Cause you will get negative comments anyway, go, you will get an. negative comment. You will, Keep it up, push for. Keep. So that's. That's a day definite word. Now. I enjoy. I shouldn't think of a song. Yeah. I agree with that. Yeah, nice, yeah. You have nothing to contact? No. has not. So, if you have to think of one, listen, is exactly like you. Who thinks exactly like you, and you might have needed some of counsel. Just assist you moving forward. What would you tell your younger self? Or what would you tell yourself? From your knowledge that you have right now? Hmm.? She was like, if you could, like, tell yourself, you' younger. Yeah, your younger self was like, maybe struggling with anything in music, what would you tell them to help multivate? based on what you have learned thus far and where you are now in your life and your music, and what may help you if you can give yourself some advice to help you from the rod that you might have been in when you were your blush? I' Only tell yourself.. Tupper. And don't give up from what I tell you I'm trying to you. Yeah, that was supposed to do. Okay. Bring his key down. Bring his key. All right, lovely, lovely people. And just like that, you go to the end of this focus group session. Thank you so, so much. But I'm going to go with those things and make sure we have a thing, right?

**FOCUS GROUP (2) IN-PERSON
CODED DATA**

So this is a good response. I have press report I remember we're were. Feel free to share as much as you want to share. I'm understanding simple, right? So we're starting with social media usage. What would you say anybody is your favorite or a social media platform?

Instagram TikTok. (it)

Okay, how frequently would you say you use it? So everybody's Instagram and TikTok.

Yeah. Every day.

All right, so. So, everybody here uses.

TikTok and Instagram everyday. (it)

How much hours would you say?

Honestly. Don't keep count, it does be off and On. .

give me an approximate. How much do you think?

24 hours in a day.. TikTok. I don'treally keep track. (it)

Tik Tok for me would be a lot. But Instagram probably like 8 hours a day (it)

Honestly...8, 9, a full work day. (it)

I love that, that's good.

What type of music related content do you, if any, do you post online? Me, I does post anytime I perform or any small editor.

So you post off then?

Well, not often

But you post.

Yes.

All right. And anybody else?.

I don't post often at all, but music content, sometimes.

So you could continue.

What was the question again?

So the question was, do you post any music related content online?

Sometimes I would post me but not that often. And if I post any music related Other than me, it'll be like, what song I'm listening to. Or like, if a cover was nice, I would like post it. Okay. Yeah. Lovely. Okay.

Do you all follow any musicians or performers or influencers at all on Instagram?

TikTok, yeah, I guess. (it)

How do their post to make you feel about your own performances?.

It does just be driving my ambition.

I love that. I love that. All right. So it drives his ambition. Anybody else? When you see them perform online. Yes. It inspires you, okay?

It depends. I'll be honest. Sometimes, like, if there's a song I'm learning and I'm like,, I can't hit that note right now and like, they hit it like, is nothing. And I'm like, oh, well, I'm not finishing this video. You're not getting a like.

I appreciate your honesty. I appreciate your honesty. That's good. Well, not good, but good. Right? Okay.

So how do you usually feel before a musical performance?
Such as a class in class or competitions or examinations or recitals, anything at all, performances. How do you usually feel before you have a performance?

That depends on what place I am, to be honest. If I'm first, you will get that nervous feeling. But if I'm middle or last, I won't feel no type away until I'm on top the stage. Yeah, that depending on the place I'm in. Like if I'm first, the nervous feeling would come, if I'm in the middle or last place, then, I would just be cruising.. (pa)

All right. For me, it depends on like, where I am, not like, what position I'm performing, but the place. Like, it is like a. an actual performance, I does get really, really nervous before. But if it's like to come practicing class and I go with my friends, I don't really feel nervous. (pa)

Okay. I don't be feeling. Honestly, in my mind, I'd just be like, let's just get this over with. Yeah.

You know what's really cool, what' amazing, is that I feel like even in the last focus group, there's always one person that thinks like you. Some people will be like, yes, feel like this , but like, it is what it is. I doing it nonetheless, so just do it. I just do it. Right?

That's a real good mentality to have. Yeah, because I guess the nerves mightn't hit you as hard or does it? No, it doesn't. It doesn't really hit me. That was real good. Okay.

Have you ever felt nervous or anxious before performing?

No.....You see, as like joy, if I being honest, I'll be like, we just gonna go up on stage, do we best, come off the stage and smile. Yeah. And you know, cruise. We always cruising. We always cruising through a performance to me. smile and make sure the audience have a good time, I good.

All right. I does feel nervous and anxious 247. So! Oh! So, it's a given. One only time, I do not feel nervous anxious, is when I sleeping or when I actually start to perform. And I does always been nervous before I go on, but as soon as I'm on the stage and I get to like, see the people watching me and stuff, which is so weird. when I see them watching me, it's like, just gotta do my best. So I just love performing. (pa)

I think that's right. Yeah. The thing is, I think what usually helps with that, stage is home. Stage is like home for anybody who loves to perform really and truly. I mean, it's cliché to say, but it really is. You will be nervous before you touch that stage once you start performing, it's like, ah, let's go. You ready? You ready? You want to go. Because it's home. It's home.

Okay. I think you kind of answered this question already, but I'm still going again, just in case. Can you describe that experience of the anxiety that you feel? You don't feel anxious, you don't really feel anxious. It's really based on you, right? How do you? Can you describe the feeling that you have? Well, performance week it's like, I wonder if I would like crack my voice, if I'd be able to make a note that I know I was struggling with the class, if I remember my words, if people would even enjoy.. Or like, if I would drop down, you know anything could happen... You now start to think about it.. The ceilings could cave in. Like all those thoughts are so crazy, but I really do. Like think all of that. Yeah. Slip. Yeah. Look at that. Like, when I would perform in and they would throw flowers, like, what if this gets in my eye? What do I do? I go like this to the rest of the performance? You know? Oh, my God. Okay. All right. Lovely. Well, little lovely, but I understand..

Do you think anybody, especially people, who post, which is mainly two of you? Oh, you say you post? I thought you said it didn't post much. I don't really post I just post relatable stuff. Yeah, sometimes me, if I'm going out, and yeah, that's mostly it.

Okay. Well, anybody can answer this question then. Do you think social media has any effect on how you feel about performing music? A lot, because, you know, when I post on TikTok and Instagram and you're always getting likes, it's from some people you don't know. If I check my insights, you'll see like 64 people like and I don't know these people. So that just boosts your confidence to tell you that somebody out there actually enjoys it so it pushes my ambition. Yeah. And I wanted to do like the flip side of that. Sometimes you will see that people just view it and they didn't even like it. Oh, yeah. Okay.. I know who's not getting a happy birthday like you know. Oh, my God, that's so funny. And sometimes it's like, when I think it, I'm like, no, joke, that sounds really self-conscious. But, like, since I don't, not self-conscious, self-absorbed, you know? And, but sometimes I think it's because I don't post myself singing a lot. So when I do like get the confidence to do it, like like it Yeah, like.. I understand. I feel that. I feel that. You answer this question already? Yeah. Okay.

How you, and I think somebody, probably a couple of you answered this question already, but have you ever compared yourself to someone you've seen performing online? Have you ever compared yourself to anyone performed that you would have seen performing online? No, because I'm my own person and I must have my own. Yeah. I love that. I love that.. Okay. So that the thought has never come over your mind? Put that on my shirt!. Now that that's fabulous. Trust me, when I tell you that. That actually probably should go on a shirt. Because listen. All right. For me, it's only about the notes they're making. others never really look at how they performing it because I think I'm very confident in how I perform. Okay. But it's more about the notes and stuff. Oh, okay. Yeah. Okay. Miss Martin. Oh. No, I don't really compare myself to anyone. At least I do think I do. Okay, yeah. Okay. Yeah, yeah.

All right, so, um it make you you feel when you compare like someone else online to making better notes better than you? Or in an easier way than you? need to stop eating ice, need to start practicing. It is like, Jayden say, it does motivate me. Lovely. Good. Anything for you? No. So it don't do nothing to you? No. Wow. Ok

How does seeing feedback or comments online, like the like shares critique in general, right? affect your confidence or anxiety levels, if at all. Amazing. Yeah. It does push you a lot. Go ahead. Go ahead and talk. You know nice to see people coming, you know, people actually say, keep going and try hard, you know? So That really push me, and You know? Yeah, I'm generally confident people. For me, I think it's the same thing as well. Okay. But I don't know, there's always a downside to take like, you pick a good part in that video. Like, you pick a good part in that video. okay.

On the flip side, because you're talking about good, have you ever gotten bad critique online?

No. No. Okay. I think I did not get a bad comment before, but if I did and I'd probably see it, I'd probably didn't take it as how they wanted me to take it. Because the confident this confidence-ing. Okay, no problem... So one bad comment is not going to say nothing to the other comments. No negativity. So one bad comment not affecting you if you get a multitude of other good comments. Twenty five people so like me. And that, that's good.

That's a word. It's always going to have haters. Yeah. Yeah. That's just reality... All right. That's actually around the mentality to have, so I'm guessing everybody feels the same as him. Yeah. Okay. Yes. Yeah. How do you manage? I've never gotten a bad commenter. I'm not too sure, but yeah.

Well, that's good that you'll have not gotten bad comment. But question, is it because people, these people are your friends, only who comment on your stuff? No. People I don't know from other countries just be commenting. What, big shot? Oh, I so nice. That's very nice. Yeah.. For me, it's mostly only my friends. Okay. And the friends most likely wouldn't say anything bad. So, I mean, it's have the honest ones. Well, I mean, I put it on online, they might tell you personally, you know? But that's good that you have people elsewhere commenting and still commenting good. Because they're going to say bad things, right? So, lovely..

Do you feel any pressure to post your performances on social media? No. No. No? From the jump start because you know I do have to do editing. So to edit and make sure that good. You know,. When it's intact, I'll be like, all right.

But, okay, so you're editing, so that's fine. But do you feel like you have to post? Like, every Friday, I have to post something or every whenever I have to post something. Yes, because when you post you're beating the algorithm so you will get better recognition. Thank you for speaking the social media language. Thank you for being real. Okay, okay. Uh. So I'm trying to be the algorithm. So how often do you post? You know organized, and there. Love that for you. Anybody else? No? You're the person. I think it's also. because I don't have a set, like, he has a set page posts his performance. Yeah. I don't.. I just post on, like my main and whoever sees and sees it, you know? Where do your posts usually? Instagram stories, WhatsApp Instagram stories. And I'll like put it in a highlight. Yeah. I just posted posting. Oh. On your page. Okay. So you're a page person and you're the stories. Yeah. Okay. Come on, you better be there, you though. Like you better be there. I get them a story. All right. All right, so, um. Do you feel specifically, well, all of you, but specifically, you since you post an main page, you play it all in. Do you feel any expectation to present yourself in a certain way? Yes. On social media? I've been a good car at being yourselves as a lot because being on camera and being face to face is two different things. I might have different attitudes. So, no, yes, my Beyonce is smiling and I be a video smile and talk enjoy stuff and face Smile... Yeah. Is that. You, you. And what do you feel? Like you need to be. How do you feel, you need to present yourself on social media. And I know, I present myself as myself, but also in a good manner, so people look at me as, you, respectable person, you know? Okay. Anybody else? Even if people. so professional. I want to be like him.. Oh, my God. How do you feel to present yourself? Well, do you feel pressure to present yourself in any way to social media? No. No. No. It's not really pressure, but it's more like a subconscious thing. So, mam can't, I might just cause myself for like my my friends.. But like, on my private account, I'll post like all my interests and different

stuff like that where I have like closer friends like them, it in. Okay. Okay.. Lovely. Do you.. Do you think social media has changed, how people will be fine what are good performances? Yeah. Yeah? Yeah. You want to wait. Mm. I feel like a long time, you could just post a video that has has, like, scratchy audio and, like, bad bad lighting. And if you can hear, like, 10 good notes, they'll be like, oh, my gosh, this is so great. But now you need to have good lighting, could this goes back.. such quality. You must have come must be clear. Listen to me a little talk. I like this. That's good. And these they all know that because I feel like even though we live in a digital era, I feel like a lot of I don't I'm going to say younger people. I feel like you all know that already. But a lot of people still put very bad quality things. Yeah. They just it's a reality. You know, and even living in an Europe where people really want high. highest quality. Yeah. Yeah, yeah, yeah. So, you know. So do you feel any, what was the question? Do you, yeah, do you feel, do you think, sorry, social media has changed up you find was a good performances? Yes, I love. I know because. I reallighted for real for you? Because when we we performance, who will play us that? I was when I wanted to who said I was like, when people like how we just start and I just see it and there's smaller light of me in the middle are small and closer. So, you know, it was really a human mind. And then I saw our next performance we were playing some it was the same light and big, I was like, worried, I b liked it. But people didn't take it on, they was here and they knew it and I was like, okay, that's But you know that you could edit Unlighten it, all right? And you could also zoom in in will decrease the quality, of course. But, I mean, you could zoom in a little bit at least. The truth to see you a little better. I Now, that's some crazy stuff. I think that is where the first haven't actually started. Stop. Yeah. But that's so weird, because I don't think I'm. Anyways. I don't think it has ever already stuffed people. I don't. It's fine. I think it'd go in... I would definitely be checking it before you leave.. Where was I? Right. In terms of thinking, defining whatever a good performance is, we know that the package the packaging of the performance must be good, right? But I think. What I wanted to get on this question specifically was, here social media changed how people define out and good performances. Even judging the quality of the contents to the actual performance can be two very different things. Do you all agree? Yeah. So the performance itself. So you saying, okay, you know was good, you not so accurate. So it was good. But I didn't like you liking, I didn't like this, and I was to post it because you know, people might have be like, you want to watch because you liked and I wasn't good I a scene, I might just seeing notes. Do you think people who want to highly grade on the other, or should they be a complete package? They should be a complete package, but knowing people, they may hold one to a hide. It really does depend on the person already.. Some people just off and be like But for you. Personally, what do you think, do you think that social media has changed how people define what a good performance is just holistically? Whatever that means to you. I think they were still kind of value notes, like how you sounded stuff over how the video is professionally taking. Even though, like, if you're trying to get a job, they would want it, like, more professional. But, like, if it is posting for people to see, I believe that's a lot of people, especially around our age, will more focus on the notes. Okay? Yeah. Yeah.. Yeah? I can actually attach to that because from experience or personal experience, seeing that I try to post very high quality things on my page, right? But I might have done a performance anymore. It was good. quality the quality, whatever I call it was.. But I think, yeah, it would have the opposit because it's still a good performance, right? And I don't care, because I mean, everything else is good. I mean, there are times when any reality is people don't have it's not that good. So that would mean that you're not going to post it. I mean, you know, you're still going to try to present yourself in a particular way, but people will understand they'll be understanding of it because they know that it's not ale content bad. It's just that this happens to be bad and it still wants to share it with us. right? Okay. Have you ever held back from sharing a performance online due to fear of judgment or comparison?

No. I don't care. This is that you. the confidence. All right. just sudden you say I don't care. Exactly.. Exactly. So you don't care if they say good, I said it. I would take the good comment to nobody. But I come and time and take it in. If it's like performing, like. Like constructive criticism. Yeah. I will take that in mine and I'll be like, all right, there's., you know? I'll do that. But if it like you say, you suck. Yeah. You be like, I would like your message. I would like your message. Well, that's. I feel it. That's it. Have a blessed. That's your way. Have a blessed day. Mm hmm. Anybody else? Um. Personally, I don't even know if I' us think about judgment from others. Kat has already judged myself so much. It'll just be me. I feel that it' you. Thank real good. Oh, um.. Yeah, I't I don't really care. Yeah, yeah. People. Yeah, I. Yeah, I like you have judgment and stuff. That't really bother me. I just bore my day normal. I feel? That's me. Yeah. That to me., oh my goodness. That's great. That's a great. You see that? What you said do I understand? Because what I would do is that I would judge myself so harshly, I would judge for everybody already. So whatever they say, I I already, I mean, you can't say was me. You can't say? Because I already see this needed to be better than that. And funny thing about this, most people always see great things. Yeah, and they like don't see what we see because they. Because sometimes you know a perform that did and they perform itself. So you know when they say, hey, you perform good, you'll be like, yeah, turns. No, it in yourself, you could have done better. I think it's also because we're watching ourselves from a performer's eye and they're watching us from.. Yeah, to be entertained. To be entertained. I love it. And you are your biggest fritting. know that. No always be. You would judge yourself passion and anybody else would. That could be a good or bad thing. Friends on which type of up to you? Yes. No, I tell. I I hope people't that, though. I really do. You see that I hope hold on to that because it's easy. And the h world, right? And the more you course, the more you expore exposed to a bigger audience, the more comments are going to come in. That may not be as stable, as the ones you're custom getting. But what is that going to do to you? You know? And how do you cope with that? Is it that you still hold out the mental. Okay, for them, I get better. I mean, you comments on to that. But you know, the one bad comment is usually the one that is hold on three most a lot of times. But as good good at you doing. That's really good at you don't. So you hope to stick with that. All right.. How do you manage nerves anxiety before performing, specifically to Julian, since Julian, is he, who mainly said that.. I count. Okay, I count.. How many numbers I feel like you need to count two? It depends. Okay. Like, it really does depends. It could be I need it from, like, 100 or.. like, that account. And I just do this in my hand, in my fingers. I' I do this? Is is such a habit? So. Yeah. I does do this a lot. And I could crap, like a lot of my bones, so I just do that a lot. So like I just b. Yeah, because I'tacked my elbow. Like this right? You? Like that. I was good crack, G-b. I mean, crack. So I crack, I crack, like I crack like this. And I was like, look like this too. Yeah. I would crack like this on this. Yeah. Or this. Or like, you know. Or someh I'll put it back up to crack from. I was doing cracks a lot. Yeah, so like, if I knew first and even if we're not cracking, I'll still be like this. Like, that how node, when I'm not like this? Yeah. As a no no. Right.. Okay. So you found and you crack. That's interesting. That is the first game color. I think a lot of people. just remembering some of what the Lass of the students spoke about. they do very different things to you. So everybody find they find what works for them. And I think what they do, I' tell them more common. So pray, of course. Breathing. I prayreathe.. I pray. Oh my God. Breathing, which is to me, well, I believe in breathing or breath. So when they said, I was like, okay, good. They breathe. But it's I like that you choose, well, you do different things. I can say something then. Of course. I think what also makes it kind of different. A lot of people don't know this kind of talk about it. I have OCD. So a lot of the things I will do would be kind of different. And I have a thoughts process will be kind of different and stuff like that. Okay.. Yeah. Fair enough then. Are those exercises that they told you, do help you, you? No? Mm mm. Okay. Even though you look at move us necessarily,

what do you do before perform? Yeah, I a little dance. Serious. Oh, this hits another dance before performance. No matter who I girl. What does I love that. That's fine. I love that. You are the Everybody does join in when. Yeah, like if I see someone that I had a performance. I see him like, something wrong with me. But, you know, it was coolant, so. Really? I too. Period. Love that. Period. Indeed. I. Yes, yes. The empty J. Ch. I really didn't think that she was supposed to say that. On the finals, all Joy was coming on me saying it, I'm hungry.'ll leave soon. Joy. I'm hungry. And I'm like, yes, Joy. Wow. So you been hungry before. Yes. Wow, that's interesting because I can't even perform. Really? I'll feel. Like that, like I. I can quicker if I'm doing a play. And I am the lead actor, in no way I'm meeting. I'll drink others juice or water and then go up on. And I have the sing, it really depends on how far apart, I may try to eat something, something, something, and then cut off at the set time, record and just center. I guess the reason I wouldn't eat this because of the whole singing thing and like, you know, you had to be careful the way you string. But if not enough to be careful, I was feasted, honestly. You how I dance my leg.. I. That's Actually, that's actually one of the biggest reasons I do in because you never know how will to feel before a performance after eating and what you eating and if it's steel and if you never know what you never know. and to not be able to go on stage, oh, it's unfathomable to be. So, like, I'm like, oh, I't Oh my God. Yeah, I don't eat food I don't eat food I eat. I know I feel that's great. That's good I do that and you're young. That's good. Okay. So that's how you manage. You manage help really need food, so to get food. D and cracking. Go crack.raken, like, I just finished the sexy. Kraken remind me of chemistry. Like, I don't want to go back right now. Oh my God. Oh, cry. That's the thing in chemistry. Look at that. Yeah. Okay. Okay, so wrap up questions. Imagine that.. or seven. Shocking and you introduce questions so people? Yeah Yeah, Oh, because maybe because I have one less season. Because Oh, yeah, sure. I come. Shaya and Alistair. Oh. I need. So the question. I think that's why, because when you have more voices, it's critique a little longer. So, um is there anything else you'd like to share about your experience with music, social media, or performance anxiety? Music is. Breathe. Music? Yes. Music. Oh, my. I's. I know, by the way, I' you. I know. Coca, Pepsi. Why do I know? I like so music.. Yeah, so one, two, two, four. Oh, yeah. The triang the thing you're talking about. It's an oval. It's the O. Right. That, yeah. Quit, but I mean, but I want you this I said to be I'm,. It's. So wait, question. No music here. There wasn't a show. Oh, I was I know that. I sure. Is it Harry wood underneath it? I could read it. No, I have to read it, but just. just that the words are she could read it. Well, yeah, you could read that. I have to read it by. I just seeing this little block that's on a line.. read by air. I mean, you by an. That's very cool to me. Meaning. song sing by. Yeah. So? No, song song, he didn't learn it. Oh, good. Yeah. It's.. In terms of, do you, um. read music? Sorry? Yeah, well, yeah, well. You don't know what I mean like read music, right? I don't know about reading Like the music like that the actual notes. Do you know where DC T Sharp? They can read music class? Okay. No, they are different levels to reading music. Yeah. So it's the beginner level they half? Beginner. Okay.? Whatever's underneath beginner, is where I am. Oh, my God! Anybody else wants to share about the experience with music in general, your journey. We started to where you are at now and how you feel about it, and the anxiety you feel. Did you? You attempted to start, but. I think music is like the best thing in the world. Hey, Honestly. Yeah. Like, when I started, when I was young, as I was singing in, like, elementary school, primary school, like, for all the talent shows and stuff. No, I was singing it before that. And there's this time my mom always reminds me of what do you call kindergarten here? Kinderarten. Kindergarten? Okay, yeah. And she was like, for like the graduation thing we had they had all of us singing and Julie was singing over everyone. I was like, oh, don't remind. Don't even bring that up. Why am I singing over people? I'm telling you, like, as a child, your parents would always know. I think you can't be a performer. There's say no. There's no. You could see the child and the things that they do and you're like, whoa, let's My mother

says, I was a when I was smaller. Me too. just become singers and something, I heard that too. I' voices. voiced. My. I used to cry so much. I still cry a lot, but... That's not, not because I'm sad. Like, I'll some. Yeah. Yes. I had to clear that up. I was like, are you okay? Oh, my God. My mom told more like this stuff. I used to be. I could see it. Like I used to sing and I quiet and che. But when I used to live by myself, like that is one time I one on the fuck I was like, what's fucking cheating.. Oh my God. It was crazy. That's like the opposite to me. I said it, it was wind. I thought I wind. I' no wind. That was feeling. That's good. That's good. The opposite to me now because Mum was like, when I was younger, I was out there. Like, I would go up to people and say hi and sing to them or whatever... And she used to be like, my mom in, right? I used to go on my mom and say, hi, I'm. I can see that. What? I can see that. Finish your point, finish your point. She said that I used to talk a lot, like a lot, a lot, a lot. Now, very reserved. And you like, yeah. I don't know if I got the dollars, but.. When you at your performance. Without a note. How was that? I was on menace. Let me action. Let me. So, um. Any feel towards on social media? Or performance anxiety, you know? Social media could be a best friend or enemy. That's a way to. Why are things to make you? Because community itself.. And sometimes, you can have good comments about this how you read it too. That's quite true. Because perceptual is everything. Like, based on what you read, because I always, when you write something, it's really up to your reader's interpretation. When somebody says something, at least they can hear the reflections, they can hear the intonation. It might have a better ideas to what they really mean. When they read it, you're like, oh, that. That would sounds so good with no emoji.. Are we being sarcastic here? And that's, you know? Again, that's again, look at the time we live in. You have to have a emoji on it. At the end or in middle somewhere to lighten the tone or to make it you know, it just that just workss. It's with what you and said about the community, I feel like in every community, there's always really negative people who like the know it-all. That's quite true So I feel like the bigger get, you will always have someone like like that. So like, none of us has received a h coming yet, but like, Jaden, he's growing big. So like, someday flying all countries on stuff. They get. Big money, like, send some money Yeah., you will be coming too boy. Yes, like, I have friends. What I'm talking about? I'm talking about? together, guys. Uh. talking to you? No. Are you? What's talking? All right. Yeah. talk you. But good. So it could make you break you. It can it's a good space to either motivate you and your talents and make you become better or it can actually put you completely away. Yeah, and sometimes you might be surprised to comment on your video. I swear, like Josh right, comment. about that. He was like, he didn't message you too. Yeah, he had like, you know. Keep there. I was like,. At the end though I was like, I'm in, like somebody who you look up to, so that's good. Yeah, oh, look up. That's excellent. Lovely. And you see, you know, for artists who are out there in the public eye already, sometimes we don't know, well, when I do interviews with students, I realize how much people really look at me. I'm like, oh, okay, there doesn't think about it. and that in itself is a more TV top to keep going. Like, I literally am like, okay, cool that stuff because of how much, like, yeah, because they really don't realize how much people look at you and your work and that kind of thing. So I'm happy that she was able to do that for you. That's good. My kids need that because trust me, you going to be that for somebody else. And I things. S thing. You. You're going to be that for somebody else. So always remember that there are people that I'm looking at you right. Yeah. All right, final question. If you could give advice to other young musicians who are, if you could give any advice to other young musicians about managing social media pressure, what would it be?, if it's a music page only, have your parent monitored too. The music page? Yeah, there are creeps. A lot of them. There are so many creeps. Please have your parents, like, help you.. And don't think you're on your own. And as more. Say than believe it yourself, but just one mean comment doesn't define you or your talent. You have so much to grow in know? Like, I thought I was good two years ago. I cannot listen to

anything I said to you years ago, but you know, and I think I'm good now. Two years from now, I'll be like, what? You know? We will grow. You' grow.. Mm hmm. We come better, by day. Who's else? We are you, performing and stuff. In the whole, the whole performing, hands and stuff, you know don't beat up on. Don't you go there, do your best, you know, make sure everybody have a good time. Cause you will get negative comments anyway, go, you will get an. negative comment. You will, Keep it up, push for. Keep. So that's. That's a day definite word. Now. I enjoy. I shouldn't think of a song. Yeah. I agree with that. Yeah, nice, yeah. You have nothing to contact? No. has not. So, if you have to think of one, listen, is exactly like you. Who thinks exactly like you, and you might have needed some of counsel. Just assist you moving forward. What would you tell your younger self? Or what would you tell yourself? From your knowledge that you have right now? Hmm.? She was like, if you could, like, tell yourself, you' younger. Yeah, your younger self was like, maybe struggling with anything in music, what would you tell them to help multivate? based on what you have learned thus far and where you are now in your life and your music, and what may help you if you can give yourself some advice to help you from the rod that you might have been in when you were your blush? I' Only tell yourself.. Tupper. And don't give up from what I tell you I'm trying to you. Yeah, that was supposed to do. Okay. Bring his key down. Bring his key. All right, lovely, lovely people. And just like that, you go to the end of this focus group session. Thank you so, so much. But I'm going to go with those things and make sure we have a thing, right?

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/299461895>

Kenny Music Performance Anxiety Inventory (K-MPAI) and scoring form

Research · March 2016

CITATIONS

5

READS

23,105

1 author:



Dianna Theadora Kenny

397 PUBLICATIONS 8,323 CITATIONS

SEE PROFILE

Below are some statements about how you feel generally and how you feel **before or during a performance**. Please circle one number to indicate how much you agree or disagree with each statement.

		Strongly Disagree					Strongly Agree	
K_1	I generally feel in control of my life	6	5	4	3	2	1	0
K_2	I find it easy to trust others	6	5	4	3	2	1	0
K_3	Sometimes I feel depressed without knowing why	0	1	2	3	4	5	6
K_4	I often find it difficult to work up the energy to do things	0	1	2	3	4	5	6
K_5	Excessive worrying is a characteristic of my family	0	1	2	3	4	5	6
K_6	I often feel that life has not much to offer me.....	0	1	2	3	4	5	6
K_7	Even if I work hard in preparation for a performance, I am likely to make mistakes	0	1	2	3	4	5	6
K_8	I find it difficult to depend on others	0	1	2	3	4	5	6
K_9	My parents were mostly responsive to my needs	6	5	4	3	2	1	0
K_10	Prior to, or during a performance, I get feelings akin to panic.....	0	1	2	3	4	5	6
K_11	I never know before a concert whether I will perform well	0	1	2	3	4	5	6
K_12	Prior to, or during a performance, I experience dry mouth.....	0	1	2	3	4	5	6
K_13	I often feel that I am not worth much as a person	0	1	2	3	4	5	6
K_14	During a performance I find myself thinking about whether I'll even get through it	0	1	2	3	4	5	6
K_15	Thinking about the evaluation I may get interferes with my performance	0	1	2	3	4	5	6
K_16	Prior to, or during a performance, I feel sick or faint or have a churning in my stomach.....	0	1	2	3	4	5	6
K_17	Even in the most stressful performance situations, I am confident that I will perform well	6	5	4	3	2	1	0
K_18	I am often concerned about a negative reaction from the audience	0	1	2	3	4	5	6
K_19	Sometimes I feel anxious for no particular reason	0	1	2	3	4	5	6
K_20	From early in my music studies, I remember being anxious about performing	0	1	2	3	4	5	6

		Strongly disagree					Strongly Agree	
		0	1	2	3	4	5	6
K_21	I worry that one bad performance may ruin my career	0	1	2	3	4	5	6
K_22	Prior to, or during a performance, I experience increased heart rate like pounding in my chest.....	0	1	2	3	4	5	6
K_23	My parents almost always listened to me	6	5	4	3	2	1	0
K_24	I give up worthwhile performance opportunities	0	1	2	3	4	5	6
K_25	After the performance, I worry about whether I played well enough.....	0	1	2	3	4	5	6
K_26	My worry and nervousness about my performance interferes with my focus and concentration.....	0	1	2	3	4	5	6
K_27	As a child, I often felt sad	0	1	2	3	4	5	6
K_28	I often prepare for a concert with a sense of dread and impending disaster.....	0	1	2	3	4	5	6
K_29	One or both of my parents were overly anxious.....	0	1	2	3	4	5	6
K_30	Prior to, or during a performance, I have increased muscle tension.....	0	1	2	3	4	5	6
K_31	I often feel that I have nothing to look forward to	0	1	2	3	4	5	6
K_32	After the performance, I replay it in my mind over and over...	0	1	2	3	4	5	6
K_33	My parents encouraged me to try new things	6	5	4	3	2	1	0
K_34	I worry so much before a performance, I cannot sleep	0	1	2	3	4	5	6
K_35	When performing without music, my memory is reliable.....	6	5	4	3	2	1	0
K_36	Prior to, or during a performance, I experience shaking or trembling or tremor.....	0	1	2	3	4	5	6
K_37	I am confident playing from memory	6	5	4	3	2	1	0
K_38	I am concerned about being scrutinized by others	0	1	2	3	4	5	6
K_39	I am concerned about my own judgement of how I will perform.....	0	1	2	3	4	5	6
K_40	I remain committed to performing even though it causes me great anxiety.....	0	1	2	3	4	5	6

K-MPAI© (Kenny, 2009, 2011) FACTORS	SCORE	%
1. Proximal somatic anxiety and worry about performance		
K_10 Prior to, or during a performance, I get feelings akin to panic		
K_12 Prior to, or during a performance, I experience dry mouth		
K_14 During a performance I find myself thinking about whether I'll even get through it		
K_16 Prior to, or during a performance, I feel sick or faint or have a churning in my stomach		
K_22 Prior to, or during a performance, I experience increased heart rate like pounding in my chest		
K_26 My worry and nervousness about my performance interferes with my focus and concentration		
K_28 I often prepare for a concert with a sense of dread and impending disaster		
K_30 Prior to, or during a performance, I have increased muscle tension		
K_34 I worry so much before a performance, I cannot sleep		
K_36 Prior to, or during a performance, I experience shaking or trembling or tremor		
K_40 I remain committed to performing even though it causes me significant anxiety		
TOTAL/66		
2. Worry/dread (Negative cognitions) focused on self/other scrutiny		
K_7 Even if I work hard in preparation for a performance, I am likely to make mistakes		
K_15 Thinking about the evaluation I may get interferes with my performance		
K_18 I am often concerned about a negative reaction from the audience		
K_21 I worry that one bad performance may ruin my career		
K_25 After the performance, I worry about whether I played well enough		
K_32 After the performance, I replay it in my mind over and over		
K_38 I am concerned about being scrutinized by others		
K_39 I am concerned about my own judgment of how I performed		
TOTAL/48		
3. Depression/hopelessness (Psychological vulnerability)		
K_1 I generally feel in control of my life (-)*		
K_2 I find it easy to trust others (-)*		
K_3 Sometimes I feel depressed without knowing why		
K_4 I often find it difficult to work up the energy to do things		
K_6 I often feel that life has not much to offer me		
K_8 I find it difficult to depend on others		
K_13 I often feel that I am not worth much as a person		
K_31 I often feel that I have nothing to look forward to		
TOTAL/48		
4. Parental empathy		
K_9 My parents were mostly responsive to my needs (-)*		
K_23 My parents always listened to me (-)*		
K_27 As a child, I often felt sad		
K_33 My parents encouraged me to try new things (-)*		
TOTAL/24		
5. Memory		
K_35 When performing without music, my memory is reliable (-)*		
K_37 I am confident playing from memory (-)*		
TOTAL/12		
6. Generational transmission of anxiety		
K_5 Excessive worrying is a characteristic of my family		
K_19 Sometimes I feel anxious for no particular reason		
K_29 One or both of my parents were overly anxious		
TOTAL/18		
7. Anxious apprehension		
K_11 I never know before a concert whether I will perform well		
K_17 Even in the most stressful performance situations, I am confident that I will perform well (-)*		
K_24 I give up worthwhile performance opportunities due to anxiety		
TOTAL/18		
8. Biological vulnerability		
K_20 From early in my music studies, I remember being anxious about performing TOTAL/6		
OVERALL TOTAL/240		



APPLICATION FOR ETHICAL APPROVAL

RESEARCH STUDENTS

This form is to be completed by the student within **SIX** months for full-time students and **TWELVE** months for part time students, after the commencement of the research degree or following progression to Part Two of your course.

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

This document is also available in Welsh.

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk, with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	Syntyche Cindy Irene Grace Bishop			
2	Tick all boxes that apply:	Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☐	Taught Postgraduate Student	☒	Postgraduate Research Student
3	Institute/Academic Discipline/Centre:	WAPPAR			

4	Campus:	Carmarthen
5	E-mail address:	Syntychebishop@gmail.com
6	Contact Telephone Number:	1-868-267-8313
<i>For students:</i>		

7	Student Number:	2332535
8	Programme of Study:	MA Professional Practice (Voice Pedagogy)
9	Director of Studies/Supervisor:	Louise Emanuel/Julie Crossman/Debbie Winter

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	YES	☒	NO	☐
					Date
2	If Yes, please indicate source of approval (and date where known): Approval in principle must be obtained from the relevant source prior to seeking ethical approval	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		WAPPAR ethics representative	☒		

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	UWTSD Research Ethics & Integrity Code of Practice	☒
2	UWTSD Research Data Management Policy	☒
3	https://utt.edu.tt/files/cms/policy_ethics_research.pdf	☒

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution	
2	Contact person name	
3	Contact person e-mail address	
4	Is your research externally funded?	YES ☐ NO ☐
5	Are you in receipt of a KESS scholarship?	YES ☐ NO ☐
6	Are you specifically employed to undertake this research in either a	Voluntary YES ☐ NO ☐
7	paid or voluntary capacity?	Employed YES ☐ NO ☐
8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered. YES ☐ NO ☐

9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	YES	☐	NO	☐
---	---	---	-----	--------------------------	----	--------------------------

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	YES	☐	NO	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	The impact of social media and audience engagement on music performance anxiety and effective treatments for its alleviation.		
2	Proposed start date:	31-03-25	Proposed end date:	16-09-25
	Introduction to the Research (maximum 300 words per section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below: <i>Purpose of Research Activity</i> <i>Proposed Research Question</i> <i>Aims of Research Activity</i> <i>Objectives of Research Activity</i> Demonstrate, briefly, how <u>Existing Research</u> has informed the proposed activity and explain <i>What the research activity will add to the body of knowledge</i> <i>How it addresses an area of importance.</i>			
3	Purpose of Research Activity Diana Kenny and many others have done notable research on music performance anxiety, its origin, phenomenology, assessment and treatment. In this study I have decided to take that research a step further and explore the impact of social media on musicians' anxiety and performance ability, and to identify effective treatment options for managing their anxiety. This research can enhance my teaching strategies and help institutions with curriculum development. (this box should expand as you type)			
4	Research Question What is the impact of social media on music performance anxiety in adolescents? (this box should expand as you type)			
5	Aims of Research Activity 1. To examine the role of social media in influencing musicians' performance anxiety. 2. To explore effective treatments for alleviating music performance anxiety in the context of social media exposure. 3. To assess musicians' awareness of the psychological impact of social media on performance anxiety. (this box should expand as you type)			

6	Objectives of Research Activity 1. To analyse how social media engagement, including audience feedback and online presence, impacts musicians' levels of performance anxiety. 2. To identify and evaluate therapeutic interventions or coping strategies that can help musicians manage performance anxiety exacerbated by social media influence. 3. To conduct a short-term survey or focus group to gather musicians' perspectives on social media's role in their performance anxiety. (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	For this research a mixed method approach will be used comprising of both quantitative and qualitative data. The methods to be used are: 1) Literature Review I will critically analyse the information received from the research, highlighting what works and identifying gaps in the research. 2) Survey/ Questionnaire - Distribute online or paper surveys to musicians - Use Likert scales (e.g., 1-5 or 1-10) for anxiety levels, social media impact, and treatment effectiveness. 3) Experimental/ Quasi-Experimental Design - Example: Compare two groups of musicians: Group A: Uses social media actively before performances. Group B: Avoids social media before performances. - Measure MPA levels pre- and post-performance to analyse the impact of social media. 4) Interviews - Conduct one-on-one interviews with musicians to explore their personal experiences with social media and performance anxiety. 5) Focus groups - Gather small groups of musicians to discuss their experiences and coping strategies. - Useful for identifying common themes and treatment preferences. 6) Participant Diary/ Reflective Journal - Ask participants to keep a daily or weekly journal - Choose format options eg. Written, audio/visual - Collect and analyse 7) Visual /Audio Recording - Pre-performance recording

	- Performance recording - Post-performance reflection recording - Data Analysis (this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	Locations where research will take place: - Bishop's School of Performing Arts (BSPA) studio, Princes Town, T&T. - Zoom - Social Media (Instagram, Facebook, TikTok and Whatsapp) participants will only be using these platforms as part of their research - Phone - Southern Academy of Performing Arts (SAPA), San Fernando, T&T. (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	I have checked the ethical requirements of research in my country, which can be seen here: https://utt.edu.tf/files/cms/policy_ethics_research.pdf and there are no additional requirements above those expected by UWTSD. (this box should expand as you type)

10	Use of documentation not in the public domain: Are any documents <u>NOT</u> publicly available?	NO	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. (this box should expand as you type)		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	YES	NO
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒

17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	(this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☒	☐
3	Use of focus groups?	☒	☐
4	Use of participant diaries?	☒	☐
5	Use of video or audio recording?	☒	☐
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☒	☐
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method: Experimental/ Quasi Experimental Design - Example: Compare two groups of musicians: Group A: Uses social media actively before performances. Group B: Avoids social media before performances. - Measure MPA levels pre- and post-performance to analyse the impact of social media.	☒	☐

(this box should expand as you type)		
--------------------------------------	--	--

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

Who are the intended participants:		YES	NO
1	Students or staff at the University?	☐	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☒	☐
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.		
	Details of any other participant groups: (this box should expand as you type)	☐	☒

Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?		
10	How many participants are expected?	I will use a maximum of 30 participants: Survey /Questionnaire – 30 persons Experimental /Quasi-Experimental Design – 6 persons Interviews – 5 persons Focus Groups – 10 persons Participant Diary /Reflective Journal – 3 persons Visual /Audio Recording – 5 persons (this box should expand as you type)
11	Who will the participants be?	My participant group will consist of a combination of my own students and other adolescent musicians based in Trinidad and Tobago. Participants will be a mix of amateur, semi-professional and professional.

		<i>(this box should expand as you type)</i>
12	How will you identify the participants?	My students will be informed in person after our class together, and my colleagues will be contacted via email or via phone call. I already have some of the participants contacts. <i>(this box should expand as you type)</i>

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☒	☐	☐
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	<i>(this box should expand as you type)</i>			

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☒	☐	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	I will be using specialist electrical or other equipment to conduct my research, and the equipment I will use are my phone, laptop, voice recorder and video recorder. <i>(this box should expand as you type)</i>			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.																
1	Full risk assessment completed and appended?	Yes	☐														
		No	☒														
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information																
	<table border="1"> <thead> <tr> <th data-bbox="156 533 826 566">Risk to participants:</th> <th data-bbox="826 533 1474 566">How you will mitigate the risk to participants:</th> </tr> </thead> <tbody> <tr> <td data-bbox="156 566 826 723">1) Potential psychological and emotional risk. Heightened self-awareness and fear of judgement.</td> <td data-bbox="826 566 1474 723">1) Provide mental health resources or suggest grounding techniques. Also inform them of their right to withdraw at any time.</td> </tr> <tr> <td data-bbox="156 723 826 801">2) Accidental disclosure of sensitive information.</td> <td data-bbox="826 723 1474 801">2) Store recordings securely.</td> </tr> <tr> <td data-bbox="156 801 826 1037">3) Unauthorized sharing of video/audio recordings.</td> <td data-bbox="826 801 1474 1037">3) Participants will be informed that no recording will be done unless participants are fully aware, and after transcripts are taken, they will be deleted. Participants will review & approve their video/audio before analysis. They will also sign a confidentiality agreement.</td> </tr> <tr> <td data-bbox="156 1037 826 1149">4) Participants may feel pressured to continue even if they feel uncomfortable.</td> <td data-bbox="826 1037 1474 1149">4) Give participants the right to withdraw data at any stage.</td> </tr> <tr> <td data-bbox="156 1149 826 1261">5) Concerns about how their data will be used after the study.</td> <td data-bbox="826 1149 1474 1261">5) Ensure fully informed consent.</td> </tr> <tr> <td data-bbox="156 1261 826 2152">6) Lack of confidentiality.</td> <td data-bbox="826 1261 1474 2152">6) Inform participants that their identities and information will be confidential. Participants will sign a confidentiality agreement.</td> </tr> </tbody> </table> <i>(this box should expand as you type)</i>			Risk to participants:	How you will mitigate the risk to participants:	1) Potential psychological and emotional risk. Heightened self-awareness and fear of judgement.	1) Provide mental health resources or suggest grounding techniques. Also inform them of their right to withdraw at any time.	2) Accidental disclosure of sensitive information.	2) Store recordings securely.	3) Unauthorized sharing of video/audio recordings.	3) Participants will be informed that no recording will be done unless participants are fully aware, and after transcripts are taken, they will be deleted. Participants will review & approve their video/audio before analysis. They will also sign a confidentiality agreement.	4) Participants may feel pressured to continue even if they feel uncomfortable.	4) Give participants the right to withdraw data at any stage.	5) Concerns about how their data will be used after the study.	5) Ensure fully informed consent.	6) Lack of confidentiality.	6) Inform participants that their identities and information will be confidential. Participants will sign a confidentiality agreement.
Risk to participants:	How you will mitigate the risk to participants:																
1) Potential psychological and emotional risk. Heightened self-awareness and fear of judgement.	1) Provide mental health resources or suggest grounding techniques. Also inform them of their right to withdraw at any time.																
2) Accidental disclosure of sensitive information.	2) Store recordings securely.																
3) Unauthorized sharing of video/audio recordings.	3) Participants will be informed that no recording will be done unless participants are fully aware, and after transcripts are taken, they will be deleted. Participants will review & approve their video/audio before analysis. They will also sign a confidentiality agreement.																
4) Participants may feel pressured to continue even if they feel uncomfortable.	4) Give participants the right to withdraw data at any stage.																
5) Concerns about how their data will be used after the study.	5) Ensure fully informed consent.																
6) Lack of confidentiality.	6) Inform participants that their identities and information will be confidential. Participants will sign a confidentiality agreement.																

3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities	
	As my research will deal with music performance anxiety, I will ensure participants are fully aware of the details of this project before we begin, their right to withdraw at any time, and offer resources to help support persons if needed. Resources will include but not limited to: LifeLine Suicide Hotline (868) 645-2800 Families in Action (868) 628-2333 National Domestic Violence Hotline: 800-7283 (SAVE) <i>(this box should expand as you type)</i>	
4	Risks to the investigator For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: 1) Engaging with emotionally charged diary entries or recordings may lead to secondary trauma or emotional distress. 2) Listening to repeated accounts of performance anxiety struggles may create mental fatigue or emotional burnout. 3) Breach of confidentiality. 4) Unintended coercion. <i>(this box should expand as you type)</i>	<i>How you will mitigate the risk to the investigator:</i> 1) Set emotional boundaries by stopping and taking a moment to breathe and recentre with breathing exercises. If a therapist is needed, consulting with a therapist. 2) Schedule breaks between reviewing participant data to prevent emotional exhaustion. 3) Store all data securely by using a password. All participants will be informed that all information will be anonymized and once transcribed it will be deleted. 4) Emphasize voluntary participation by regularly reminding participants they can withdraw at any time. <i>(this box should expand as you type)</i>
5	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University:	<i>How you will mitigate the risk to the University:</i>

	1) If participants share negative experiences or report ethical concerns (e.g., privacy breaches, emotional distress), the institution's reputation may be at risk. 2) Ethical violations (e.g., improper handling of confidential data) could lead to public criticism or loss of credibility. 3) Non-compliance with data protection laws can result in legal penalties or data breaches. <i>(this box should expand as you type)</i>	1) Ensure the research follows strict ethical guidelines. 2) Implement clear data protection policies to safeguard participant privacy. 3) Require participant consent forms with clear terms on data use and storage duration. <i>(this box should expand as you type)</i>
6	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: 1) Conducting surveys, interviews, and video recordings online can contribute to digital pollution due to data storage, video streaming, and cloud computing energy use. 2) If using physical consent forms, participant diaries, or printed surveys, excessive paper usage can contribute to deforestation and waste. <i>(this box should expand as you type)</i>	How you will mitigate the risk to environment: 1) Store data on sustainable cloud services that prioritize renewable energy (e.g., Google Cloud with carbon-neutral operations). Encourage participants to use offline journaling or voice memos instead of continuous digital recording. 2) Implement a paperless approach by using electronic consent forms, digital diaries, and online surveys. If printing becomes necessary, I will use recycled paper and encourage participants to return materials for reuse when possible. <i>(this box should expand as you type)</i>

Disclosure and Barring Service				
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	YES	NO	N/A
7	Does your research require you to hold a current DBS Certificate?	☒	☐	☐

8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.	0664530
---	---	---------

SECTION I: Feedback, Consent and Confidentiality

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when? Feedback will be provided via email to some participants, and to some when we do a class together. Feedback will be given one to two weeks after initial interaction. All participants will have my email address and phone number so they can give feedback to me. <i>(this box should expand as you type)</i>
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation. Ensuring that consent is given for questionnaires and visual/ audio recordings are extremely important for the success of this research. Before the information is collected, participants will have to sign a consent form informing each participant of the anonymity and confidentiality involved in the process. They will be given an outline of the project and their participation in advance. <i>(this box should expand as you type)</i>
3	Confidentiality / Anonymity Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case. This will be an anonymous data collection process, since there is no need to know the identity of the participants. The information is what will be most important. Therefore, I will be using pseudonyms or participant codes to identify participants. All recordings will be deleted once transcripts and notes have been made. Any contact details will not be included in the report and any identifiable comments made by the participants will be removed or redacted. <i>(this box should expand as you type)</i>

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
1	"Personal data" means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.	X	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	This research does involve personal data as all the information needed for the efficacy of the		

	research depends on the physical and psychological anxiety of musicians as it pertains to social media. Questionnaires and visual/ audio recording will also be used to source information because some participants may prefer this form of data collection, and my aim is to ensure all my participants feel comfortable sharing. <i>(this box should expand as you type)</i>		
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	"Special category data" means sensitive personal data consisting of information as to the data subjects' – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	X	☐
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4	Anxiety can be placed under the umbrella of mental health. To assist my students and myself, I believe it is important to do this research because it is only in doing will I be able to research and suggest treatment to help alleviate it. It will be handled sensitively; participants will be reminded of the right to withdraw at any point and signposting to support services will be offered if needed. <i>(this box should expand as you type)</i>		

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☒	☐
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☒	☐
10	"Cloud" storage or websites?	☒	☐
11	Other – specify:	☐	☒
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	For all stored data, consent forms will be given, the information will be secured by a password, and participants will be informed that the information will be kept until the end of my MA research and then deleted. This will be done to ensure I have this information for any future research. However, recordings will be deleted as soon as transcripts and notes have been made. Manual files will be digitised at the earliest possibility and then safely disposed of. <i>(this box should expand as you type)</i>		

	Data Protection
--	------------------------

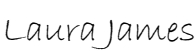
	Will the research activity involve any of the following activities:	YES	NO
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☒	☐
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☒	☐
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate):		
	I will be conducting my research outside of the UK and I will be sending information back and forth to my supervisor who resides in the UK. I have checked the requirements in my own country and can confirm that I will be acting in accordance with the regulations both in the UK and in my own country. All personal contact details will only be held by the researcher as a means to contact participants and will be stored in accordance with the GDPR and Data Protection Act (2018). <i>(this box should expand as you type)</i>		
22	List all who will have access to the data generated by the research activity:		
	As the principal researcher I will have access to this research along with my supervisor. <i>(this box should expand as you type)</i>		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	I will have control and act as the custodian for this research. <i>(this box should expand as you type)</i>		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	All research data will be securely stored on a password-protected cloud system, with encrypted backups on an external hard drive in a locked cabinet. Data will be retained for five years, following ethical guidelines. Security measures include multi-factor authentication, and pseudonymization of personal data. Survey data will be stored in CSV/Excel files, interviews and recordings as MP3/WAV files, and participant diaries as PDFs. Consent forms will be scanned and securely stored. Data will not be archived due to ethical considerations, and after five years, all digital files will be permanently erased using data-wiping software, while physical documents will be securely shredded. Additionally, all recordings will be deleted as soon as transcripts and notes have been made. <i>(this box should expand as you type)</i>		

25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. <i>(Most relevant to academic staff)</i>		
	No, it will not. <i>(this box should expand as you type)</i>		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	YES	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants. In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	Signature of applicant:		Date: 26-02-2025

For STUDENT Submissions:

2	Director of Studies/Supervisor:	Laura James	Date: 15.5.25
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		Date:
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed ALL RELEVANT sections of the form in full.
☒	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (where appropriate)
☐	I have attached a full risk assessment (where appropriate) ONLY TICK IF YOU HAVE ATTACHED A FULL RISK ASSESSMENT
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS ONLY

Once complete, submit this form via the **MyTSD Doctoral College Portal** at (<https://mytsd.uwtsd.ac.uk>).

RESEARCH STAFF ONLY

All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk, with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

