

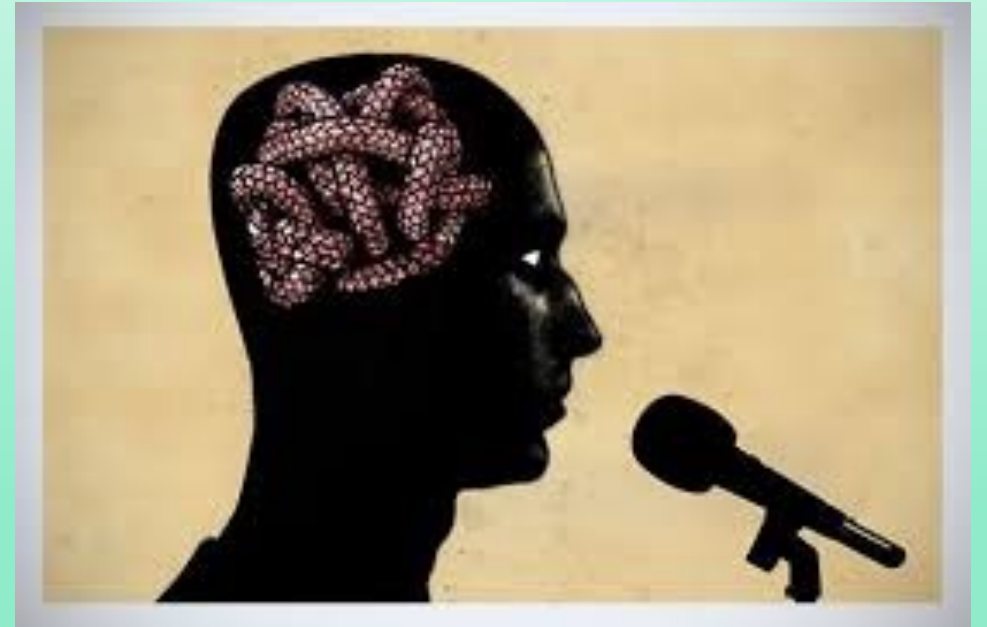


DOES BOX BREATHING REDUCE SYMPTOMS OF MUSIC PERFORMANCE ANXIETY IN ADOLESCENT FEMALE SINGERS?

Caroline Fitch BMFJ7008 – work-based learning project

Context

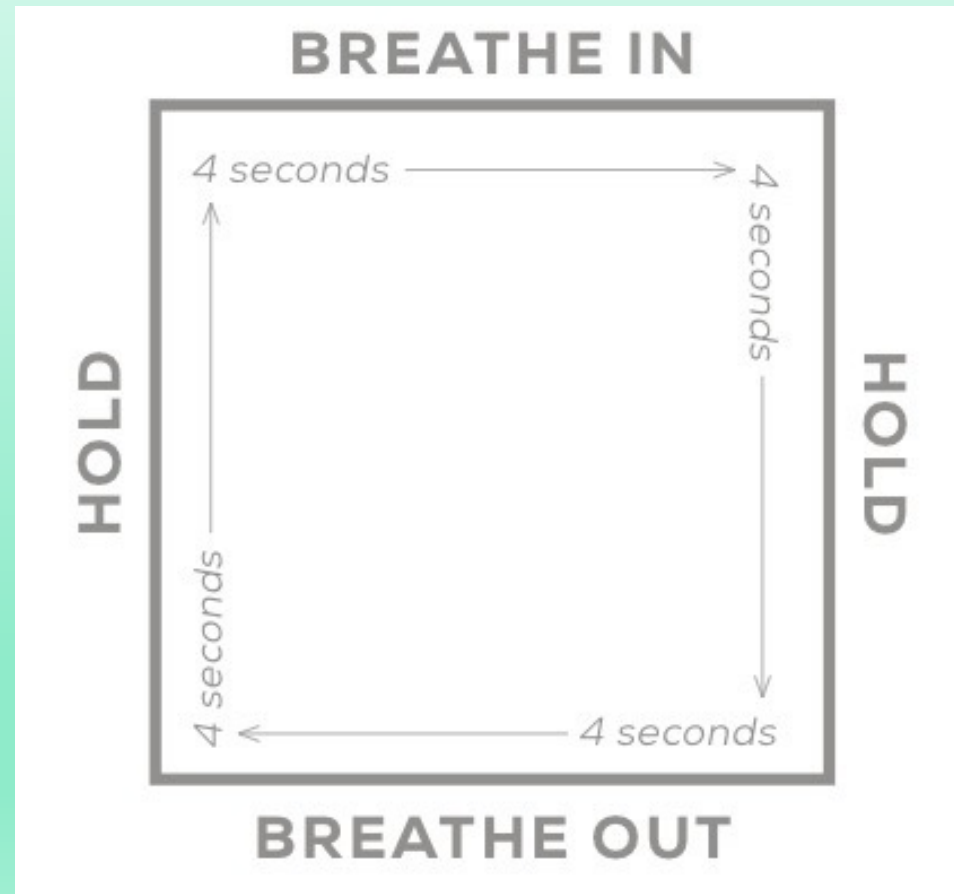
- 80% of young people experience Music Performance Anxiety (MPA) (Britsch, 2005).
- Female adolescences are particularly vulnerable (Kenny and Osborne, 2006).



Box Breathing

- Origins in pranayama yogic breath control technique

- Reduces anxiety (Jayawardena et al, 2020)



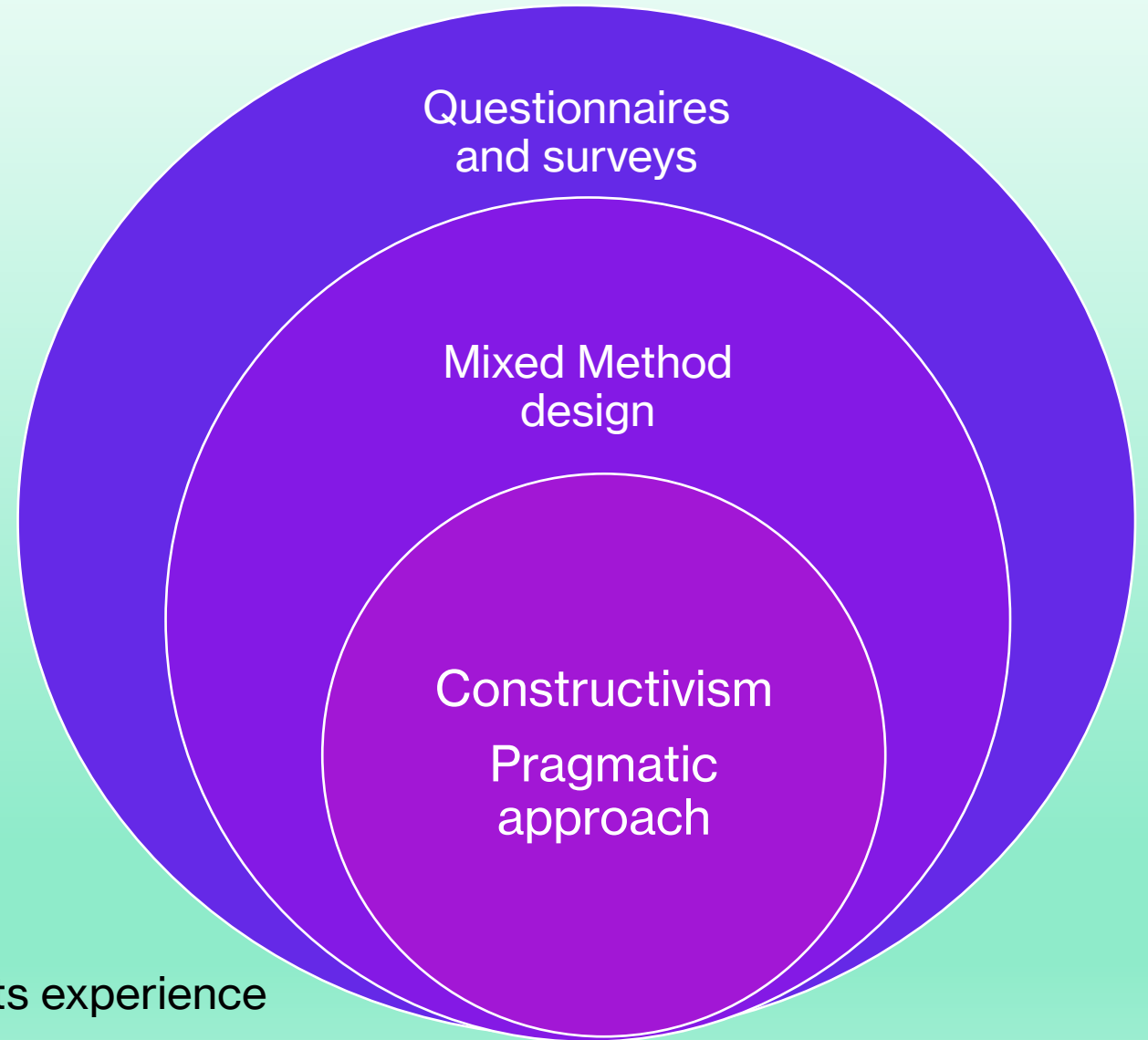
- Effective in nervous system regulation (Sengupta, 2012).

- Accessible and easily applicable (Bentley et al, 2022)

(Image: Science of People Website)

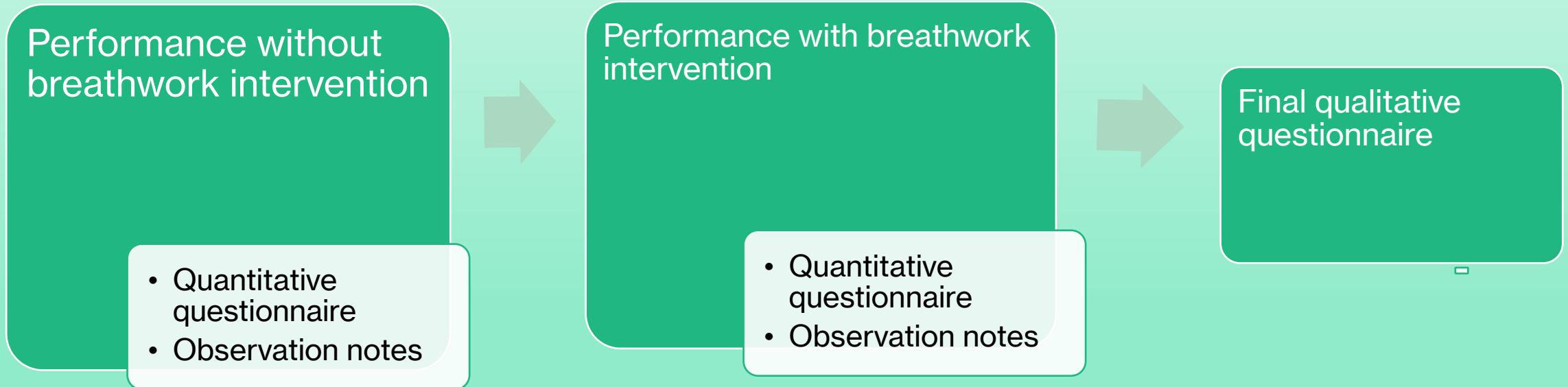
Methodology

- Multiple realities and truths
- Knowledge built through experience
- Design that worked best for the question
- Quantitative for discrete data
- Qualitative to gain further insight into participants experience



The research design

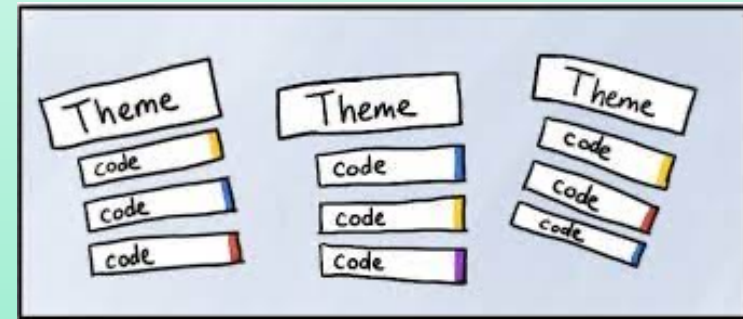
6 participants were expected to perform twice



Qualitative data and coding

In Vivo

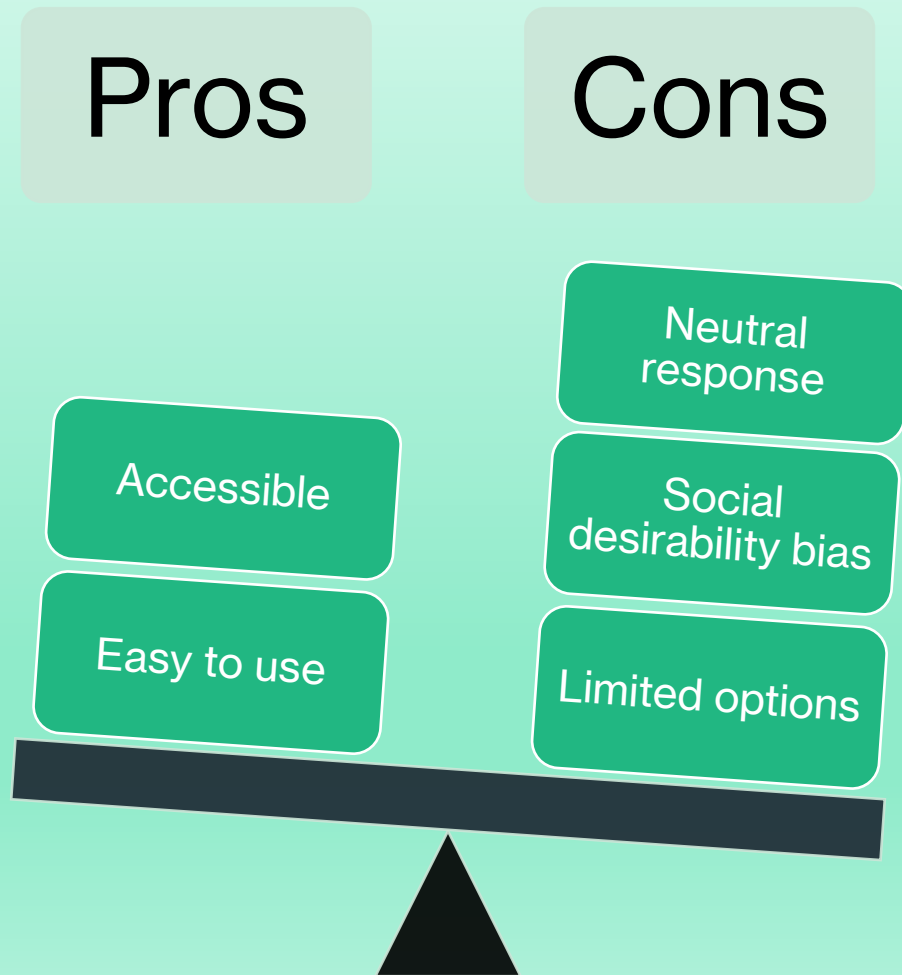
Descriptive



Ethical considerations:

- Age
- MPA sensitive subject matter
- Student participants: pros vs cons

Limitations of Likert scale



Likert scales generate discrete quantitative data that also expresses a degree of opinion (Jebb et al 2021).

Quantitative findings

MPA experiencing BEFORE performance:

Session 1 – (without breathwork)

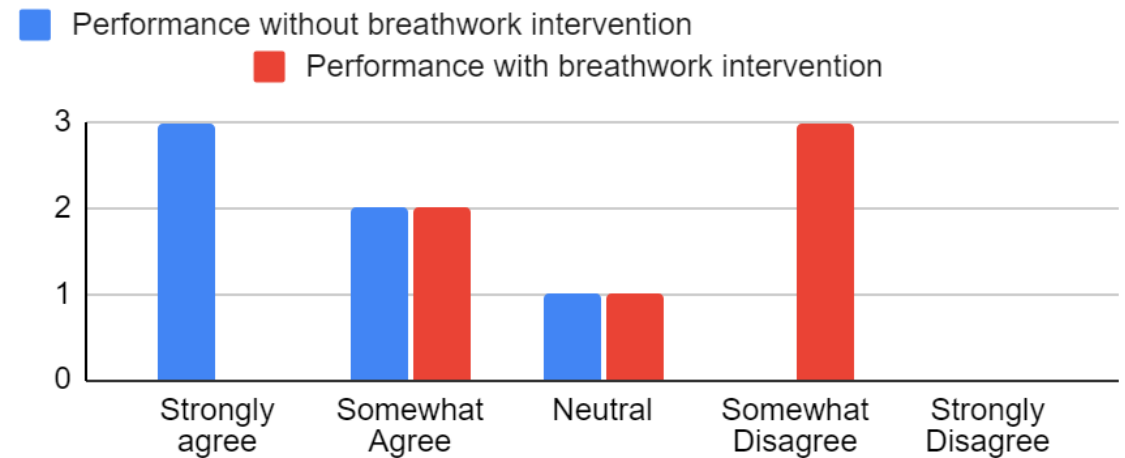
- Nobody disagreed with the statement
- 5/6 participants experienced MPA

Session 2 (with breathwork)

- 50% did not experience MPA

Suggests a reduction in MPA experiencing.

I experienced feelings of MPA before the performance



I experienced feelings of MPA before the performance.

Quantitative findings

MPA experiencing DURING performance:

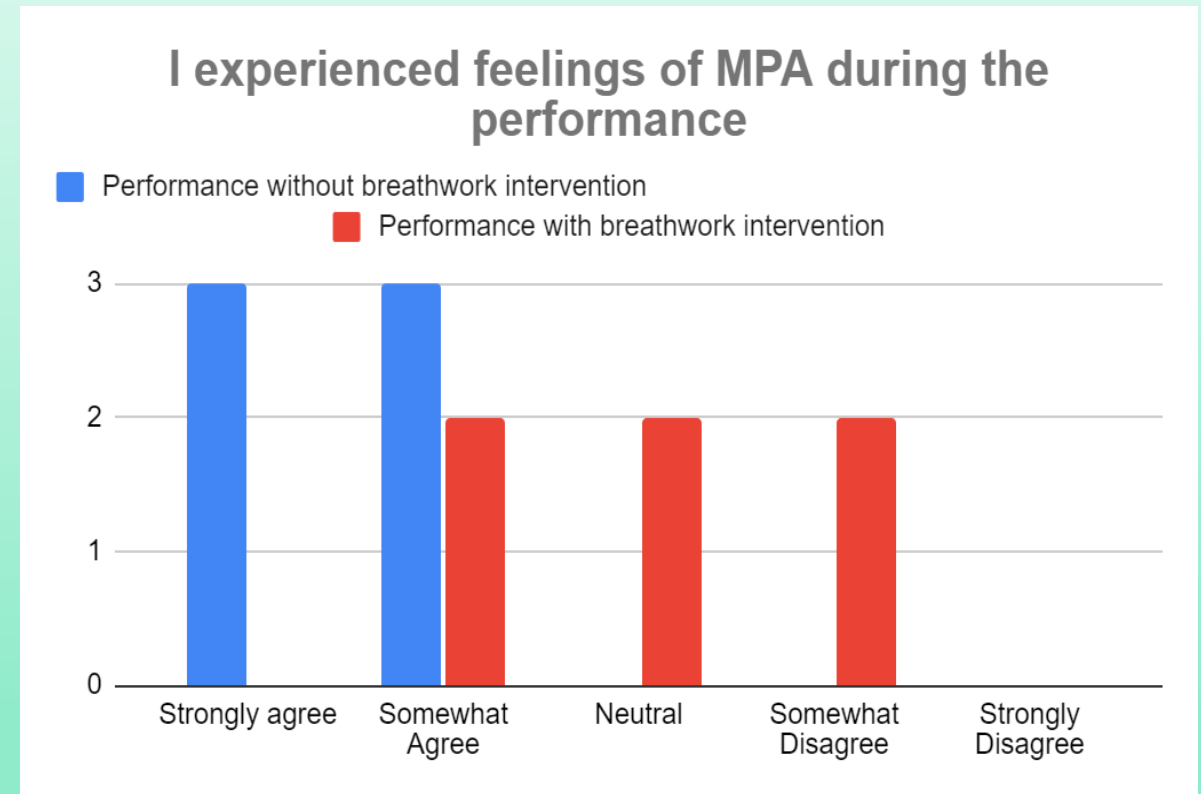
Session 1 (without breathwork)

- All participants agreed

Session 2 (with breathwork)

- 1/3 of participants agreed

Clear reduction of MPA experiencing



Perceptions of MPA on performance achievement

Session 1 – (without breathwork)

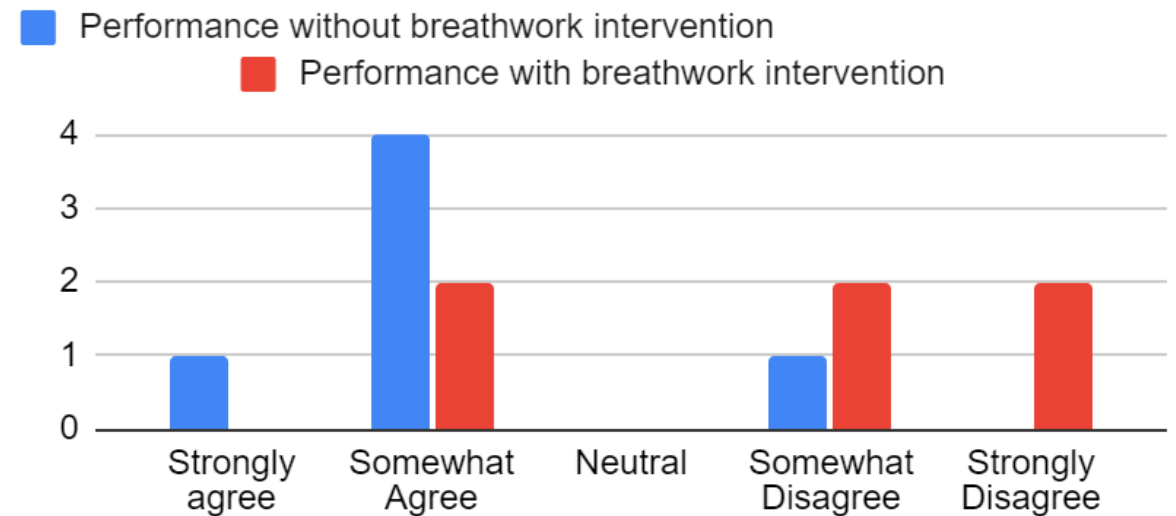
- 5 out of 6 participants agreed MPA impacted performance achievement

Session 2 (with breathwork)

- 2/3 disagreed

An overall improvement in perception of performance achievement.

MPA effect on Performance achievement



MPA affected my ability to perform to the best standard that I can.

Perceptions of MPA on performance enjoyment

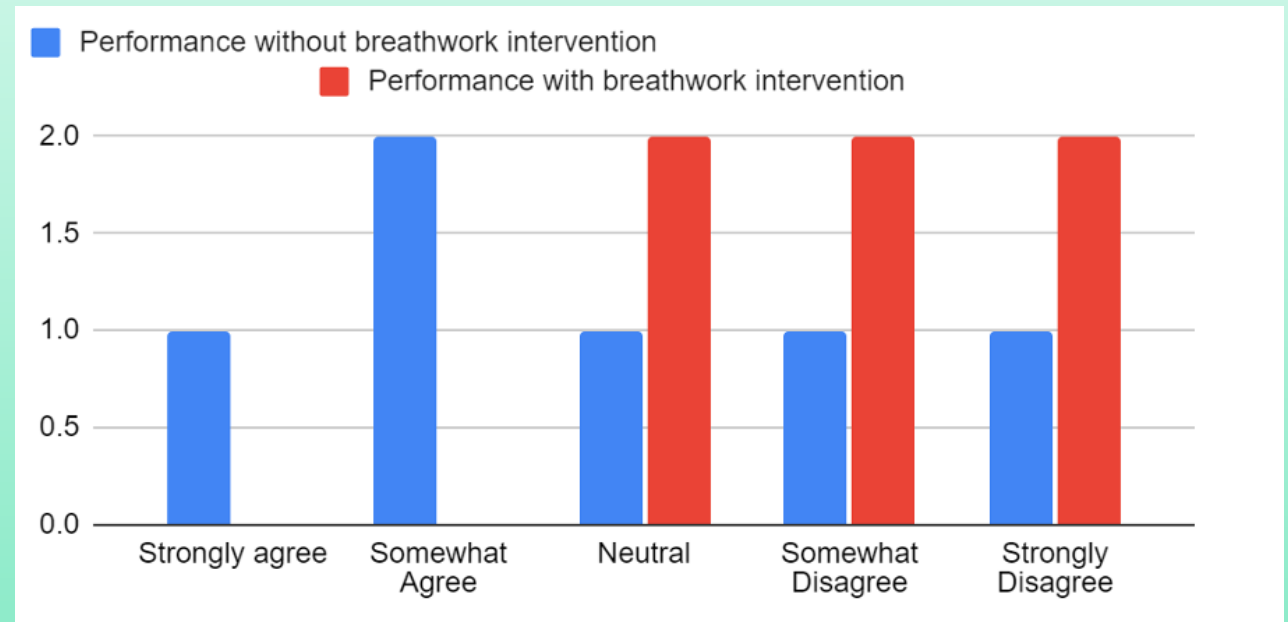
Session 1 (without breathwork)

- Evenly spread across all scale points

Session 2 (with breathwork)

- 50% of participants enjoyed the performance more

An overall improvement of performance enjoyment



MPA affected my enjoyment of the performance

QUALITATIVE FINDINGS



Proximity

Context

Future recommendations

More detail
in the
screening
and sampling
process

Larger
sample size

Physiological
measure of
MPA

Different
scaling
system

Further
triangulation
to avoid
insider bias

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