

An Analysis of the Causes of Brass Instrument Performers' Anxiety in Music Performance

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Abstract: Because of the special structure and vocal mode of brass instrument, performers are prone to have anxiety about music performance in the process of learning and performing. It is necessary for us to combine the particularity of brass instrument, carefully analyze the objective reasons that cause the anxiety of brass instrument performers in music performance, and rationally understand the anxiety of brass instrument performers in music performance, in order to carry out targeted prevention, improvement and treatment, and effectively reduce the anxiety of brass instrument in music performance in the process of learning and playing.

Keywords: Brass Instrument; Anxiety in Music Performance; Perfectionism; Teaching Style

1. Necessity of research

Performance anxiety is a well-known issue for many musicians and other professionals who need to perform in public. When this sense of tension causes musicians to feel pain and discomfort, it is called musical performance anxiety. Music performance anxiety can be broadly defined as “a persistent, frustrating, and painful fear experience performed in front of an audience^[1].” Music performance anxiety can cause performers to experience anxiety, nervousness, and fear before performing or during performance, and can not exert their personal abilities well. At the same time, it can generate fear and anxiety about performance results and failure evaluations, which can bring great physical and mental pressure to performers.

The incidence of music performance anxiety in different professional fields is high and has a wide impact. For many people, music performance anxiety is a common experience that can have a negative impact on individual performance. It not only weakens the quality of performance, but also affects the performers' personal and professional lives. Research has shown that stage anxiety can lead to inner pain for performers and impair or reduce their work abilities, even leading to premature termination of their professional careers^[2].

At the same time, music performance anxiety can have different effects on individuals depending on the use of musical instruments. For example, symptoms of dry mouth may cause a singer or singer to start a sentence with a harsh tone; Gastrointestinal cramps can cause trombone players to make weak and erroneous sounds; Nervous and sweaty palms can cause the drummer to lose friction with the drum during performance. Among them, physical symptoms such as excessive breathing caused by music performance anxiety have a greater impact on performers who use respiratory organs such as singing and wind instruments, especially brass instrument. In orchestras, brass instrument parts performers are more likely to have music performance anxiety than other parts performers .

Brass instrument is a kind of instrument that causes lip vibration after blowing air into the horn mouth, also known as “labrosones”, that is, the instrument with lip vibration. According to different structures and shapes, there are mainly four types: trumpet, horn, trombone, and tuba. The brass instrument has a special way of sound production, which changes the pitch by changing the vibration frequency of the instrument through the change of the air pressure on the player's lips. The pitch and timbre of brass instrument strongly depend on the control and adjustment of the player's lips and other body parts, which has great uncertainty. At the same time, brass instrument need more breath and sound. Once they are not well controlled, noise will appear, which can be easily heard by the audience. Such particularity has virtually increased the psychological pressure of brass instrument players, and the degree of anxiety

caused by music performance is much higher than that of other instruments.

Therefore, the anxiety of brass instrument performers needs more attention. It is necessary for us to combine the particularity of brass instrument, carefully analyze and rationally treat the objective causes of brass instrument performers' anxiety in music performance, so as to carry out targeted improvement and treatment to reduce brass instrument performers' anxiety in music performance.

2. Analysis of the causes of anxiety of brass instrument performers in music performance

According to relevant research, there are many reasons for anxiety in music performance, such as insufficient technical preparation, fear of negative evaluation, and failure experiences. There are not only physiological factors, but also psychological factors. This research will summarize the main reasons for anxiety in the performance of brass instrument on the basis of previous research and the experience of brass instrument.

2.1 Inadequate preparation for music performance

The primary reason for anxiety of brass instrument performers in music performance is insufficient preparation, which is also an important reason for stage anxiety of other music performance majors. Many performers lack preparation for performance due to many performance activities, less practice time, or limited skills, resulting in anxiety in music performance. Research indicates that inadequate preparation by orchestral performers is a common and persistent source of stress. "Because they often perform and perform a lot of rehearsals and familiarize themselves with the repertoire in a short time, they mainly rely on their visual playing ability, which to some extent increases performance anxiety.". At the same time, for brass instrument professional learners, due to the consideration of other courses in the learning process, less practice time, unskilled performance skills, inadequate understanding of the works, etc. will result in insufficient preparation for music performance, increasing the risk of music performance anxiety.

In addition, the selection of playing music must be based on one's abilities, and one should not blindly pursue music that is difficult to master or difficult to master while neglecting the training of one's own performance level and basic skills. Because when the required performance level of a musical work does not match the actual skills of a musician, the risk of musical performance anxiety is increased. Therefore, it is also a problem that must be paid attention to in the performance of brass instrument to select the appropriate playing repertoire in the actual performance.

2.2 Excessive perfectionism

Perfectionism is a kind of self-awareness that pursues excellence standards in real life and performance, avoids mistakes, puts forward higher requirements for itself, or sets too high standards and makes too harsh self-evaluation accompanied by performance in tasks. Previous studies have shown that perfectionism can have a positive or negative impact.

Normal perfectionism is positive in their work and pursues the standard of excellence. Although I hope to do my best, I don't have extreme thoughts and behaviors, and I often feel satisfied with my performance. In music performances, high-quality works and performances can also be obtained due to rigorous attitudes and high requirements, which have a positive impact on one's own life and work. However, when we persist in perfect performance, do not allow mistakes, pay too much attention to our own shortcomings and strive to seek recognition from others, and excessive perfectionism will appear, which will have negative consequences. This negative perfectionism will strengthen the anxiety of music performance in actual life and music performance. Although both perfectionism set high standards for themselves, positive perfectionism can relax a little if facts permit, while excessive (also known as neurotic) perfectionism almost does not allow mistakes and mistakes.

Due to the characteristics of brass instrument or the needs of music, the occasional "bubbling" (generally speaking in English, cracking or missing note) cannot be completely avoided. As the saying goes, "brass instrument 'bubbling', God will forgive!". However, many brass instrument players excessively pursue the perfect performance of performance, and are not allowed to make mistakes. Occasional mistakes are also considered unforgivable, fearing others' criticism and performance failure. Such excessive perfectionism is not only counterproductive, but also adds a lot of psychological pressure to oneself, which further aggravates the degree of anxiety of performers in music performance. Therefore, excessive perfectionism is an important reason for the anxiety of brass instrument performers. In the actual playing and learning process, we should rationally understand and objectively treat our perfectionism.

3. Conclusion

Music performance anxiety is a significant and lasting anxiety experience related to music performance, which has a negative impact on performers. brass instrument are more likely to produce music performance anxiety because of their musical instrument

nature and music performance characteristics. Lack of preparation for music performance, lack of confidence or inferiority complex caused by the characteristics of musical instruments, excessive perfectionism and the personal character and teaching style of professional teachers are the main reasons for the anxiety of brass instrument performers. Brass instrument players must rationally understand their own music performance anxiety in the actual performance, purposefully overcome difficulties and accept themselves, and learn scientific performance methods, in order to improve the completion and self-confidence of performance. Only in this way can we reduce and improve the anxiety of music performance of brass instrument and obtain more perfect music performance.

References:

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