

Recent Developments in Coping Strategies Focusing on Music Performance Anxiety: A Systematic Review

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Abstract : Music performance anxiety (MPA) is a prevalent concern among musicians, manifesting through cognitive, physiological, and behavioral symptoms that can severely impact performance quality and overall well-being. This systematic review synthesizes research on coping strategies employed by musicians to manage MPA from 2016 to 2023, identifying a range of psychological and physical interventions, including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), mindfulness, and yoga. Findings reveal that these interventions significantly reduce anxiety and enhance psychological resilience, with ACT showing notable improvements in psychological flexibility. Physical approaches also proved effective in mitigating physiological symptoms associated with MPA. However, challenges such as small sample sizes and methodological limitations hinder the generalizability of results. The review underscores the necessity for multi-faceted intervention strategies tailored to the unique needs of different musicians and emphasizes the importance of future research employing larger, randomized controlled designs to further validate these findings. Overall, this review serves as a comprehensive resource for musicians seeking effective coping strategies for managing performance anxiety, highlighting the critical interplay between mental and physical approaches in promoting optimal performance outcomes.

Keywords : anxiety, performance, coping, music, strategy

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