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***MUSIC PERFORMANCE ANXIETY
IN ADOLESCENT STUDENT SINGERS***

Research in partial fulfilment of the requirements for MMUS

Megan Corby

Abstract

This project seeks to sidestep the debilitating effects of music performance anxiety by cross-referencing knowledge from the areas of adolescent psychology with literature on MPA in singers in general in order to target adolescent singers early in their training. As well as considering the causes, symptoms and treatment of music performance anxiety, the project examines the role of the natural anxieties of adolescence in triggering music performance anxiety and seeks to chart a way through. Its intended readership is the classical singing teacher.