

CAN MINDFULNESS HELP MANAGE PERFORMANCE ANXIETIES OF STUDENTS OF PERFORMING ARTS IN PUBLIC FUNDED LIBERAL ARTS COLLEGES

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This research project is designed to understand the factors that contribute to the performance anxiety among college performers and manage their performance anxiety with the practices of mindfulness. This study aims to find out patterns of performance anxiety and possible control mechanism for students. Performance anxiety affects individuals who are generally prone to anxiety and are in high public exposure and is understood as a form of social phobia. The reasons, types, and extent of the performance anxiety vary between professions, and conditions and context of the performance along with other social factors.

A pre-intervention online survey was sent to students of Theatre and Dance at UW-Green Bay. Thirty-six students took the survey, data is analyzed using SPSS and Excel software. Primary observations suggest that performance anxiety varies with gender and sexual identities, standing in the college, first generation and non first-generation students.

