UW System WTFS 2021 Dinesh Yadav



Demographic

Mindfulness

PERFORMANCE ANXIETY IN STUDENTS OF THEATRE

This research project is designed to understand the

college performers and manage their performance

anxiety with mindfulness practices.

factors that contribute to performance anxiety among

INTRODUCTION

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, conditions, the context of the performance, and other social factors. This study aims to find out patterns of performance anxiety and possible control mechanism for students. The researcher sent a pre-intervention online survey to students of Theatre and Dance at UW-Green Bay. Thirty-six students took the survey; data were analyzed using SPSS software.

PRE

SURVEY

Procedure

Mindful Moments **INTERVENTIONS** Yogic Pranavama

Performance Anxiety Inventory

Personal Report of Confidence

POST NTERVENTIO SURVEY

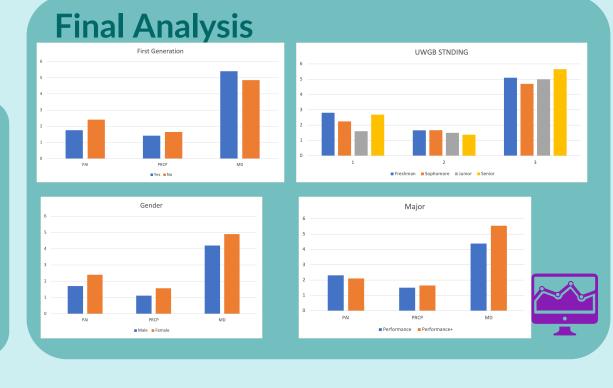
Demographic Performance Anxiety Inventory Personal Report of Confidence Mindfulness

Nine Questions **Twenty Questions** Thirty Questions **Fifteen Ouestions**

Before Rehearsals Before Tech and Show

Nine Questions **Twenty Questions** Thirty Questions Fifteen Questions





Observations & Results

First Generation: First-Generation Students have lower anxiety, lower confidence, and higher mindfulness compared to non-first-generation students.

Major: Students with a single theatre major have higher anxiety, lower confidence, and lower mindfulness as compared to students with two or more majors including one in theatre.

Gender: Female students have higher anxiety, higher confidence, and higher mindfulness compared to male students.

UWGB Standing: Freshmen are more anxious than Juniors, but Seniors are equally anxious as freshmen. Juniors have the least anxiety in the group, while Sophomore has greater anxiety than Juniors but lower than the other two.



Purpose

Performance Anxiety Some students get more anxious during performances, and can ess practices help them understand and manage their anxieties?

Conclusions

Various social and demographical reasons influence performance anxieties in theatre students. This study observed that females have higher performance anxieties than males, but counterrally, females express more mindfulness than males. The reasons could be more societal-for example, fewer opportunities in the performance domain.

First-generation students express less anxiety and more mindfulness than non-first-generation students. The reasons could be more psychological than

societal, such as interest in higher education and excitement to be the first-generation.

ACKNOLDGEMENT

My sincere thanks to The Office of the UW Systemwide Professional Development and director Fav Akindes. UWGB Chancellor Michael Alexander and Director of CATL at UW Green Bay Kristin Vespia Faculty and Students of Theatre and Dance at UW-Green Bay. The 2021-22 Cohort of WTFS and **Co-Directors Valerie Barske and Heather** Pelzel.