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Spotlight Poster

## Interconnected dimensions: What influences music performance anxiety? Franka Mavriček, Matthias Bertsch

Remaining an ongoing exigency, music performance anxiety (MPA), as delineated by Fernholz et al. (2019), persists within a spectrum spanning from 16.5% to 60%, intermittently exceeding the upper thresholds. Kenny's (2011) estimates suggest that 15% to 50% of musicians grapple with MPA, hindering performance quality and, in its most extreme form, qualifying as a subtype of social anxiety disorder, per the DSM-5 (Butkovic et al., 2021).

This ongoing research delves into the intricate interplay among MPA, perfectionism, imposter syndrome, self-efficacy, and cultural/socio-economic factors in musicians.

Perfectionism, marked by elevated personal standards and self-critical evaluations, plays a pivotal role in MPA's genesis and perpetuation (Dobos et al., 2018). Maladaptive perfectionism aligns with the imposter phenomenon (IP) (Pákozdy et al., 2023), characterized by persistent self-doubt and a sense of fraudulent accomplishments. Self-efficacy, as conceptualized by Bandura (1997) as the confidence in one's ability to organize and execute the necessary actions to achieve a specific goal and which has been shown to influence MPA, perfectionism and IP, mitigates maladaptive inclinations (Spahn et al., 2021).

Emphasizing MPA's multidimensional nature and its impact on performance quality under perfectionism, the study's aim is to explore maladaptive perfectionism's association with IP and, advancing beyond precedent, to scrutinize diverse MPA manifestations, considering cultural and socio-economic influences on self-efficacy. Addressing a research gap, the study intends to explore relationships within musicianship, offering insights for nuanced interventions. Incorporating cultural and socio-economic factors aims to enhance inclusivity, optimize coping strategies and foster psychological well-being among musicians, aligning with the goal of culturally sensitive spaces in music education and performance.

This recently initiated PhD project is designed to examine these interconnected dimensions among perfectionism, MPA, IP and self-efficacy, testing hypotheses on cultural and socio-economic impacts, MPA distribution patterns, perfectionism correlations and the association of IP with MPA.

Franka Mavricek concluded her musical education at the University of Music and Performing Arts Vienna and Graz attaining the highest honors in flute performance studies, she earned the title "Master of Arts" while specializing in the intricacies of orchestral and chamber music.

Presently, Franka is enhancing her musical acumen through a scholarly pursuit in a scientific doctoral program at the University for Music and Performing Arts Vienna. Her focus extends into the interdisciplinary realm of music psychology, particularly delving into performance anxiety and its nuanced psychological, cultural, and socio-economic dimensions. This scholarly exploration, coupled with her role as an active soloist, orchestral and chamber musician, endows Franka with a unique dual perspective, fostering distinctive depth and insight.

Numerous international competition prizes, together with Rotary International's acclaim for outstanding artistic achievements, further enrich her experience. Additionally, she has been nominated for the Würdigungspreis der Stadt Graz, an honor recognizing outstanding artistic and scholarly achievements in 2023.