

The Factors that Affect the Psychological Tension of Music Performers and the Countermeasures

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Abstract: *In the process of music performance, performers' psychology directly affects their technical skills, the depth of music interpretation, and the integrity of the works. In music performance, the psychological tension problem every performer more or less will have, each person has different problems: some people appropriate tension can make the stage is perfect, some people get so nervous that they lose control. Therefore, it is very important to explore the cause of this psychological problem and how to solve it.*

Keywords: Musical performance, Psychological stress, Strategies.

1. Introduction

Music performance is a highly skilled performing art. It is a kind of creative thinking activity in which performers express their inner experience and express their thoughts and feelings by means of certain musical instruments or vocals. "One minute on the stage, ten years of work under the stage." In the whole dynamic process of music performance, the "Nervous" psychology runs through the music performance and whether the success or not depends on the psychological state of the performers. Good psychological quality can help them to better present their own works. However, the reality is that many performers can not achieve the desired results because of psychological pressure. Therefore, it is important to strengthen the research on psychological factors.

2. Analysis of Factors Influencing Psychological Stress of Music Performers

This paper aims to explore the psychological state of music performers, including vocalists and instrumentalists. We will compare their emotions in their internal and external environments and explore how these factors affect their performance. For example, we will use violin playing as an example to study their ability to process information during performance and how they regulate and control their behavior from a psychological perspective. We will also focus on how their psychological characteristics and personality development affect their mental state.

2.1 The Influence of External Environment on the Psychological Factors of Music Performers

Music performance usually takes place in a certain environment. The physical perception of the venue itself and the various kinds of hardware equipment that the venue is equipped with will make music performers have different physical perception, different mental states. These environmental factors can affect the audience's experience and emotion, and can provide a unique audio-visual experience. Usually the venues for music performances are either outdoor or indoor. In the outdoor, can be in the large plaza, street, outdoor stadium and so on, indoor concert hall, recording studios, classrooms and so on. The sound field will be different depending on the venue. Musicians are not only artists but also listeners. They need a variety of techniques to

control their voices in order to maintain a natural state in an unfamiliar environment. These techniques may cause the performer to feel nervous and affect their performance. For the conservatory we are familiar with, playing at the badminton court on the first floor can spread the vocal music throughout the whole building as long as the normal intensity of the practice in the piano room is sufficient, while playing at the celebration square, if there is no microphone support, there is almost no sound feedback from three meters away.

Secondly, the environment conditions such as lighting, temperature, humidity and other physical media may have a significant impact on the performers mood. When the lights are too bright or too dim, it's an extra challenge for instrumentalists, who can easily make all kinds of mistakes because they can't see the fingerboard clearly or the keys are confusing. In addition, temperature and humidity in addition to the performers will bring an intuitive difference, and sometimes for wooden instruments, too high temperature will lead to instrument cracking, while too wet easily lead to changes in the sound of the instrument, can not play properly.

Finally, in a musical performance, the interaction and feedback between the performer and the audience can create a unique atmosphere for the performance. This interaction may or may not be beneficial. The relationship between the performer and the audience is reciprocal and not always benign. The psychological activities of music performers are affected by many factors, including the mood of the audience, the state, the number of people, the distance from them and the expectation of the performance.

2.2 The Influence of Musical Performance Forms on Performers' Psychological Factors

Music is very rich in expression, whether solo or chorus, symphony or opera, can give the audience a different emotional experience. Here's a look at some of them.

Solo or solo is a very important art form, which requires the artist to have good emotional management skills. Especially for soloists, the artist must maintain a good emotional state and keep his voice in front of every corner of the stage. Solo, by contrast, may be a little better, the player can take the instrument, music score must hu to relieve their tension. In the ensemble, Symphony or choral form of music performance, the performers are responsible for their own voice, together to complete the same piece of work, due to the large number of

nervous anxiety will be appropriate relief.

2.3 An Analysis of the Influence of the Inner Factors of the music Performers on the Music Performance

As the main body of music performance, the development of individual neurophysiological mechanism and the feedback of information processing will have a direct impact on the psychological state of the performers in the process of music performance.

2.3.1 The ability of a music performer to process information during performance

Performers are people who can translate music into a form that people can understand. They express themselves through sight, sound and touch. They will use their skilled skills to transform the score into a sound melody that is more acceptable to people. Through the performer's unique understanding, they can convey the emotion in the music to the audience, and give them unlimited imagination. Therefore, the degree of information perception and understanding of music performers will directly affect their psychological state.

In addition, high-quality acting experience is a source of confidence for performers. Adjust for mood swings so you don't feel overwhelmed. Similarly, concentration, mastery skills, appropriate emergency management skills, and personal musical talent can also directly affect their mood.

2.3.2 The ability of musical performers to regulate and control behavior during performance

First, a person's mood and behavior may be different because of his internal thinking. The same person, if the performance motivation is not the same, even if the playing of the same piece, but also can produce a different performance effect. For example, when taking an art exam, many people try to be serious, focused, and get the best results they can; daily practice is always very different from the state of the exam. However, increased focus does not necessarily lead to better performance and increases the risk of mistakes.

In all kinds of situations, the psychological quality of music performers and emotional control ability for their performance is very important. Different people have different levels of emotional control, which can affect their performance. The nervous system, such as the prefrontal cortex, amygdala, hippocampus and autonomic nervous system, the degree of development, activity and damage will make the music performers give timely feedback in the process of information processing.

2.3.3 The psychological characteristics of the performers themselves

In performance, skill is the key to high performance. However, musical performers' ability to regulate, control, perceive, imitate, be artistic, and communicate emotions is more important than other professional skills.

For example, the well-known violin concerto "Butterfly Lovers", which is divided into eight chapters, each chapter

expresses the emotions of the use of different performing techniques. For example, in the presentation section, the violin solo performs a touching love story, and then through the use of polyphony, violin and cello to answer each other, showing the grass bridge knot scene. Then, in a cheerful and expressive way, a second theme of laughter and banter is played. The ending turns abruptly to adagio, a sobbing melody that expresses the author's reluctance to part.

In the expansion, the music turns gloomy. The solo violin tells of Zhu Yingtai's heartache and trepidation in a scattered rhythm. After meeting on the balcony, the rhythm of the music took a sharp turn for the worse, the strings were cut quickly, impassioned and decisive, and the solo ramble alternated with the band's Allegro, giving rise to the climax of the whole piece.

In the reappearance part, we can hear the violins melodious interpretation of the romantic story in the legend of butterfly lovers. It seems to see those colorful, dancing butterflies. This is the sublimation of people's good wishes, and also a heartfelt tribute to the love of Liang Zhu.

The song from the beginning of the happy, light melody, gradually become sad and deep, and finally reached the peak. The technique is not difficult, but under the succinct melody and the skilled fingering, needs the performer the keen music perception ability and the emotion mobilization ability. It is not only necessary to immerse oneself in the music, but also to convey it to the audience. Therefore, improving your ability to control your emotions is an essential skill for high-level artistic expression. This can significantly improve the emotional and psychological state of the music performers.

In addition to these, the musical performer's personality differences may also lead to their emotional changes. The formation of personality is influenced by many factors, including heredity, family, school, society and other internal and external environment, which play an important role in shaping a person's personality.

Music is unique in that it reflects the composer's personality. Even within the same repertoire, composers' creative ability, mood, thinking, and deep understanding of the song all depend on their personal style and performing habits.

3. A Study on Strategies for Dealing with Psychological Stress of Music Performers

The above three main reasons, that is, the external environment, the forms of music expression and the internal factors of individuals, all contribute to revealing the various factors that affect the mental health of musical actors. How to deal with these factors in practice, for example, when instrumentalists are playing, they often feel anxious, even have a rapid heart rate, rigid limbs and rapid breathing. When they are under extreme stress, it is difficult for them to remain calm or even react properly. In order to solve this problem, we need to find an effective way to minimize their negative effects on us, but also pay attention to magnify their positive effects on us, so that we can play well.

3.1 Strategies for Dealing with the External Environment

Be prepared to adapt to your environment and understand the properties of light and sound fields when it comes to external factors such as venue, climate, humidity, lighting and sound affecting the performance of a music performer, and the use of sound reinforcement equipment is very important.

“Rehearsal” is the most effective solution to this problem, but as music performers, we pay more attention to, we need to be brave to face the current tension and anxiety, and from the heart to affirm the inevitability and rationality of such emotions, so as to accept such emotions, to overcome the negative emotions brought about by the formal performance. Continue to improve yourself in order to better complete the “Rehearsal” track. Before starting work, take some time to get to know the site, adjust the volume, get as familiar with the site as possible, and stay in close contact with the staff to develop a response plan.

Personally, this is something I don't have. I've always assumed that the environment of the upcoming performance is a place where I've practiced or performed many times before, as if there's no need to rehearse or familiarize myself with the venue in advance. But the fact is, the venue of each performance may still be the same venue, and the surrounding environment, such as the position of the stereo, the light hitting you at different angles, it is necessary to communicate with the staff in advance to ensure the smooth running of the performance. On the contrary, it will be in the tension and anxiety to complete the performance, the effect can be imagined.

3.2 Discussion on the Strategy under the Specific Music Performance Form

Each musical work needs the performer to use certain performance form to complete. In this study, we divided common musical performances into two main categories: singing and playing.

To play, it requires the player and their instrument to play together. No matter how many players there are, they must clearly know that the performance is performed by each player and their corresponding instrument. Therefore, the state of the instrument and the player's proficiency on the instrument will have an important impact on the performance of players. Through the correct maintenance and maintenance, a high-quality instrument can play its best tone, thus effectively ease the “Instrument state” brought about by the negative psychological impact. Players are more proficient with their instruments than with unfamiliar ones, and thus have better control over their nervousness, anxiety and helplessness during performance, thus reducing their chances of making mistakes.

The violin, for example, today's violin, although their appearance and structure almost no difference, but their details are different. From the width and thickness of the neck, to the height and thickness of the strings, to the curvature and thickness of the backboard, to the elasticity of the bow and the type of bow hair, these factors give their sounds distinct characteristics, so that players can better grasp the music's emotion, and more accurately conveyed. If a new instrument or instrument is introduced, a large part of the pressure on the

player comes from the new instrument, and the failure rate will be greatly increased. On the contrary, if the player is already well-adapted to the instrument, he or she will have no qualms in this respect. Instead, he or she will focus on improving the sense of control and mastery of the technique, immersing himself in the melody and mood of the music.

3.3 The Internal Coping Strategies of individual Music Performers

As performers, individuals need to be particularly concerned with the training phase before performing. Careful and professional training can help us perform these tasks better. In addition, through continuous learning to improve the quality of music theory, in-depth understanding of the music score to express the information, we can better grasp and use skills, so as to better complete our art works. If you want your performance to be perfect, you have to take all the training seriously and be consistent in every detail. Only when it is the right thing to do every time, can you use more energy to improve your concentration and conviction during the stage of the performance, without the restriction of technical skills. The focus of music performers in the process of performance is the key to eliminate all psychological interference factors.

3.3.1 Technology upgrading

Instrumental music is usually accompanied by complex playing skills, therefore, in the face of higher-level playing skills, players must maintain a clear mind and a stable state of mind. In this way, you can better express their own skills, and better adapt to various situations. In order to do this job well, you need to keep practicing, and constantly sum up experience, and constantly improve.

For example, in playing the violin piece golden hearth, it is very difficult to make a quick ten-degree impression in the last few bars. And it appears at the end of the movement, very easy to lead to mistakes, may be a very unstable state of mind for players like me to bring greater psychological pressure. To ensure that the performance does not make such mistakes, the player should continue to work hard, and often repeated practice, in order to enhance personal skills and confidence. This will help ease the mood swings and help you stay focused and professional, avoid technical mistakes while playing, ensure consistency and don't panic over lack of skill. This will lead to better performance.

3.3.2 Goal adjustment

When a person starts exhibiting anxiety or other negative emotions, it is likely to be due to their internal stress. For example, they may have high expectations and have clear performance goals, which may make them feel fear and anxiety, and may end up making mistakes. Therefore, in the music performance, should remain calm and avoid being proud of their performance. At the same time, some appropriate performance goals should be established, in the performance of music to the daily training and music performance, in order to strengthen the individual performance. At the same time, you should take a variety of measures to ease your emotions, and establish a “Hint” adjustment mechanism to help you maintain your emotions.

Increase stability and reduce the emotional disturbance to the music. For example, a performer can take a deep breath, affirm his or her excellence, and encourage himself or herself to play music more easily and pleasantly.

3.3.3 Stimulate desire

Music as a performance factor, to stimulate the desire of performers is an indispensable part, but also the basic motivation for subsequent practice. Performance Desire is the catalyst to improve the performance of performers, in the performance of the desire to stimulate, performers can be fully engaged in playing, may appear supernormal play. To stimulate the performance desire of performers must go through the three steps from sensibility to reason and then to practice, from part to whole, through observation, thinking and practice to gradually enhance their skills. In the process of training, we should try to solve the difficulties encountered, and develop personal artistic accomplishment, such as the mastery of tone, rhythm, emotional mastery. Only through this kind of training can we really awaken their enthusiasm for re-creation.

At the same time, personal perception and aesthetic ability also need to be improved, including the overall control of music works, such as tone and strength control and emotional processing, etc., these can stimulate the player's passion and enthusiasm for the second creation. If you can produce a strong desire to perform before playing, you can constantly improve their personal ability, produce a stronger interest in playing, will be nervous into excited emotions, no longer have a sense of panic, to enable performers to focus on the performance, full of passion, but also through the emotional impact of the audience, which is a "Choice adaptation" adjustment method, that is, through a positive way to adapt to the practice of playing, change tension, through practice, training, and even imagination, hypothesis, enhance stage adaptability, give self-affirmation, through a variety of means to improve the performance realm.

3.3.4 Enhanced State

In the process of instrumental music playing, regulating one's own psychological state is one of the effective ways to improve the performance effect. Through self-regulation, pay attention to their own shortcomings, and constantly strengthen cognition, to overcome negative emotions, so that personal emotions remain stable and full, so not only can be a natural display of playing skills, you can also improve your performance. Therefore, a performer must accurately evaluate himself, fully realize his own shortcomings in playing, and choose music works that are more suitable for his playing skills and style, and constantly improve his playing level, to achieve self-worth.

In addition, players should also correct their own playing attitude, through personal hobbies and interests, constantly strengthen cognition, so as to enhance the accuracy of playing. If you have problems while playing, you need to keep a positive mental state and try to find a quick solution to the problem without being noticed by the audience, so as to show the connotation of the work, let the meaning of the piece permeate your emotions. Before the performance, the

performer can adopt the "Lonely" psychological adjustment way, concentrate on the attention, make oneself enter the music work more quickly, adapt the role, establish the inner emotion, before you play, find a quiet place to do silent practice. Try to concentrate as much as you can. If you can't concentrate, take a deep breath to get into a situation as quickly as possible, adjust your mental state. For myself, the three to five seconds I have to close my eyes and hold my breath before a performance is a good time to get into the groove, which greatly increases the success rate of the performance.

4. Conclusion

To sum up, through the improvement of performance skills and performance ability, instrumental music can be better demonstrated. However, how to improve the psychological quality, so that players can better control their own emotions, which is also a very important issue for instrumental music.

Through this study, we explore the psychological factors in music performance from the perspective of psychology, especially in instrumental music performance. Through the case study of violin, we put forward corresponding strategies and methods to better understand the factors that affect the psychological state of music performers and the relationship between music performers themselves and others, in order to summarize how to give positive psychological feedback.

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