

# DEN LEGENDE MUSIKER

– Legens betydning i musikterapi for  
konservatoriestuderende med scenskræk



Kandidatspeciale  
Vejleder: Niels Hannibal  
Maj 2012

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Udarbejdet af Marie Falk, d.31-05-2012

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Opgavens omfang er 185.997 tegn / 2400 = 77,5 normalsider

# Abstract

## THE PLAYFUL MUSICIAN

– The Impact of Play in Music Therapy for Music Academy Students with Performance Anxiety

The purpose of this pilot study is to investigate the impact of play in music therapy on music academy students with performance anxiety. This is done through phenomenological interviews of three music academy students who have received group music therapy for ten weeks. The interviews are analyzed using methods inspired by Grounded Theory.

The findings of the study shows that play in music therapy can have a constructive impact on music academy students with performance anxiety in terms of insight, self acceptance, professional abilities and artistic attitude. This constructive impact is more related to the students' general professional wellbeing than their performance anxiety.

Also the results point to the hypothesis that music academy students find music therapy interventions, that are actively and creatively involving to be the ones most related to play. The results suggest that play can be integrated in music therapy through an attitude of joy and fun, exploration, lack of demands and presence in the moment.

The results show that the interviewees felt playful during the music therapy in different degrees. Further investigation into the question of whether more music academy students can be helped to feel playful in music therapy is recommended.