

Perfectionism and Performance Anxiety among Malaysian Tertiary Students'

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Abstract

Anxiety cannot be separated from the human and it is a common emotion in life. Within this broad spectrum of writings, to date no studies investigating the issues and challenges faced by tertiary students training in music programs in Malaysia. Hence, this article explains the expansion to the body of literature on this important relationship between perfectionism, performance anxiety and how young musicians will react to these impacts on tertiary student in Malaysia towards their performances.

Keywords: perfectionism, treating performance anxiety

INTRODUCTION

There is a great number of people who would ponder over having high standards the best thing. Struggling for excellence shows that they have a powerful character and good work ethics. High standards do push an individual to reach an ultimate flush of performance. For example, athletes are mostly trained hard and long hours to reach superiority in fitness and their sports. On the other hand, perfectionism contains a tendency to set specific standards that maybe too high that can neither be met, nor can be achieved but only met with excessive difficulty. Perfectionists believe that anything lacking perfection is terrible, and that even negligible imperfections will lead straight to devastation. For instance, most of the people believe that it is particularly important to try to not to make any mistakes and do best.

Nevertheless, most of the people also think that on and on foregoing mistakes is inescapable and that making one does not clearly mean that they have failed in something totally. However, growing youngsters with perfectionism are inclined to believe that they are not at all permissible to make mistakes and making one means they have been disgraced in front others making themselves horrible and an example of failure. This thinking makes it frightening for them to make errors. It also likely to feel maybe even disappointed and make one feel stressed trying to be perfect with oneself most of time because being able in meeting standards are not easy at times. Over time, one may even begin to believe that he or she are not as proficient as others. Therefore, it is sensible to

let one loosening up criterions a bit to ease anxiety and the stress one might be feeling from trying very hard to be flawless.

Perfectionism is defined as a negative trait, regarded as by high criterions of achievement and performance, which lead towards emotional distress, fear of failure and shame.

Despite the fact that almost all studies are done on western countries this article explains perfectionism tendency and performance anxiety in a culture of Malaysia. In addition, within this broad spectrum of writings, relatively little has been written about the relationship between performance anxiety in any field of education or perfectionism among Malaysian tertiary students. This article presents the expansion to the body of literature on this crucial relation between performance anxiety and perfectionism. The knowledge affecting to the symptoms and signs anxiety among the students may help them to know the possible areas that can be highlighted for the mediating and prevention on the relationship, which this article may also be a vital element of the awareness to the Malaysian youths in the university setting so that they can overcome their lack of understanding.

Performance Anxiety

Millions of individuals fret the performance anxiety, commonly known as "stage fright." In fact, many people will get flu rather than performing. Actors, athletes, public speakers and musicians often go through with the performance anxiety. Almost everybody and anybody dread the feeling of being looked by so many eyes gazing down and judging, though nobody wants to be judged no matter what.

Symptoms

This can be quite stressful for some individuals knowing that they are the centre of attention when everybody is looking at him or her. The body starts to react to such situation in almost the same way as if one is being attacked. The body's "flight -or- fight" mechanism boosts in, which is the reason why the symptoms of "stage fright" are alike to the symptoms which occurs when one is in real danger. The symptoms of performance anxiety may comprise of these:

Hallucination
Rapid breathing and palpitation
Trembling voice, lips, knees, and hands
Tight throat and dry mouth
Nausea
Cold and sweaty palms

Performance Anxiety Causes

The moment when an individual challenges: his vulnerabilities and fears, the feeling of not to prove yourself to others, and accepting oneself for who they are is the very first step in the direction of overcoming performance anxiety. We should keep in reminding that nobody is ever perfect, nobody ever expects one to be perfect, and it is not a great deal to make mistakes. The next step is using wisdom to know how to readdress negative predictions, images, thoughts and beliefs about acting in public. This is not as tough as one might think it will be.

Treating Performance Anxiety

There are some tips which can help overcome doubts and gleam on the field, at the podium or on stage:
Practice and be prepared.

Limit sugar intake and caffeine on the day of performance is. Eat a practically sensible meal couple of hours before the performance to have energy and do not feel hungry. A healthy meal is a good choice. Move the attention off yourself and the fear towards the enjoyment one will be providing to the audience. Shut your eyes and visualize the audience cheering and laughing.

Do not focus on things that could go off beam. As an alternative, focus the mind on the good and positive thoughts. Envisage success.

Elude thoughts that yield self-doubt. Practice biofeedback, measured breathing, meditation and different strategies which help to relax and redirect thoughts if they go negative. There a lot of amazing practices of relaxation methods every day, irrespective of whether one has a performance, there is a skill to practice when needed. Jump up and about, take a walk before, do what seems right, or shake out muscles to comfort anxious state of mind before the big performance.

Connect to the audience, think of them as friends, smile, make eye contact and relax.
Be yourself and act natural.
Indulge in a healthy lifestyle, eat healthy, exercise and take adequate sleep.
Stage fright can usually be worse before any performance but it goes away right after it starts.
There are various mental tricks that play in helping one perform in less anxiety. They include:
Find friendliest faces in the audience and focus on

them.

We have all heard laughing is a big medicine, it helps to relax.

Look good, feel good.

These tricks help reduce anxiety before performance. But in case they do not help, talk to a trained therapist or a counsellor in treating issues of anxiety. They may assist by more concentrated therapy, as in cognitive therapy of behaviour, to help overcoming performance anxiety.

Confronting your terrors and learning methods to reduce and achieve over them can be a privilege. Not only does it make one feel good, but one might even discover that one is a confident performer, as well.

In conclusion, anxiety of any kind is a severe mental-health issue among youth nowadays. It has a pronounced impact on their present and future. The predominant degree of anxiety among the Malaysian youngsters are principally students is about 22.5% which is considered high and should be intervened. Although, a cross sectional revision was conducted on around 506 students, aging between 18 to 24 of years were picked among 4 general universities from Klang Valley in Malaysia. It was found that from these students 34% were moderate students and 29% suffered severe form of anxiety, higher than the 20 years of aged group of students from rural areas. Within this population of Malaysia, anxiety is also found in obese and overweight individuals. Abdollahi and Talib (2015) studied anxiety due to social aspects of growing trends in society an average of 207 obese and overweight students were pecked from 16 different faculties in UPM were found that in terms of appearances students faced social anxiety due to the obesity.

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