

Fine-Tuning the Future

Addressing Physiological and Psychological Needs in Young Orchestral Musicians



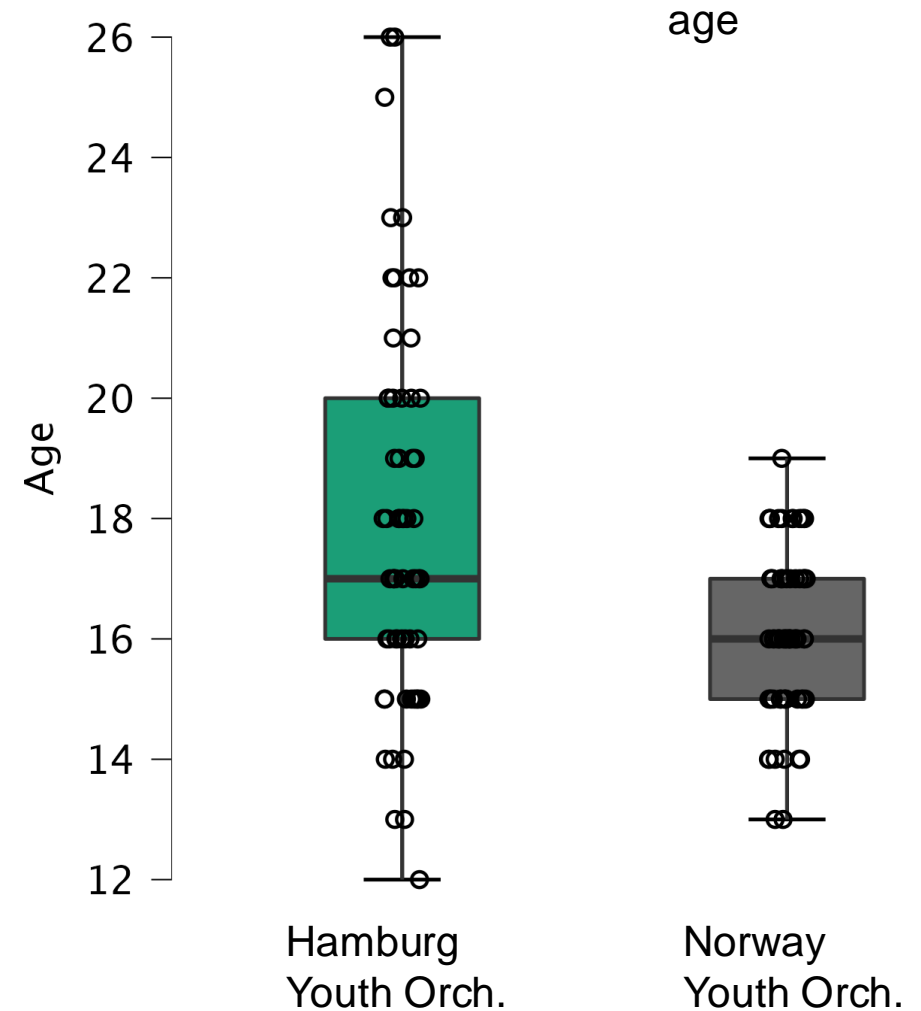
ÖGfMM
Österreichische Gesellschaft für
Musik und Medizin



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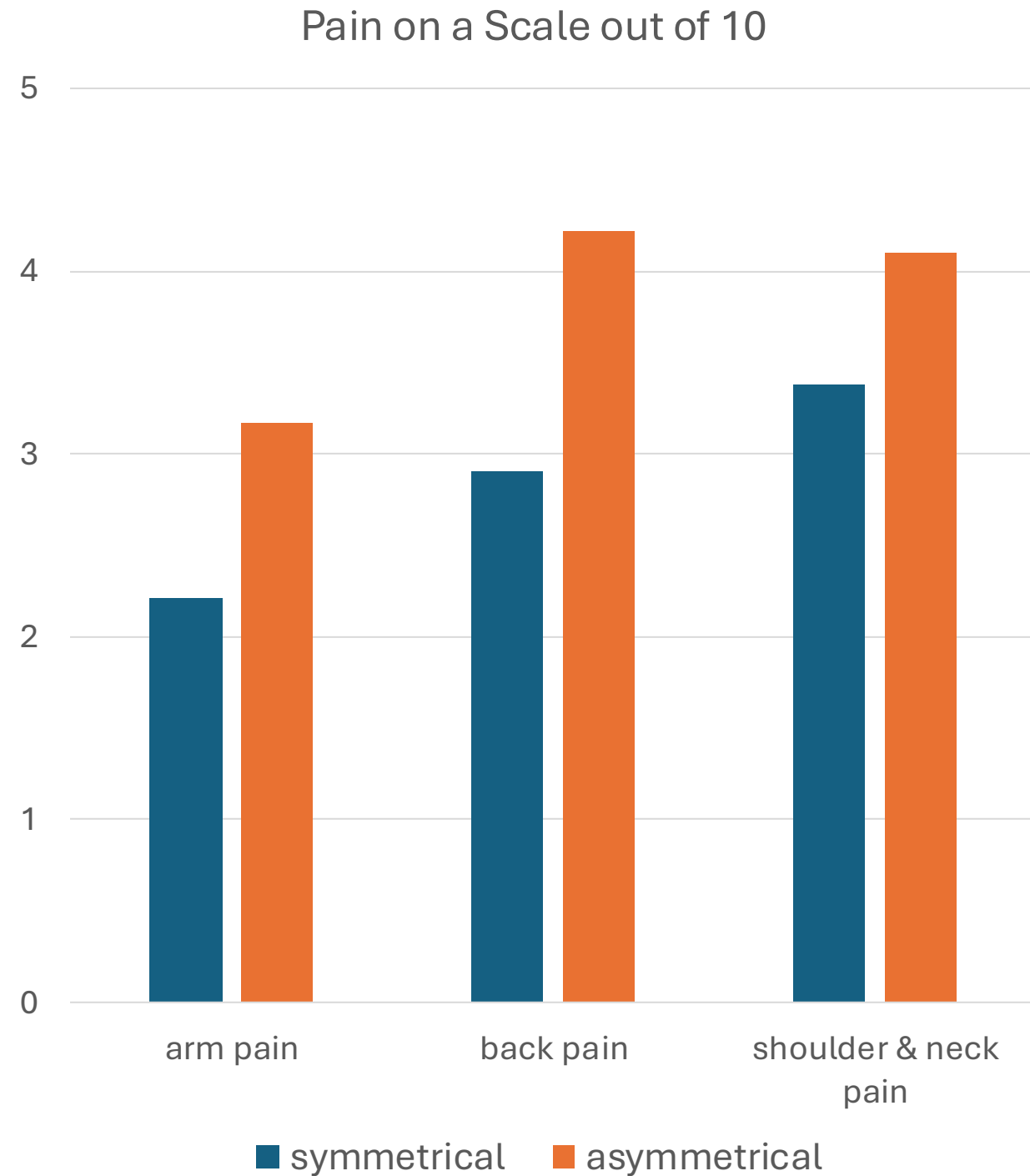
135 young musicians

- a 10-day summer music camp + concert in Bodø, Norway
- a 3-day camp in October 2024 and a concert in the Elbphilharmonie in Hamburg, Germany



uneven stress

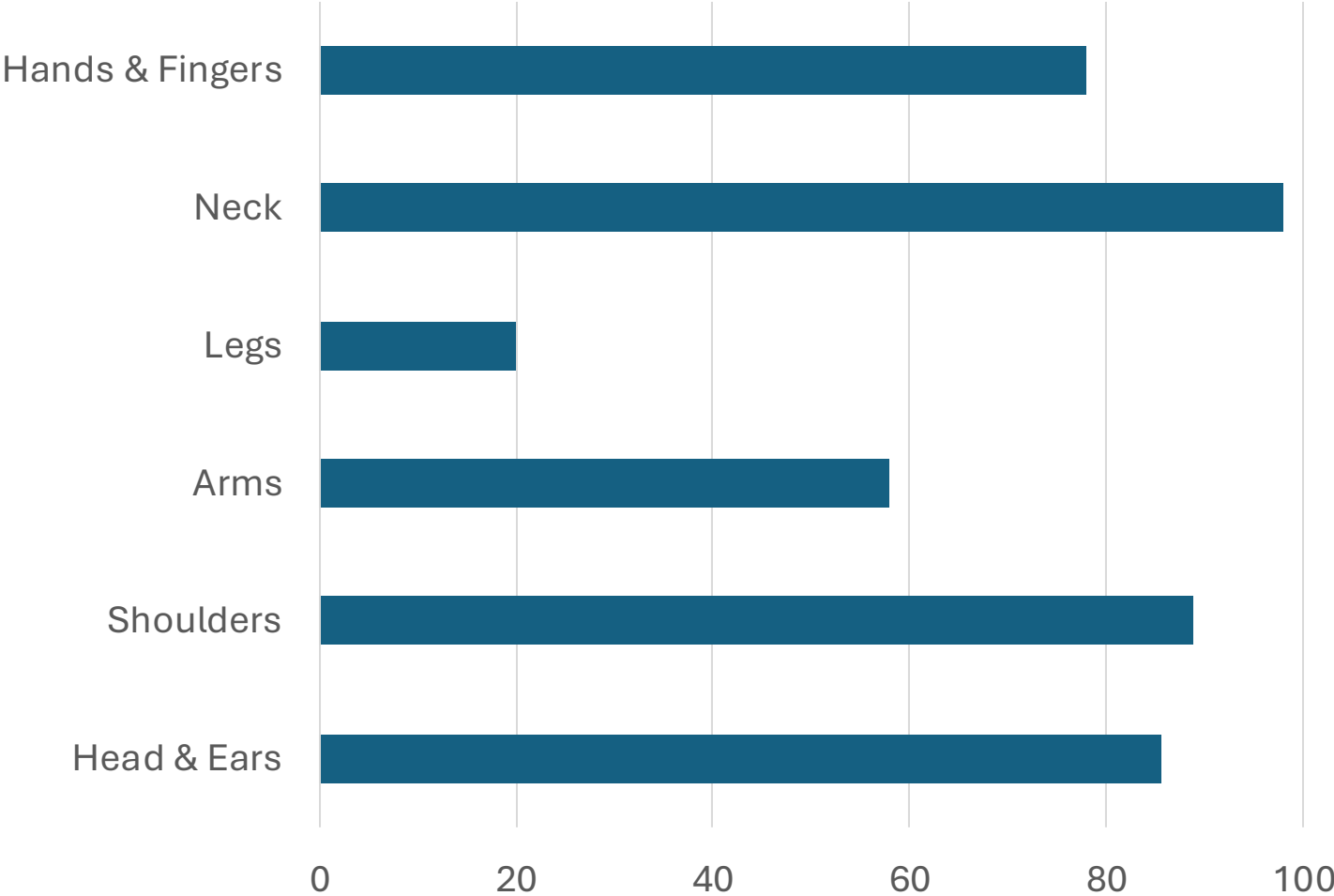
Instruments that require asymmetrical posture while playing evoke more pain in musicians.



Stop the Pressure!

98% of young musicians regularly experience neck pain.

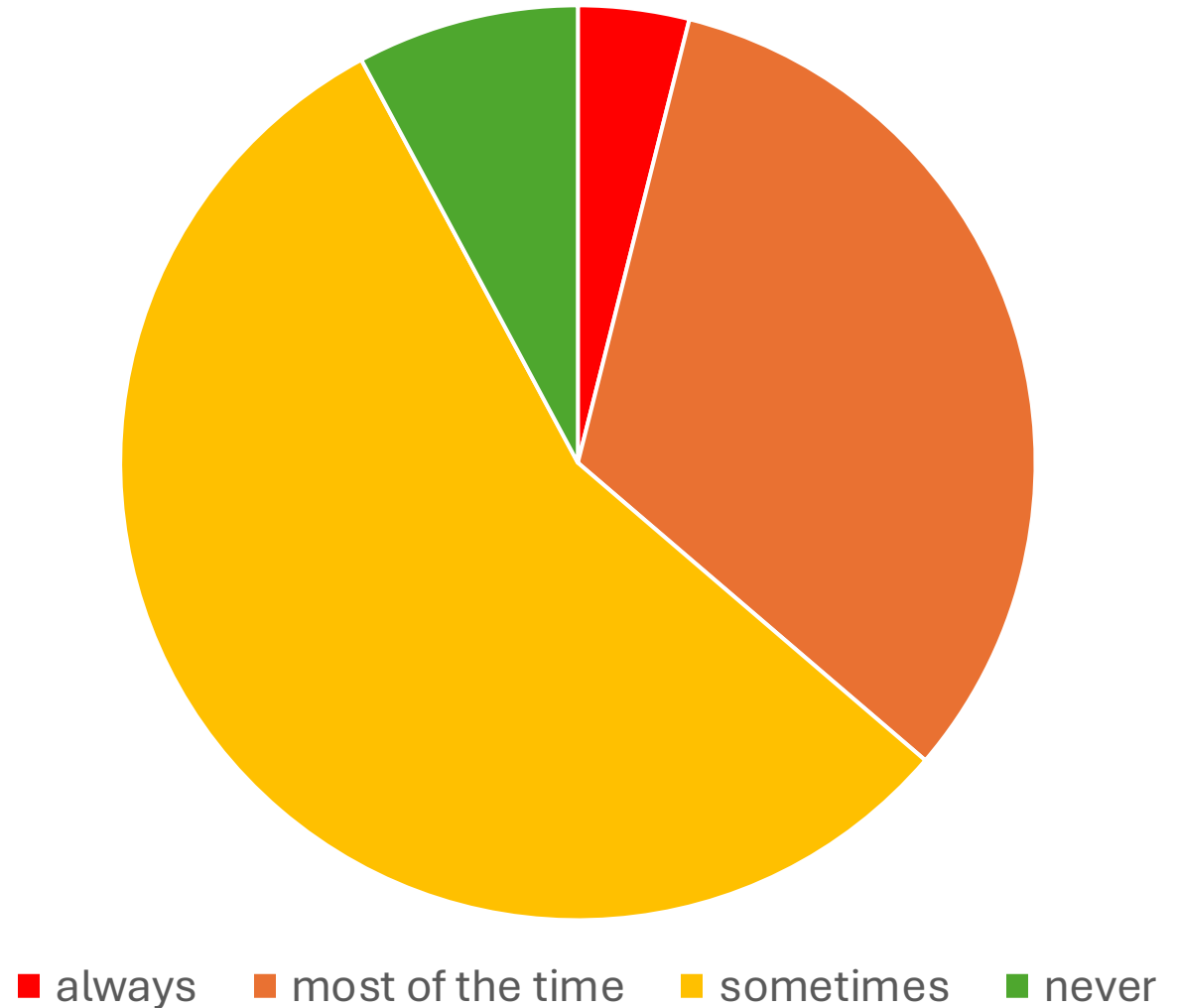
Percentage of Pain Young Musicians Experience Regularly



Unhealthy Practicing

37% of young musicians experience pain while playing their instrument more often than they don't!

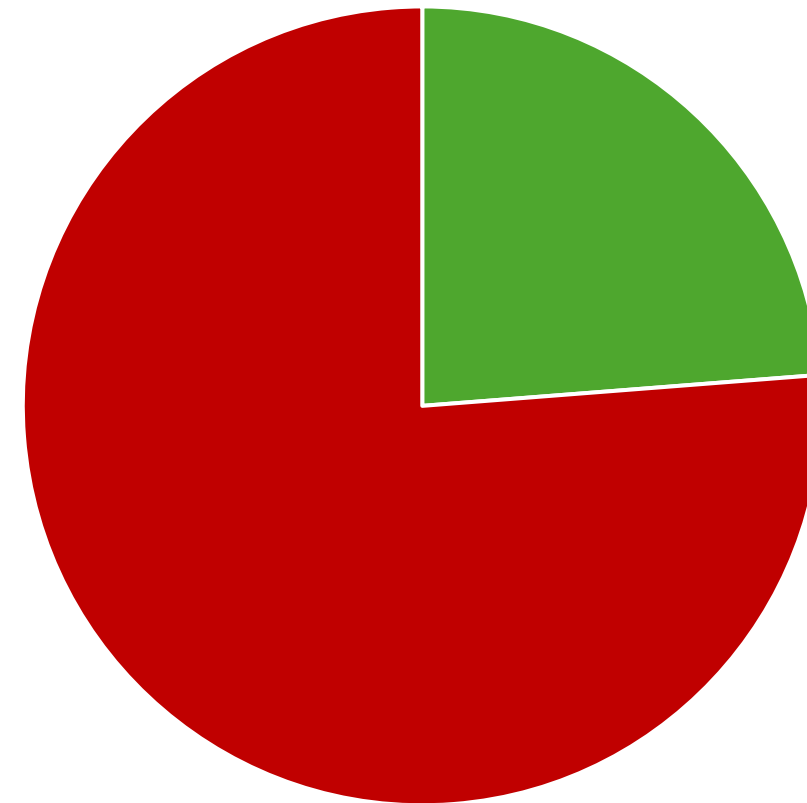
How Often Young Musicians Experience Pain



Stop the pressure!

77% of young musicians play through the pain!

"When I experience pain while practicing, I try to practice less"

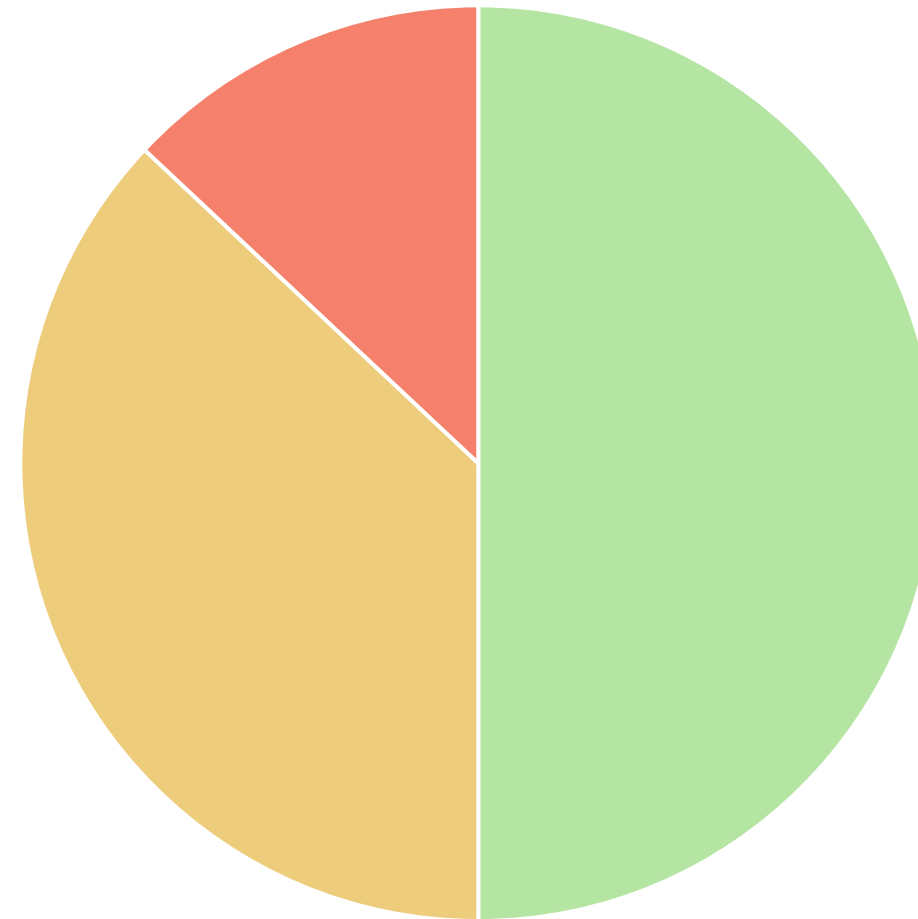


■ yes ■ no

Take them seriously!

Only half of young musicians feel like being taken seriously when reporting their pain!

"Do you feel your pain is taken seriously?"

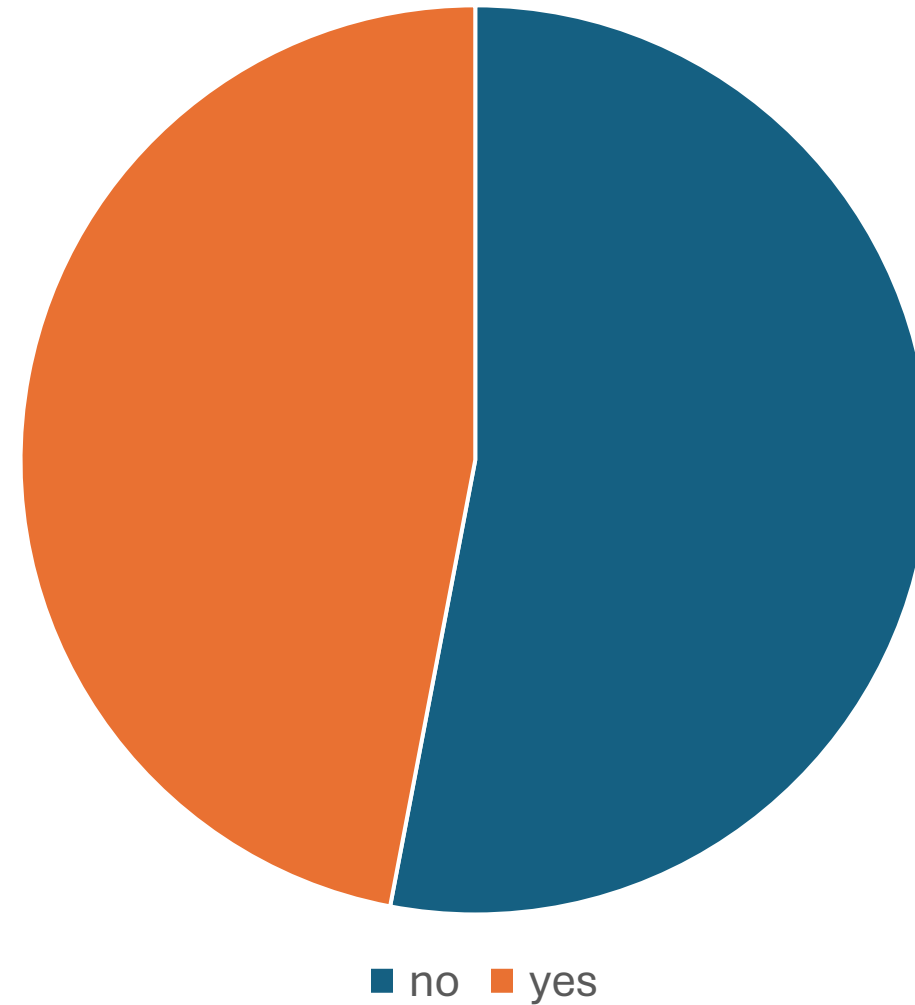


■ yes ■ partly ■ no

Take more breaks!

More than half of young musicians don't take breaks during a practice session!

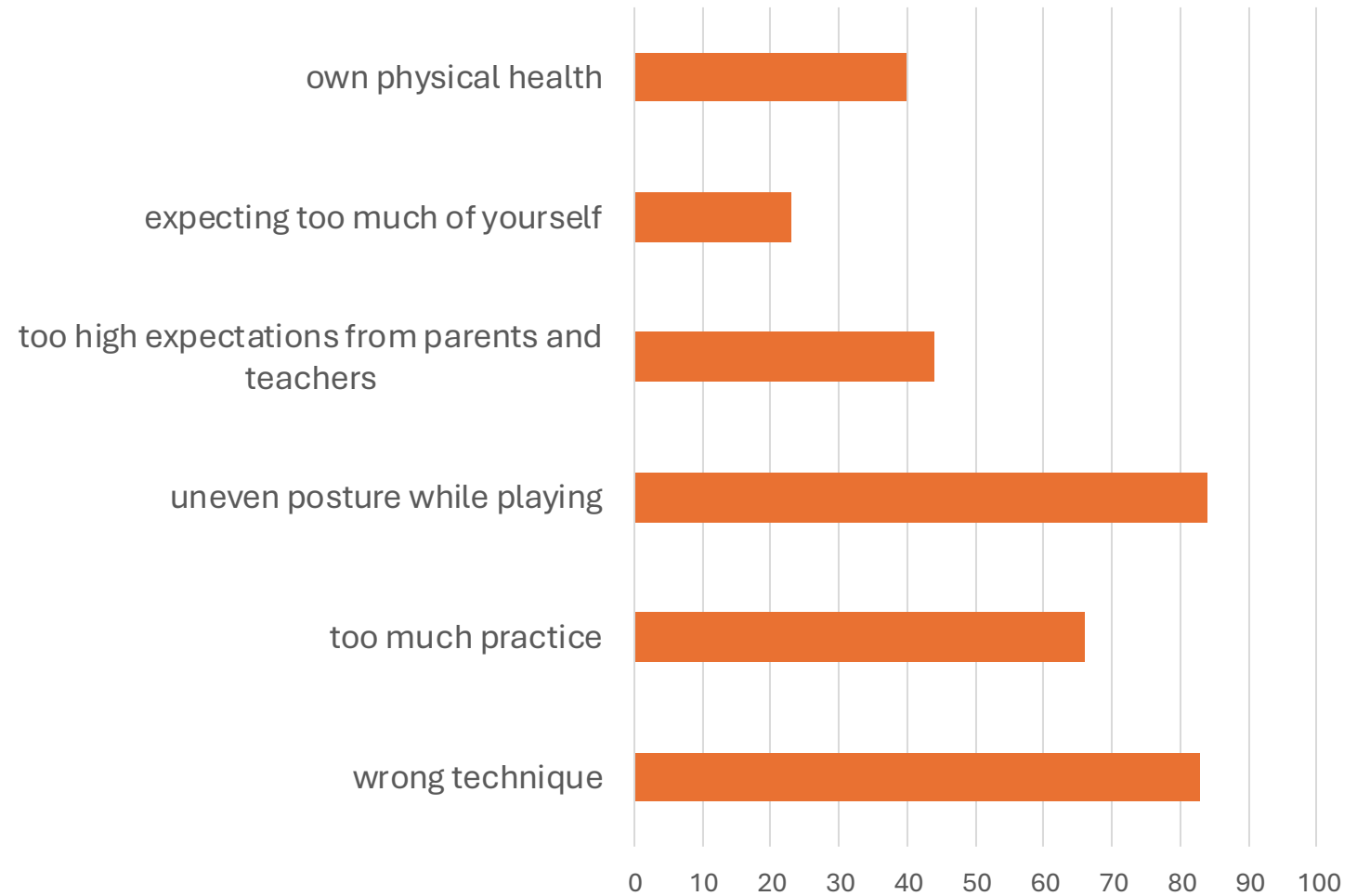
"Do you take breaks while practicing?"



Why does it hurt?

43% of young musicians attribute unhealthy practice behaviour to too much pressure from parents and teachers.

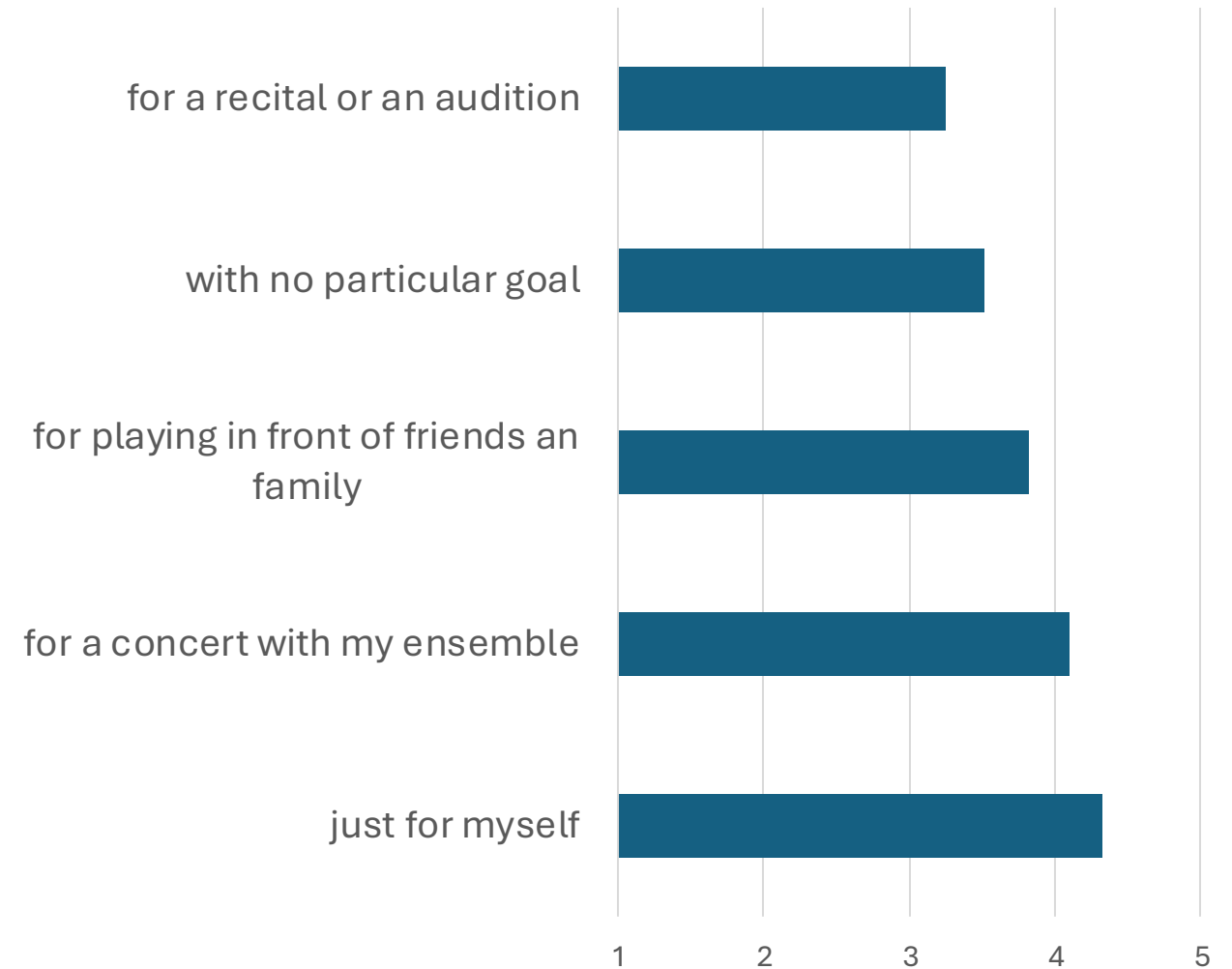
"Why do you think young musicians experience pain while playing?"



Music should be fun!

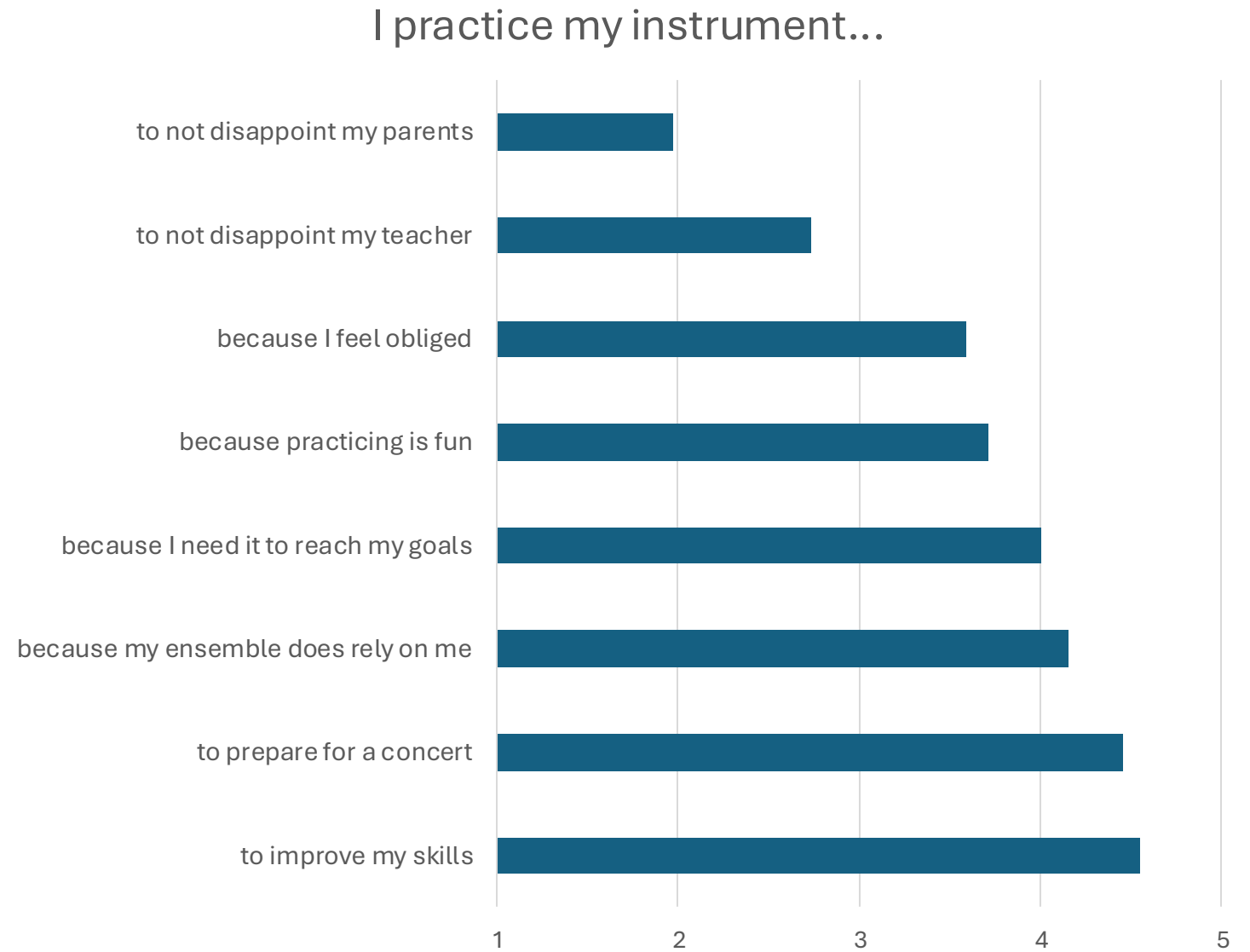
Young musicians have the most fun when they can practice just for themselves.

I have the most fun practicing...



Practising is fun!

That's why we focus on teaching healthy practising techniques!



Always protect your ears!

80% of young musicians don't wear ear protection when they practice alone.



Always protect your ears!

40% of young orchestra musicians
never wear ear protection during
rehearsals.





Protect your ears!

35% of musicians under the age of 25 report minor hearing problems.

practice healthily!

- Teenagers who aspire to be professional musicians show significantly more unhealthy practice behaviour.



Young adults who aspire to be professional musicians report significantly more performance anxiety.

Mental Training helps!



Mental Training helps!

- Young musicians report more negative than positive coping mechanisms with performance anxiety.



VR Training for musicians

- Gaining control of a situation can help to reduce your performance anxiety!
- Got a VR set? Try it now!



Stay Fit!

97% of young musicians found the BodyFit program to be fun and helpful!



Take breaks!

Stay healthy and lessen pain during practice and rehearsals by taking enough breaks!

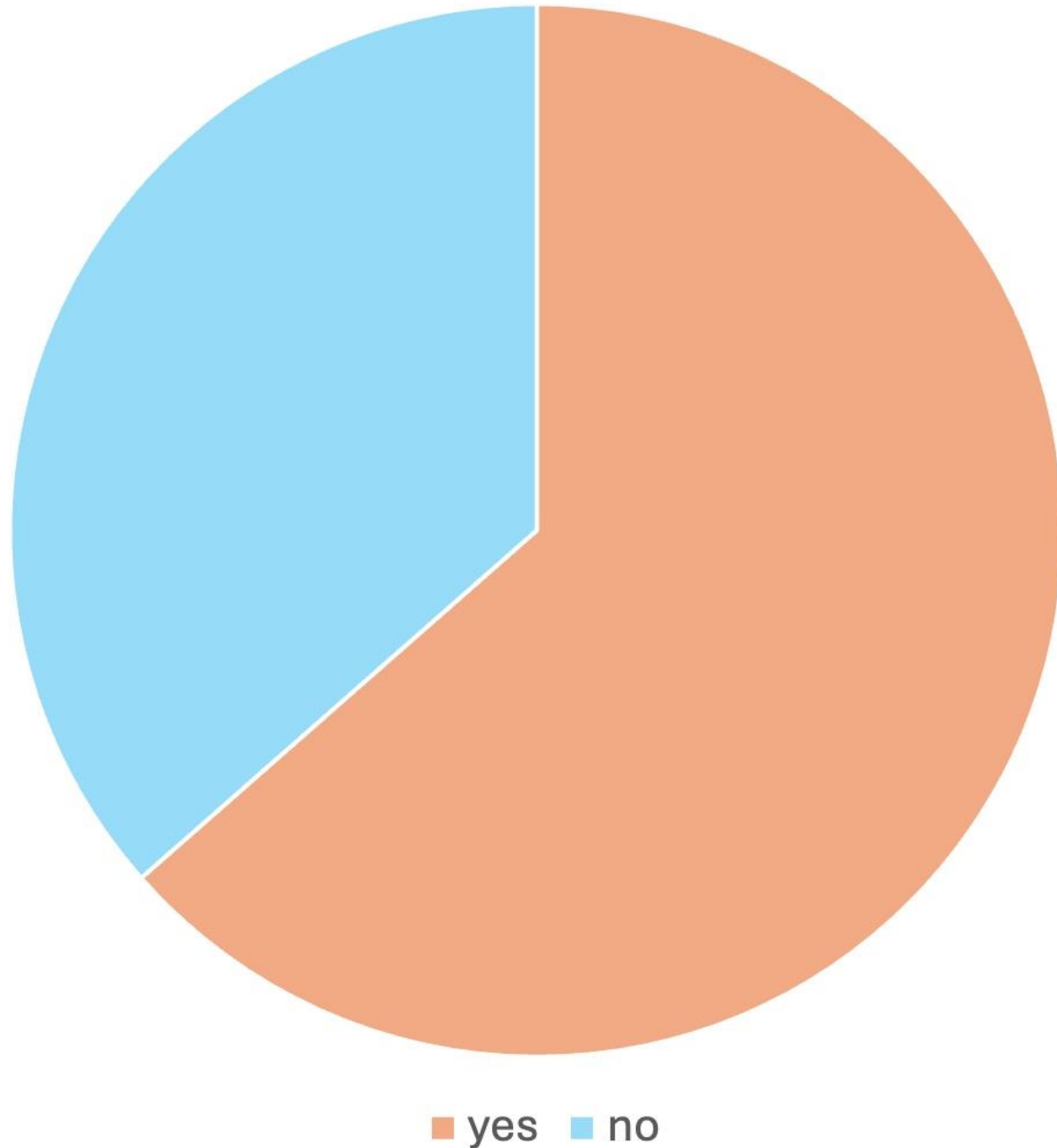


Warm Up!

Gain more strength and stamina and less physical pain through a proper warm-up!



I have felt guilty or bad about practising



Don't feel bad!

64% of young musicians have felt bad or guilty about practising.

I have had health issues due to practising

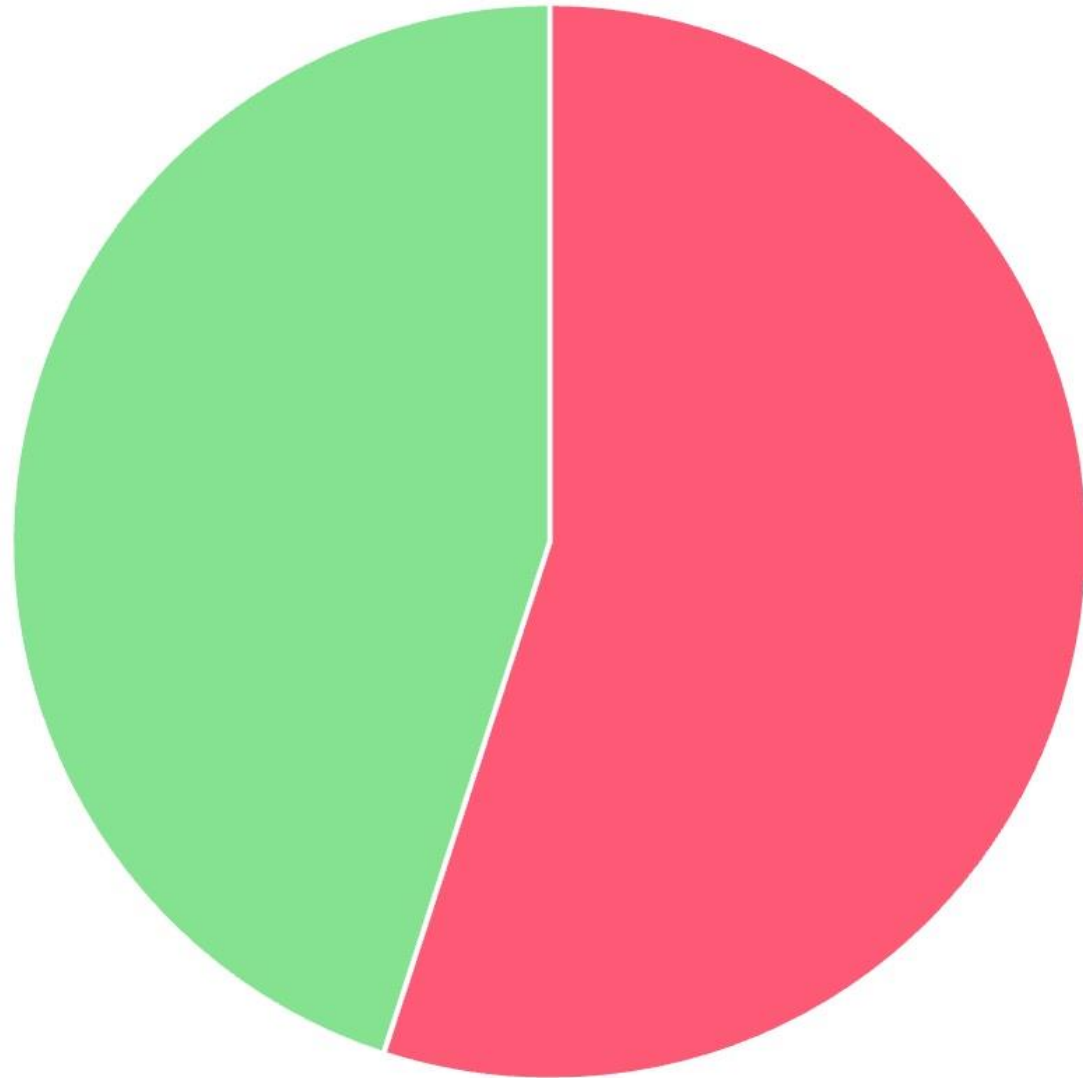


■ yes ■ no

**Don't
pressure
yourself!**

48% of young musicians have had health issues due to practising their instrument.

"I experience anxiety when I don't practice enough."

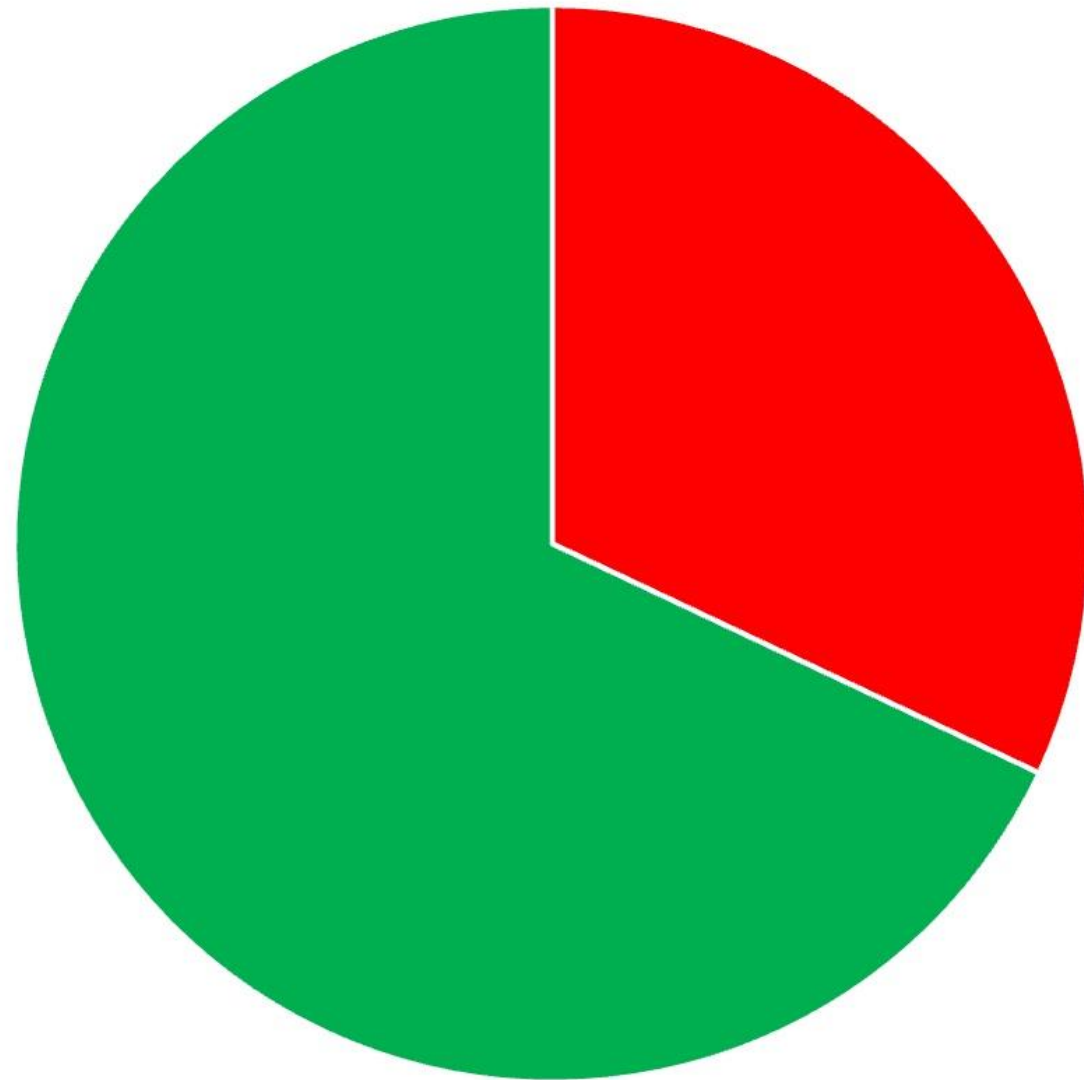


■ yes ■ no

Music should be fun!

55% of young musicians experienced anxiety because they felt they didn't practise enough.

"I practice in spite of the fact that my pain will get worse."

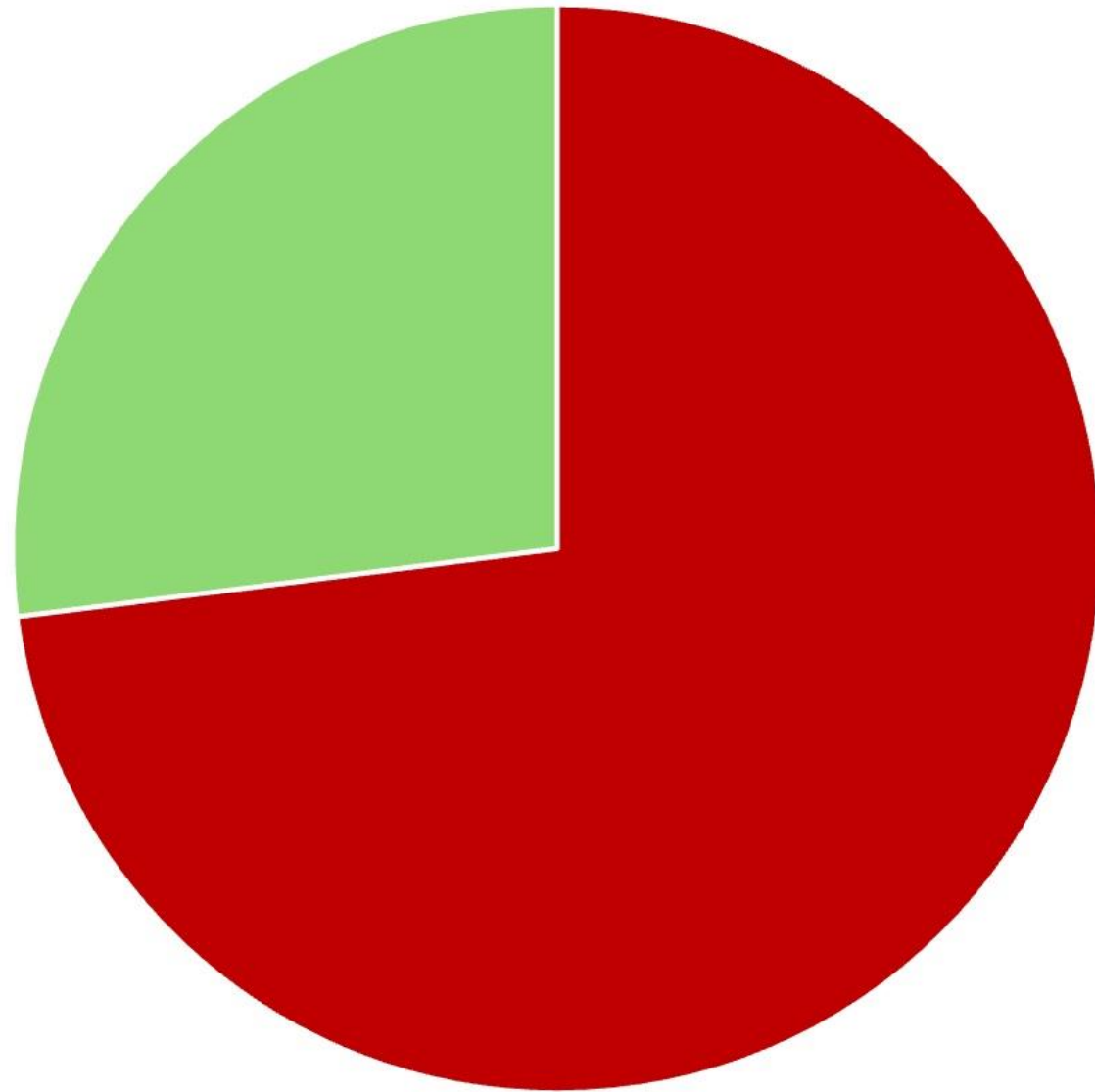


■ yes ■ no

Musician's health does matter!

32% of musicians between 13 and 27 report to practice although they know it will worsen their pain!


Sometimes I feel anxiety because I cannot practice often enough.



■ yes ■ no

Anxiety in young musicians

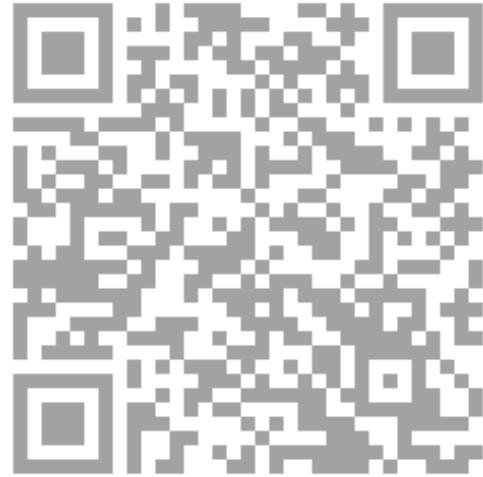
73% of musicians between 13 and 27 experience anxiety, if they cannot practice often enough.



Play with each other, not against each other!

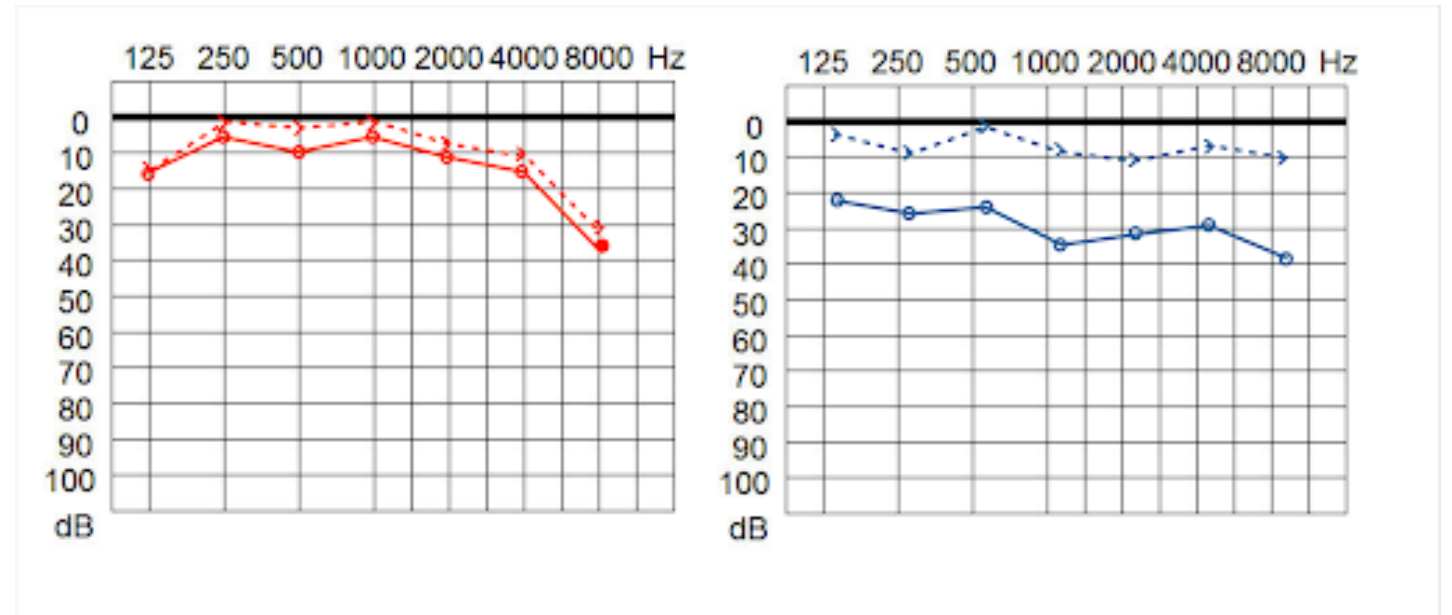
Young musicians between 13 and 27 report an above average level of competitiveness.





Introduction to ergonomic aids

Get a personal hearing test to check your ears



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TFOYO.EU



Evaluations & Surveys

soSci

Creating Online Surveys with **SoSci Survey**
Optimizing Questions

12. Gradueller Skala (mit Itemtexten)
Bitte beurteilen Sie Ihre Kompetenz im Umgang mit folgenden Geräten:

	absoluter Laie	absoluter Profi	kann ich nicht beurteilen											
Computer allgemein	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	
Tastatur														
Maus														
Drucker														

- * Hearing protection awareness
- * Practice routines
- * Stress
- * MPA (K-MPAI)
- * Personality

Planned Interventions and Research

Mental Training



Warm-up Techniques



Virtual Reality Exposure Training



Acoustic Environment



Hearing protection

WARNING

Loud noise.
Ear protection **MUST** be worn in this area.

The image shows two types of hearing protection: large, clear earmuffs and smaller, clear earplugs.

Stress Monitoring



Partnership for Music & Health Research

tfoyo.eu



Kofinanziert von der Europäischen Union

ÖGfMM

Österreichische Gesellschaft für Musik und Medizin

Erasmus+



universität wien





Leonhard



Matthias

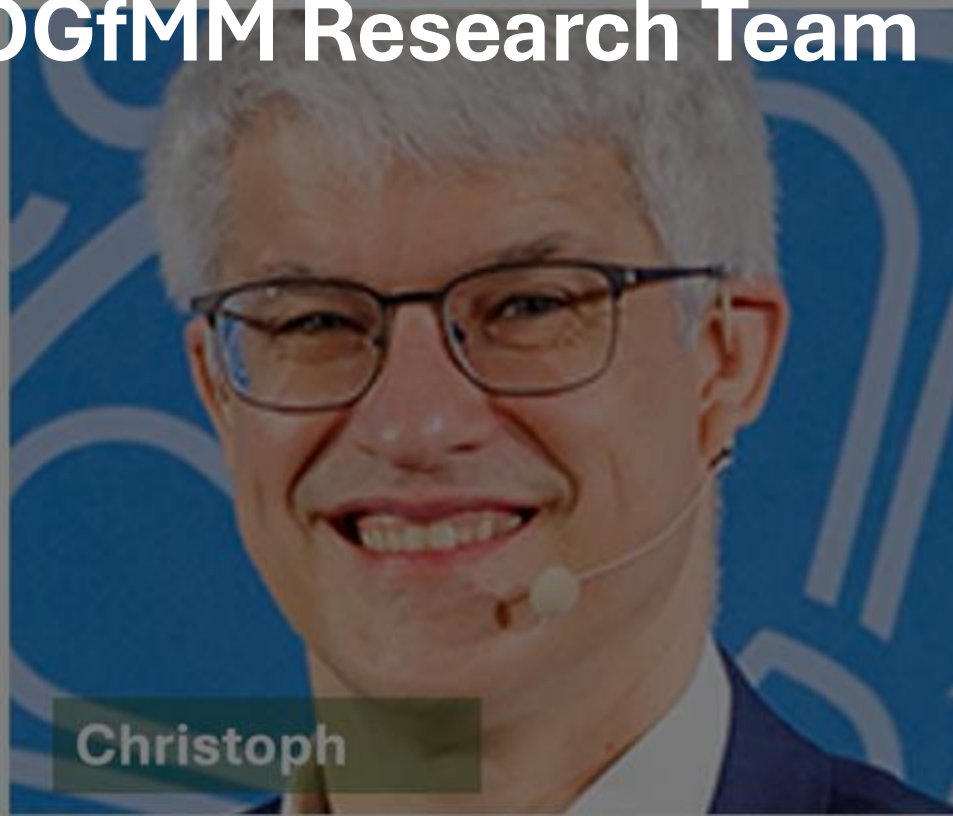


Michael

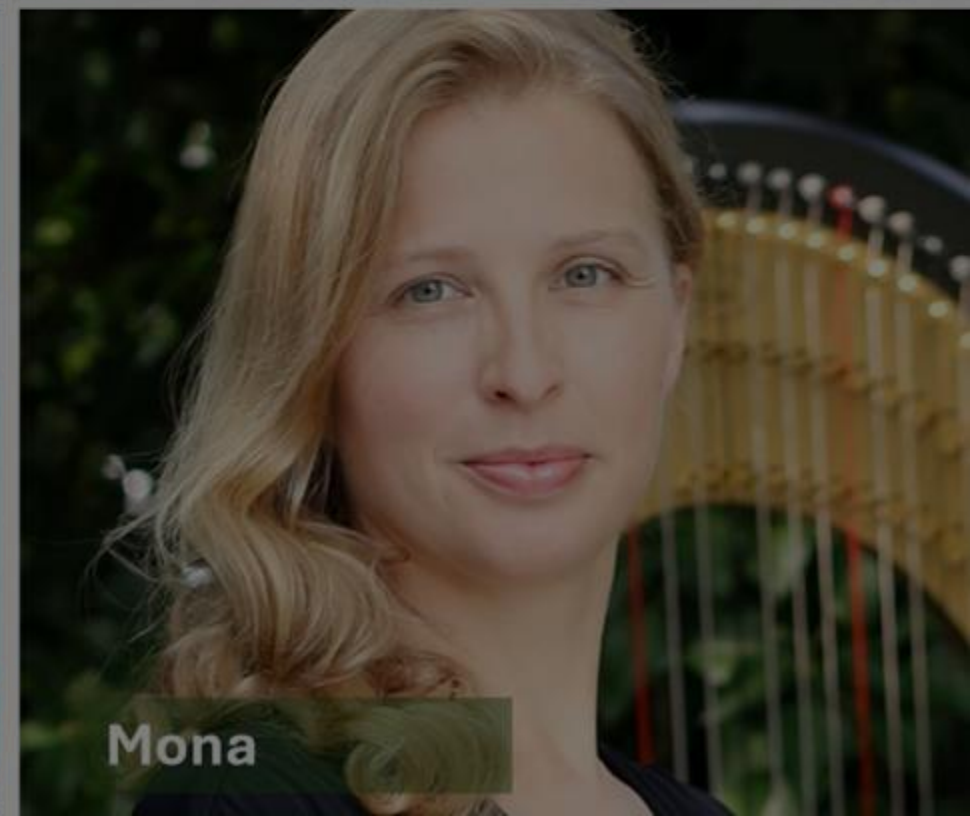
ÖGfMM Research Team



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