IIT ROORKEE

NPTEL ONLINE CERTIFICATION COURSE

Lecture - 23

Reducing Stage Fright-1

Prof. Smita Jha

Dept. Of Humanities and Social Sciences



Performance Anxiety Symptoms?

- Racing pulse and rapid breathing.
- Dry mouth and tight throat.
- Trembling hands, lips, knees and voice.
- Sweaty and cold hands.
- Nausea and an uneasy feeling in stomach.
- Vision changes and agoraphobia.

What is Stage Fear?

- Definitions most frequently used are those of Solmon (1990) and Brodsky (1996).
- Definitions show that **the stage fright is a state of being , especially directed towards the future (** Kenny et al. 2006) **.**
- **At the core is a felling of a lack f control about future events which are important to the person. (** Barlow, 2000)

Components of Stage Fright

- Physiological components.
- Physical components.
- Cognitive components.
- Affective Components.
- Behavioral Components.

What Causes Stage Fright?

- Hypersensitivity.
- A perfectionist attitude.
- Anxiety.
- Social phobia.
- Pessimistic attitude to life
- Inadequate coping strategies.