

BIRTE STREUBEL

## **Dare it!**

### **An empirical study regarding the anxiety of singing among students**

#### **Abstract**

In the presented master thesis “Dare it! An empirical study regarding the anxiety of singing among students” the pressure students experience while singing in class is examined. The thesis is structured into two theoretical parts of which the first deals with the importance and necessity of singing and the second with the phenomenon of stress and anxiety. These two parts provide basic information for the empirical study and give background knowledge in order to analyze the phenomenon properly. The third part of the thesis contains an empirical study. For this study 10 individual student interviews were conducted and analyzed in accordance with the hypothesis in order to illustrate the results. In addition to the interviews a questionnaire had been handed out which investigated if and to what extent the students are active in extracurricular singing activities. The last part of the thesis comprises the conclusion. It reveals the increase in knowledge which can be of use when acting as a teacher.