

THE ROLE OF SELF-CONFIDENCE IN PERFORMANCE: REFLECTIONS ON NOA KAGEYAMA'S APPROACH IN THE CONTEXT OF TRAINING YOUNG PIANISTS

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Abstract

This study explores the concept of expressive courage in performance, through the lens of psychology, with a particular focus on the challenges faced by young pianists. It draws on the "Becoming Fearless" course created by Noa Kageyama - psychologist, performer, and professor at The Juilliard School - who is widely recognized for applying principles of sports psychology to the field of music. His approach offers strategies for managing performance anxiety, enhancing focus, and building self-confidence. Key strategies discussed include keeping a journal, engaging in mental rehearsal, distinguishing between practice for learning and practice for performance, and regularly reflecting on two central questions: "What went well?" and "What do I want to improve?" The study highlights that many of the challenges young performers face are not solely technical or artistic, but often rooted in emotional and psychological factors - such as fear of failure, perfectionism, low self-confidence, or difficulty performing under pressure. By integrating these psychological tools into their daily practice, young pianists can, according to Kageyama, develop healthier mental habits that foster expressive, authentic, and resilient performances.

Keywords

Noa Kageyama, stage preparation, performance psychology, performer preparation, practice techniques

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