

The structural model of the relationships between self-compassion and multidimensional perfectionism in predicting musical performance anxiety among students of the Faculty of Specific Education, Cairo University

Dr. Ghada Abdel Reham Ali
Teacher of psychology, music education
College education quality
Cairo University

Abstract: The current study aimed to identify the structural model of the relationships between Self-compassion and multi-dimensional perfectionism in predicting musical performance anxiety among students of the Faculty of Specific Education from the music departments, and the final sample consisted of [160] male and female students, including (70) male and (90) female students, and the study was used. The Music Performance Anxiety Scale, the Self-Compassion Scale and the Perfectionism Scale were prepared by the researcher. The study used the following statistical methods: confirmatory factor analysis, "T" test, correlation coefficient, multiple regression analysis, and path analysis using the [SPSS.V.25] program, and by using the program [Lisrel.V.8.80], where the study results showed the following: There is a moderate level of musical performance anxiety, self-compassion, and perfectionism among students in the music departments of the Faculty of Specific Education. There is a negative and statistically significant relationship at the level of [0.01] musical performance anxiety, the positive dimension of perfectionism, and the positive dimension of self-compassion and there is a positive and statistically significant relationship at the level of [0.01] musical performance anxiety, the negative dimension of perfectionism, and the negative dimension of self-compassion. It is possible to predict from self-perfectionism, and the negative dimension of self-compassion [factors and overall degree] anxiety in performance of music and its various components, It can be predicted from self-perfectionism [factors and overall degree] by anxiety in musical performance and its different components, with different proportions of the contribution of each of the factors perfectionism [factors and overall degree] by anxiety in musical performance and its different components, with different proportions of the contribution of each of the factors variables [Self-compassion and perfectionism] were able to explain about [89.2%] of the variance in the degrees of the dependent variable [music performance anxiety] and this indicates the high level of practical significance of the proposed model
