Inteligência emocional aplicada à *performance* musical: utilização dos seus princípios no estudo instrumental do instrumento de sopro

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Categoria: Comunicação

O presente estudo teve como objetivo principal a aplicação do conceito de Inteligência Emocional (IE) na *performance* musical, com a intenção de redução da ansiedade na *performance* de instrumentistas de sopro, bem como o alargamento do conhecimento dos participantes sobre o conceito introduzido. O conceito de IE foi utilizado durante a realização de exercícios escritos e perfomativos, – nos quais as competências entre e IE e *performance* musical estiveram interligadas - durante o estudo instrumental dos participantes. Além disso, foi efetuada uma divisão dos participantes em dois grupos: Grupo de Controlo (GC)e Grupo Experimental (GE), sendo que apenas o GE efetuou os exercícios propostos. A aplicação do estudo teve a duração de um mês e possuiu como ferramenta de recolha de dados a realização de questionários. A motivação para a realização deste estudo derivou da observação daquela que é uma das condicionantes mais presentes no campo performativo (neste caso, a ansiedade na *performance* musical (APM)) e a falta de divulgação de estratégias de combate à mesma no contexto de ensino de música, em particular no Ensino Artístico Especializado (EAE). Além disso, verifica-se também a ausência do desenvolvimento de competências emocionais neste contexto, bem como a inexistência de atividades regulares que promovam um reconhecimento, gestão e avaliação emocional eficiente dos estudantes e profissionais de música. No final do estudo, e depois de feita a avaliação dos resultados, não se verificou uma subida efetiva dos conhecimentos dos participantes no que diz respeito à IE; contudo, foi observada uma diminuição da APM dos participantes após a realização dos exercícios propostos. Apesar dos objetivos apresentados não terem sido cumpridos na totalidade, é deixada à disposição a investigação efetuada para futuro aumento do conhecimento sobre IE e *performance* a outros instrumentistas que não só os de sopro, assim como a outras áreas performativas, como por exemplo a dança.

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Palavras-chave: Inteligência emocional. *Performance* musical. Ansiedade. Instrumentos de sopro. Estudo instrumental.

Emotional intelligence applied to the musical performance: utilization of its principles in the study of the wind instrument

Abstract: The present study holds as its principal goal the application of the concept of Emotional Intelligence (EI) on the musical performance, with the intention of reducing the performance anxiety in the wind instrumentalists, as well as to broaden the knowledge of the participants about the concept introduced. The concept of IE was used while doing written and performative exercises, - in which the IE and musical performative skills were linked - during the instrumental study of the participants. The motivation for the achievement of this study arose from the observation of one of the main conditioning factors that is present in the performative field (specifically, the musical performance anxiety (MPA)) and the lack of diffusion of strategies to fight it in the context of the education of music, in particular on the Specialized Artistic Education. Furthermore, it is also possible to observe that there is an absence of the development of emotional competences in this context, as well as a lack of regular activities that promote an efficient emotional recognition, management, and evaluation of the students or professional musicians.
In the end of the study, and after the evaluation of the results, it was not visible an effective increase of the knowledge of the students related to the concept of IE; however, it was observed a decrease of the MPA on the participants after the application of the proposed exercises. Although the introduced objectives were not completely fulfilled, this investigation is available for further increase on the knowledge about IE and performance for other instrumentalists, besides the wind ones, as well as to other performative areas, like dancing.

Keywords: Emotional intelligence. Musical performance. Anxiety. Wind instruments. Instrumental study.

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