

Abstract

Not practicing can have serious professional consequences for musicians. The mental intervention Role-Playing could support the action orientation so that the initiation of the action "practicing" can succeed.

The Effect of the Mental Intervention Role-Playing on Action Control in Freelance Musicians' Practice



Action Control

People with action orientation:

- flexible to action requirements
- realize intentions of action

People with situation orientation:

- negative thoughts
- unfavorable affective situation
- unfavorable for the realization of the intention to act

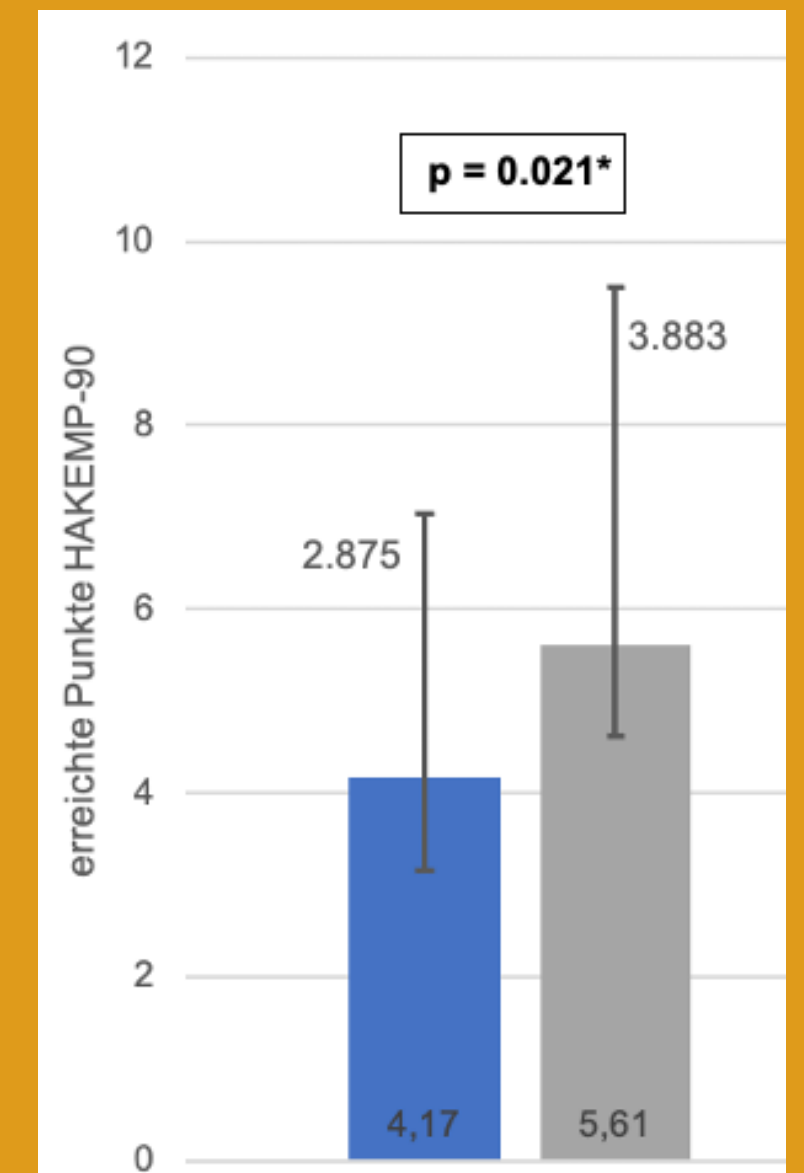
Role-Playing

Mentally and physically act "as-if" like an actor:

- Attention to the Action opportunity
- Supportive physical position
- Supportive emotional attitude

Results

Change measurement of the experimental group between MT1 and MT2:

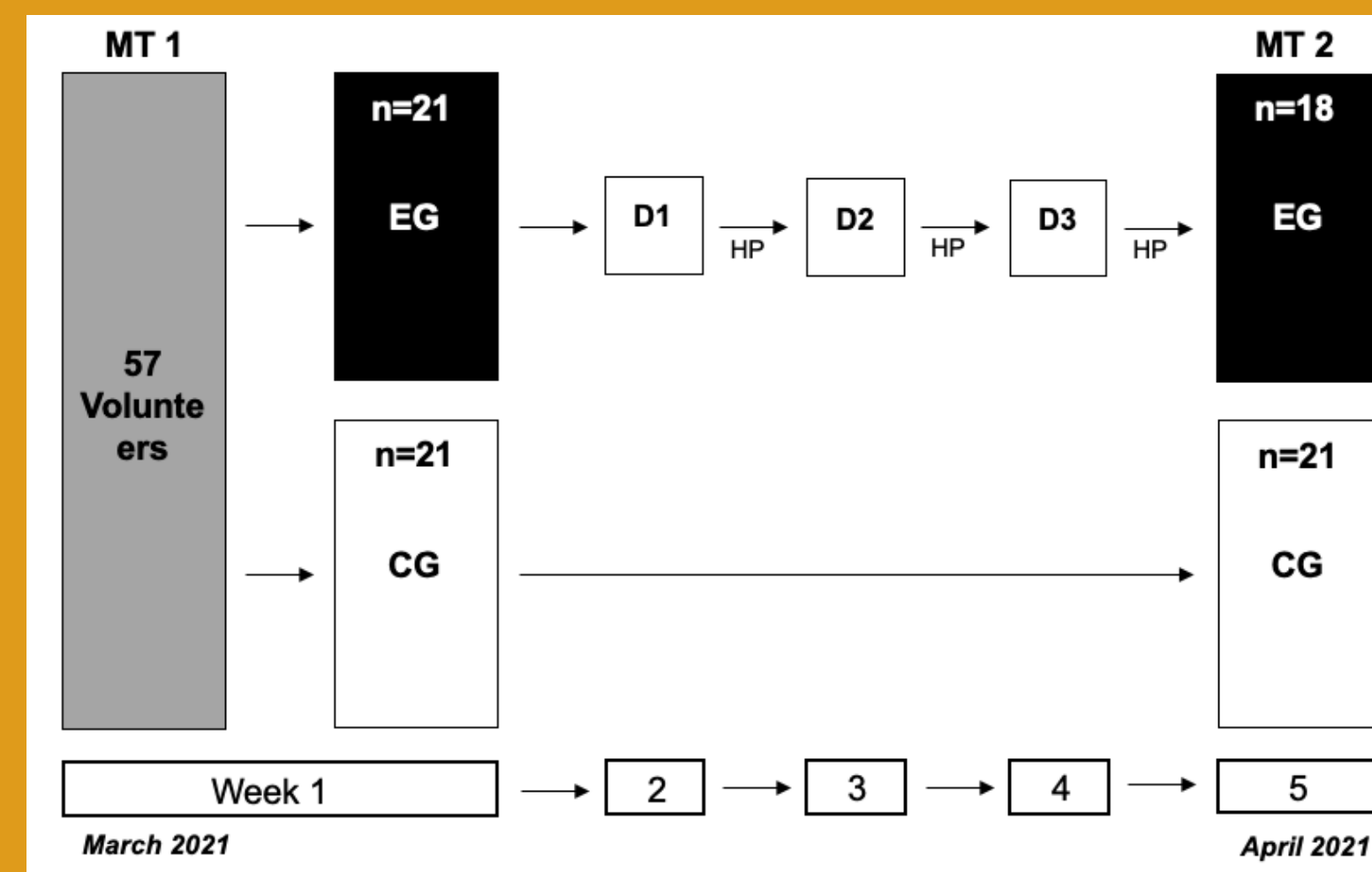


Yes, the mental intervention role-playing has an effect on the Action control in practicing freelance musicians.

Research Question

Is there an effect of the mental intervention Role-Playing on action control in the practicing of freelance musicians?

Methods



Legend:

MT	Measurement time
n	Sample size
EG	Experimental group
KG	Control group
D	Date
HP	Homeplay

Data collection: **HAKEMP-90** to record action control by Julius Kuhl.

References

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Conclusion

Role-Playing has a positive effect on start practicing

- Direct attention consciously and purposefully
- Increase arousal level
- Activate positive effects