

Attitudes in music practice: Self-Regulated Learning processes in advanced musicians

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Objective

Investigate SRL processes in advanced musicians in terms of expertise, daily practice hours, gender, nationality and instrument

Sample

300 participants from Brazil (68.0%) and Portugal (32.0%)
Age range: 18 - 66 years old
Expertise: Student (19.3%); Pre-Professional (26.7%); Professional (54.0%)

Data collection

"Attitudes and Sensations in Musical Practice" (Araújo, 2016): 22-item questionnaire.
EFA generated three factors: 1) Organization of Practice; 2) Personal Resources; 3) External Resources

Expertise

Personal Resources [$F(2, 294) = 5.659, p = .004; \omega^2 = .03$] between Pre-professionals and Professionals [MD = -1.713 IC Bca (-2.611 ; .090)]
External Resources [$F(2, 296) = 8.085, p < .001; \omega^2 = .045$] between Students and Professionals [MD = 1.853 IC Bca (.848 ; 2.811)]

Daily Practice hours

Organization of Practice
between <1h and >4h [MD=-4.213 IC Bca (-6.774;-1.425)]; 1-2h and >4h [MD=-3.598 IC Bca (-6.042;-1.015)]
External Resources between <1h and 2-3h [MD=-2.352 IC Bca(-3.759;-1.064)]; 1-2h and 3-4h [MD=-1.581 IC Bca(-2.478;-.653)]; 3-4h and >4h [MD = -2.515 IC Bca(-3.883;-1.141)]