

Burnout In Musicians

This survey is to gather sample data to use in my EE (extended essay) focusing on the psychological aspects of burnout in young musicians such as ourselves. You do not have to answer questions that you don't feel comfortable answering, and you have the right to withdraw at any time. Completing this survey will greatly help me in my research and I would really appreciate it if you could complete it! :)

** Indicates required question*

1. By checking this box, I consent to having my information used as a sample and understand that I have the right to withdraw my information from the sample. *

Check all that apply.

I consent.

General Q's

2. What grade are you in? *

Mark only one oval.

Freshman

Sophomore

Junior

Senior

3. Are you in any leadership positions?

Mark only one oval.

- Drum Major
- Drum Captain
- Section Leader
- I am not in a leadership position.
- Other: _____

4. What music organizations are you in? (This can include organizations outside of school e.g. Midland Community Orchestra) *

Check all that apply.

- Chorus
- Meistersingers
- Concert Band
- Symphony Band
- Concert Orchestra
- Symphony Orchestra
- Honors Orchestra
- Jazz 2
- Jazz 1
- Jazz Combo
- Other: _____

5. What is your vocal range?

Mark only one oval.

- Soprano
- Mezzo-Soprano
- Alto
- Tenor
- Baritone
- Bass
- I do not sing.
- Other:

6. What instrument(s) do you play?

Check all that apply.

- Alto Saxophone
- Baritone Saxophone
- Bass Clarinet
- Bass Guitar
- Bassoon
- Cello
- Clarinet
- Double Bass
- English Horn
- Euphonium
- Flute
- French Horn
- Guitar
- Handbells
- Harp
- Horn
- Oboe
- Organ
- Piano
- Piccolo
- Tenor Saxophone
- Trombone
- Trumpet
- Tuba
- Viola
- Violin
- Percussion
- Other: _____

7. Do you have any mental health disorders?

Check all that apply.

- Depression
- BP
- BPD
- Anxiety
- ADHD
- ADD
- PTSD
- I would rather not say.
- Other: _____

8. Do you take private lessons? If so, for which instrument(s)? How long are your lessons?

9. Are you in any other organizations at school? Ex. sports, clubs, etc.

10. On average per week, how much do you practice your instrument?

Mark only one oval.

- I do not practice.
- 10-45 mins
- 1-2 hrs
- 2-3 hrs
- 3-4 hrs
- 4+ hrs

11. How many hours per week do you commit to music organizations? (e.g. Orchestra, Honors Orchestra, Jazz 1, etc.)

Mark only one oval.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10+

12. How often do you feel physically or emotionally drained after practicing, rehearsing, or performing?

Mark only one oval.

- Always
- Sometimes
- Never
- Other:

13. How often do you experience physical pain or tension related to your music making?

Mark only one oval.

- Always
- Sometimes
- Never
- Other:

14. Do you feel your efforts in music are fairly rewarded?

Mark only one oval.

- Yes
- No
- Maybe
- Other:

15. How often do you feel that your work as a musician is undervalued by others?

Mark only one oval.

- Always
- Often
- Sometimes
- Rarely
- Never
- Other:

16. Do you feel a sense of accomplishment in your musical work?

Mark only one oval.

- Yes
- No
- Maybe
- Other:

17. How often do you feel overwhelmed by your music practice schedule?

Mark only one oval.

- Always
- Often
- Sometimes
- Rarely
- Never

18. Do you feel you have adequate support from teachers/mentors?

Mark only one oval.

- Yes
- No
- Maybe
- Other:

19. Do you feel a loss of motivation or interest in playing music?

Mark only one oval.

- Yes
- No
- Maybe
- Other:

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