

# Can Children Cope with Stage Fright? Effectiveness Of The NOVA-Vox Training Method in Reducing of Stage Fright in Children

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## Abstract

Stage fright in children before self-presentation is a special problem that requires professional intervention. Stress and no strategies of coping with have a negative impact on the health of children. The aim of the study is the NOVA-Vox method evaluation and testing if it reduces the level of stage fright in children. The hypothesis assumes that a properly selected way of working with a group of children reduces their level of stage fright. So far, there is no method of training in coping with stage fright dedicated to children, verified in practice. The results obtained in the project have a chance to fill a significant gap in this area. In addition to the scientific value, the results will also have practical value, as they can help children for whom stage fright is a difficult problem that takes away their comfort and health as well. The NOVA-Vox is a new method of children voice development but not only, there is also work on stage fright before a public performance. The innovation of the NOVA-Vox consists in combining voice training and stage fright coping with the use of psycho-pedagogical activities. In the research procedure, it has planned a pedagogical experiment with one experimental group and one control group. In both groups stage fright has been assessed twice (before and after training). The validated stage fright measurement tool with a high degree of reliability has been used. The research question is: has there been a stage fright reduction after workshops?

**Keywords:** behavior, experiment, performance anxiety, self-presentation, stress coping