

The Mental Health of College-Aged Performing Arts Students

The topic of my research brings attention to the mental health of collegiate performing arts students. As a student who is involved in various performing arts subjects such as band, orchestra, and private piano lessons, I know a lot of different people that participate in these activities and other activities such as theater and dance. At Alma College, our performing art's students' art stretched very thin with time and classes, amongst their activities outside of regular classes. My study aims to gather data on different feelings that these students may have, being depressive and anxious behaviors, burnout, and imposter syndrome. I will also be measuring perceived social support to see if this has any impact on the behaviors listed previously. I also plan on this study to reach other universities in the area such as Central Michigan University and Michigan State University.

My study will be done using qualtrics for a survey. The survey will include several scales such as The PHQ-8 (depression scale), the Imposter Syndrome Scale, The Burnout Assessment Scale, The Beck Anxiety Index, and the Multidimensional Scale of Perceived Social Support. These scales will allow me to have an accurate representation of the different emotions and struggles performing arts students may or may not have. My goal for this study is to not only have an understanding of what these students may be dealing with, but to also bring awareness to this issue at hand. The expectations I have for findings within this study are a good representation of what feelings and mental health collegiate performing arts students experience. I unfortunately expect the results to reflect a spectrum of poor mental health, especially as the semester continues.