

Summary

Introduction. Musicians experience not only temporomandibular disorders, but also music performance anxiety in their everyday work. The goal of the study was to determine the incidence of temporomandibular disorders in symphonic musicians depending on the type of instrument they play and to establish the relationship between music performance anxiety and temporomandibular disorders as well as between resilience and music performance anxiety and temporomandibular disorders.

Material and methods. 97 musicians from the National Philharmonic Symphony Orchestra and Teatr Wielki National Opera Orchestra, including 43 women and 54 men, participated in the study. The subjects completed three questionnaires – the RDC/TMD personal questionnaire, the Ogińska-Bulik and Juczyński SPP-25 Resilience Measurement Scale and the Polish certificated version of Kenny Music Performance Anxiety Inventory – Revised (K-MPAI-R). A clinical trial based on the RDC/TMD guidelines was also conducted. The study subjects were divided into four groups. The first group was made up of violinists and violists, the second one of wind instrumentalists, the third of musicians playing the remaining instruments and the fourth group consisted of choristers.

Results. More than half of the symphonic musicians reported experiencing temporomandibular disorders. The problem more frequently concerned women and musicians playing wind and upper string instruments, as well as choristers. Gender determines the level of music performance anxiety with women being more affected. There is no group differentiation in terms of mental properties. A high level of music performance anxiety is accompanied by a greater intensity of stomatognathic system disorders and a lower level of resilience.

Conclusions. Temporomandibular disorders constitute a significant health problem in musicians and singers and their frequency depends on the type of instrument they play. Their high intensity can be expected in musicians experiencing a strong music performance anxiety. A high level of music performance anxiety should be expected in musicians with low resilience.

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