

# Philharmonic musicians essay



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Question 1: Types of stressors experienced by the Philharmonic musicians.

Physical stressors. The Philharmonic musicians suffer from physical demands which emanate from playing the musical instruments and continued practice which may lead to physical repetitive injuries and fatigue. Playing an instrument is an unnatural act which requires the musician to combine talent, training, physical and mental concentration in order to succeed. Moreover, the musicians are expected to sit for long hours when practicing and this can at times be very painful and tiring. In addition, the sound of trumpets, trombones and other musical instruments which the Orchestra uses is quite deafening and it hurts the musicians physically. For this reason, hearing loss is a major threat for the musicians.

Personal and professional conflicts. Being a professional musician demands a lot of time input unlike other formal jobs. Musicians work at odd days and hours such as Saturday nights and holidays when other people are resting and having a good time with their families. For this reason, the life of a professional musician is totally engrossed in his career with little or no time for family and friends. Work-related stressors. All the members of the orchestra group possess different personalities which at times might lead to conflicts within the group.

The pressure to maintain a healthy working relationship is very high in order to improve the group's success. For this reason, every musician in the group has a duty towards maintaining harmony, peace and unity within the group and this is a big challenge for them. Equipment responsibility. Every musician in the philharmonic group is expected to take responsibility of

purchasing or caring for a certain the equipment put in his charge. Fear of loss or damage of a given instrument which is worth thousands or millions of dollars is a source or real stress for the musicians. Other stressors include worries of decline in the ability to perform due to aging factors, perfectionism among others.

Stress reduction. Philharmonic is doing a lot to reduce the musicians' stress. For one, the musicians have been supplied with special type of chairs which help to alleviate the fatigue and problems caused by sitting for long hours. It also assists the musicians to buy the instruments thus reducing their financial worries. Moreover, the policies set by philharmonic towards the musicians' family and social lives is friendly as it allows for some time off when necessary. On their part, the musicians take many relaxation exercises to reduce fatigue and keep fit.

In addition, most of them are married to fellow musicians and this helps to reduce family-related stress since the their partners are more likely to understand the demand and commitment which comes with the music profession. Question 2: Stress and achievement. In my opinion, the amount of stress experienced by a musician who has reached the top of his career is greater than that of a person who is on average achievement. This is because, the demand for a popular group like philharmonic musicians who are known to be among the best musicians in the world is quite higher and this requires them to practice and perform in many concerts more than the average musicians. Although this translates into more money for them, it also means that they are away from home more often hence an increase in the amount of family-related stress.

In addition, musicians who are at their peak have to do their best at all times in order to remain at the top and remain relevant in the music industry. For this reason, the musicians are likely to worry more about perfectionism than the average musicians. The level of stress for those musicians who have a very low achievement is quite high as well though for different reasons. This is because in addition to the time commitment, personal and physical stressors which affect the other musicians, those at a low achievement worry about other things like fame and recognition, the future of their career, financial problems to firmly establish themselves and so forth.