

Chapter 2

General Perspective On Achieving Musical Excellence

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*Are exceptional musicians
Born or Made?*

นักดนตรีที่เก่ง
เกิดมาเก่ง หรือซ้อมแล้วเก่ง

ต้องซ่อมก็ชั่วโมงขึ้นไปจ้งจะเเกรง

ข้อไหนใช่?



PHYSICAL

COGNITIVE

PERCEPTUAL

ประเด็นที่ 1

ข้อมูล 10,000 ชั่วโมง?

၁၇ နှစ် 13 - 2,500 နှစ်

၁၇ နှစ် 17 - 6,500 နှစ်

၁၇ နှစ် 21 - 10,000 နှစ်

PROFESSIONAL - 60,000 နှစ်

(Ericsson et al., 1993; Sloboda et al., 1996)

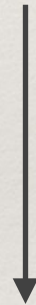
ประเด็นที่ 2

คุณภาพของการซ่อม

CURRENT *SKILL LEVEL*



EFFECTIVE *STRATEGIES*



GOALS

DELIBERATE PRACTICE

ACCUMULATING HOURS OF PRACTICE,
HOWEVER, IS NOT ENOUGH.

HIGH LEVELS OF ACCOMPLISHMENT
ALSO REQUIRES THAT PRACTICE TIME
BE WELL SPENT.

QUANTITY OF PRACTICE WERE NOT RELATED TO THE QUALITY OF THE FINAL PERFORMANCE; RATHER, QUALITY OF PERFORMANCE WAS PREDICTED BY HOW PRACTICE WAS ORGANISED.

MUSICAL ACHIEVEMENT IN THIS CASE WAS PREDICTED BY THE ABILITY TO DISCERN THE MUSICAL SHAPE OF THE PIECE AND THUS TO FORM AN 'ARTISTIC IMAGE' OF HOW IT SHOULD BE PERFORMED, RATHER THAN BY THE AMOUNT OF PRACTICE. (NEUHAUS, 1973)



HELPLESS
X2



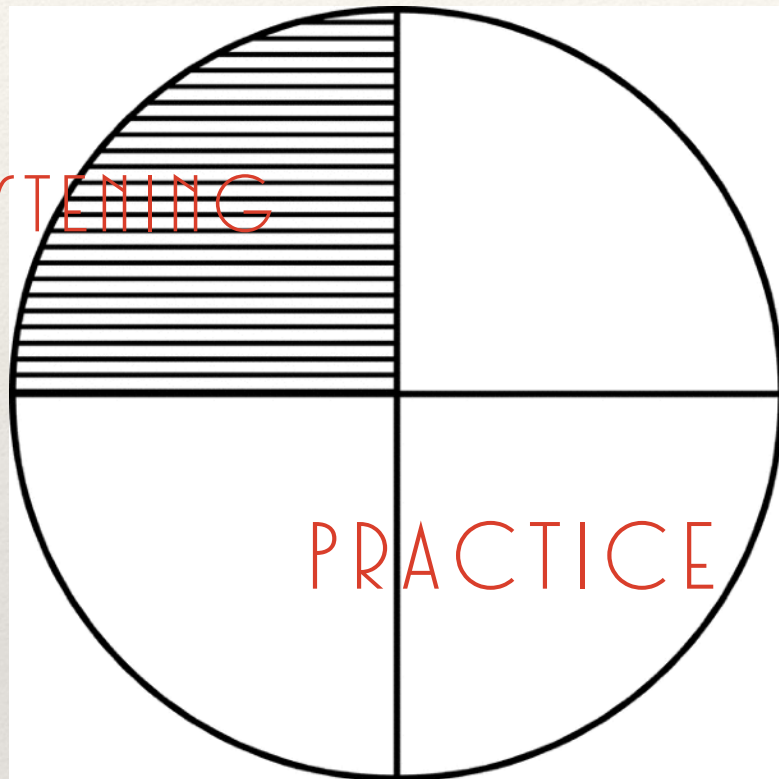
MASTERY

ประเด็นที่ 3

ลักษณะของการซ่อม

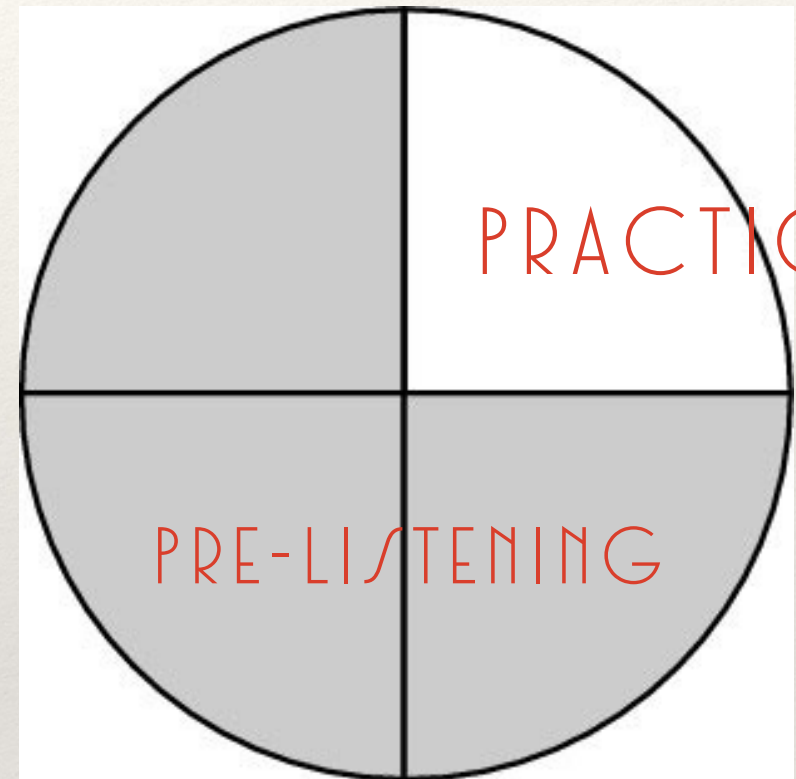
I. CONCENTRATION

PRE-LISTENING



PRACTICE

PRE-LISTENING



DELIBERATE PRACTICE IN ACTION

Which player would you predict would be the better shooter after 100 hours?

Player A:

200 practice shots per hour.
Colleague retrieves shots.
Keeps a record of shots made,
shots missed, and errors.



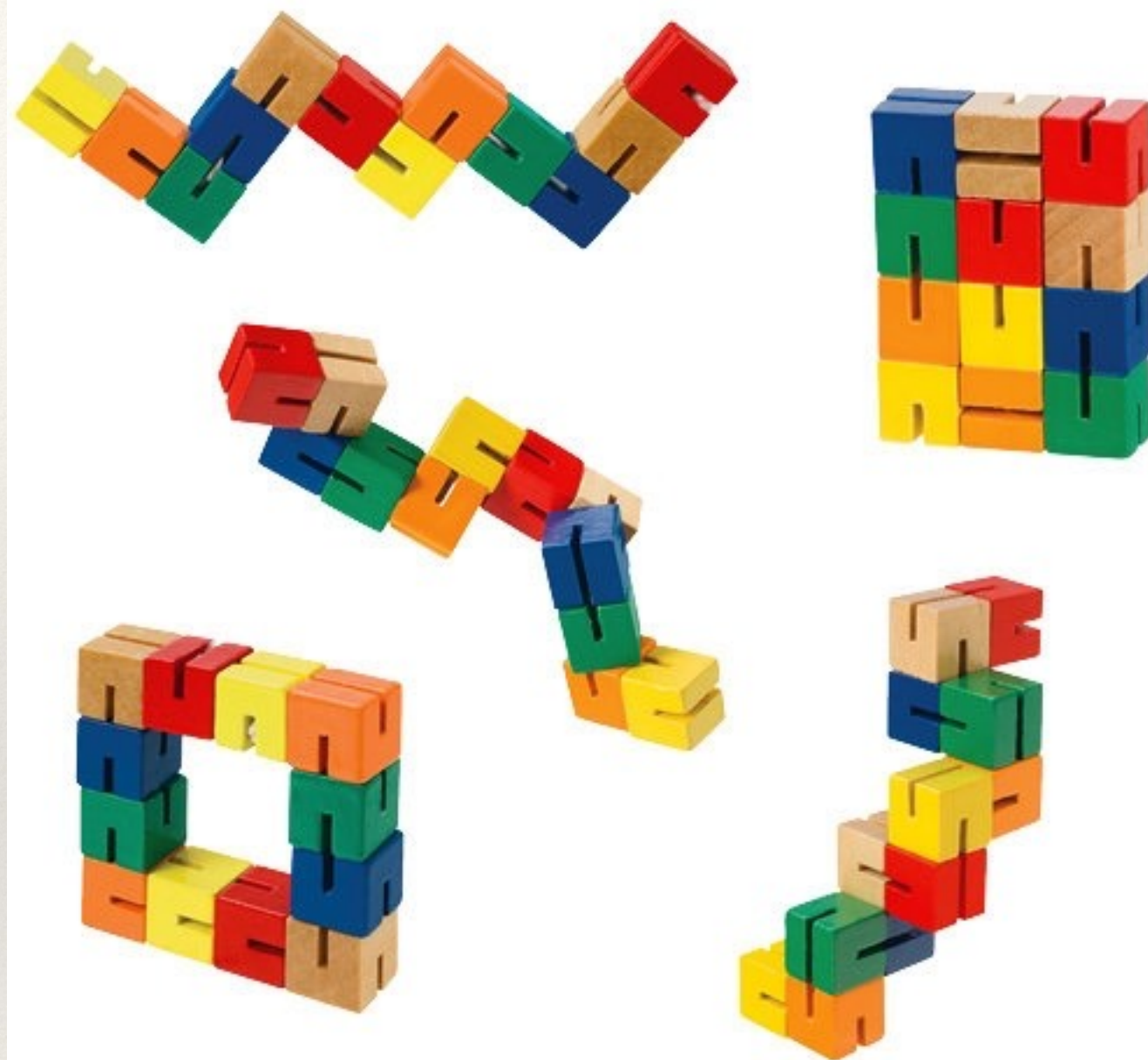
Player B:

50 practice shots per hour.
Retrieves his own shots.
Dribbles leisurely, takes
several breaks.



II. GOAL SETTING





III.SELF-EVALUATION

IV. STRATEGIES

Fingering,
What bars to use as starting places,
Spacing of practice sessions,
Management of frustration,
Memorisation techniques,
Deployment of attention during performance

V.THE BIG PICTURE

The background features a complex, abstract geometric pattern composed of numerous overlapping triangles in various colors including blue, green, yellow, orange, red, and purple. These triangles are arranged in a way that creates a sense of depth and movement. In the center of this pattern is a semi-transparent white rectangular box containing the text.

“Artistic image of the piece”
Look at how the piece should be performed



**Students who were quicker to grasp the musical shape of the piece
gave better performances.
Williamon and Valentine's (2002)**

ประเด็นที่ 5 สภาวะจิตใจ

1

เล่นดนตรีเพราะความพึงพอใจ

ของตัวเอง

ไม่ใช่เพื่อคนอื่น

2

เล่นดีเพราะเราทำได้

เล่นไม่ดีก็ไม่โทษใคร

3

รู้สึกว่าคุณเองยังพัฒนาได้