

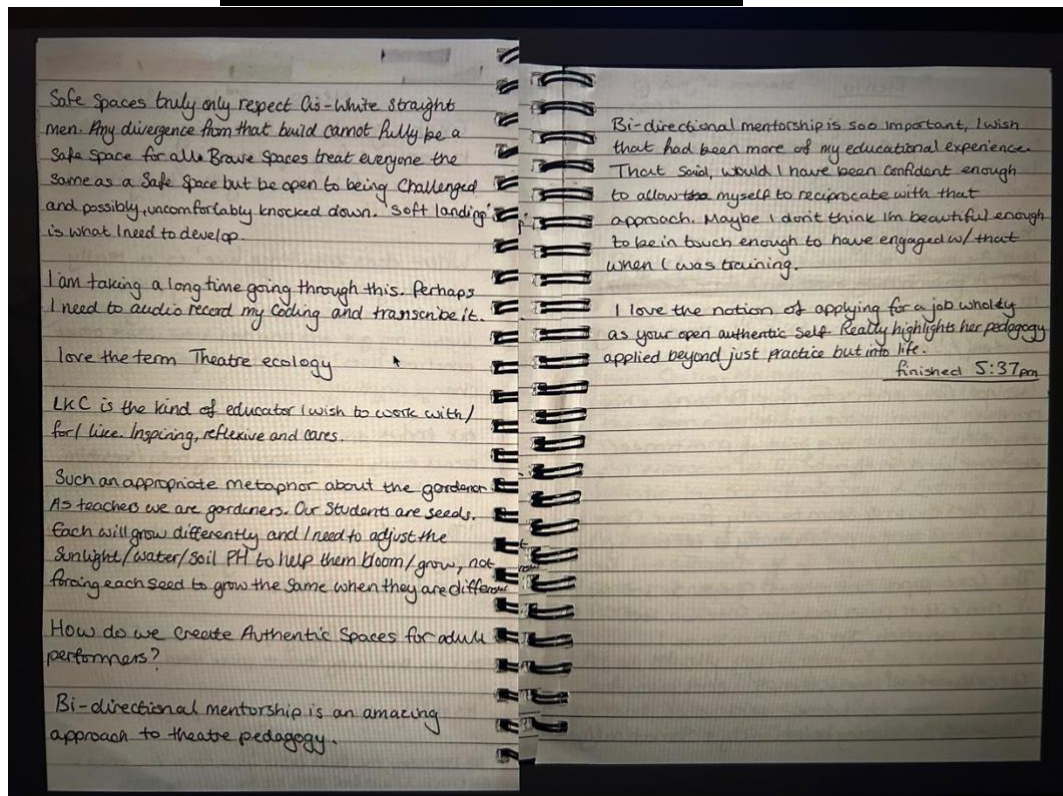
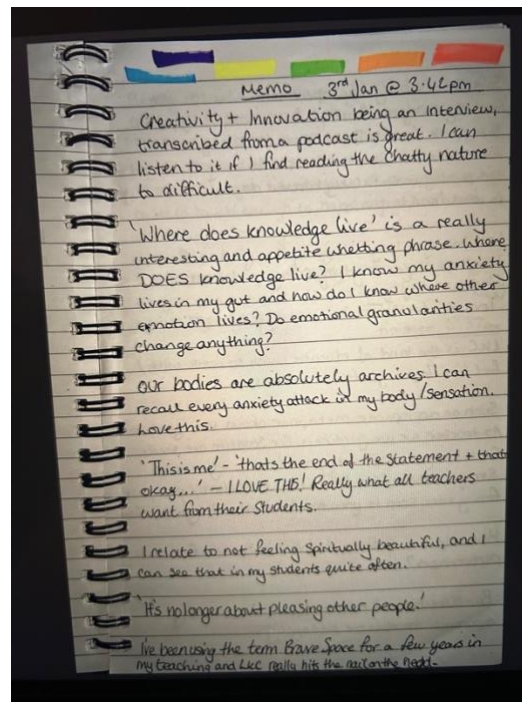
A modern study of acting through song: A document analysis.

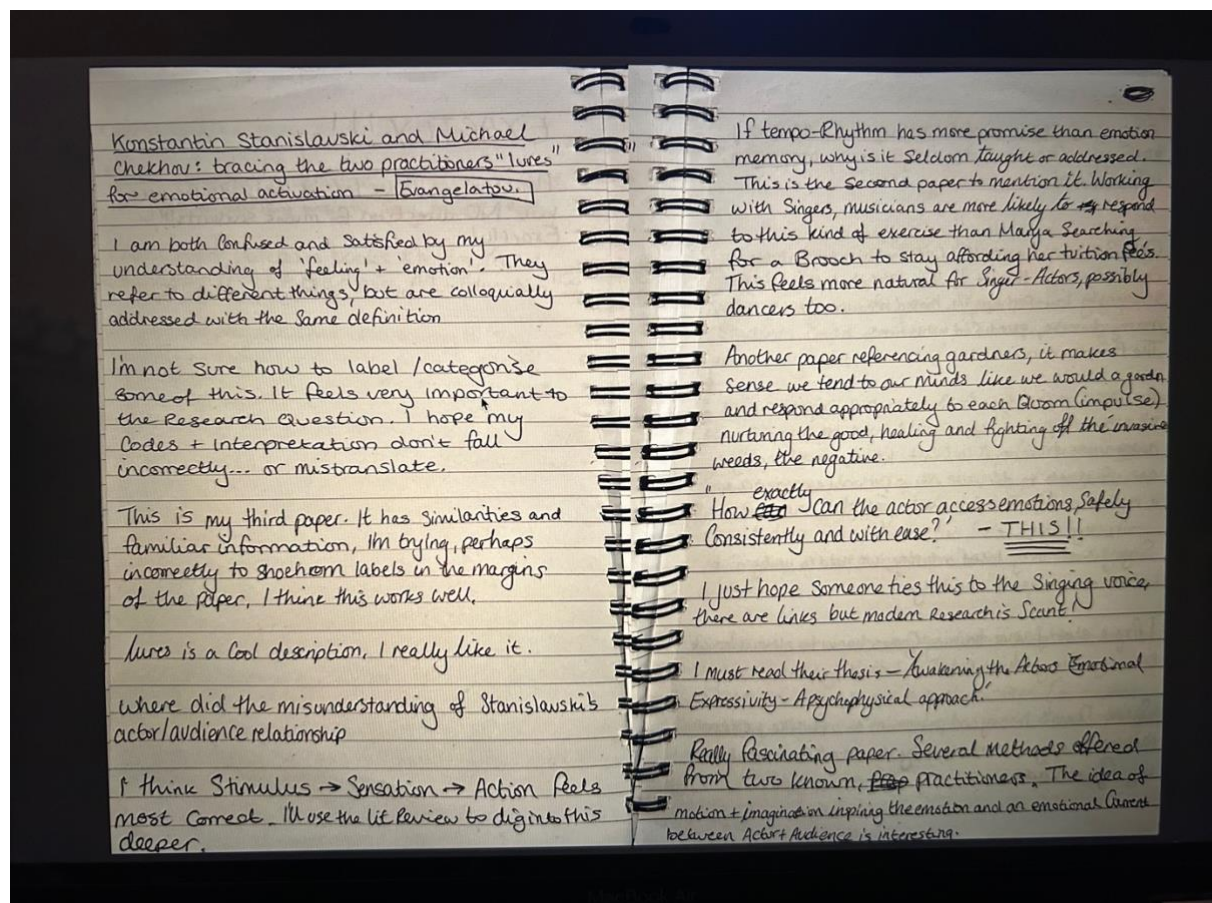
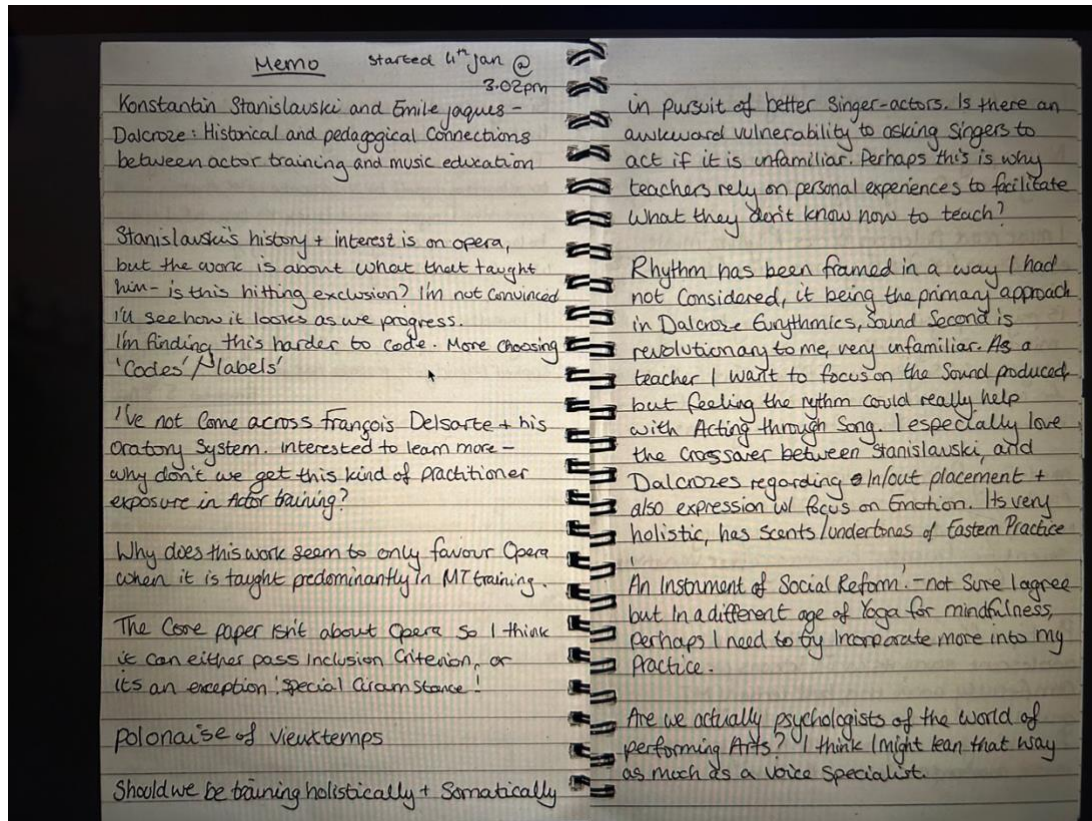
By Lydia Froud, 1921124

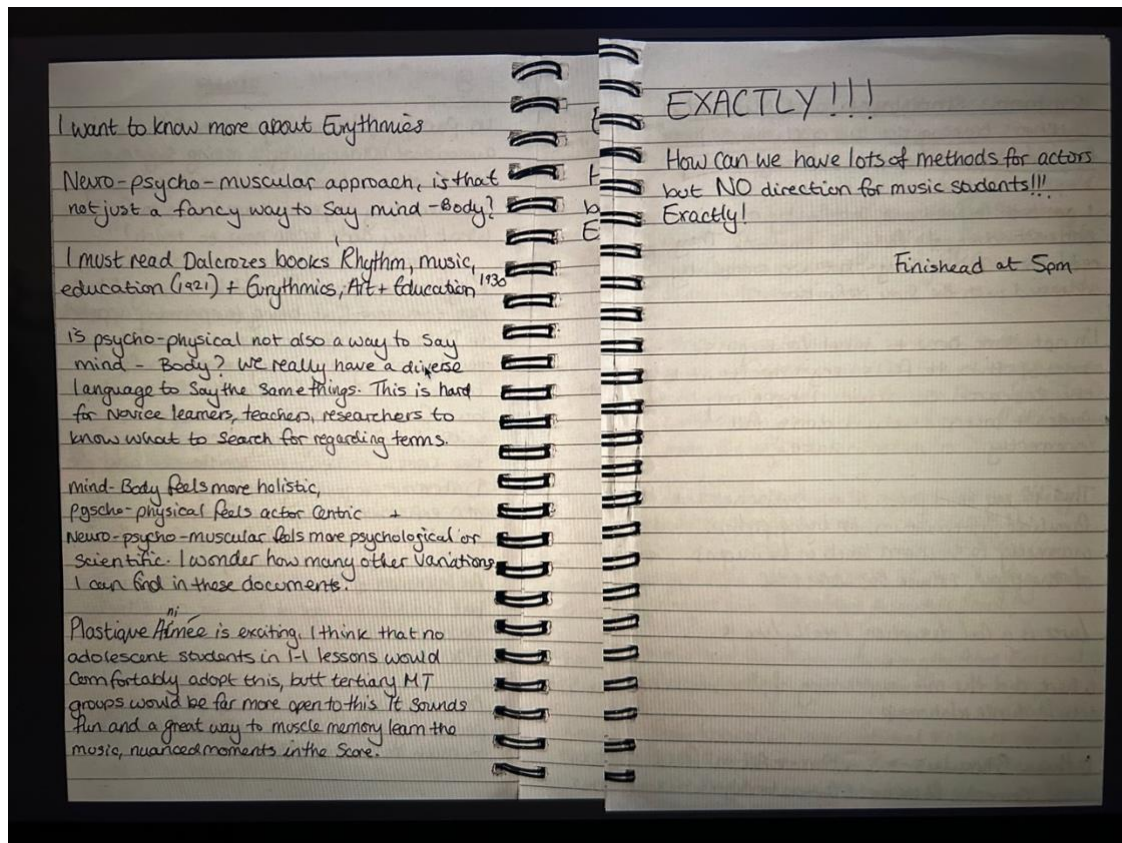
Appendix List

Appendix 1.

Grounded Theory Reflexive Memo (excerpt)







Appendix 2

Reflection-on-action journal (transcribed from Instagram @lydiashutup)

27th March 2025

Mock presentation for my peers and family this evening went really well. Some great feedback, under time... still close but consistently coming out at 26 minutes... and that included some stumbles and restarted slides. I am so stoked to share my work tomorrow and definitely feel injected with energy. Maybe I didn't need to panic so much after all... No music! I'm going to bathe in the silence of my own thoughts for a while.

27th March 2025

Sooooo my presentation is 24 minutes with -10%/+10% ... I think I'm going to need to chop a slide! That's a bit too close for comfort!

Lydia Froud-Appendix

Once I got into the slides I felt less daunted and actually enjoying the process... now to add the references and submit my slides asap!

I think this is the **only** appropriate song

26th March 2025

Working from bed before I have to go work in an hour, and yet another unshakeable headache/verging on migraine...

BUT! Nearly finished my presentation

It's been really helpful to make sure I truly understand my project to scour and pick out the key points, and read the quotes that I found so inspiring the first time around again.

I have picked up on some fluency errors in my work whilst doing this I might have missed too.

2 days until Presenting,

3 until project hand in!

Colours by GROUPLOVE

a new song to me, but it's scratching a good little itch in my brain

14 March 2025

Not posted in a while. Here's what's been happening:

Nearly finished my findings, right on the cusp of complete.

Rewritten the first half of my dissertation.

FOUND MY FLOW

I've been doing a lot of night time work, so this song feels really relevant. Been having some bad times this week with overwhelm and juggling work, life, and study. I am so close, i can see the light at the end. It's funny I didn't think I'd feel that ever, I was sure I'd give up on myself and my project with everything I've felt up against family and health wise, but here we are. I am doing it!

Routines in the night- Twenty one Pilots

3rd March 2025

4am, time for bed

Studying with chronic illness means working when I'm not in pain, even if it sacrifices sleep sometimes!

28th February 2025

Late night working last night.

Golden G String- Miley Cyrus

27th February 2025

RESTRUCTURING!! Okay okay, I know this close to the deadline I shouldn't. But I am!!

Replanning my findings for the upteenth time because it isn't flowing the way I want it too.

No matter which section I'm on, I want to be writing another and it's driving me barmy. I went for a run after this flow because I got so in my head and body I was just tense. Thank god I had a claw clip in my hair so I didn't give myself a tension headache too.

Really nice moment from today's work though- are the words emotion and feeling synonymous? Lots of people use them interchangeably but they have distinctive meanings and contexts for either one. Emotion is what we recognise and perceive outwardly, feeling is interoceptive perceptions of what our body is responding with. In which case, don't feel and theme more, or do you emote and then feel? Fun!

Today was playing music out so loudly I forced my brain into focussing otherwise I would have ignored this all day until ... well.. now and panic work into the night. I might still do that actually...

Edge of Midnight- Miley Cyrus and Stevie Nicks

27th February 2025

This morning I have been looking at the nervous system in regards to tension. I loooove when neuroscience backs up theatre and vocal pedagogy. It's just so reassuring that there are answers

Routines in the night - Twenty One Pilots

25th February 2025

Taking a kinder outlook on my progress. This work stemmed from a place of frustration and want of social change within an industry that loves flexibility but stays rigid. The more I

write the more I feel that burn, and it's slowing me down. It's easy to get too involved emotionally when you care so much.

I read a paper that had some damning stats regarding sexual abuse and misconduct but now can't find the original study. If those happen to be true, and the findings are over decade old, where is the outrage? Where is the change? What needs to happen for someone to care enough to be the first to say 'enough is enough'!?

My work has left me wanting to start something, some kind of BTEC programme that can eventually turn into a vocational tertiary training course that focuses on the ethical standing, the holistic being, the centred singer. I've had an affinity to use the emotive singer but that isn't the goal, that's a stepping stone. Centred singers and performers is the goal. Mental alignment is just as important, if not MORE so. Rigorous training isn't a bad thing. Rigorous training without safeguards and care is.

What are the next steps? What can I alone possibly achieve?

Lots of questions. Lots of fear I'll never be able to do enough. Lots of rage.

Therapy- Rex Orange County, we all need to remember to centre ourselves no matter of distraught, passionate or overwhelmed we feel.

23rd February 2025

Bad joint pain today, made the brain fog a lot more prominent and harder to form sentences so split the day into staring at the screen and at least trying to make fluid notes for when I felt better. Not a total fail, but I did need a squish to lean against for part of the day

The pain levels left me feeling a bit rage filled and this was the song I needed to soundtrack my work. Foundations of Decay- My Chemical Romance.

29 February 2025

Realised I'd missed a table and couldn't find the information of my discarded papers to input. Another win for handwriting everything, I was able to refer back through my journal to grab that info

This sessions soundtrack: violet hill- Coldplay. Forgot this existed, still know every word-banger!

28 February 2025

Okay! I was making progress, even if I didn't think I had... I finished the first half of this essay. At least, the first draft of my first half is loosely fitting together. The rest of today is dedicated to rereading the draft with notes my tutor sent back yesterday evening, and if I need too, taking the evening off for a break to do something else.

Editing is accompanied by some LS Dunes, Grey Veins.

28 February 2025

In a great flow this morning, lots of singing along and enjoying the vibe of my soundtrack. Finishing the section I've spent 3 days on and nearly done on that as a first draft, word count sitting approx 5000, but there needs to be lots of cuts I'm sure. Referring back to notes I made months ago has been a godsend for my process today, very glad to have had the forethought wrote full references and detailed notes on grounded theory processes. It really helped today
This mornings soundtrack: the Alexander technique- Rex orange county.

27 February 2025

Productive! So lots of moving pieces fell together today. Not sure how much *progress* was made but productivity and focus was high. Academic writing is fun, when you're in the swing of it, coming from a place of colloquial language (peep me trying to write properly) into a more formal writing style is a bit jarring, but today felt like I crossed that threshold a bit more than I have before lately.

This sessions song is Midwest Indigo- Twenty One Pilots. I warned you there'd be more Clancy! This felt so apt today. I am writing like a founding father.. but I can chill out, I'm right on time.

27 February 2025

Tables tables tables! Yesterday evening's soundtrack was the Song me to sleep album by Ben Platt

26 February 2025

Gold mine! Fell into a fascinating hole about body doubling this afternoon and the Hawthorne effect. Really interesting as a dyslexic ADHD student to read about the possible foundations of why body doubling work. More to the point, why is it neglected in the literature?? One. ONE single paper that focusses on body doubling, and a million reddit links and psy/medical blog sites that talk about it but next to no concrete knowledge about its use. I suspect it's mirror neurons and social pressure, but these videos help me work and write these tidbit captions about what that session focussed on.

Tonight is only an overview of research, it needs to get done and I seem to be scared of it? Let's put the helmet on and enter it head first or I never will!

Phoebe Bridgers- Kyoto for this session :)

26 February 2025

Late night, medication change has messed with my perception of time a bit. Always exhausted at the moment, but finding clarity in the late night quiet. Not sure I'm happy with what's been written, but at least it's something on the page.

Self-body doubling has been upping my productivity and motivation. This evenings soundtrack is the album Clancy, my top album of last year. Really resonating with alot of themes and what this work hopes to inspire and change in the future. Expect more Clancy in the next week

14 February 2025

My fluffy valentine!

Took a step away from my findings section to rework my introduction because I was getting stale. I had looked at it too long it wasn't *right* anymore.

Enjoy today's soundtrack!

24 January 2025

Tables tables tables!

22 January 2025

Working from bed tonight. Feeling emotionally and physically shattered and just incredibly overwhelmed. Watching the traitors and showing up for my project even when I want to rot.

20 January 2025

I was fighting doing any work this evening, hard. One of my vitamin levels has dropped and staying awake is right old challenge. On top of that realised I had a reaction to food I ate yesterday afternoon and have given myself a stress headache. I think it's time to call it there on my axial coding tonight although I am so nearly done. Only upside is we got a New Guinea pig over the weekend who we've been bonding yesterday and today, and I picked the short and lucky straw to sleep in with them last night to keep an eye in case they started fighting. All good in the bonding pen but moved them to their home cage next to the desk whilst I was working and they're making it hard to focus with all the running about. Let's get this done so I can start diagrams for my data.

27 January 2025

Streamlining my initial codes into one place to start axial coding today..

My wrist hurts!

11 January 2025

Shorter paper tonight. But no.8

This was far more on topic and a delight to read and annotate. It has inspired me back to circles of attention. I remember doing this at university, but ever so briefly and never in depth. The reaches of this could be very useful for musical theatre singers. Cool!

11 January 2025

New source documents added... doc no8!

8 January 2025

Doc 6

This paper was misleading!!!! Well, actually no it wasn't. But I feel tricked. In my field voice needs to be defined because it can mean a whole other subject. I'm crossing between voice and theatre pedagogy. My tutorial raised the need to relate it back to the voice, which I assured would happen, especially with this paper. I need more information on the singing voice rather than the spoken voice but both can be referred to as just 'voice' in literature. In

this instance it was another theatre pedagogy piece only addressing actors. Whilst singers are still actors 9/10 in my opinion this was kind of an annoying realisation.

Just more things to talk about in my results...

6 January 2025

Doc no5 finished

I hoped this would be more enlightening than it was. It had some moments of brilliance but the rest just wasn't quite answering my research question. That's the study anyway

6 January 2025

Hello sunshine

Really fulfilling and exciting tutorial today. Getting through the last papers today and I am so lucky this work is so damn inspiring.

4 January 2025

Document 2 completed. 1 hr 53ins ft. A Guinea pig!!

Brain hurts, I need to go touch some grass... but it did question exactly my sentiments. Why are actors taught to emote but musicians aren't? Where does that leave singers whose voice, like in acting, is often the vessel for communication...

Dead interesting. Do I have it in me to sit still for another 2 hours? Stay tuned...

3 January 2025

1hr 55mins to code 16/17 pages of interview transcription.

A really interesting and relaxed read. Lots of ideas and loved reading about the safe vs brave space. I've been using brave space over safe space for years but Lisa Karen Cox highlights from the racial pov that I cannot speak from why it isn't an apt term to use safe space in current teaching.

1/7 documents open coded.

31 December 2024

We lost penny pig yesterday so not very up for celebrating. Decided to do some work only to find some time over the weekend my trackpad has broken. Luckily I have a spare wireless

mouse, but it does mean a trip to apple tomorrow or Thursday to get it fixed before work next week. Raising my pint of water and checking out for the year. See you in 2025.

29 December 2024

It's been a rough weekend, back to reading but very half heartedly. Starting to really question if I know anything!

27 December 2024

Needed a screen break

26 December 2024

Low light Boxing Day at my parents house. The guinea pigs in tow whilst Penny is still needing syringe feeding every 15-20 minutes. Desperately want to finish my MA, so recruited my mum to print the source papers whilst I redo some tables

21 December 2024

Trashy tv, guinea pigs in the pop up pen, and late night work

21 July 2024

Took a break to do some gardening, to clear my head. I'm in a rut today!

15 February 2025

Neglected the edits on my proposal. Missed the deadline by 5 days and feeling totally overwhelmed by all that needs to be done. How can a part time MA be so involved

This song has been stuck in my brain on repeat for days. I feel like it's peaking to my emotional exhaustion at this final hurdle of studies. 7.5 months to go.

21 January 2025

Hi! Welcome!

I'm Lydian and I'm trying to hold myself accountable. It's weird to start new things?

The ADHD brain finds consistency really hard. Maybe that's why its taken me nearly 4 years to complete a 3 year part-time MA

I need body doubling to get shit done, but most of my friends have such busy and different lives that I feel like a burden using their time as a way to get my life sorted.

Reality is, I started my MA journey with a pal I worked with, and when we went into the first covid lockdown they were my lifeline. They caught covid and never came back to their studies- granted they run a very successful business now without needing an MA- but I haven't been able to get back to it without that familiar support.

Come on this journey with me and maybe we can help each other

#adhd #bodydoubling #adhdstudents #adhdproblems #adhdwomen #adhdcommunity #mastersdegree #mastersstudent #journey #academia #academic #research #researchproblems #dissertation #thesis #accountability #accountabilitypartner

Appendix 3

Screenshot of body-doubling videos



Appendix 4

Excerpt of Elchuk, 2018 paper coding.

The Neurobiology of Emotion

Breath work Freedom of breath is most often discussed in terms of its physiological role in vocal support and healthy, efficient vocal use, but it is also associated with increased emotional and imaginative access, or what an actor might think of as "tapping their source." When an actor releases their breath from its habitual patterns and tensions, allowing it free reign to "drop in," they almost certainly encounter an unpredictable emotional response, often a wild carnival of feelings, sensations, images, and memories. What is the biology behind this fascinating phenomenon?

unexpected 'feeling' I define "freedom of breath" as breath that is unimpeded by unnecessary tensions, and therefore exquisitely responsive to the changing inner life of the actor/character. In practical physical terms, this implies allowing the full excursion of the diaphragm as it contracts downward on inhalation, and a release of the intercostal and abdominal muscles to enable free movement of the ribs and belly as the torso expands to accommodate an increased volume of air in the lungs.³ Beyond this purely physiological definition, freedom of breath also implies breath movement that is autonomic, alive and responsive, unhindered by any managing, holding or control. Even deep breathing with a wide range of motion can be deadly for an actor if it is managed or contrived.

Unrestricted Breath Smukler describes *how* the swamp "works" in straightforward terms: "It's simple. As soon as you have some freedom of the breath to move, it's going to pick up on the information in your organs." Indeed, when the belly rises and falls on inhale and exhale it is because the contraction of the diaphragm downward displaces the organs inhabiting the depths, or as David is fond of saying, "massages" them and moves them about. When the action of breathing is allowed to fulfill the potential of its freest possible range, it involves not only the movement of the diaphragm, but also of the heart and lungs, which rest atop the diaphragm; the liver, stomach and spleen, which lie in direct contact with the underside of it; and all of the viscera in the lower abdominal area. In other words, all of the major organs

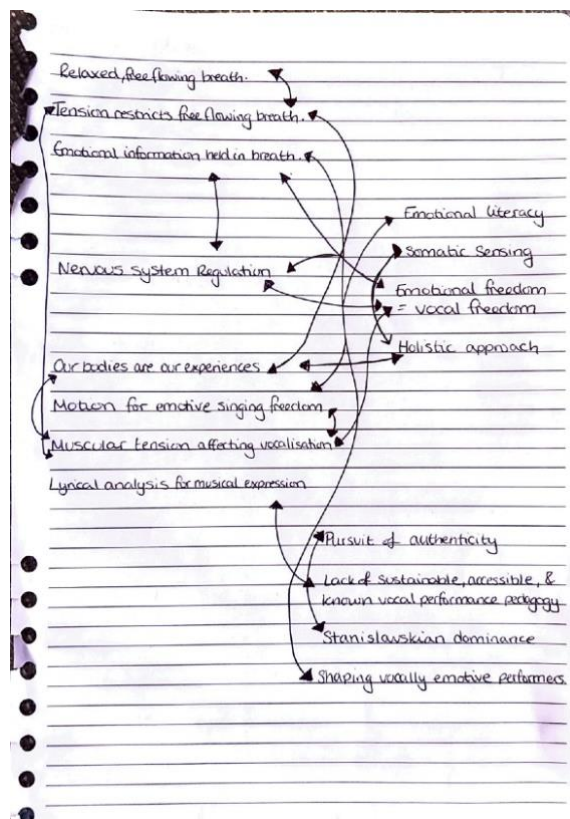
Relaxed Respiratory muscles *Physiology of Breath*

Unrestricted Breath *Restriction of muscles kills the Breath*

The body knows *all organs are connected to the respiratory system by Proximity or Placement*

Appendix 5

Category Connections



Appendix 6
Letter of Approval

*Lydia Froud Singing Teacher/
LMF School of Singing*

3rd September 2024

Dear whom it may concern,

I give permission for Lydia Froud (myself) to undertake a work-based learning project for her MA Professional Practice: Vocal Pedagogy as a sole trader.

Many thanks,

A handwritten signature in black ink, appearing to read 'Lydia', enclosed within a large, loopy oval flourish.

Lydia Froud
A.L.C.M., BaHons

Appendix 7

Ethics Form

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

Delete the Guidance Notes at the end of the form BEFORE submitting your application

SECTION A: About You (Principal Researcher)

1	Full Name:	Lydia Margaret Froud		
2	Tick all boxes which apply:	Member of staff:	☐	Honorary research fellow:
3	Undergraduate Student	☐	Taught Postgraduate Student	☒ Postgraduate Research Student
4	Institute/Academic Discipline/Centre:	WAPPAR		
5	Campus:	Carmarthen		
6	E-mail address:	1921124@student.uwtsd.ac.uk		
7	Contact Telephone Number:	07557955798		
For students:				
8	Student Number:	1921124		
9	Programme of Study:	MA in Professional Practice (Voice Pedagogy)		
10	Director of Studies/Supervisor:	Julie Crossman/Debbie Winter		

