

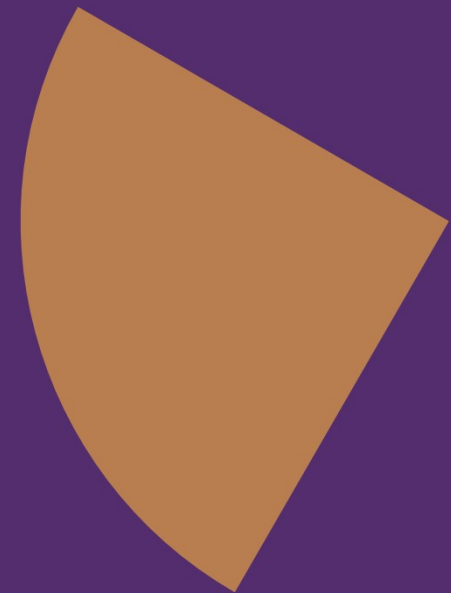
Vocal Health in Singers

Awareness, Habits, and Self-Care

Research presentation • Module 6

Adriana S. Ramirez | Student ID 2316808

The Voice Study Center



Why vocal health?

The voice is both an artistic tool and a physiological instrument (Alter *et al.*, 2026).

- 01 Healthy vocal habits
- 02 Research describes healthy practices – but everyday application is less clear.
- 03 The gap: singers' own experiences of awareness, habits and self-care.

KNOWING



DOING

**What happens
in between?**

RESEARCH FOCUS

The question that guided the study:

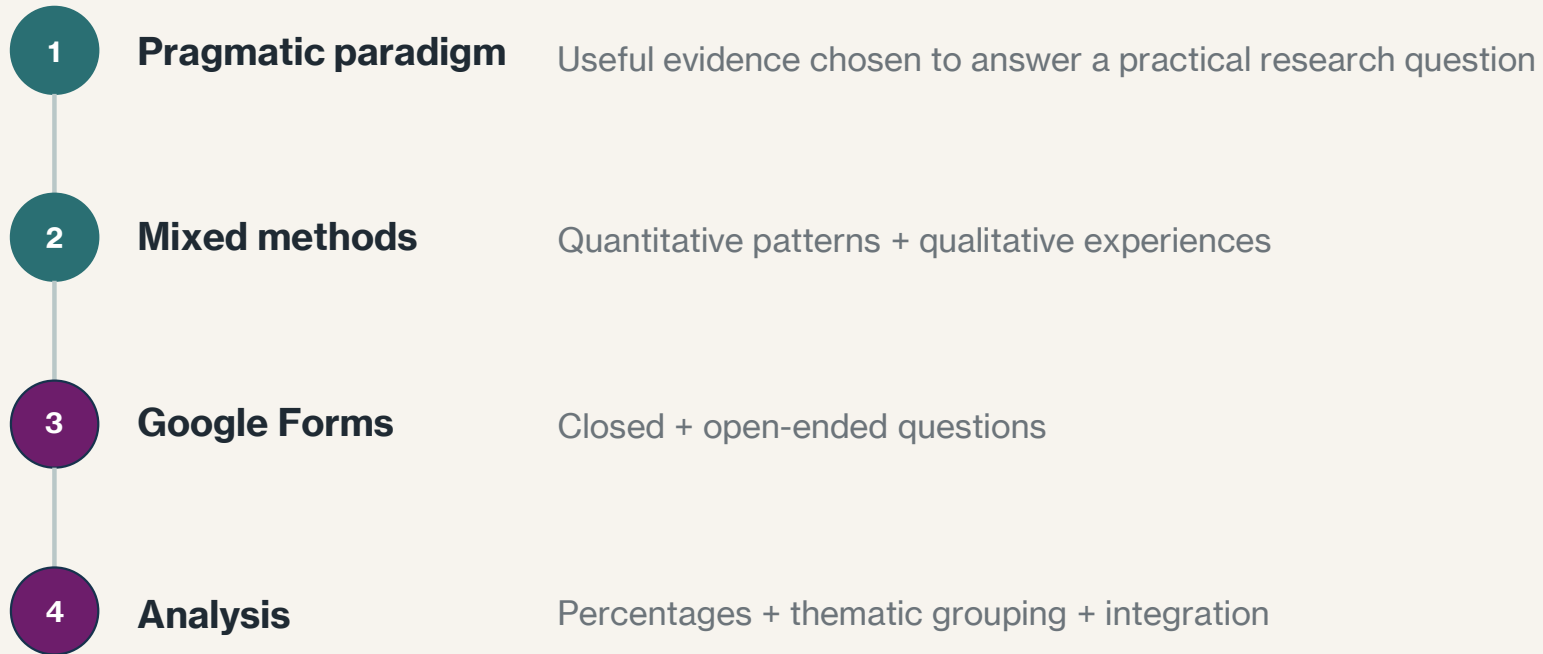
**How do singers understand and manage
their vocal health in daily singing practice?**

AWARENESS

HABITS

SELF-CARE

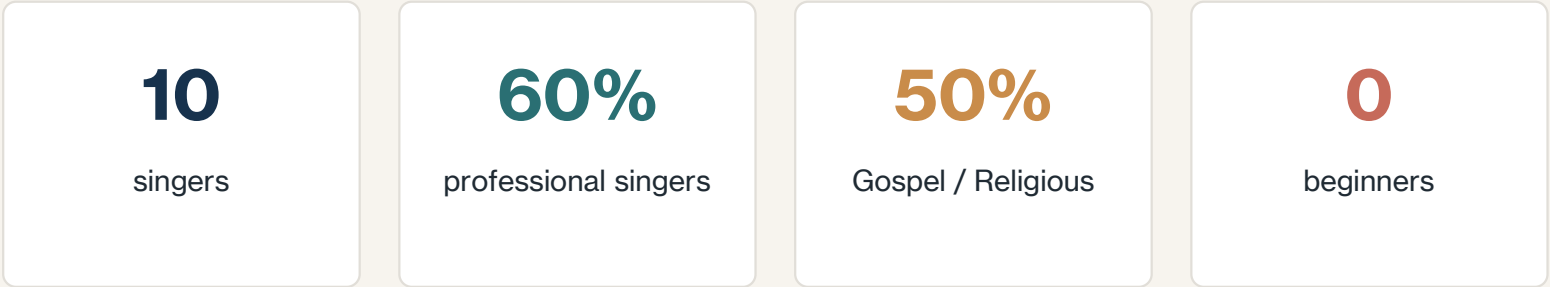
How did I investigate it?



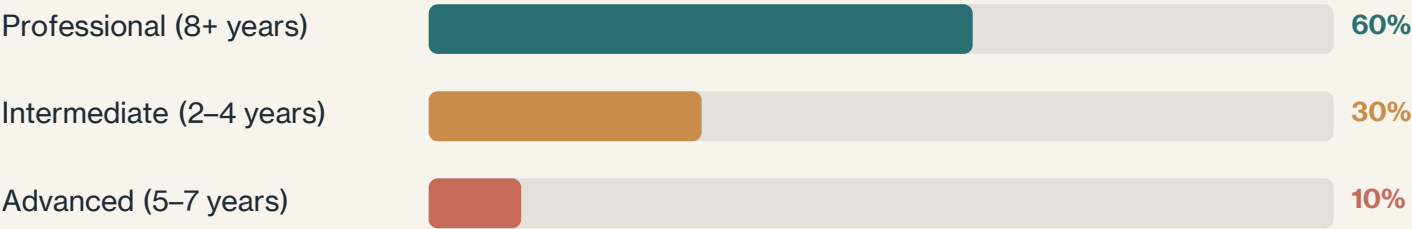
Ethics and Insider Research



Who participated?



Experience profile



WHAT DID I DISCOVER?

Finding 1 – singers were highly aware

80%

moderately / very aware of physical
tension

80%

high confidence recognising vocal
fatigue

70%

frequently noticed changes in their
voice

**Awareness was strong – but awareness alone did not predict
what participants did next.**

Finding 2 – awareness did not always become action

70%

rested their voice when
experiencing fatigue or strain

BUT

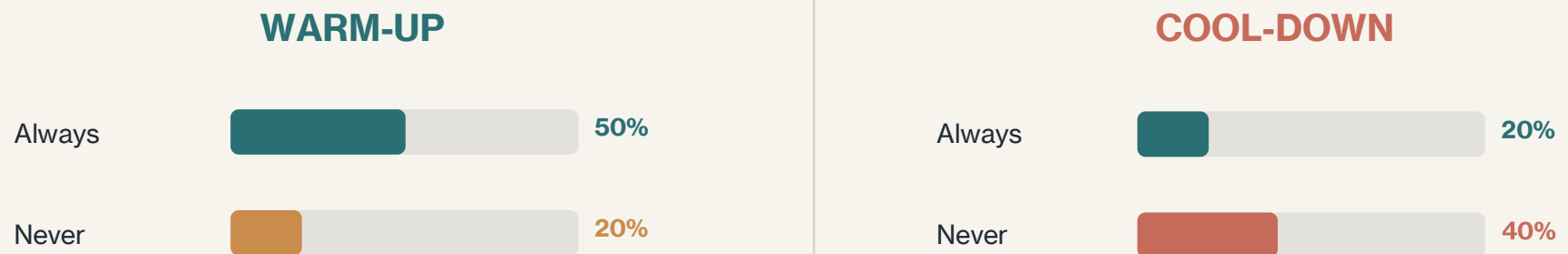
90%

sometimes or regularly sang
despite vocal discomfort

Knowing what is healthy ≠ always being able to act on it

WARM-UP VS COOL-DOWN

Finding 3 – preparation was stronger than recovery



Possible explanation: warm-ups are more established than cool-downs.

What the open questions revealed...

REST + HYDRATION

silence • sleep • water

PROFESSIONAL DEMANDS

teaching • repeated performance

ILLNESS

colds • sore throat • sickness

HORMONAL CHANGES

menstrual cycle • perimenopause

TECHNICAL ADAPTATION

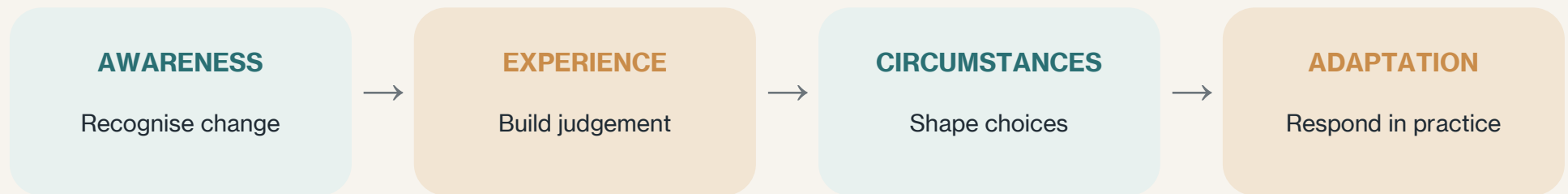
breathing • reduced demands

Open-ended questions captured experiences the researcher had not anticipated.

CONTRIBUTION

What did this study establish?

Vocal-health management is more than knowledge.



Knowledge vs. Action

Limitations, next steps & take-home message

LIMITATIONS

- Small group
- Experienced sample; no beginners
- Self-reported data
- No clinical voice assessment

NEXT STEPS

- Larger, more diverse sample
- Interviews
- Hormonal influences
- Professional demands + recovery

**Healthy singing is not only about knowing –
it is about applying and adapting.**

Thank you!

Reference List

Coelho, A.C. et al. (2020) Self-perception of voice symptoms and vocal health and hygiene knowledge in popular and classical singers. *CoDAS*, 32(3).

Fiuza, M.B., Sevillano, M.L. and Lã, F.M.B. (2023) Singing at menopause: A systematic review with pedagogical implications. *Musicae Scientiae*, 27(1), 193–217.

Hoch, M. and Sandage, M.J. (2018) Exercise science principles and the vocal warm-up. *Journal of Voice*.

Malde, M., Allen, M. and Zeller, K.A. (2020) What Every Singer Needs to Know About the Body.

Morgan, D.L. (2014) Pragmatism as a paradigm for social research. *Qualitative Inquiry*, 20(8), 1045–1053.

Nair, A., Joshi, A. and Gunjawate, D.R. (2024) Knowledge, attitude and practices towards vocal health care amongst Indian Carnatic singers. *Journal of Voice*, 38(1), 161–169.

Vermeulen, R. et al. (2022) The effect of vocal hygiene education programs on voice quality in professional voice users: A systematic review. *JSLHR*, 65(12), 4700–4713.