APPENDIX

- **Appendix 1a - Institutional Approval**
- **Appendix 1b - Ethics Form**
- **Appendix 1c - Registration/Adult Participant Consent Form**
- **Appendix 2a - Pre-Study Survey Form**
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- **Appendix 3a - Sample of Form for Each Session**
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- **Appendix 3c - Complete Quantitative Data Session 1-10**
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Jakarta, 01 February 2026

To the Ethics Committee of the
University of Wales Trinity Saint David
in the United Kingdom

Re: Permission to conduct research

Dear Sir/Madam,

This letter certifies the approval of Mr Dani Wisnu Dumadi's research with the indicative title: ***The Efficacy of Somatic Micro-Practices on Psychophysical Tension and Performance Anxiety in Jakarta Choral Singers: A Practice-as-Research Study,*** being conducted within our organisation between February to December 2026

Should you have any questions or need further clarification, do not hesitate to contact me. I am available through my email at antoniussulistyawibowo@gmail.com

Sincerely yours,

GEREJA KATOLIK SANTO LEO AGUNG PAROKI JATIWARINGIN

Antonius Sulistya Wibowo
Koordinator Bidang Peribadatan

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

PG2 / E1 FORM

APPLICATION FOR ETHICAL APPROVAL

RESEARCH STUDENTS This form is to be completed by the student within **SIX** months for full-time students and **TWELVE** months for part time students, after the commencement of the research degree or following progression to Part Two of your course. Once complete, submit this form via the ***MyTSD Doctoral College Portal*** at (https://mytsd.uwtsd.ac.uk). This document is also available in Welsh.
RESEARCH STAFF ONLY All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.
STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

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.

SECTION A: About You (Principal Researcher)

1	Full Name:		Dani Wisnu Dumadi			
2	Tick all boxes that apply:		Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☐	Taught Postgraduate Student	☒	Postgraduate Research Student	☐

3	Institute/Academic Discipline/Centre:	WAPPAR
4	Campus:	Camarthen
5	E-mail address:	danidumadi@gmail.com
6	Contact Telephone Number:	+62 812 3000 410
	For students:	

7	Student Number:	2246858
8	Programme of Study:	MA Professional Practice (Voice Pedagogy)
9	Director of Studies/Supervisor:	Louise Emanuel/Julie Crossman/Debbie Winter

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)		**YES**	☒	**NO**	☐
					Date	
2	If Yes, please indicate source of approval (and date where known): ***Approval in principle must be obtained from the relevant source prior to seeking ethical approval***	Research Degrees Committee	☐			
		Institute Research Committee	☐			
		Other (write in) WAPPAR Ethics Board Representative	☒			

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.	
1	**UWTSD Research Ethics & Integrity Code of Practice**	☒
2	**UWTSD Research Data Management Policy**	☒
3	*[List any other relevant documents here]*	☐

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution					
2	Contact person name					
3	Contact person e-mail address					
4	Is your research externally funded?		**YES**	☐	**NO**	☐
5	Are you in receipt of a KESS scholarship?		**YES**	☐	**NO**	☐
6	Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	**YES**	☐	**NO**	☐
7		Employed	**YES**	☐	**NO**	☐
8	Is the research being undertaken within an existing UWTSD Athrofa	If YES then the permission question	**YES**	☐	**NO**	☐

	Professional Learning Partnership (APLP)?	below does not need to be answered.				
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	**YES**	☐	**NO**	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	**YES**	☐	**NO**	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	The Efficacy of Somatic Micro-Practices on Psychophysical Tension and Performance Anxiety in Jakarta Choral Singers: A Practice-as-Research Study		
2	Proposed start date:	10/02/2026	Proposed end date:	14/09/2026
	Introduction to the Research (maximum 300 words per section) **Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below:** *Purpose of Research Activity* *Proposed Research Question* *Aims of Research Activity* *Objectives of Research Activity* Demonstrate, briefly, how **<u>Existing Research</u>** has informed the proposed activity and explain *What the research activity will add to the body of knowledge* *How it addresses an area of importance.*			
3	**Purpose of Research Activity** This research serves as the empirical component that tests the pedagogical artefact designed in Module 5 (a 14-set Embodied Singing Curriculum) in a real-world, time-constrained choral setting in Jakarta, Indonesia. The study seeks to address two specific layers of tensions: (1) the residual psychophysical tension participants carry from their professional lives (office work/fatigue) and (2) the performance anxiety associated with preparing for high-stakes national choral competitions. The study seeks to validate whether somatic “micro-practices” (15-minute interventions) can effectively mitigate psychophysical tension and performance anxiety in singers preparing for high-stakes performances. (this box should expand as you type)			
4	**Research Question** To what extent can a curriculum of somatic micro-practices (integrating Alexander Technique, Feldenkrais, Fitzmaurice, Linklater, and Lessac) reduce self-reported physical tension and performance anxiety in Jakarta choral singers during a 10-week rehearsal period? (this box should expand as you type)			
5	**Aims of Research Activity**			

	1. To implement the 14-set somatic curriculum within a regular choral rehearsal schedule. 2. To measure changes in participants' perceived levels of physical tension and performance anxiety over time. 3. To evaluate the feasibility of integrating somatic pedagogy into the culturally specific context of Indonesian choral practice. (this box should expand as you type)
6	**Objectives of Research Activity** 1. Deliver the 14 distinct exercise sets (artefact) over a series of rehearsals. 2. Collect quantitative data via pre/post-study surveys and weekly self-regulated logs. 3. Collect qualitative data via observations, focus groups, and semi-structured interviews to understand the participants' lived experience of the intervention. (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that **may** be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	This study utilises a mixed-methods Practice-as-Research (PaR) approach. 1. **Intervention**: The researcher (who is the Lead Coach) will lead 15-minute somatic warm-ups at the start of rehearsals. 2. Rehearsals may be **video/audio recorded** to **observe** physical engagement with the exercises. 3. The researcher will observe the participants during the intervention and from the video recording, and take **field notes**. 4. Participants will complete a pre-study and post-study **questionnaire** to measure anxiety baselines. 5. Weekly digital "self-regulation logs" (via Google Forms) will track immediate **self-reported tension levels** before and after rehearsals. 6. The researcher will maintain a **Reflective Journal**. 7. Semi-structured **interviews** and **Focus Group Discussion** will be conducted with a subset of participants to explore their experiences in depth. 8. Language of instructions and discussions would be in the participants' first language (mother tongue): Bahasa Indonesia. English translations/conversions will be performed as needed for the study report. (this box should expand as you type)
	Location of research activity Identify all locations where research activity will take place.
8	Rehearsal venues of the Santo Leo Agung Parish Choir (Jakarta, Indonesia) (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural

	and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	Yes. The research takes place in Jakarta, Indonesia. The researcher is a resident of Indonesia. The study will comply with local cultural norms and the choir's institutional regulations. Data management will adhere to UK GDPR standards regardless of local location. *(this box should expand as you type)*

10	Use of documentation not in the public domain: Are any documents **NOT** publicly available?	**NO**	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. *(this box should expand as you type)*		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	**YES**	**NO**
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒
18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	(this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	**YES**	**NO**
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☒	☐
3	Use of focus groups?	☒	☐
4	Use of participant diaries?	☒	☐
5	Use of video or audio recording?	☒	☐
6	Use of computer-generated log files?	☐	☒

7	Participant observation with their knowledge?	☒	□
8	Participant observation without their knowledge?	□	☒
9	Access to personal or confidential information without the participants' specific consent?	□	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	□	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	□	☒
12	Investigation of participants involved in illegal activities?	□	☒
13	Use of procedures that involve deception?	□	☒
14	Administration of any substance, agent or placebo?	□	☒
15	Working with live vertebrate animals?	□	☒
16	Procedures that may have a negative impact on the environment?	□	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method: (this box should expand as you type)	□	☒

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:	**YES**	**NO**
1	Students or staff at the University?	□	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	□
3	Vulnerable adults?	□	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	□	☒
5	Prisoners?	□	☒
6	Young offenders?	□	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☒	□
8	People engaged in illegal activities?	□	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.		
	Details of any other participant groups: (this box should expand as you type)	□	☒

	Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected?	Approximately 30-60 adults across two potential choral groups *(this box should expand as you type)*
11	Who will the participants be?	Adult singers (18+) who are members of the Santo Leo Agung Parish Choir *(this box should expand as you type)*
12	How will you identify the participants?	Participants are existing members of the choirs that the researcher coaches *(this box should expand as you type)*

	Information for participants:	**YES**	**NO**	**N/A**
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☒	☐	☐
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
17	If the research is observational, will you ask participants for their consent to being observed?	☒	☐	☐
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	(this box should expand as you type)			

	Information for participants:	**YES**	**NO**	**N/A**
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☒	☐	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	The Researcher is professionally hired as the Lead Coach for this choir. To mitigate conflict of interest, it will be made clear that the research data collection (surveys/interviews) is voluntary and			

	distinct from their training (rehearsals). Non-participation in the research will not affect their standing in the choir/team for the national competition. *(this box should expand as you type)*

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	**Full risk assessment completed and appended?**	**Yes**	☐
		No	☐
2	**Risks to participants** For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		
	Risk to participants: 1. Minor physical strain from movement exercises. 2. Perceived pressure to participate due to researcher's leadership role. *(this box should expand as you type)*	*How you will mitigate the risk to participants:* 1. Exercises are low-impact/gentle. Participants will be instructed to "force nothing" and opt out of physical movements if painful. 2. The informed consent process will explicitly state that refusal to share data will have no negative consequences on their role in the choir. 3. Data will be anonymised. *(this box should expand as you type)*	
3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities		
	(this box should expand as you type)		
4	**Risks to the investigator** For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest		
	Risk to the investigator: 1. Accusation of impropriety or abuse of power given the dual role of researcher/coach. *(this box should expand as you type)*	*How you will mitigate the risk to the investigator:* 1. Strict adherence to ethical protocols 2. Use of clear Participant Information Sheets 3. Ensuring all physical contact (if any) is consensual and professionally appropriate, though the method is primarily self-guided movement. *(this box should expand as you type)*	
5	**University/institutional risks** For example: adverse publicity, financial loss, data protection		

	Risk to the University: Reputational risk if ethical standards are not maintained abroad. *(this box should expand as you type)*	*How you will mitigate the risk to the University:* Full compliance with UWTSD Code of Practice and UK GDPR. *(this box should expand as you type)*
6	**Environmental risks** For example: accidental spillage of pollutants, damage to local ecosystems	
	Risk to the environment: *(this box should expand as you type)*	*How you will mitigate the risk to environment:* *(this box should expand as you type)*

	Disclosure and Barring Service			
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	**YES**	**NO**	**N/A**
7	Does your research require you to hold a current DBS Certificate?	☐	☒	☐
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.			

SECTION I: Feedback, Consent and Confidentiality

1	**Feedback** What de-briefing and feedback will be provided to participants, how will this be done and when?
	A summary of findings will be available to participants upon request. The researcher will offer a debriefing session at the end of the project period. *(this box should expand as you type)*
2	**Informed consent** Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	Participants will receive a Participant Information Sheet explaining the study's aims and the voluntary nature of data collection. They will sign a written Consent Form prior to the distribution of the first survey. For the weekly digital logs, the opening screen will reiterate that submission constitutes continued consent. *(this box should expand as you type)*
3	**Confidentiality / Anonymity** Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	All data will be pseudonymised. Participants will be assigned a unique code for the self-regulation logs. Names will not appear in the final thesis or any publications. *(this box should expand as you type)*

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	**YES**	**NO**
1	***"Personal data"*** *means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.*	☒	☐
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	Video/audio recordings of rehearsals (for analysis of physical tension). Signed consent forms containing names. *(this box should expand as you type)*		
	Does it involve special category data (as defined by the GDPR)?	**YES**	**NO**
3	***"Special category data"*** *means sensitive personal data consisting of information as to the data subjects' –* *(a) racial or ethnic origin,* *(b) political opinions,* *(c) religious beliefs or other beliefs of a similar nature,* *(d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992),* *(e) physical or mental health or condition,* *(f) sexual life,* *(g) genetics,* *(h) biometric data (as used for ID purposes),*	☐	☒
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4	 *(this box should expand as you type)*		

	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	**YES**	**NO**
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☒	☐
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☒	☐
10	"Cloud" storage or websites?	☒	☐
11	Other – specify:Google Workstations (Googel Drive, Google Form, Google Sheets)	☒	☐
12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:		
	All data will be encrypted and kept in password-protected cloud storage (Google Drive/Office 365) which will not be shared. Any video files will be stored on a password-protected laptop and cloud storage and deleted after analysis. Participants will be given a unique identifier to ensure confidentiality.		

	(this box should expand as you type)

	Data Protection		
	Will the research activity involve any of the following activities:	**YES**	**NO**
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☐	☒
16	Export of data outside the UK or importing of data from outside the UK?	☒	☐
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate):		
	All data will be encrypted and kept in password-protected cloud storage. The data will be stored until the completion of the project and then deleted. *(this box should expand as you type)*		
22	List all who will have access to the data generated by the research activity:		
	The researcher, Tutors and the Director of Studies *(this box should expand as you type)*		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		
	The researcher. *(this box should expand as you type)*		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	Data stored on password-protected cloud/laptop. Data will be retained until the degree is awarded and then destroyed/deleted. *(this box should expand as you type)*		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. (*Most relevant to academic staff)*		
	(this box should expand as you type)		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	**YES**	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	**YES**	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants**.** In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/		
1	**Signature of applicant:**	Dani Wisnu Dumadi	**Date: 12 January 2026**

For STUDENT Submissions:

2	Director of Studies/Supervisor:		**Date:**
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		**Date:**
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed **ALL RELEVANT** sections of the form in full.
☒	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (**where appropriate**)
☐	I have attached a full risk assessment (where appropriate) *ONLY TICK IF YOU HAVE **ATTACHED A FULL RISK ASSESSMENT***
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.

RESEARCH STUDENTS ONLY
Once complete, submit this form via the **MyTSD Doctoral College Portal** at (https://mytsd.uwtsd.ac.uk).

RESEARCH STAFF ONLY
All communications relating to this application during its processing must be in writing and emailed to pgresearch@uwtsd.ac.uk , with the title 'Ethical Approval' followed by your name.

STUDENTS ON UNDERGRADUATE OR TAUGHT MASTERS PROGRAMMES should submit this form (and receive the outcome) via systems explained to you by the supervisor/module leader.

Adult Participant Consent Form/*Formulir Persetujuan Peserta Dewasa*

Project Title / Judul Penelitian: The Efficacy of Somatic Micro-Practices on Psychophysical Tension and Performance Anxiety in Jakarta Choral Singers.
(Kemanjuran Latihan Fisik Singkat terhadap Ketegangan Fisik-Mental dan Kecemasan Tampil pada Penyanyi Paduan Suara di Jakarta).

Researcher / Peneliti: Dani Wisnu Dumadi (Candidate for Master of Arts in Professional Practice Voice Pedagogy, Voice Study Centre, University of Wales Trinity Saint David, United Kingdom)

Please read the information below carefully before you agree to join the study.
(Mohon baca informasi di bawah ini dengan saksama sebelum Anda setuju untuk bergabung dalam penelitian ini.)

About the Study Activities / Tentang Kegiatan Penelitian

- This study involves a 10 sets program of somatic micro-practices, which are 15-30 minute warm-ups done at the start of rehearsals.
  (Penelitian ini melibatkan 10 set program latihan fisik singkat, yaitu pemanasan selama 15-30 menit yang dilakukan di awal latihan paduan suara.)
- The goal is to see if these exercises reduce physical tension and performance anxiety, which then leads to easness in singing and more confident and resonating voice.
  (Tujuannya adalah untuk melihat apakah latihan-latihan ini mengurangi ketegangan fisik dan kecemasan saat tampil yang kemudian membantu untuk dapat menyanyi dengan lebih mudah, percaya diri dan beresonansi.)
- The physical exercises are gentle, and you are instructed to force nothing. If any movement causes pain, you can choose to skip it.
  (Latihan fisiknya ringan, dan Anda diminta untuk tidak memaksakan diri. Jika ada gerakan yang menyebabkan rasa sakit, Anda bisa memilih untuk melewatinya.)
- Data collection includes filling out a pre-study and post-study survey, completing weekly self-regulation logs, and joining focus group discussions or interviews.
  (Pengumpulan data mencakup pengisian survei sebelum dan sesudah penelitian, pengisian catatan kondisi diri setiap minggu, dan mengikuti diskusi kelompok atau wawancara.)
- Some rehearsals and interviews will be video and audio recorded to observe the physical exercises and gather data.
  (Beberapa sesi latihan dan wawancara akan direkam menggunakan video dan audio untuk mengamati latihan fisik dan mengumpulkan data.)
- Our instructions and discussions will be in bilingual which is English and Bahasa Indonesia, but the information will be translated into English for the final university report.
  (Instruksi dan diskusi kita akan menggunakan dua bahasa yaitu Bahasa Inggris dan

Bahasa Indonesia, tetapi informasinya akan diterjemahkan ke dalam Bahasa Inggris untuk laporan akhir universitas.)

Voluntary Participation and Your Choir Status / Partisipasi Sukarela dan Status Paduan Suara Anda

- Although I am the Coach for the choir, but joining this research is completely voluntary.
  (Meskipun saya adalah Pelatih untuk paduan suara ini, tetapi keikutsertaan dalam penelitian ini sepenuhnya sukarela.)
- If you choose not to join, or if you refuse to share your data, it will not negatively affect your position in the choir or your chance to join the national competition.
  (Jika Anda memilih untuk tidak ikut, atau jika Anda menolak untuk membagikan data Anda, hal itu tidak akan memengaruhi posisi Anda di paduan suara atau kesempatan Anda untuk ikut kompetisi nasional.)
- You are free to leave the study at any time and for any reason.
  (Anda bebas untuk keluar dari penelitian ini kapan saja dan untuk alasan apa pun.)
- You can refuse to answer any questions in the forms or interviews without any consequences.
  (Anda bisa menolak untuk menjawab pertanyaan apa pun di formulir atau wawancara tanpa akibat apa pun.)
- There is no money involved in this project. You will not be charged any fees, and you will not be paid for participating.
  (Tidak ada uang yang terlibat dalam proyek ini. Anda tidak akan dikenakan biaya apa pun, dan Anda tidak akan dibayar untuk berpartisipasi.)
- You may not benefit directly from participating in this research.
  (Anda mungkin tidak mendapatkan manfaat langsung dari keikutsertaan dalam penelitian ini.)

Privacy and Data Protection / Privasi dan Perlindungan Data

- Your identity will remain completely anonymous in any final reports or publications.
  (Identitas Anda akan tetap sepenuhnya rahasia di semua laporan akhir atau publikasi.)
- You will be given a unique code to use for your weekly logs so your name is protected.
  (Anda akan diberikan kode khusus untuk digunakan dalam catatan mingguan Anda sehingga nama Anda terlindungi.)
- All data, including signed forms and recordings, will be encrypted and kept safe in password-protected cloud storage or a password-protected laptop.
  (Semua data, termasuk formulir yang ditandatangani dan rekaman, akan dienkripsi dan disimpan dengan aman di penyimpanan cloud atau laptop yang dilindungi kata sandi.)
- All your data will be deleted after the research is complete and my university grades are finalized.
  (Semua data Anda akan dihapus setelah penelitian selesai dan nilai universitas saya keluar.)
- You have the right to access the information you provide at any time while it is safely stored.
  (Anda berhak untuk melihat informasi yang Anda berikan kapan saja selama masa penyimpanan.)
- You are free to contact me at any time if you need more information or clear answers about the research.

(Anda bebas untuk menghubungi saya kapan saja jika Anda butuh informasi lebih lanjut atau jawaban yang jelas tentang penelitian ini.)

* Indicates required question

1. Email *

2. **Statement of Approval / Pernyataan Persetujuan** *

Please read the statement below and check the box to agree. *(Mohon baca pernyataan di bawah ini dan centang kotak untuk menyetujui.)*

"I understand the rules of this project and agree to participate in the research study voluntarily. I understand that I am taking part in gentle vocal and physical exercises, surveys, interviews, and video or audio recordings. I know that saying no to this research will not affect my standing in the choir. I understand that my data will be kept completely confidential and anonymous."

("Saya mengerti aturan proyek ini dan setuju untuk berpartisipasi dalam penelitian ini secara sukarela. Saya mengerti bahwa saya akan mengikuti latihan vokal dan fisik yang ringan, survei, wawancara, serta rekaman video atau audio. Saya tahu bahwa menolak ikut penelitian ini tidak akan memengaruhi posisi saya di paduan suara. Saya mengerti bahwa data saya akan dijaga kerahasiaannya.")

Tick all that apply.

☐ Yes, I voluntarily agree to participate in this study. / Ya, saya setuju untuk berpartisipasi dalam penelitian ini secara sukarela.

3. Full Name as in ID *

Nama lengkap sesuai KTP

4. Mobile number *

Nomor kontak

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Pre-study Survey

* Indicates required question

1. Participant Code *

   Please get your **secret** participant code from Ms Venti

   _____

Demographic Information

2. Age/Usia *

   Just fill in the number without the word years
   Masukkan hanya angka saja tanpa tulisan kata tahun

   _____

3. Sex/Jenis Kelamin *

   Sex assigned at birth
   Jenis kelamin sesuai kondisi saat lahir

   Mark only one oval.

   - ◯ Male
   - ◯ Female

4. Voice part *

Mark only one oval.

- Soprano
- Alto
- Tenor
- Bass

5. Type of Work (dayjob) *

What kind of work or daily activities do you usually do? (For example: sitting at a desk, active physical work, studying, taking care of the house, etc)
Apa jenis pekerjaan atau aktivitas sehari-hari yang biasanya Anda lakukan? (Contoh: duduk di meja kantor, pekerjaan fisik aktif, belajar, mengurus rumah tangga)

_____

6. Previous experience *

Have you ever done any body work or relaxation exercises before? (For example: Yoga, Pilates, meditation)
Apakah Anda pernah melakukan latihan olah tubuh atau relaksasi sebelumnya? (Contoh: Yoga, Pilates, meditasi)

Mark only one oval.

- Yes
- No

7. Familiarity with voice-related somatic approach *

Please mark all somatic exercises that you have ever in contact with, to your best knowledge at this point of time.

Tick all that apply.

- [ ] Alexander Technique
- [ ] Feldenkrais Method
- [ ] Linklater Voice Method
- [ ] Fitzmaurice Voicework
- [ ] Lessac Kinesensic
- [ ] I don't know any of them
- [ ] Other: _____

How You Usually Feel

8. Pre-Rehearsal Tension *

Before the rehearsal, how physically tired or tense do you usually feel?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Very tense

9. If there are tension, which areas? *

Tick all that apply.

- [ ] Neck
- [ ] Shoulders
- [ ] Jaw
- [ ] Back
- [ ] Chest
- [ ] Legs
- [ ] Other: _____

10. Singing impact *

How much does physical tension or daily stress affect your singing?

Mark only one oval.

- ◯ Not at all
- ◯ A little bit
- ◯ A lot

11. Performance Anxiety *

How often do you feel nervous or anxious when preparing for a choir performance or competition

Mark only one oval.

- ◯ Never
- ◯ Sometimes
- ◯ Often
- ◯ Always

12. Performance Anxiety (Elaborate)

a few words to explain, if you don't mind (Not Mandatory)

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APENDIX 2b

PRE-STUDY SURVEY DATA

1

Participant Code	Age/Usia	Sex/Jenis Kelamin	Voice part	Type of Work (dayjob)	Translations	Thematic Analysis to Type of Work	Previous experience	Familiarity with voice-related somatic approach	Pre-Rehearsal Tension	If there are tension, which areas?	Singing impact	Performance Anxiety	Performance Anxiety (Elaborate)
Participant #1	45 yr	Female	Alto	Pekerjaan fisik aktif dan duduk	Active and sedentary physical work	both	Yes	I don't know any of them	3	Neck	A little bit	Sometimes	
Participant #2	37 yr	Female	Soprano	Sitting at desk	Sitting at desk	mostly sitting down	Yes	I don't know any of them	7	Neck, Shoulders, Jaw	A little bit	Sometimes	Faster heartbeat & emotion that sometimes affect the voice outcome.
Participant #3	35 yr	Female	Alto	Sitting at desk, mobile for event & meetings, using public transport	Sitting at desk, mobile for event & meetings, using public transport	mostly sitting down	Yes	I don't know any of them	6	Neck, Shoulders	A little bit	Sometimes	Nervous, tangan berkeringat, deg-degannya nambah.
Participant #4	17 yr	Female	Alto	studying (pelajar)	studying (student)	mostly sitting down	Yes	I don't know any of them	7	Shoulders, Back, Legs	A lot	Always	Suaranya serasa tidak keluar secara maksimal
Participant #5	47 yr	Female	Soprano	Mengurus rumah tangga	Taking care of household	mostly move around	Yes	I don't know any of them	7	Neck, Shoulders	A little bit	Sometimes	Jika saya kurang penguasaan materi jadi merasa sedikit nervous.
Participant #6	19 yr	Female	Alto	I work multiple part time jobs, mostly in education.	I work multiple part time jobs, mostly in education.	mostly move around	Yes	I don't know any of them	7	Neck, Shoulders, Jaw, Back	A lot	Often	Voice cracks.
Participant #7	16 yr	Female	Alto	I am a student, so studying.	I am a student, so studying.	mostly sitting down	Yes	I don't know any of them	5	Neck, Shoulders	A lot	Sometimes	Sometimes my heart races and i feel like throwing up..
Participant #8	23 yr	Female	Soprano	sitting at a desk	sitting at a desk	mostly sitting down	Yes	I don't know any of them	10	Neck, Jaw	A little bit	Ofen	
Participant #9	45 yr	Female	Alto	Duduk di meja kantor, kadang pekerjaan di lapangan	Sitting at an office desk, sometimes working in the field	mostly sitting down	Yes	I don't know any of them	3	Neck, Chest	A lot	Sometimes	Sometimes feel nervous
Participant #10	51 yr	Female	Soprano	Seat at work desk, sometime give training which mostly require sta	Seat at work desk, sometime give training which mostly require sta	mostly sitting down	No	I don't know any of them	8	Neck, Shoulders, Jaw	A lot	Always	My heart having faster beat every time I must perform whether solo or choir and it makes me feel unaleasy or relax to first attack and often makes me have a shorten breathing. May forgot some vocal techniques
Participant #11	50 yr	Female	Alto	Mengurus rumah tangga	Taking care of household	mostly move around	Yes	I don't know any of them	5	Chest	A little bit	Often	
Participant #13	62 yr	Male	Bass	Nyantai, olga, ngurus RT	Relaxing, Olga, taking care of the neighborhood association	mostly sitting down	No	I don't know any of them	5	Neck, Shoulders, Back, Chest	A little bit	Sometimes	
Participant #15	54 yr	Female	Soprano	Pekerjaan rumah tangga	House chores	mostly move around	Yes	Alexander Technique	3	Legs, Lemas seperti hilang energi	A little bit	Sometimes	
Participant #18	36 yr	Male	Tenor	At office desk and visiting client	At office desk and visiting client	mostly sitting down	Yes	I don't know any of them	8	Neck, Shoulders, Back	A lot	Often	
Participant #20	45 yr	Male	Tenor	Mobile job	Mobile job	mostly move around	Yes	I don't know any of them	3	Neck, Shoulders	A little bit	Often	feeling nervous when about to perform
Participant #21	46 yr	Female	Alto	Teaching and singing	Teaching and singing	mostly sitting down	Yes	Lessac Kinesensic	6	Neck, Jaw	A little bit	Sometimes	Takut batuk ketika nyanyi atau napas tidak cukup ✊
Participant #22	44 yr	Female	Soprano	Duduk di meja kantor, mengurus rumah, nyetir antar jemput anak, berdiri mengajar	Sitting at an office desk, taking care of the house, driving to and from the children, standing to teach	mostly sitting down	Yes	I don't know any of them	7	Shoulders, Jaw, Back	A lot	Sometimes	Kadang merasakan gugup karena merasa ada serak. Seperti kurang pemanasan.
Participant #23	26 yr	Male	Bass	Building Management, sitting at a desk with occasional light physical work.	Building Management, sitting at a desk with occasional light physical work.	mostly sitting down	No	I don't know any of them	7	Neck, Shoulders	A lot	Sometimes	A bit of shivering before and while performing
Participant #24	17 yr	Female	Soprano	studying, lying on the bed, playing with cats	studying, lying on the bed, playing with cats	mostly sitting down	No	I don't know any of them	7	Neck, Shoulders, Jaw, Legs	A lot	Ofen	
Participant #25	39 yr	Male	Tenor	Pekerjaan fisik	Physical work	mostly move around	Yes	I don't know any of them	7	Neck, Shoulders, Jaw, Back, Chest, Legs	A little bit	Sometimes	
Participant #26	57 yr	Female	Alto	Kadang meja kantor dan fisik aktifitas	Sometimes office desk and physical activity	both	Yes	I don't know any of them	7	Neck, Shoulders, Back	A little bit	Ofen	Tidak hafal , tiba tiba lupa
Participant #27	47 yr	Female	Soprano	Mengurus rumah tangga	Taking care of household	mostly move around	Yes	I don't know any of them	7	Neck, Jaw	A little bit	Sometimes	
Participant #28	43 yr	Male	Bass	foto & edit	photo & edit	mostly sitting down	No	I don't know any of them	7	Shoulders, Back	A little bit	Sometimes	suara bergetar
Participant #29	42 yr	Female	Alto	Ibu Rumah Tangga	Housewife	mostly move around	No	I don't know any of them	7	Shoulders	A little bit	Always	

APENDIX 2b

PRE-STUDY SURVEY DATA

1

Participant Code	Age/Usia	Sex/Jenis Kelamin	Voice part	Type of Work (dayjob)	Translations	Thematic Analysis to Type of Work	Previous experience	Familiarity with voice-related somatic approach	Pre-Rehearsal Tension	If there are tension, which areas?	Singing impact	Performance Anxiety	Performance Anxiety (Elaborate)
Participant #31	46 yr	Female	Alto	I work in a furniture workshop	I work in a furniture workshop	mostly sitting down	Yes	I don't know any of them	2	Neck, Jaw	A little bit	Always	nervous, trembling hands, sometimes got a cold sweat
Participant #32	52 yr	Male	Bass	Pilot	Pilot	mostly sitting down	Yes	I don't know any of them	2	Neck	A little bit	Sometimes	
Participant #33	27 yr	Female	Alto	Bekerja di meja kantor, Mengurus rimah tangga	Working at an office desk, Taking care of the household	mostly sitting down	Yes	I don't know any of them	4	Neck, Shoulders	Not at all	Sometimes	
Participant #35	33 yr	Male	Bass	Teacher	Teacher	mostly sitting down	No	I don't know any of them	7	Neck, Shoulders, Chest	A little bit	Sometimes	
Participant #36	55 yr	Female	Alto	Sitting at a desk	Sitting at a desk	mostly sitting down	Yes	I don't know any of them	5	Neck, Shoulders	A little bit	Sometimes	Gemetar
Participant #37	17 yr	Female	Soprano	Studying	Studying	mostly sitting down	No	I don't know any of them	2	Neck, Shoulders, Back	A little bit	Often	Nervous amd fidgety
Participant #38	20 yr	Female	Soprano	Duduk di kampus, pekerjaan fisik jalan menuju stasiun, duduk belajar dan main game, mengurus rumah tangga, renang 1 minggu sekali	Sitting on campus, physical work walking to the station, sitting studying and playing games, taking care of the household, swimming once a week	mostly sitting down	No	I don't know any of them	4	diaphragm	A little bit	Sometimes	My anxiety feels like my heart is beating fast and feels like there is something empty in my chest and about to stab me
Participant #39	25 yr	Male	Tenor	Sitting at a desk, commute to office	Sitting at a desk, commute to office	mostly sitting down	Yes	I don't know any of them	6	Neck, Jaw, Back	A little bit	Often	
Participant #41	19 yr	Male	Tenor	Kuliah, teater, dan choir	Lectures, theater, and choir	mostly move around	Yes	Fitzmaurice Voicework, Lessac Kinesensic	7	Back, Chest	A little bit	Often	Sedikit mulas, keringat dingin, dan keram di perut

Session #1

* Indicates required question

1. Participant Code *

   Make sure you remember your **secret** participant code, otherwise cek again with Ms Venti, secretly

   _____

Pre-exercise survey

Please fill this in before the exercise starts

2. Current Physical Tension *

   How physically tense do you feel your muscles right now after your day?

   Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Very tense

3. Location of Tension Today *

   Tick all that apply.

   - [ ] No tension
   - [ ] Neck
   - [ ] Shoulders
   - [ ] Jaw
   - [ ] Back
   - [ ] Chest
   - [ ] Legs
   - [ ] Other: _____

4. Current Mental State *

How busy or stressed does your mind feel right now?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Very	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Very stressed or distracted

5. Elaborate (if any)

Any particular reason? one sentence only. (boleh dalam Bahasa Inggris atau dalam Bahasa Indonesia)

_____

Please wait before continue.

Let us do the exercise first

EXERCISE

You may continue filling the form after the exercise finish

Post-exercise Survey

6. Post-exercise physical tension *

How physically tense do you feel right now after the warm-up?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Very tense

7. Post-exercise mental state *

How focused or calm is your mind right now?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Very	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Still very stressed or distracted

8. Exercise Favoritism *

Is there any specific movement or exercise we did today felt the most helpful for you? (Yes/No) If yes, which one?

_____

9. Challenges *

Did any movement today feel uncomfortable, confusing, or not helpful? (Yes/No) If yes, please tell me which one. You can write in English or Bahasa Indonesia

_____

10. Immediate changes *

Is there any immediate changes that you feel? (Yes/No) describe shortly in a few words. You can write in English or Bahasa Indonesia

_____

11. Notes

Only if you have any other thing to add.

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APENDIX II-A

SUMMARY OF QUANTITATIVE DATA

Average of Data of Session 1 to 10

Session	AVERAGE of Pre-exercise Physical Tension	AVERAGE of Post-exercise Physical Tension	AVERAGE of Pre to Post Tension	AVERAGE of Pre-exercise Mental Stress	AVERAGE of Post-exercise Mental Stress	AVERAGE of Pre to Post Mental Stress
01 (Sun 19/7)	5.68	3.26	-2.42	5.24	3.42	-1.82
02 (Fri 24/7)	4.71	3.24	-1.47	4.26	2.97	-1.29
03 (Sun 26/7)	4.83	2.72	-2.11	4.56	2.50	-2.06
04 (Fri 31/7)	5.43	2.89	-2.54	4.75	2.89	-1.86
05 (Fri 7/8)	5.16	2.89	-2.26	4.87	3.08	-1.79
06 (Sun 9/8)	4.08	2.50	-1.58	3.84	2.63	-1.21
07 (Fri 14/8)	5.69	3.35	-2.35	5.38	3.35	-2.04
08 (Sun 16/8)	4.28	2.44	-1.84	4.03	2.69	-1.34
09 (Sun 23/8)	5.06	2.79	-2.27	5.12	3.06	-2.06
10 (Sun 30/8)	4.58	2.73	-1.85	4.48	3.00	-1.48
Grand Total	**4.93**	**2.87**	**-2.06**	**4.64**	**2.95**	**-1.68**

Average of Data of Session 1 to 10 (Fridays Only)

Session	AVERAGE of Pre-exercise Physical Tension	AVERAGE of Post-exercise Physical Tension	AVERAGE of Pre to Post Tension	AVERAGE of Pre-exercise Mental Stress	AVERAGE of Post-exercise Mental Stress	AVERAGE of Pre to Post Mental Stress
02 (Fri 24/7)	4.71	3.24	-1.47	4.26	2.97	-1.29
04 (Fri 31/7)	5.43	2.89	-2.54	4.75	2.89	-1.86
05 (Fri 7/8)	5.16	2.89	-2.26	4.87	3.08	-1.79
07 (Fri 14/8)	5.69	3.35	-2.35	5.38	3.35	-2.04
Grand Total	**5.21**	**3.08**	**-2.13**	**4.79**	**3.06**	**-1.72**

Average of Data of Session 1 to 10 (Sundays Only)

Session	AVERAGE of Pre-exercise Physical Tension	AVERAGE of Post-exercise Physical Tension	AVERAGE of Pre to Post Tension	AVERAGE of Pre-exercise Mental Stress	AVERAGE of Post-exercise Mental Stress	AVERAGE of Pre to Post Mental Stress
01 (Sun 19/7)	5.68	3.26	-2.42	5.24	3.42	-1.82
03 (Sun 26/7)	4.83	2.72	-2.11	4.56	2.50	-2.06
06 (Sun 9/8)	4.08	2.50	-1.58	3.84	2.63	-1.21
08 (Sun 16/8)	4.28	2.44	-1.84	4.03	2.69	-1.34
09 (Sun 23/8)	5.06	2.79	-2.27	5.12	3.06	-2.06
10 (Sun 30/8)	4.58	2.73	-1.85	4.48	3.00	-1.48
Grand Total	**4.76**	**2.75**	**-2.01**	**4.55**	**2.89**	**-1.66**

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
01 (Sun 19/7)	Participant #1	4	Shoulders	1	-3	1	Doms after gym	Doms after gym	2	1
01 (Sun 19/7)	Participant #2	6	Neck, Shoulders, Jaw, Back	3	-3	6	Lower back pain.	Lower back pain.	2	-4
01 (Sun 19/7)	Participant #3	6	Neck, Shoulders	4	-2	8	A lot of things to manage	A lot of things to manage	4	-4
01 (Sun 19/7)	Participant #4	8	Neck, Shoulders, Back, Legs	2	-6	7	karena di weekend ini saya banyak kegiatan dan juga pergi	because this weekend I have a lot of activities and also go out	2	-5
01 (Sun 19/7)	Participant #5	2	Shoulders	1	-1	1	Just happy	Just happy	1	0
01 (Sun 19/7)	Participant #6	3	Back	2	-1	9	Family, college, and work issues.	Family, college, and work issues.	7	-2
01 (Sun 19/7)	Participant #7	7	Neck, Shoulders	4	-3	8	i have a headache	i have a headache	4	-4
01 (Sun 19/7)	Participant #8	8	Neck, Jaw	3	-5	6			4	-2
01 (Sun 19/7)	Participant #9	6	Neck, Shoulders, Chest	1	-5	5			1	-4
01 (Sun 19/7)	Participant #10	8	Neck, Shoulders, Back	6	-2	7	Just lots of activities in one day and lots need to think for monday work	Just lots of activities in one day and lots need to think for monday work	5	-2
01 (Sun 19/7)	Participant #11	8	Back	9	1	5			8	3
01 (Sun 19/7)	Participant #13	4	Neck, Shoulders, Jaw	3	-1	3			2	-1
01 (Sun 19/7)	Participant #14	5	Legs	2	-3	5	Kecapean kegiatan sejak pagi sampai malam	Tired of activities from morning to night	2	-3
01 (Sun 19/7)	Participant #15	3	Head migraine	2	-1	1			2	1
01 (Sun 19/7)	Participant #16	7	Shoulders	3	-4	6	-	-	2	-4
01 (Sun 19/7)	Participant #18	8	Neck, Shoulders, Back	3	-5	7			6	-1
01 (Sun 19/7)	Participant #19	7	Back	6	-1	8	Relax	Relax	8	0
01 (Sun 19/7)	Participant #20	5	Neck, Shoulders, Head	2	-3	3			2	-1
01 (Sun 19/7)	Participant #21	6	Shoulders	4	-2	4	The day is so hot	The day is so hot	1	-3
01 (Sun 19/7)	Participant #22	6	Neck	3	-3	6			2	-4
01 (Sun 19/7)	Participant #23	6	Neck, Shoulders	3	-3	7	Long day and still have to go somewhere after practice	Long day and still have to go somewhere after practice	4	-3
01 (Sun 19/7)	Participant #24	6	Neck, Jaw, Legs	2	-4	5	-	-	1	-4
01 (Sun 19/7)	Participant #25	7	Neck, Shoulders, Jaw, Back, Chest, Legs	3	-4	6			9	3
01 (Sun 19/7)	Participant #26	7	Neck, Shoulders	3	-4	6	lelah karena aktifitas bekerja sp jam 20.00 (2x seminggu)	tired because of work activities sp at 20.00 (2x a week)	3	-3
01 (Sun 19/7)	Participant #27	7	Neck, Jaw	7	0	6			6	0
01 (Sun 19/7)	Participant #28	7	Shoulders, Back	5	-2	7			5	-2
01 (Sun 19/7)	Participant #29	6	Shoulders	5	-1	7	Baru selesai mengerjakan pekerjaan rumah tangga	Just finished doing housework	4	-3
01 (Sun 19/7)	Participant #30	3	Legs	10	7	1			1	0
01 (Sun 19/7)	Participant #31	5	Neck, Shoulders	2	-3	5			2	-3
01 (Sun 19/7)	Participant #32	2	No tension	1	-1	2			1	-1
01 (Sun 19/7)	Participant #33	7	Neck, Shoulders	2	-5	7			2	-5
01 (Sun 19/7)	Participant #34	6	Jaw	2	-4	3			2	-1
01 (Sun 19/7)	Participant #35	6	Neck, Back, Chest	2	-4	5			2	-3
01 (Sun 19/7)	Participant #36	7	Neck, Shoulders	3	-4	5	-	-	2	-3
01 (Sun 19/7)	Participant #37	2	No tension	1	-1	3			1	-2
01 (Sun 19/7)	Participant #38	1	No tension	2	1	8	Well i'm in a final exam week and tomorrow i have an exam, that's makes me feel a lil bit overthingking while joining today's session	Well i'm in a final exam week and tomorrow i have an exam, that's makes me feel a lil bit overthingking while joining today's session	7	-1
01 (Sun 19/7)	Participant #39	8	Neck, Shoulders	4	-4	6			8	2
01 (Sun 19/7)	Participant #41	6	Jaw, Back	3	-3	4	Lelah setelah aktifitas seharian	Tired after a day of activities	3	-1
02 (Fri 24/7)	Participant #1	3	Legs	3	0	3	Tired	Tired	3	0
02 (Fri 24/7)	Participant #2	4	Shoulders	2	-2	3			2	-1
02 (Fri 24/7)	Participant #3	7	Neck, Shoulders	5	-2	5	Banyak prioritas yang harus diselesaikan	There are many priorities to be completed	4	-1
02 (Fri 24/7)	Participant #4	5	Shoulders, Back, Arms	3	-2	7	-	-	2	-5
02 (Fri 24/7)	Participant #5	3	Neck, Shoulders	2	-1	1			1	0
02 (Fri 24/7)	Participant #8	9	Neck, Shoulders, Jaw	3	-6	6			3	-3
02 (Fri 24/7)	Participant #9	5	Neck, Shoulders, Legs	2	-3	3			2	-1
02 (Fri 24/7)	Participant #11	4	Back	8	4	6			8	2
02 (Fri 24/7)	Participant #13	2	Neck, Shoulders	1	-1	2			2	0
02 (Fri 24/7)	Participant #14	3	No tension	1	-2	1	Warming up membuat lebih relax	Warming up makes you more relaxed	1	0
02 (Fri 24/7)	Participant #16	6	Neck, Shoulders, Legs	3	-3	7	-	-	4	-3
02 (Fri 24/7)	Participant #20	4	Neck, Shoulders, Back	2	-2	3	-	-	1	-2
02 (Fri 24/7)	Participant #21	4	Shoulders, Legs	3	-1	5	From work	From work	1	-4
02 (Fri 24/7)	Participant #22	6	Neck, Shoulders	3	-3	6			3	-3
02 (Fri 24/7)	Participant #23	8	Neck, Shoulders, Back	5	-3	9			6	-3
02 (Fri 24/7)	Participant #24	4	Neck, Shoulders, Legs	8	4	5	-	-	9	4
02 (Fri 24/7)	Participant #25	8	Neck, Shoulders, Back, Legs	2	-6	6	Ada tension di area bahu karena bekas operasi tumor	There is tension in the shoulder area due to the tumor surgery scar.	8	2
02 (Fri 24/7)	Participant #26	4	Neck, Shoulders	4	0	5	Sedang banyak tugas pekerjaan	There are lots of work assignments	3	-2
02 (Fri 24/7)	Participant #27	4	Neck, Shoulders, Jaw, Back	2	-2	2	stretching and warming up the vocals is quite helpful	stretching and warming up the vocals is quite helpful	2	0
02 (Fri 24/7)	Participant #28	7	Shoulders, Back	4	-3	7			5	-2
02 (Fri 24/7)	Participant #29	7	Shoulders	4	-3	5	Setelah beres2 rumah	After cleaning the house	4	-1
02 (Fri 24/7)	Participant #30	2	Shoulders	1	-1	3			1	-2
02 (Fri 24/7)	Participant #31	5	Neck, Shoulders, Back, Legs	1	-4	7	my husband. he's the main cause of my mental stress 😊	my husband. he's the main cause of my mental stress 😊	5	-2
02 (Fri 24/7)	Participant #32	1	No tension	2	1	3			1	-2
02 (Fri 24/7)	Participant #33	6	Neck, Shoulders, Chest	2	-4	6			2	-4
02 (Fri 24/7)	Participant #34	4	Shoulders	2	-2	3			2	-1
02 (Fri 24/7)	Participant #35	5	Neck, Shoulders, Chest, Legs	2	-3	5			2	-3
02 (Fri 24/7)	Participant #36	5	Neck, Shoulders	2	-3	3	-	-	2	-1
02 (Fri 24/7)	Participant #37	3	Shoulders, Legs	1	-2	2	A little tense from all the motor rides i had to go on all day	A little tense from all the motor rides i had to go on all day	1	-1
02 (Fri 24/7)	Participant #38	1	No tension	3	2	1	-	-	1	0

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
02 (Fri 24/7)	Participant #39	7	Neck, Jaw	6	-1	8			5	-3
02 (Fri 24/7)	Participant #40	7	Back, Chest	6	-1	3	no	no	3	0
02 (Fri 24/7)	Participant #41	4	Neck, Shoulders	3	-1	1	I feel tension on my shoulder after lifting some weight today	I feel tension on my shoulder after lifting some weight today	1	0
02 (Fri 24/7)	Participant #43	3	Shoulders	9	6	3			1	-2
03 (Sun 26/7)	Participant #1	2	Legs	2	0	2	Abis jalan ngiterin mall	After the walk to the mall	2	0
03 (Sun 26/7)	Participant #2	1	Lower back	1	0	1			2	1
03 (Sun 26/7)	Participant #3	5	Neck, Shoulders	3	-2	5	Ngga ada. Karena weekend, jadi lebih santai.	Nothing. Because it's the weekend, it's more relaxed.	3	-2
03 (Sun 26/7)	Participant #4	6	Neck, Shoulders	2	-4	5			3	-2
03 (Sun 26/7)	Participant #7	1	No tension	1	0	3	No reason	No reason	3	0
03 (Sun 26/7)	Participant #8	3	Legs	1	-2	8			6	-2
03 (Sun 26/7)	Participant #9	7	Neck	2	-5	6			2	-4
03 (Sun 26/7)	Participant #10	9	Neck, Shoulders, Back	5	-4	7			5	-2
03 (Sun 26/7)	Participant #11	6	Back, Legs	3	-3	4			3	-1
03 (Sun 26/7)	Participant #13	3	Neck, Shoulders	2	-1	3			2	-1
03 (Sun 26/7)	Participant #15	4	Legs	1	-3	2	Standing for 60 minutes	Standing for 60 minutes	1	-1
03 (Sun 26/7)	Participant #18	4	Legs	2	-2	1			1	0
03 (Sun 26/7)	Participant #19	8	Back	2	-6	6	Capek	Tired	2	-4
03 (Sun 26/7)	Participant #20	5	Neck, Shoulders, Back	4	-1	3	-	-	2	-1
03 (Sun 26/7)	Participant #21	4	Back	4	0	7	2 hrs reharshal	2 hrs reharshal	3	-4
03 (Sun 26/7)	Participant #22	8	Neck, Shoulders, Jaw, Back	7	-1	5	Feels more tensions. Not in a fit condition today. Sore throat.	Feels more tensions. Not in a fit condition today. Sore throat.	4	-1
03 (Sun 26/7)	Participant #23	6	Back	3	-3	6			3	-3
03 (Sun 26/7)	Participant #24	4	Neck, Shoulders	2	-2	7	-	-	2	-5
03 (Sun 26/7)	Participant #25	6	Neck, Shoulders, Back, Chest	2	-4	6			2	-4
03 (Sun 26/7)	Participant #26	3	Neck	2	-1	3			2	-1
03 (Sun 26/7)	Participant #27	2	Neck	1	-1	5	Krn aktivitas hari ini	Because of today's activities	2	-3
03 (Sun 26/7)	Participant #28	7	Shoulders, Back	3	-4	6			3	-3
03 (Sun 26/7)	Participant #29	7	Neck	5	-2	5	Salah posisi tidur	Wrong sleeping position	3	-2
03 (Sun 26/7)	Participant #30	9	No tension	9	0	2			2	0
03 (Sun 26/7)	Participant #31	3	Neck, Shoulders	1	-2	3			1	-2
03 (Sun 26/7)	Participant #32	5	Neck, Legs	1	-4	5			1	-4
03 (Sun 26/7)	Participant #33	7	Neck, Shoulders	2	-5	7			2	-5
03 (Sun 26/7)	Participant #34	3	Shoulders	2	-1	3			2	-1
03 (Sun 26/7)	Participant #35	7	Neck, Shoulders, Back, Legs	3	-4	6			2	-4
03 (Sun 26/7)	Participant #36	5	Neck, Shoulders	2	-3	4	-	-	2	-2
03 (Sun 26/7)	Participant #37	2	Shoulders, Back	1	-1	3			2	-1
03 (Sun 26/7)	Participant #38	6	Neck	1	-5	7	Radang dan ovt karena nilai semester sudah keluar	Inflammation and ovt because semester grades are out	1	-6
03 (Sun 26/7)	Participant #41	3	Shoulders	2	-1	2	I slept through the day, so theres some tense on mh shoulder	I slept through the day, so theres some tense on mh shoulder	2	0
03 (Sun 26/7)	Participant #43	3	Back	8	5	2			2	0
03 (Sun 26/7)	Participant #44	5	Neck	3	-2	7	Bahasa Indonesia	Indonesian	3	-4
03 (Sun 26/7)	Participant #44	5	Neck	3	-2	7	B indonesia	B Indonesia	7	0
04 (Fri 31/7)	Participant #1	3	Legs	2	-1	2	Leg day at gym	Leg day at gym	2	0
04 (Fri 31/7)	Participant #2	2	Neck, Back	1	-1	2			1	-1
04 (Fri 31/7)	Participant #4	9	Shoulders, Back	2	-7	10	Banyak tugas sekolah yang menumpuk	Lots of schoolwork piling up	4	-6
04 (Fri 31/7)	Participant #5	3	Neck, Shoulders, Back	2	-1	1			1	0
04 (Fri 31/7)	Participant #6	7	Shoulders, Legs, Arms	5	-2	7			5	-2
04 (Fri 31/7)	Participant #7	6	Legs	2	-4	5	No reason	No reason	2	-3
04 (Fri 31/7)	Participant #9	9	Shoulders, Back, Legs	2	-7	8	Lelah karena seharian diluar kantor	Tired from being out of the office all day	2	-6
04 (Fri 31/7)	Participant #11	5	Back	2	-3	6			3	-3
04 (Fri 31/7)	Participant #13	3	Neck, Shoulders	2	-1	3			2	-1
04 (Fri 31/7)	Participant #14	1	No tension	1	0	1	Just finished self singing practise at home... still relax no tension	Just finished self singing practise at home... still relax no tension	1	0
04 (Fri 31/7)	Participant #15	1	No tension	1	0	1			1	0
04 (Fri 31/7)	Participant #18	9	Shoulders, Back	3	-6	2			2	0
04 (Fri 31/7)	Participant #19	9	Neck, Shoulders, Back	2	-7	2	Terasa lebih lega stelah gerakan	Feel more relieved after the movement	2	0
04 (Fri 31/7)	Participant #20	4	Neck, Shoulders, Back	3	-1	3	-	-	2	-1
04 (Fri 31/7)	Participant #21	4	Shoulders, Legs	3	-1	4	From work	From work	4	0
04 (Fri 31/7)	Participant #23	9	Neck	4	-5	10			7	-3
04 (Fri 31/7)	Participant #26	6	Neck	2	-4	6	Bekerja waktu lebih panjang	Working longer hours	3	-3
04 (Fri 31/7)	Participant #27	4	Neck, Shoulders, Jaw	1	-3	4	Kegiatan cukup padat	Quite busy activities	1	-3
04 (Fri 31/7)	Participant #29	5	No tension	4	-1	5	-	-	3	-2
04 (Fri 31/7)	Participant #31	7	Shoulders, Legs	3	-4	5	still got the same answer as the last week	still got the same answer as the last week	4	-1
04 (Fri 31/7)	Participant #32	3	Shoulders	1	-2	4	Seharian aktifitas cari rejeki..	All day long activities looking for fortune..	1	-3
04 (Fri 31/7)	Participant #34	5	Shoulders, Back	3	-2	4			3	-1
04 (Fri 31/7)	Participant #35	6	Neck, Shoulders, Back, Chest, Legs	3	-3	5			2	-3
04 (Fri 31/7)	Participant #38	10	Neck, Arm and shoulder	6	-4	10	Saya cukup dikejar banyak deadline dan habis angkat beban makanya tegang area	I'm quite busy with deadlines and have been lifting weights so my area is tense.	4	-6
04 (Fri 31/7)	Participant #39	8	Neck, Shoulders, Back	5	-3	7			4	-3
04 (Fri 31/7)	Participant #40	3	No tension	2	-1	2	-	-	2	0
04 (Fri 31/7)	Participant #41	8	Neck, Back	5	-3	9	My back is really sore, and my chest muscles feel tense from lifting weights.	My back is really sore, and my chest muscles feel tense from lifting weights.	6	-3
04 (Fri 31/7)	Participant #42	3	Shoulders, Jaw, Chest	9	6	5			7	2
05 (Fri 7/8)	Participant #1	2	Shoulders	2	0	1	No	No	1	0

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
05 (Fri 7/8)	**Participant #2**	4	Shoulders, Jaw, Back	2	-2	6	Just not a good day.	Just not a good day.	2	-4
05 (Fri 7/8)	**Participant #3**	8	Neck, Shoulders, Back	7	-1	9	A lot of things to manage, too many things thya needs to be handled simultaneously. Feel exhausted.	A lot of things to manage, too many things thya needs to be handled simultaneously. Feel exhausted.	7	-2
05 (Fri 7/8)	**Participant #4**	6	Shoulders, Jaw	4	-2	6	Banyak tugas di sekolah	Lots of homework at school	4	-2
05 (Fri 7/8)	**Participant #5**	1	No tension	1	0	1	Rileks karna habis massage	Rileks karna habis massage	1	0
05 (Fri 7/8)	**Participant #7**	2	No tension	2	0	5	I have a debate competition coming up, so im a little nervous	I have a debate competition coming up, so im a little nervous	3	-2
05 (Fri 7/8)	**Participant #8**	9	Neck, Shoulders, Jaw	4	-5	6			3	-3
05 (Fri 7/8)	**Participant #9**	9	Neck, Shoulders, Back, Legs	1	-8	8			1	-7
05 (Fri 7/8)	**Participant #11**	8	Back	3	-5	8			3	-5
05 (Fri 7/8)	**Participant #12**	5	Back	8	3	6	Karna abis motoran jauh dari jakbar ke bekasi	Because I just rode a motorbike all the way from West Jakarta to Bekasi	7	1
05 (Fri 7/8)	**Participant #13**	3	Shoulders	2	-1	3			2	-1
05 (Fri 7/8)	**Participant #14**	10	Neck, Shoulders, Back	3	-7	8	Banyak pekerjaan banyak masalah kantor	Lots of work, lots of office problems	3	-5
05 (Fri 7/8)	**Participant #15**	3	Legs	2	-1	3	Berdiri 1,5 jam	Standing for 1.5 hours	2	-1
05 (Fri 7/8)	**Participant #18**	7	Neck, Shoulders	1	-6	4			1	-3
05 (Fri 7/8)	**Participant #19**	7	Neck, Back	1	-6	5	Bawa motor	Bring a motorbike	1	-4
05 (Fri 7/8)	**Participant #20**	3	Neck, Shoulders, Back	2	-1	2	-	-	2	0
05 (Fri 7/8)	**Participant #21**	6	Legs	3	-3	5	Ngekar bus...lelah	Riding the bus...tired	3	-2
05 (Fri 7/8)	**Participant #21**	5	Neck, Shoulders, Legs	4	-1	7			2	-5
05 (Fri 7/8)	**Participant #22**	3	Neck	1	-2	2	Tadi habis latihan vocal. Jd lebih berasa ringan krn sdh banyak pemanasan	Just finished vocal practice. So I feel lighter because I've warmed up a lot.	1	-1
05 (Fri 7/8)	**Participant #24**	7	Legs	1	-6	7	-	-	2	-5
05 (Fri 7/8)	**Participant #25**	6	Neck, Shoulders	2	-4	6			9	3
05 (Fri 7/8)	**Participant #26**	4	Neck, Shoulders, Back	3	-1	5	Posisi berdiri waktu lama	Standing position for long periods	2	-3
05 (Fri 7/8)	**Participant #29**	5	Shoulders	4	-1	5			4	-1
05 (Fri 7/8)	**Participant #30**	9	Shoulders	9	0	1	Muaceet everyday	Muaceet everyday	2	1
05 (Fri 7/8)	**Participant #31**	1	Legs	1	0	2	I was kinda happy today :)	I was kinda happy today :)	1	-1
05 (Fri 7/8)	**Participant #32**	3	Shoulders	1	-2	2			1	-1
05 (Fri 7/8)	**Participant #33**	8	Neck, Shoulders, Back	1	-7	8			1	-7
05 (Fri 7/8)	**Participant #34**	5	Neck, Shoulders, Back	2	-3	5			3	-2
05 (Fri 7/8)	**Participant #35**	6	Neck, Shoulders, Back, Chest, Legs	2	-4	5			2	-3
05 (Fri 7/8)	**Participant #36**	5	Neck, Shoulders, Legs	2	-3	5	Capek bgt pulang kantor	I'm so tired after coming home from the office	3	-2
05 (Fri 7/8)	**Participant #37**	2	Neck, Shoulders	1	-1	2			2	0
05 (Fri 7/8)	**Participant #38**	6	Neck, Shoulders, Chest	4	-2	10	Karna lagi banyak ngurus hal-hal dengan deadline mepet contohnya projek lomba, ovt terkait magang semester 6, sama ngurus matkul semester 5 ambil apa aja, ovt takut nanti ga bisa lulus tepat waktu	Because I'm currently taking care of a lot of things with tight deadlines, for example competition projects, OVT related to 6th semester internships, and taking care of which 5th semester subjects to take, I'm afraid I won't be able to graduate on time.	2	-8
05 (Fri 7/8)	**Participant #39**	6	Neck, Shoulders, Back	4	-2	5			3	-2
05 (Fri 7/8)	**Participant #40**	7	Legs	3	-4	3	-	-	8	5
05 (Fri 7/8)	**Participant #41**	3	Neck	3	0	6	I feel tension on my neck because i haven't done any stretching and i feel abit overwhelmed	I feel tension on my neck because i haven't done any stretching and i feel abit overwhelmed	7	1
05 (Fri 7/8)	**Participant #42**	2	No tension	8	6	2			8	6
05 (Fri 7/8)	**Participant #44**	3	Neck	3	0	6	Berusaha lebih baik lagi	Try to do better	3	-3
05 (Fri 7/8)	**Participant #45**	7	Neck, Shoulders	3	-4	5	Lelah perjalanan	Tired of traveling	5	0
06 (Sun 9/8)	**Participant #2**	4	Neck, Jaw, Back	2	-2	4			2	-2
06 (Sun 9/8)	**Participant #3**	6	Neck, Shoulders	5	-1	6	Lack of sleep	Lack of sleep	5	-1
06 (Sun 9/8)	**Participant #4**	4	Shoulders, Jaw	3	-1	7	Banyak kegiatan di dalam minggu ini	Lots of activities this week	5	-2
06 (Sun 9/8)	**Participant #5**	1	No tension	1	0	1	Rutin olah raga dan cukup istirahat bikin badan ringan	Regular exercise and enough rest make the body feel light	1	0
06 (Sun 9/8)	**Participant #6**	7	Neck, Shoulders, Back	4	-3	6	Tense because I was out drinking late last night probably.	Tense because I was out drinking late last night probably.	4	-2
06 (Sun 9/8)	**Participant #7**	3	Neck	2	-1	3	I think i slept wrong so my neck hurts a little	I think i slept wrong so my neck hurts a little	2	-1
06 (Sun 9/8)	**Participant #8**	4	Shoulders, Chest	1	-3	4			2	-2
06 (Sun 9/8)	**Participant #9**	4	Shoulders	2	-2	7			2	-5
06 (Sun 9/8)	**Participant #10**	7	Neck, Shoulders	3	-4	7	Just finished 2 big events but still need to catch up 1 event that still need lots of refinement	Just finished 2 big events but still need to catch up 1 event that still need lots of refinement	3	-4
06 (Sun 9/8)	**Participant #11**	8	Back	4	-4	4			3	-1
06 (Sun 9/8)	**Participant #12**	2	Back	1	-1	1			1	0
06 (Sun 9/8)	**Participant #13**	2	Neck, Shoulders	2	0	2	Krn sdh aktifitas badan sdh relaks.	Because after the activity the body is relaxed.	2	0
06 (Sun 9/8)	**Participant #14**	1	No tension	1	0	1	Berkat Ice Breaking Training Camp	Berkat Ice Breaking Training Camp	1	0
06 (Sun 9/8)	**Participant #15**	2	Neck, Head	2	0	2	Kurang tidur. Kelelahan kemarin.	Lack of sleep. Exhausted yesterday.	1	-1
06 (Sun 9/8)	**Participant #18**	8	Legs	2	-6	2			1	-1
06 (Sun 9/8)	**Participant #19**	7	Neck	2	-5	7	angkat" peralatan	lift" equipment	2	-5
06 (Sun 9/8)	**Participant #20**	5	Neck, Shoulders, Back, Head	3	-2	3	-	-	2	-1
06 (Sun 9/8)	**Participant #21**	4	Neck, Shoulders	1	-3	4	Lack sleep	Lack sleep	1	-3
06 (Sun 9/8)	**Participant #22**	2	Shoulders	1	-1	2			1	-1
06 (Sun 9/8)	**Participant #23**	6	Neck, Shoulders, Back	4	-2	8			6	-2
06 (Sun 9/8)	**Participant #24**	1	No tension	1	0	6	-	-	1	-5
06 (Sun 9/8)	**Participant #25**	3	Shoulders	1	-2	3			8	5
06 (Sun 9/8)	**Participant #26**	3	Neck, Back	2	-1	4	Bangun pagi tugas liturgi sp jam ini langsung ikut TC	Get up early for liturgy duties, this hour immediately joins TC	2	-2
06 (Sun 9/8)	**Participant #27**	2	Neck, Shoulders	1	-1	3	Not enough time to exercise	Not enough time to exercise	4	1

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
06 (Sun 9/8)	Participant #29	5	No tension	3	-2	5			3	-2
06 (Sun 9/8)	Participant #30	7	No tension	9	2	5			2	-3
06 (Sun 9/8)	Participant #32	5	Neck, Shoulders, Semalam pulang malam utk mempersiapkan tempat latihan kita pagi ini..	1	-4	3	Saat ini sedikit kecapean..Krn mempersiapkan lokasi latihan kita..tapi masih aman	I'm a little tired right now..because I'm preparing our training location..but it's still safe	1	-2
06 (Sun 9/8)	Participant #33	5	Shoulders, Jaw	1	-4	5			1	-4
06 (Sun 9/8)	Participant #34	3	Shoulders	2	-1	4			2	-2
06 (Sun 9/8)	Participant #35	4	Shoulders, Back, Chest, Legs	2	-2	4			2	-2
06 (Sun 9/8)	Participant #36	4	Neck, Shoulders, Back	1	-3	2	Posisi tidur semalam kurang paa	Sleeping position last night was not good.	2	0
06 (Sun 9/8)	Participant #37	2	Shoulders	1	-1	1			1	0
06 (Sun 9/8)	Participant #38	3	Neck, Shoulders	1	-2	2	Deg deg an aja nunggu respon ketua acara karna aku supervisi buat ngontrol progress udah berjalan sampai mana. Sama deg deg an abis pulang keknya banyak kegiatan	I was nervous waiting for the event leader's response because I was supervising to check on the progress. I was equally nervous after returning home, as there seemed to be a lot of activities.	1	-1
06 (Sun 9/8)	Participant #39	4	Neck, Shoulders	3	-1	5			2	-3
06 (Sun 9/8)	Participant #40	7	Back	6	-1	3			2	-1
06 (Sun 9/8)	Participant #41	3	Legs	2	-1	4	I just walked 300 meters to find something to eat before the rehearsal	I just walked 300 meters to find something to eat before the rehearsal	3	-1
06 (Sun 9/8)	Participant #42	2	No tension	8	6	3			9	6
06 (Sun 9/8)	Participant #46	5	Neck	4	-1	3	Because of bad position when sleeping	Because of bad position when sleeping	7	4
07 (Fri 14/8)	Participant #3	9	Neck, Shoulders, Back	6	-3	7	Back from work, a lot of things to be managed, received new brief to be worked on.	Back from work, a lot of things to be managed, received new brief to be worked on.	6	-1
07 (Fri 14/8)	Participant #5	1	No tension	1	0	1	Ketemu teman2 yg bikin bahagia	Meet friends who make you happy	1	0
07 (Fri 14/8)	Participant #6	5	Neck, Shoulders	4	-1	6			4	-2
07 (Fri 14/8)	Participant #8	8	Back, Legs	3	-5	10			6	-4
07 (Fri 14/8)	Participant #9	9	Neck, Shoulders, Head	2	-7	9			2	-7
07 (Fri 14/8)	Participant #11	8	Back	6	-2	5			4	-1
07 (Fri 14/8)	Participant #12	3	Back	1	-2	2			1	-1
07 (Fri 14/8)	Participant #13	3	Neck, Shoulders	2	-1	3	Tidak	No	2	-1
07 (Fri 14/8)	Participant #18	9	Neck, Shoulders, Back, Legs	6	-3	6			2	-4
07 (Fri 14/8)	Participant #19	8	Neck, Back	4	-4	8	Lot of jobs	Lot of jobs	3	-5
07 (Fri 14/8)	Participant #20	3	Neck, Shoulders, Back	1	-2	3	-	-	2	-1
07 (Fri 14/8)	Participant #23	7	Neck, Shoulders, Back	5	-2	8			7	-1
07 (Fri 14/8)	Participant #25	7	Neck, Shoulders, Back, Legs	3	-4	6			8	2
07 (Fri 14/8)	Participant #27	9	Neck, Shoulders, Jaw, Back, Chest	5	-4	8	From the work	From the work	5	-3
07 (Fri 14/8)	Participant #28	6	Shoulders, Back, Legs	4	-2	6			4	-2
07 (Fri 14/8)	Participant #29	7	Chest	5	-2	7			5	-2
07 (Fri 14/8)	Participant #30	3	No tension	6	3	5			2	-3
07 (Fri 14/8)	Participant #32	4	Shoulders, Back	1	-3	3			1	-2
07 (Fri 14/8)	Participant #34	4	Back	2	-2	4			2	-2
07 (Fri 14/8)	Participant #35	5	Neck, Shoulders, Back, Chest, Legs	2	-3	5			2	-3
07 (Fri 14/8)	Participant #36	5	Neck, Shoulders, Back	2	-3	5	Capek buanget pulang kantor	I'm so tired coming home from the office	2	-3
07 (Fri 14/8)	Participant #38	4	Neck, Shoulders	1	-3	2	Cmn pegel habis bebersih rumah	Just tired after cleaning the house	1	-1
07 (Fri 14/8)	Participant #39	4	Neck, Jaw, Head	3	-1	5			3	-2
07 (Fri 14/8)	Participant #44	5	Neck	6	1	5	Takut salah	Afraid of being wrong	5	0
07 (Fri 14/8)	Participant #45	4	Back	1	-3	3			1	-2
07 (Fri 14/8)	Participant #46	8	Neck, Shoulders	5	-3	8			6	-2
08 (Sun 16/8)	Participant #1	2	Legs	1	-1	1	No	No	1	0
08 (Sun 16/8)	Participant #2	4	Shoulders	2	-2	4			2	-2
08 (Sun 16/8)	Participant #3	6	Neck, Shoulders, Back	4	-2	5	Woke up early, then fell asleep.	Woke up early, then fell asleep.	4	-1
08 (Sun 16/8)	Participant #4	5	Shoulders, Back	2	-3	4	Hari minggu ini cukup istirahat.	This Sunday is enough rest.	1	-3
08 (Sun 16/8)	Participant #6	7	Neck, Shoulders, Back	4	-3	9			8	-1
08 (Sun 16/8)	Participant #7	1	No tension	1	0	2			1	-1
08 (Sun 16/8)	Participant #8	7	Shoulders, Back	3	-4	5			4	-1
08 (Sun 16/8)	Participant #9	2	Neck	1	-1	2			1	-1
08 (Sun 16/8)	Participant #11	5	Back	2	-3	3			2	-1
08 (Sun 16/8)	Participant #13	2	Neck, Shoulders	2	0	2	Tdk	No	2	0
08 (Sun 16/8)	Participant #19	7	Neck, Back	1	-6	7	Byk pertemuan	Many meetings	1	-6
08 (Sun 16/8)	Participant #20	3	Neck, Shoulders, Back	2	-1	2	-	-	2	0
08 (Sun 16/8)	Participant #22	5	Neck	4	-1	6	Hormonal condition. Feel a little bit uncomfortable today. Physical and psychological.	Hormonal condition. Feel a little bit uncomfortable today. Physical and psychological.	5	-1
08 (Sun 16/8)	Participant #23	6	Shoulders, Back	3	-3	5			5	0
08 (Sun 16/8)	Participant #24	2	Neck, Jaw	1	-1	4	-	-	1	-3
08 (Sun 16/8)	Participant #25	7	Neck, Shoulders, Back, Legs	2	-5	4			8	4
08 (Sun 16/8)	Participant #26	4	Neck, Back	2	-2	4	kegiatan dari pagi sp siang	activities from morning to afternoon	2	-2
08 (Sun 16/8)	Participant #27	8	Neck, Shoulders, Back	4	-4	7	Honestly I don't know how it goes like this	Honestly I don't know how it goes like this	4	-3
08 (Sun 16/8)	Participant #29	5	Neck	5	0	5			3	-2
08 (Sun 16/8)	Participant #30	2	No tension	1	-1	2			1	-1
08 (Sun 16/8)	Participant #31	3	Back, Legs	1	-2	5			2	-3
08 (Sun 16/8)	Participant #32	4	Neck, Shoulders, Back	1	-3	4			1	-3
08 (Sun 16/8)	Participant #33	4	Neck, Shoulders	1	-3	4			1	-3
08 (Sun 16/8)	Participant #34	5	Neck, Shoulders, Back	3	-2	5			4	-1

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
08 (Sun 16/8)	Participant #35	5	Neck, Shoulders, Back, Chest, Legs	2	-3	5			2	-3
08 (Sun 16/8)	Participant #36	3	Neck, Shoulders	2	-1	3	-	-	1	-2
08 (Sun 16/8)	Participant #37	3	Back, Chest	2	-1	2			1	-1
08 (Sun 16/8)	Participant #38	1	No tension	1	0	1	Gada si overall good, abis tidur siang dan nyuci piring	Overall good, after taking a nap and washing the dishes	1	0
08 (Sun 16/8)	Participant #39	4	Neck, Back	3	-1	4			2	-2
08 (Sun 16/8)	Participant #40	3	Back	3	0	3	-	-	3	0
08 (Sun 16/8)	Participant #44	5	Back, Chest	6	1	6	Tidak ada	There isn't any	5	-1
08 (Sun 16/8)	Participant #44	7	Chest	6	-1	4	Tidak ada	There isn't any	5	1
09 (Sun 23/8)	Participant #1	2	Neck	2	0	2	Cape..abis arisan😆	Tired..after the social gathering😆	2	0
09 (Sun 23/8)	Participant #2	6	Neck, Back	2	-4	5	Busy week, next week.	Busy week, next week.	2	-3
09 (Sun 23/8)	Participant #3	6	Neck, Shoulders, Back	4	-2	5	Tend to more relaxed compared to friday	Tend to more relaxed compared to friday	5	0
09 (Sun 23/8)	Participant #4	10	Neck, Shoulders, Legs	5	-5	8	Seharian berkegiatan	All day activities	4	-4
09 (Sun 23/8)	Participant #6	5	Shoulders	3	-2	5			3	-2
09 (Sun 23/8)	Participant #8	7	Back, Legs	4	-3	5			4	-1
09 (Sun 23/8)	Participant #9	4	Neck	1	-3	7			1	-6
09 (Sun 23/8)	Participant #11	3	Back	2	-1	3			2	-1
09 (Sun 23/8)	Participant #13	3	Neck, Shoulders	2	-1	3	Tidak	No	2	-1
09 (Sun 23/8)	Participant #15	2	Shoulders, Back	1	-1	3	Kerjaan rumah tangga + ngajar + jalan kaki	Housework + teaching + walking	1	-2
09 (Sun 23/8)	Participant #16	7	Neck, Back	3	-4	8			4	-4
09 (Sun 23/8)	Participant #18	8	Neck, Back, Legs	3	-5	1			1	0
09 (Sun 23/8)	Participant #19	5	Neck	1	-4	5	Habis tugas koor	After choir duty	1	-4
09 (Sun 23/8)	Participant #20	3	Neck, Shoulders, Back	2	-1	2	-	-	1	-1
09 (Sun 23/8)	Participant #21	3	Legs	2	-1	3	Aktifitas dari pagi	Activities from morning	2	-1
09 (Sun 23/8)	Participant #22	2	Back	1	-1	4			2	-2
09 (Sun 23/8)	Participant #23	5	Neck, Shoulders, Back	4	-1	4			3	-1
09 (Sun 23/8)	Participant #24	2	Neck, Shoulders	1	-1	7	-	-	1	-6
09 (Sun 23/8)	Participant #25	6	Neck, Shoulders, Back	1	-5	6			8	2
09 (Sun 23/8)	Participant #27	8	Neck, Shoulders, Back	5	-3	8	Karena aktivitas beberapa hari ini	Due to the activities of the past few days	5	-3
09 (Sun 23/8)	Participant #28	7	Shoulders, Back, Legs	4	-3	6			4	-2
09 (Sun 23/8)	Participant #30	2	No tension	1	-1	2			1	-1
09 (Sun 23/8)	Participant #31	5	Neck, Shoulders, Legs	3	-2	7	I lost my beloved cousin yesterday. died of heart attack. we're very close. my heart's broken :(	I lost my beloved cousin yesterday. died of heart attack. we're very close. my heart's broken :(	5	-2
09 (Sun 23/8)	Participant #32	3	Neck, Shoulders, Back	1	-2	3			1	-2
09 (Sun 23/8)	Participant #33	9	Neck, Shoulders	3	-6	9			3	-6
09 (Sun 23/8)	Participant #34	5	Legs	2	-3	4			2	-2
09 (Sun 23/8)	Participant #35	7	Neck, Shoulders, Back, Chest, Legs	2	-5	5			2	-3
09 (Sun 23/8)	Participant #39	5	Shoulders	4	-1	4			3	-1
09 (Sun 23/8)	Participant #41	7	Shoulders, Legs	4	-3	10	Baru saja cekcok dengan orang di jalan karena dia lawan arah, lalu lelah motoran jauh	Just had an argument with someone on the street because he was going against the flow, then got tired of riding a motorbike for a long distance	7	-3
09 (Sun 23/8)	Participant #42	2	No tension	9	7	8			9	1
09 (Sun 23/8)	Participant #44	5	Chest	6	1	7	Tidak ada	There isn't any	4	-3
09 (Sun 23/8)	Participant #45	5	Neck, Head	1	-4	5	Capek kerja hari ini	Tired from work today	3	-2
09 (Sun 23/8)	Participant #46	8	Back	3	-5	5			3	-2
10 (Sun 30/8)	Participant #2	3	Shoulders	1	-2	5			1	-4
10 (Sun 30/8)	Participant #3	5	Neck, Shoulders	3	-2	4	Not many tasks to be completed	Not many tasks to be completed	3	-1
10 (Sun 30/8)	Participant #4	6	Neck, Shoulders	3	-3	5	-	-	4	-1
10 (Sun 30/8)	Participant #5	1	No tension	2	1	1	Sudah sempat tidur siang	I had time to take a nap	1	0
10 (Sun 30/8)	Participant #6	5	Neck, Shoulders, Back	3	-2	8	I've been having this really bad headache.	I've been having this really bad headache.	5	-3
10 (Sun 30/8)	Participant #8	7	Jaw	4	-3	7			4	-3
10 (Sun 30/8)	Participant #9	3	Neck, Shoulders, Back, Legs	1	-2	4			1	-3
10 (Sun 30/8)	Participant #10	9	Neck, Shoulders, Legs	5	-4	8	Lack of sleep	Lack of sleep	6	-2
10 (Sun 30/8)	Participant #11	4	Back	2	-2	3			2	-1
10 (Sun 30/8)	Participant #13	4	Neck, Shoulders	2	-2	3	Kondisi tidak fit	Unfit condition	2	-1
10 (Sun 30/8)	Participant #14	3	Shoulders	1	-2	3			1	-2
10 (Sun 30/8)	Participant #16	3	Neck, Legs	2	-1	5			4	-1
10 (Sun 30/8)	Participant #18	5	Neck	3	-2	3			2	-1
10 (Sun 30/8)	Participant #19	5	Neck	1	-4	4	Tidak ada	There isn't any	1	-3
10 (Sun 30/8)	Participant #20	3	Neck, Shoulders, Back	3	0	2	-	-	2	0
10 (Sun 30/8)	Participant #22	5	Neck, Shoulders, Jaw	3	-2	7	Feel tired and lack of sleep.	Feel tired and lack of sleep.	5	-2
10 (Sun 30/8)	Participant #23	6	Neck, Shoulders, Back	3	-3	4			3	-1
10 (Sun 30/8)	Participant #24	2	Neck	1	-1	5	-	-	1	-4
10 (Sun 30/8)	Participant #25	6	Neck, Shoulders, Back	2	-4	5			8	3
10 (Sun 30/8)	Participant #26	3	Neck, Back	2	-1	3			2	-1
10 (Sun 30/8)	Participant #27	5	Neck	3	-2	7	Krn kegiatan yg sdg berjalan saat ini	Because of the activities that are currently taking place	3	-4
10 (Sun 30/8)	Participant #28	7	Shoulders, Back, Legs	4	-3	6			4	-2
10 (Sun 30/8)	Participant #29	6	Neck, Shoulders	4	-2	5			4	-1
10 (Sun 30/8)	Participant #33	5	Head (Headache)	1	-4	6			1	-5
10 (Sun 30/8)	Participant #34	3	Neck	2	-1	3			2	-1
10 (Sun 30/8)	Participant #35	6	Neck, Back, Chest, Legs	2	-4	4			2	-2
10 (Sun 30/8)	Participant #36	4	Neck, Shoulders, Back	1	-3	3	-	-	1	-2
10 (Sun 30/8)	Participant #38	2	Neck	1	-1	1	Salah tidur buat agak tegang di leher	Sleeping wrong causes tension in the neck.	1	0

APPENDIX 3c

QUANTITATIVE DATA SESSION 1 to 10

Session	Participant Code	Pre-exercise Physical Tension	Location of Tension Today	Post-exercise Physical Tension	Pre to Post Tension	Pre-exercise Mental Stress	Elaborate (if any)	Translations	Post-exercise Mental Stress	Pre to Post Mental Stress
10 (Sun 30/8)	**Participant #40**	5	Shoulders, Back	3	-2	2			2	0
10 (Sun 30/8)	**Participant #41**	5	Shoulders, Back	4	-1	6	I sat down for a long time	I sat down for a long time	3	-3
10 (Sun 30/8)	**Participant #42**	1	No tension	10	9	4			10	6
10 (Sun 30/8)	**Participant #44**	7	Neck	5	-2	4	Indonesia	Indonesia	4	0
10 (Sun 30/8)	**Participant #46**	7	Neck	3	-4	8			4	-4

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
1 (Sun 19/7)	**Participant #1**	No	No	No	No.	No.	Yes..more relax	Yes..more relax	Physiological relief	
1 (Sun 19/7)	**Participant #2**	The stretching exercises	The stretching exercises	Stretching	No	No	My lower back pain is better now.	My lower back pain is better now.	Physiological Relief	
1 (Sun 19/7)	**Participant #3**	Shoulder stretching & breathing	Shoulder stretching & breathing	Breathing, Sigh, Diapraghm Neck & Shoulders	No	No	Bit more relaxed compared prior exercise.	Bit more relaxed compared prior exercise.	Physiological Relief Mind Relief	Insightful. Never imagine can find relaxation thru this.
1 (Sun 19/7)	**Participant #4**	Ada, yang menjatuhkan badan ke bawah dan kembali ke atas	There are those who drop their bodies down and come back up.	Forward Bend Roll	Tidak ada	No	Badan lebih rileks dan suara lebih terbuka	The body is more relaxed and the voice is more open	Physiological Relief Improved Vocal Sensory and Quality	-
1 (Sun 19/7)	**Participant #5**	Putar bahu, menunduk ke bawah trus ke atas	Rotate your shoulders, look down then up	Neck & Shoulders Forward Bend Roll	Tidak	No	Badan terasa rilex, suara power	Body feels relaxed, sound powerful	Physiological Relief Improved Vocal Sensory and Quality	
1 (Sun 19/7)	**Participant #6**	Yes, the neck stretches and body hanging.	Yes, the neck stretches and body hanging.	Neck & Shoulders Forward Bend Roll	No.	No.	No, but it's probably because my voice is tired.	No, but it's probably because my voice is tired.	None	
1 (Sun 19/7)	**Participant #7**	Yes, the one where we bend down and sigh	Yes, the one where we bend down and sigh	Breathing, Sigh, Diapraghm Forward Bend Roll	No	No	I feel more relaxed	I feel more relaxed	Physiological Relief Mind Relief	-
1 (Sun 19/7)	**Participant #8**	Yes	Yes		no	no	yes, made me more relaxed	yes, made me more relaxed	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #9**	Ya, diafragma, dada, leher, tubuh jd lentur, pita suara dan nafas jadi teratur	Yes, the diaphragm, chest, neck, body become flexible, vocal cords and breathing become regular.	Breathing, Sigh, Diapraghm Forward Bend Roll	Tidak ada	No	Ada, badan jadi ringan setelah pemanasan, pita suara jadi terbuka dan anggota tubuh jd rileks	Yes, the body becomes light after warming up, the vocal cords open and the limbs relax.	Physiological Relief Improved Vocal Sensory and Quality Mind Relief	
1 (Sun 19/7)	**Participant #10**	Yes. Shoulders, neck and hip movement	Yes. Shoulders, neck and hip movement	Neck & Shoulders	Yes. Yg bagian menggantung kepala makin ke bawah, agak pusing.	Yes. The part where the head hangs down further makes me a bit dizzy.	Yes. More relaxed and focus	Yes. More relaxed and focus	Physiological Relief Mind Relief	Thank you
1 (Sun 19/7)	**Participant #11**	Yes	Yes		No	No	Body more relaxe	Body more relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #13**	Shake, relaksasi	Shake, relax	Body Shake	Kebanyakan gerakan	Most of the movements	Iya badan lebih relaks	Yes, the body is more relaxed	Physiological Relief	
1 (Sun 19/7)	**Participant #14**	Yes, ketika menundukkan badan	Yes, when bowing the body	Forward Bend Roll	No	No	Yes, relax	Yes, relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #15**	Stretching bow down	Stretching bow down	Forward Bend Roll	Bowing down triggered migrane more	Bowing down triggered migrane more	No	No	None	
1 (Sun 19/7)	**Participant #16**	Yes, breathing exercise with diafragma	Yes, breathing exercise with diafragma	Breathing, Sigh, Diapraghm	No, all the movement very comfortable whic is made me felt more calm	No, all the movement very comfortable whic is made me felt more calm	Yes , berlatih nafas with diafragma ternyata membantu suara semakin keluar	Yes, practicing breathing with the diaphragm actually helps your voice come out better.	Improved Vocal Sensory and Quality	No
1 (Sun 19/7)	**Participant #18**	Yes, release the muscle tension	Yes, release the muscle tension	Stretching Body Shake	No	No	Yes, jadi lebih untuk posisi tubuh	Yes, so it's more for body position.	Physiological Relief	
1 (Sun 19/7)	**Participant #19**	Yes	Yes		No	No	Feel relax	Feel relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #20**	Shake - shake	Shake - shake	Body Shake	No	No	More relax	More relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #21**	Gerakan ketika badan membungkuk perlahan sampai menggantung tangannya	The movement when the body bends slowly until its hands hang down	Forward Bend Roll	Saat ini masih bisa mengikuti	Currently still able to follow	Lebih rileks bahu dan lehernya	More relaxed shoulders and neck	Physiological Relief Mind Relief	Sometimes missing the connection between diafragma and placement voice
1 (Sun 19/7)	**Participant #22**	Yes. Badan nunduk & menghela napas.	Yes. Body bowed & sighed.	Breathing, Sigh, Diapraghm Forward Bend Roll	No	No	More relax & calm	More relax & calm	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #23**	No. All is helpful	No. All is helpful		No	No	Neck and shoulders feel more relaxed and I feel more focused and present.	Neck and shoulders feel more relaxed and I feel more focused and present.	Physiological Relief Mind Relief	Execises are very helpful to make the participants more mindful and present, with the concise guidance from Mr. Dani.
1 (Sun 19/7)	**Participant #24**	yes, shake body	yes, shake body	Body Shake	no	no	yes, i feel less tension and more relaxe than before	yes, i feel less tension and more relaxe than before	Physiological Relief Mind Relief	-
1 (Sun 19/7)	**Participant #25**	Yes	Yes		No	No	Yes	Yes		
1 (Sun 19/7)	**Participant #26**	exercise bahu , exc leher ,	shoulder exercise, exc neck,	Neck & Shoulders	Tidak ada	There isn't any	Sedikit lebih rilex dan suara lebih ringan	A little more relaxed and lighter sound	Physiological Relief Mind Relief Improved Vocal Sensory and Quality	Exercise ini biasa sy lakukan utk relaksasi otot bahu dan leher dalam kegiatan oleha raga 2x seminggu
1 (Sun 19/7)	**Participant #27**	Yes	Yes		Ya leher sedikit kaku	Yes, the neck is a little stiff.	Ya. Lebih santai	Yes. More relaxed	Physiological Relief Mind Relief	

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
1 (Sun 19/7)	**Participant #28**	yes, yg gerakan menunduk menggantung	yes, the one with the hanging down movement	Forward Bend Roll	no	no	yes, punggung dan bahu terasa lebih relax	Yes, my back and shoulders feel more relaxed.	Physiological Relief	
1 (Sun 19/7)	**Participant #29**	Yes, menggerakkan tangan	Yes, move your hands.	Stretching Body Shake	No	No	Yes, lebih bisa menyanyikan nada tinggi	Yes, I can sing higher notes better.	Improved Vocal Sensory and Quality	
1 (Sun 19/7)	**Participant #30**	No	No		No	No	Yes	Yes		
1 (Sun 19/7)	**Participant #31**	yes. I like the Mr Bean movement 🧒	yes. I like the Mr Bean movement 🧒	Body Shake	every movement is very helpful and comfortable	every movement is very helpful and comfortable	I feel my body and mind lighter	I feel my body and mind lighter	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #32**	Yes..bernafas lemas sampai membungkuk	Yes..breathing weakly until bending over	Forward Bend Roll	No	No	Merasa nyaman dan relax	Feel comfortable and relaxed	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #33**	Yes, Exercise shoulders n neck	Yes, Exercise shoulders n neck	Neck & Shoulders	No	No	Yes, feel relax	Yes, feel relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #34**	Tarik terus diagfragma	Keep pulling the diaphragm	Breathing, Sigh, Diapraghm	No	No	Yes, almost all help body relax	Yes, almost all help body relax	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #35**	Yes, saat mengucapkan lala yaya gaga tanpa dagi diturunkan	Yes, when saying lala yaya gaga without the dagi being lowered	Jaw Tongue & SOVT	No	No	Perubahannya lebih rileks	The changes are more relaxed	Physiological Relief Mind Relief	Harus selalu dilatih saat sebelum latihan paduan suara
1 (Sun 19/7)	**Participant #36**	Menggerakkan kepala, bahu dan menurunkan kepala ke bawah	Moves head, shoulders and lowers head down	Forward Bend Roll	No	No	Feel warm and relax.	Feel warm and relax.	Physiological Relief Mind Relief	-
1 (Sun 19/7)	**Participant #37**	Yes, the one where we pulled the diafragma	Yes, the one where we pulled the diafragma	Breathing, Sigh, Diapraghm	No	No	Yes, felt my breathing go longer	Yes, felt my breathing go longer	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #38**	Latihan nada naik setengah	Half-stepping tone exercise	Vocalising	Melemaskan badan ke bawah cukup pegal karena sering bawa bawaan banyak	Relaxing the body down is quite sore because you often carry a lot of luggage	Yes setelah latian kan pikiran lebih tenang tapi pegel aja di punggung sedikit	Yes, after training, your mind will be calmer, but your back will be a little sore.	Physiological Relief Mind Relief	-
1 (Sun 19/7)	**Participant #39**	No	No		No	No	Yes, feeling lighter	Yes, feeling lighter	Physiological Relief Mind Relief	
1 (Sun 19/7)	**Participant #41**	Yes Yang kami nunduk dan bend sehingga melemaskan otot perut yang keras	Yes, we bend and bend until the hard abdominal muscles relax.	Forward Bend Roll	No	No	Yes, saya merasa diafragma saya lebih relax	Yes, I feel my diaphragm is more relaxed.	Physiological Relief	.
2 (Fri 24/7)	**Participant #1**	Yes..streching session	Yes..streching session	Stretching	No	No	Yes..more relax	Yes..more relax	Physiological Relief Mind Relief	.
2 (Fri 24/7)	**Participant #2**	Bowing down stretching	Bowing down stretching	Forward Bend Roll	No	No	Much less tense	Much less tense	Physiological Relief	
2 (Fri 24/7)	**Participant #3**	Yang bungkuk dari atas ke bawah	The one who is bent from top to bottom	Forward Bend Roll	Aman, bikin badan lebih rileks	Safe, makes the body more relaxed	Ada. Leher ga terlalu pegel lagi setelah exercise.	Yes. My neck isn't as sore after exercise anymore.	Physiological Relief	Latihan nafasnya membantu banget
2 (Fri 24/7)	**Participant #4**	Ada, saat latihan membuka lenih beaar di faring daripada di mulut.	Yes, when practicing opening more in the pharynx than in the mouth.	Vocalising	Tidak ada	There isn't any	Bisa lebih merasakan resonansi suara	Can feel the resonance of sound more	Improved Vocal Sensory and Quality	-
2 (Fri 24/7)	**Participant #5**	Menunduk ke bawah, shaking	Looking down, shaking	Forward Bend Roll	Tidak ada. Semua nyaman	Nothing. Everything is comfortable.	Punggung terasa nyaman	Back feels comfortable	Physiological Relief	
2 (Fri 24/7)	**Participant #8**	yes, body shake	yes, body shake	Body Shake	no	no	yes, became more relaxed	yes, became more relaxed	Physiological Relief Mind Relief	
2 (Fri 24/7)	**Participant #9**	Ya, di pernafasan menggunakan otot perut (diafragma)	Yes, in breathing using the abdominal muscles (diaphragm)	Breathing, Sigh, Diapraghm	Ya, diafragma	Yes, diaphragma	Ya, otot tidak tegang, lbh rileks	Yes, the muscles are not tense, more relaxed	Physiological Relief Mind Relief	
2 (Fri 24/7)	**Participant #11**	Yes, voice	Yes, voice	Vocalising, Pharyngeal	Yes, my back	Yes, my back	No	No	None	
2 (Fri 24/7)	**Participant #13**	Shake	Shake	Body Shake	Shake kaki	Leg shaking	Ya. Lebih siap untuk menyanyi	Yes. More ready to sing	Improved Vocal Sensory and Quality	Gerakan perlu diatur lagi supaya lebih tepat sasaran.
2 (Fri 24/7)	**Participant #14**	Yes saat menundukkan badan	Yes when bowing the body	Forward Bend Roll	No	No	Relax	Relax	Physiological Relief Mind Relief	
2 (Fri 24/7)	**Participant #16**	Pelan menghadap ke bawah lalu tgn dilemaskan	Face down and hands clasped	Forward Bend Roll	No	No	Yes how i control to open mouth while singing with (mimemimemi exercises)	Yes how i control to open mouth while singing with (mimemimemi exercises)	Improved Vocal Sensory and Quality	-
2 (Fri 24/7)	**Participant #20**	Shake-shake	Shake-shake	Body Shake	-	-	-	-		
2 (Fri 24/7)	**Participant #21**	Napas dari diafragma dan meletakan bunyi di laring	Breath from the diaphragm and placing the sound in the larynx	Breathing, Sigh, Diapraghm	Its help for the placement voice better	Its help for the placement voice better	The palcement voice	The palcement voice	Improved Vocal Sensory and Quality	If posible any video to practice at home or self practice
2 (Fri 24/7)	**Participant #22**	Nunduk, menghela napas	Bow down, sigh	Forward Bend Roll Breathing, Sigh, Diapraghm	No	No	No	No		
2 (Fri 24/7)	**Participant #23**	No	No		No	No	Yes	Yes		
2 (Fri 24/7)	**Participant #24**	yes, pada saat melemaskan rahang	yes, when relaxing the jaw	Jaw Tongue & SOVT	no	no	yes, saat melemaskan rahang, sehingga tension berkurang	Yes, when you relax your jaw, it reduces tension.	Improved Vocal Sensory and Quality Physiological Relief	-
2 (Fri 24/7)	**Participant #25**	Yes	Yes		No	No	Yes, lebih rileks sih	Yes, it's more relaxing	Physiological Relief Mind Relief	

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
2 (Fri 24/7)	Participant #26	Yes... Relaxasi bahu dan palatum lebih dibuka	Yes... Shoulder relaxation and more open palate	Neck & Shoulders	Helpful	Helpful	Ya ...lebih relax	Yes...more relaxed	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #27	Ya. Peregangan punggung	Yes. Back stretch	Forward Bend Roll Stretching	Ya. Pada pundak	Yes. On the shoulder	Ya. Lebih rileks	Yes. More relaxed	Physiological Relief Mind Relief	No
2 (Fri 24/7)	Participant #28	bungkuk depan tangan & leher dilemesin	bent forward, hands and neck relaxed	Forward Bend Roll	no	no	terasae lebih relax	feels more relaxed	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #29	Menggerakkan badan	Moving the body	Body Shake	No	No	-	-		-
2 (Fri 24/7)	Participant #30	Gerakan menunduk	Bowing movement	Forward Bend Roll	Angkat kaki	Leg lift	Ada	There is		
2 (Fri 24/7)	Participant #31	still, I like the Mr Bean movement	still, I like the Mr Bean movement	Body Shake	the movements are very comfortable	the movements are very comfortable	yess, it's quite helpful to release my stressed mind	yess, it's quite helpful to release my stressed mind	Mind Relief	
2 (Fri 24/7)	Participant #32	Pernafasan diafragma, shake2 persendian, pernafasan menunduk hingga membungkuk lemas dan relax..	Diaphragmatic breathing, joint shakes, breathing down until you bend down weakly and relax.	Breathing, Sigh, Diapraghm Forward Bend Roll	Very relax..after exercises..	Very relax..after exercises..	Feel so relax..	Feel so relax..	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #33	Mi me mi me mi	My me my me my	Vocalising, Pharyngeal	No	No	Relax	Relax	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #34	Zombie style, opening farinx	Zombie style, opening farinx	Forward Bend Roll Vocalising, Pharyngeal	No	No	More relax	More relax	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #35	Yes, say nay nay nei nei mimemi mimemi	Yes, say nay nay nei nei mimemi mimemi	Vocalising, Pharyngeal	No	No	Yes secara perlahan perlahan lebih relax	Yes, slowly, slowly, more relaxed.	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #36	Yes. Forward bending.	Yes. Forward bending.	Forward Bend Roll	No	No	Relaxed	Relaxed	Physiological Relief Mind Relief	-
2 (Fri 24/7)	Participant #37	Yes, the one where we reach down to our toes and hang there	Yes, the one where we reach down to our toes and hang there	Forward Bend Roll	No	No	Yes, i feel a little sleepier	Yes, i feel a little sleepier	Physiological Relief Mind Relief	
2 (Fri 24/7)	Participant #38	Yes, the one to imitate the tone of "do re mi..." but we used "mi mi mi", "ma ma ma", "mi me mi", and anything similiar to that	Yes, the one to imitate the tone of "do re mi..." but we used "mi mi mi", "ma ma ma", "mi me mi", and anything similiar to that	Vocalising, Pharyngeal	No, it makes me understand to excercise using my "faring"	No, it makes me understand to excercise using my "faring"	Yes, i just recorded my video during the day, even though i still felt the warm-up because i kept singing, it felt different after warming up again	Yes, i just recorded my video during the day, even though i still felt the warm-up because i kept singing, it felt different after warming up again	Improved Vocal Sensory and Quality	Noo
2 (Fri 24/7)	Participant #39	Vocal	Vocal	Vocalising, Pharyngeal	No	No	No	No	None	
2 (Fri 24/7)	Participant #40	yes, body shake	yes, body shake	Body Shake	no	no	feel more calm, and no stress	feel more calm, and no stress	Physiological Relief Mind Relief	-
2 (Fri 24/7)	Participant #41	when we shake our body and our shoulder, so my shoulder can be more relaxed.	when we shake our body and our shoulder, so my shoulder can be more relaxed.	Neck & Shoulders Body Shake	No	No	yes, my neck tension is gone, and my shoulders feel less tension then before	yes, my neck tension is gone, and my shoulders feel less tension then before	Physiological Relief	None
2 (Fri 24/7)	Participant #43	Yes.	Yes.		No.	No.	Yes	Yes		
3 (Sun 26/7)	Participant #1	No	No		No	No	Yes..just more relax	Yes..just more relax	Physiological Relief Mind Relief	.
3 (Sun 26/7)	Participant #2	Lower back stretching & stacatto exercise.	Lower back stretching & stacatto exercise.	Forward Bend Roll Vocalising, Pharyngeal	Yes, Lower back pain.	Yes, Lower back pain.	Yes.	Yes.		
3 (Sun 26/7)	Participant #3	Yang bungkuk pas duduk kemudian tegak lagi.	The hunched one sits down and then stands up again.	Forward Bend Roll	Amannn	No	Jadi lebih rileks	So more relaxed	Physiological Relief Mind Relief	Terima Kasih, exercisenya membantu 🔥✨
3 (Sun 26/7)	Participant #4	Ada, latihan i e a	There is, i e a practice	Vocalising, Pharyngeal	Tidak ada	No	Ada, Dapur suaranya semakin terarah ke depan	Yes, the kitchen sounds are increasingly directed forward	Improved Vocal Sensory and Quality	-
3 (Sun 26/7)	Participant #7	Yes, the one where we stretch our necks and shoulders	Yes, the one where we stretch our necks and shoulders	Neck & Shoulders Stretching	No	No	Yes, im now very relaxed	Yes, im now very relaxed	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #8	No	No		No	No	No	No	None	
3 (Sun 26/7)	Participant #9	Yes, otot2 jadi rileks	Yes, the muscles become relaxed.		Tidak ada	No	Iya, pita suara jd rileks, leher tidak kaku	Yes, the vocal cords become relaxed, the neck is not stiff.	Improved Vocal Sensory and Quality Physiological Relief	
3 (Sun 26/7)	Participant #10	Hip and neck movement	Hip and neck movement	Neck & Shoulders	None	None	Yes. More relaxed and focus	Yes. More relaxed and focus	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #11	Yes, leher	Yes, neck	Neck & Shoulders	No	No	Yes, voice	Yes, voice	Improved Vocal Sensory and Quality	
3 (Sun 26/7)	Participant #13	Relaksasi dgn shake2	Relax with shakes	Body Shake	Tidak	No	Lebih relaks dan siap.	More relaxed and ready.	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #15	Staccato	Staccato	Vocalising, Pharyngeal	No	No	No	No	None	
3 (Sun 26/7)	Participant #18	Latihan lower back waktu duduk	Lower back exercises while sitting	Forward Bend Roll	No	No	Yes, nafas lebih lega	Yes, breathe easier.	Physiological Relief	
3 (Sun 26/7)	Participant #19	Yes	Yes		Helpful	No	Terasa rebih rileks	Feel more relaxed	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #20	-	-		-	-	-	-		
3 (Sun 26/7)	Participant #21	Vowl and placement	Vowl and placement	Vocalising, Pharyngeal	Expand the back	Expand the back	Yes...more comfort in high notes	Yes...more comfort in high notes	Improved Vocal Sensory and Quality	Placement

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
3 (Sun 26/7)	Participant #22	Nunduk, hela napas, shake²	Bow down, take a breath, shake²	Forward Bend Roll Body Shake	No	No	No.	No.	None	
3 (Sun 26/7)	Participant #23	Hip movement	Hip movement	Stretching	No	No	Yes. I became more relaxed and aware	Yes. I became more relaxed and aware	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #24	jaw relax	jaw relax	Jaw Tongue & SOVT	no	no	yes, jaw relaxing make less tension	yes, jaw relaxing make less tension	Physiological Relief	-
3 (Sun 26/7)	Participant #25	Yes	Yes		No	No	Yes	Yes		
3 (Sun 26/7)	Participant #26	Tidak ikut excercise	Didn't take part in the exercise		No	No	Ya	Of		.
3 (Sun 26/7)	Participant #27	Melatih rahang dan leher lebih rileks	Train your jaw and neck to be more relaxed	Neck & Shoulders Jaw Tongue & SOVT	Tdk, semua cukup membantu	No, all are helpful enough	Lebih rileks pada rahang saat bernyanyi	More relaxed jaw when singing	Improved Vocal Sensory and Quality Physiological Relief	-
3 (Sun 26/7)	Participant #28	no	no		no	no	yes, lebih relax	yes, more relaxed	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #29	Nyanyi stakato	Sing staccato	Vocalising, Pharyngeal	No	No	-	-		-
3 (Sun 26/7)	Participant #30	Yes	Yes		Yes	Yes	Yes	Yes		
3 (Sun 26/7)	Participant #31	arm swinging motion donk!	arm swinging motion donk!	Arm Swing	not at all. every movement is comfortable for me :)	No. every movement is comfortable for me :)	I feel so relieved	I feel so relieved	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #32	Pelemasan seluruh tubuh, dan pelemasan nafas diafragma	Relaxation of the whole body, and relaxation of diaphragmatic breathing	Breathing, Sigh, Diapraghm Body Shake	Sangat membantu menghilangkan tension pada tubuh dan suara..sehingga lebih bisa focus	It really helps to relieve tension in the body and voice...so you can focus better.	Lebih terasa nyaman	Feels more comfortable	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #33	Posisi duduk, kepala dan tangan kebawah	Sitting position, head and hands down	Seated FBR	No	No	Yes relax	Yes relax	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #34	Cheek Relaxing	Cheek Relaxing	Jaw Tongue & SOVT	None	None	More relax	More relax	Physiological Relief Mind Relief	
3 (Sun 26/7)	Participant #35	Stakato	Stakato	Vocalising, Pharyngeal	No	No	Menjadi lebih mengerti stakato	Become more understanding of staccato	Improved Vocal Sensory and Quality	
3 (Sun 26/7)	Participant #36	Forward bend	Forward bend	Forward Bend Roll	-	-	Relax	Relax	Physiological Relief Mind Relief	-
3 (Sun 26/7)	Participant #37	Yes, where we vocalized	Yes, where we vocalized	Vocalising, Pharyngeal	No	No	Felt my voice get looser	Felt my voice get looser	Improved Vocal Sensory and Quality	
3 (Sun 26/7)	Participant #38	Yang latihan do re mi pake faring sambil acak pipi	Those who practice do re mi use their pharynx while rubbing their cheeks	Vocalising, Pharyngeal	Nah, all good for me	No, all good for me	Rasanya lebih terbuka suara	It feels more open sound	Improved Vocal Sensory and Quality	-
3 (Sun 26/7)	Participant #41	When we were like zombies in our chair. I feel relaxed on that exercise.	When we were like zombies in our chair. I feel relaxed on that exercise.	Forward Bend Roll	No	No	I feel my shoulder is more looser after the shoulder exercises	I feel my shoulder is more looser after the shoulder exercises	Physiological Relief	Nothing
3 (Sun 26/7)	Participant #43	No.	No.		No	No	No	No	None	
3 (Sun 26/7)	Participant #44	Yes	Yes		Yes	Yes	Iya	Yes		
3 (Sun 26/7)	Participant #44	Yes	Yes		Iya	Can	Iya	Yes		
4 (Fri 31/7)	Participant #1	Streching body	Streching body	Stretching	No	No	Feel relax	Feel relax	Physiological Relief Mind Relief	
4 (Fri 31/7)	Participant #2	Yes, lift drop	Yes, lift drop	Lift or Belly Drop	Yes, maybe bcs the lower belly doesnt feel good today.	Yes, maybe bcs the lower belly doesnt feel good today.	Yes, my lower back.	Yes, my lower back.	Physiological Relief	
4 (Fri 31/7)	Participant #4	Yes, Lift drop	Yes, Lift drop	Lift or Belly Drop	No	No	Lebih bisa merasakan bukaan untuk melatih nafas	More able to feel the opening to practice breathing	Improved Vocal Sensory and Quality	-
4 (Fri 31/7)	Participant #5	Putar lengan, membungkuk ke tanah	Rotate arms, bend to the ground	Forward Bend Roll	Tidak ada	No	Bahu sedikit lebih ringan	Shoulders a little lighter	Physiological Relief	
4 (Fri 31/7)	Participant #6	Yep. Pelvic floor breathing exercise.	Yep. Pelvic floor breathing exercise.	Breathing, Sigh, Diapraghm	No.	No.	Yes, my high notes felt less forced.	Yes, my high notes felt less forced.	Improved Vocal Sensory and Quality	
4 (Fri 31/7)	Participant #7	Stretching arms up to the side	Stretching arms up to the side	Stretching	No, everything is helpful	No, everything is helpful	Yes, i feel like my back & side muscles around my ribs are more relaxed	Yes, i feel like my back & side muscles around my ribs are more relaxed	Physiological Relief	
4 (Fri 31/7)	Participant #9	Ya, leherr	Yeah, it's a blast.		Tidak ada	No	Ya, leher tidak tegang dan tidak kaku lagi	Yes, the neck is no longer tense and stiff.	Physiological Relief	
4 (Fri 31/7)	Participant #11	Nafas dan diafrahma	Breathing and diaphragm	Breathing, Sigh, Diapraghm	No	No	Lebih relax	More relaxed	Physiological Relief Mind Relief	
4 (Fri 31/7)	Participant #13	Relaksasi n vocalizing	Relaxation and vocalizing	Vocalising, Pharyngeal Stretching	Tidak ada	No	Lebih merasa santai dalam menyanyi	Feel more relaxed in singing	Improved Vocal Sensory and Quality Physiological Relief	Dilatih cara curi napas.

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QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
4 (Fri 31/7)	Participant #14	Lift drop	Lift drop	Lift or Belly Drop	No	No	Yes suara lebih empuk dan tidak kehabisan nafas	Yes, the sound is softer and doesn't run out of breath.	Improved Vocal Sensory and Quality	
4 (Fri 31/7)	Participant #15	No	No		No	No	Lips trill	Lips trill		I need to keep my knee relax
4 (Fri 31/7)	Participant #18	Yes, extend nafas sampai ke otot pelvis	Yes, extend your breath to the pelvic muscles	Breathing, Sigh, Diapraghm	No	No	Nafas lebih panjang	Longer breaths	Improved Vocal Sensory and Quality	
4 (Fri 31/7)	Participant #19	Yes	Yes		No	No	Yes, feel good	Yes, feel good	Physiological Relief Mind Relief	Good exercise
4 (Fri 31/7)	Participant #20	Shake shake	Shake shake	Body Shake	-	-	-	-		-
4 (Fri 31/7)	Participant #21	Lift drop 🥰	Lift drop 🥰	Lift or Belly Drop	Gerakan bernapas sambil menyatukan tangan	Breathing movement while bringing hands together	Napas lebih panjang	Longer breath	Improved Vocal Sensory and Quality	Videonya dishare Mas...wkwkwkw
4 (Fri 31/7)	Participant #23	No	No		no	no	Yes. My neck feels so much better	Yes. My neck feels so much better	Physiological Relief	
4 (Fri 31/7)	Participant #26	Stretching otot abdominal	Stretching abdominal muscles	Breathing, Sigh, Diapraghm	Helpful	No	Yes	Yes		
4 (Fri 31/7)	Participant #27	Menggantungkan badan rileks kebawah	Hanging the body relaxed down	Forward Bend Roll	No	No	Ya. Lebih rileks pada pundak dan leher	Yes. More relaxed on the shoulders and neck.	Physiological Relief	-
4 (Fri 31/7)	Participant #29	Yes, Lift drop	Yes, Lift drop	Lift or Belly Drop	No	No	Yes, more focus	Yes, more focus	Mind Relief	-
4 (Fri 31/7)	Participant #31	the swinging arms and the sigh	the swinging arms and the sigh	Arm Swing	nope	No	the swinging arms reduce my physical tension and the sighs reduce mental tension, really :)	the swinging arms reduce my physical tension and the sighs reduce mental tension, really :)	Physiological Relief Mind Relief	thanks, Mas Danny 🙏🏻
4 (Fri 31/7)	Participant #32	Pelemasan, relaksasi membungkuk hingga kembali tegak.	Relaxation, bending down until you are straight again.	Forward Bend Roll	No	No	No	No	None	No
4 (Fri 31/7)	Participant #34	Sing with farinx	Sing with farinx	Vocalising, Pharyngeal	No	No	No	No	None	
4 (Fri 31/7)	Participant #35	Yes cara bernapas dan mengembangkan ke bawah	Yes how to breathe and expand downwards	Breathing, Sigh, Diapraghm	No	No	Yes, belajar untuk mengeluarkan suara tdk hanya sound tapi menghirup, belajar bernafas saat bernyanyi	Yes, learn to make sounds not only sound but also inhale, learn to breathe while singing	Improved Vocal Sensory and Quality	
4 (Fri 31/7)	Participant #38	Bip bip bip, bep bep bep, bop bop bop. Helpful untuk mindstraksi kesibukan	Beep beep beep, bep bep bep, bop bop bop. Helpful for mind distraction from busy life.	Seated FBR	-	-	Yes sedikit lebih santai	Yes a little more relaxed	Physiological Relief Mind Relief	-
4 (Fri 31/7)	Participant #39	Vocal	Vocal	Vocalising, Pharyngeal	No	No	Yes, more focused	Yes, more focused	Mind Relief	
4 (Fri 31/7)	Participant #40	body shake	body shake	Body Shake	-	-	-	-		
4 (Fri 31/7)	Participant #41	The lift drop section. It was fun and helpfull for me.	The lift drop section. It was fun and helpfull for me.	Lift or Belly Drop	I feel overwhelmed abit when The start of the exercise. After warming up i got more calm.	I feel overwhelmed abit when The start of the exercise. After warming up i got more calm.	No	No	None	Nothing
4 (Fri 31/7)	Participant #42	Ya	Of		Ya	Yes	Ya	Of		Bagus untuk membantu lebih ringan untuk bernyanyi
5 (Fri 7/8)	Participant #1	Streching	Stretching	Stretching	No	No	No	No	None	.
5 (Fri 7/8)	Participant #2	The overall exercise 🙏🏻	The overall exercise 🙏🏻		No.	No.	Reduced tension on the jaw, neck, shoulder, back	Reduced tension on the jaw, neck, shoulder, back	Physiological Relief	
5 (Fri 7/8)	Participant #3	Breathing exercise, helps me a bit more relaxed	Breathing exercise, helps me a bit more relaxed	Breathing, Sigh, Diapraghm	Tongue - out. Useful, but I have a bad gag reflex. 🤣🎊	Tongue - out. Useful, but I have a bad gag reflex. 🤣🎊	Yes. More understand on the voice placement	Yes. More understand on the voice placement	Improved Vocal Sensory and Quality	More diaphragm breathing exercise please. So the body is more aware and awake while singing.
5 (Fri 7/8)	Participant #4	Latiahn dengan lidah keluar karena bisa merasakan resonansi di faring	Practice with your tongue out because you can feel the resonance in your pharynx.	Jaw Tongue & SOVT	Tidak	No	Lebih bisa merasakan nafas yang full samapai bawah	Can feel the breath more fully down to the bottom	Physiological Relief	-
5 (Fri 7/8)	Participant #5	Tepuk2 seluruh badan, sigh	Pat all over your body, sigh	Body Shake	No	No	Badan terasa lebih nyaman	The body feels more comfortable	Physiological Relief	
5 (Fri 7/8)	Participant #7	the one where we draw a circle with our nose, it's very relaxing	the one where we draw a circle with our nose, it's very relaxing	Neck & Shoulders	No	No	Yes, im more relaxed	Yes, im more relaxed	Physiological Relief Mind Relief	
5 (Fri 7/8)	Participant #8	stretch	stretch	Stretching	no	no	no	no	None	
5 (Fri 7/8)	Participant #9	Dada, leher	Chest, neck	Neck & Shoulders	Tidak ada	There isn't any	Leher, pernafasan jd lebih rileks	Neck and breathing become more relaxed	Physiological Relief	

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
5 (Fri 7/8)	Participant #11	Vocalizing	Vocalizing	Vocalising, Pharyngeal	Yes, my back	Yes, my back	Hand	Hand		
5 (Fri 7/8)	Participant #12	Pas duduk dan menghembuskan nafas	Sit down and breathe.	Seated FBR	Aman sih; cuman aku kalo kebanyakan berdiri sakit pinggang	It's safe; it's just that if I stand too much, my back hurts.	Leher jadi lebih relax	The neck becomes more relaxed.	Physiological Relief	Semoga kedepannya lebih ramah pinggang hehe but after all everything is okay.. cuman krna masalah pribadi aja jadi sakit pinggang
5 (Fri 7/8)	Participant #13	Relaksasi	Relaxation	Forward Bend Roll	Tidak ada	There isn't any	Lebih siap untuk menyanyi.	More ready to sing.	Improved Vocal Sensory and Quality	Tidak
5 (Fri 7/8)	Participant #14	Exercise sambil duduk	Exercise while sitting	Seated FBR	No	No	Merasakan bagian bawah	Feeling the bottom	Physiological Relief	-
5 (Fri 7/8)	Participant #15	Most: seat position. Lips trill	Most: seat position. Lips trill	Seated FBR	No	No	Deep breath	Deep breath	Physiological Relief	
5 (Fri 7/8)	Participant #18	Extend nafas sampai dengan lowerback dan release	Extend the breath to the lowerback and release.	Breathing, Sigh, Diapraghm	No	No	Yes, pada bagian nafas lebih ok	Yes, the breathing part is better	Mind Relief	
5 (Fri 7/8)	Participant #19	Ambil nafas sambil duduk agak menunduk	Take a breath while sitting slightly bent over.	Breathing, Sigh, Diapraghm Forward Bend Roll	No	No	Terasa, bagian belakang, punggung, leher	Feels, back, back, neck	Physiological Relief	Tidak ada
5 (Fri 7/8)	Participant #20	Peregangan badan	Body stretching	Stretching	-	-	-	-		-
5 (Fri 7/8)	Participant #21	Sitting and breathing	Sitting and breathing	Seated FBR	Yes	Yes	The placement	The placement	Improved Vocal Sensory and Quality	Mybe share the video while reharshal
5 (Fri 7/8)	Participant #21	Mengosongkan perut setelah napas habis terus tinggal relaks napas otomatis masuk yg baru	Empty your stomach after you run out of breath, then relax and a new breath will automatically come in.	Breathing, Sigh, Diapraghm	Duduk photo model...agak sulit untuk tetap tegak	Sitting photo model...a bit difficult to stay upright	Napas ketika diafragma lebih dirasa	Breathing when the diaphragm is more felt	Improved Vocal Sensory and Quality	Please share the example practices
5 (Fri 7/8)	Participant #22	Latihan napas diafragma, mengempis sampai otot memeras kemudian mengembang. Ada efek tarik lepas napas melegakan	Diaphragmatic breathing exercises involve contracting the muscles until they contract, then expanding. There's a relaxing effect when you exhale.	Breathing, Sigh, Diapraghm	Semua gerakan nyaman aman	All movements are comfortable and safe	Leher lebih relax	Neck is more relaxed	Physiological Relief	No
5 (Fri 7/8)	Participant #24	body release and tounge relax	body release and tounge relax	Jaw Tongue & SOVT	no	no	yes. posisi suara dalam bernyanyi	yes. voice position in singing	Improved Vocal Sensory and Quality	-
5 (Fri 7/8)	Participant #25	Latihan mutar kepala	Head turn exercise	Forward Bend Roll	No	No	Yes, langsung berasa enteng terutama d area bahu dan leher	Yes, I immediately felt light, especially in the shoulder and neck area.	Physiological Relief	
5 (Fri 7/8)	Participant #26	semua membantu	all help		Ya ...semua	Yes...all	Ya ...back dan leteral tubuh	Yes ...back and lateral body	Physiological Relief	
5 (Fri 7/8)	Participant #29	Cara ambil nafas dan tahan nafas	How to breathe in and hold your breath	Breathing, Sigh, Diapraghm	No	No	Yes, lebih fokus	Yes, more focused	Mind Relief	
5 (Fri 7/8)	Participant #30	Good	Good				Yes,	Yes,		
5 (Fri 7/8)	Participant #31	when we drew ther circle with our nose. it's so relaxing.	when we drew ther circle with our nose. it's so relaxing.	Neck & Shoulders	every movement is comfortable and helpful I guess	every movement is comfortable and helpful I guess	thank you movements, you guys really made my day 🤗	thank you movements, you guys really made my day 🤗	Mind Relief	thank you, Mas Dani :)
5 (Fri 7/8)	Participant #32	Relaxsasi, tubuh dan nafas	Relaxation, body and breath	Breathing, Sigh, Diapraghm Forward Bend Roll	Tidak ada	No	Sangat membuat relax dan fokus..	Very relaxing and focused..	Physiological Relief Mind Relief	Belum ada
5 (Fri 7/8)	Participant #33	Vokalisasi dengan mengeluarkan lidah	Vocalization by sticking out the tongue	Jaw Tongue & SOVT	No	No	Leher rileks	Relaxed neck	Physiological Relief	
5 (Fri 7/8)	Participant #34	Stretching, larinx opening	Stretching, larinx opening	Stretching	Chest vibrating	Chest vibrating	Back, side body	Back, side body	Physiological Relief	
5 (Fri 7/8)	Participant #35	Menahan lidah di luar sambil bilang aaaa eee iiii	Holding your tongue out while saying aaaa eee iiii	Jaw Tongue & SOVT Vocalising, Pharyngeal	No	No	Ada bagian pundak jadi lebih ringan	There is a shoulder part that is lighter	Physiological Relief	
5 (Fri 7/8)	Participant #36	Stretching area leher bahu	Stretching the neck and shoulder area	Neck & Shoulders	-	-	Rileks	Relax	Physiological Relief Mind Relief	
5 (Fri 7/8)	Participant #37	Probably the vocalizing ones because its loosened the strain in my throat	Probably the vocalizing ones because its loosened the strain in my throat	Vocalising, Pharyngeal	No	No	I think my breathing technique got better	I think my breathing technique got better	Improved Vocal Sensory and Quality	
5 (Fri 7/8)	Participant #38	The ee sambil lidah keluar bantu alihin pikiran ke sini	The ee while the tongue is out helps divert the mind here	Jaw Tongue & SOVT Vocalising, Pharyngeal	Gada seru semuaa	No, all are fun!	Lebih bulat	More rounded	Improved Vocal Sensory and Quality	-
5 (Fri 7/8)	Participant #39	Vocalizing	Vocalizing	Vocalising, Pharyngeal	No	No	Yes, more focused	Yes, more focused	Mind Relief	
5 (Fri 7/8)	Participant #40	shake	shake	Body Shake	no	no	-	-		no
5 (Fri 7/8)	Participant #41	The one that we use our tongue,	The one that we use our tongue,	Jaw Tongue & SOVT	No	No	No	No	None	Nothing
5 (Fri 7/8)	Participant #42	Leher	Neck	Neck & Shoulders	Yes	Yes	Shder	Shder	Physiological Relief	
5 (Fri 7/8)	Participant #44	Lemesin lidah	Soften your tongue	Jaw Tongue & SOVT	Indonesia	Indonesia	Lebih plong suara nya	The sound is clearer	Improved Vocal Sensory and Quality	Tidak

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
5 (Fri 7/8)	Participant #45	Moving body with sigh and hissing	Moving body with sigh and hissing	Body Shake Breathing, Sigh, Diapraghm	No	No	Yes. My head feel lighter and calm	Yes. My head feel lighter and calm	Physiological Relief Mind Relief	
6 (Sun 9/8)	Participant #2	Overall exercise.	Overall exercise.		No.	No.	Yes, feel a bit relax on the lower back. Became aware on the posture & tounge placement.	Yes, feel a bit relax on the lower back. Became aware on the posture & tounge placement.	Improved Vocal Sensory and Quality Physiological Relief	No.
6 (Sun 9/8)	Participant #3	Breathing exercise & lower back expansion exercise	Breathing exercise & lower back expansion exercise	Breathing, Sigh, Diapraghm	All of the exercises are helpful.	All of the exercises are helpful.	Awake & less tension	Awake & less tension	Physiological Relief Mind Relief	Breathing and tongue exercise are very helpful for the warm up.
6 (Sun 9/8)	Participant #4	Saat menurunkan badan untuk merasakan napas lower back	When lowering the body to feel the lower back breath	Breathing, Sigh, Diapraghm	Tidak ada	No	Lebih bisa meraskan napas yang full sampai bawah.	You can feel the breath more fully all the way down.	Improved Vocal Sensory and Quality	-
6 (Sun 9/8)	Participant #5	Tepuk2 badan, nunduk kebawah, putar2 kepala	Pat your body, bow down, turn your head	Forward Bend Roll	No. Aman semua	No. All is well.	Putar2 leher bikin leher rilex	Rotate your neck to relax your neck	Physiological Relief	
6 (Sun 9/8)	Participant #6	The pelvic breathing exercise.	The pelvic breathing exercise.	Breathing, Sigh, Diapraghm	No.	No.	My voice feels better, like the placement makes it feel like my voice is just flowing out instead of me trying to force it out.	My voice feels better, like the placement makes it feel like my voice is just flowing out instead of me trying to force it out.	Improved Vocal Sensory and Quality	
6 (Sun 9/8)	Participant #7	The part where you stretch your neck side to side	The part where you stretch your neck side to side	Neck & Shoulders	No	No	yes my neck feels a little better	yes my neck feels a little better	Physiological Relief	
6 (Sun 9/8)	Participant #8	stretching and breathing	stretching and breathing	Breathing, Sigh, Diapraghm Stretching	no	no	no	no	None	
6 (Sun 9/8)	Participant #9	Bahu dan diafragma jadi rileks, kepala jd rileks	Shoulders and diaphragm relax, head relaxes	Neck & Shoulders	Tidak ada	No	Iya, leher, bahu dan diafragma lebih rileks pd saat pemanasan	Yes, the neck, shoulders and diaphragm are more relaxed during warm-up.	Improved Vocal Sensory and Quality Physiological Relief	Tidak ada
6 (Sun 9/8)	Participant #10	Kepala dan badan turun pelan2...lalu sigh... dan yg melumasi kepala gerak dikit dan pelan2 itu	Head and body go down slowly... then sigh... and the one lubricating the head moves a little and slowly	Forward Bend Roll Neck & Shoulders	None	No	Focus and feels my voice is more apa ya suaranya ke depan	I feel more focused and felt that my voice is more forward	Improved Vocal Sensory and Quality	Thank you Mas Dani, very useful
6 (Sun 9/8)	Participant #11	Melemaskan bagian pipi	Relaxing the cheeks	Vocalising, Pharyngeal	No	No	Voice	Voice	Improved Vocal Sensory and Quality	
6 (Sun 9/8)	Participant #12	Saat bungkuk	When hunched over	Forward Bend Roll	No, aman	No, aman	Ada jadi lebih comfort di bagian pinggang	There is more comfort in the waist area	Physiological Relief	
6 (Sun 9/8)	Participant #13	Shake krn membuat tubuhnlenih relaks	Shake because it makes the body more relaxed	Body Shake	Tidak	No	Ya. Leher. Lebih relaks	Yes. Neck. More relaxed.	Physiological Relief	Jd lebih siap untuk menyanyi.
6 (Sun 9/8)	Participant #14	Massage pipi	cheek massage	Jaw Tongue & SOVT Vocalising, Pharyngeal	No	No	Lebih sadar akan organ di pipi dan terasa getaran nya	More aware of the organs in the cheeks and feel their vibrations	Improved Vocal Sensory and Quality	Merasa semakin hari semakin baik cara mengeluarkan suara dan sadar bhw relax itu sangat penting
6 (Sun 9/8)	Participant #15	Massage n stretching mouth outide inside, neck head	Massage n stretching mouth outide inside, neck head	Jaw Tongue & SOVT Neck & Shoulders	Menunduk, waktu kembali tegak goyang, ga langsung stabil	Looking down, when I got back up I was shaking, not immediately stable.	Support	Support	Improved Vocal Sensory and Quality	
6 (Sun 9/8)	Participant #18	Extension ke lower back	Extension ke lower back	Breathing, Sigh, Diapraghm	Placement AIUEO dan pindah tension ke perut	AIUEO placement and shift tension to the abdomen	Ya	Of		
6 (Sun 9/8)	Participant #19	Menunduk, tangan menyetuh lantai, ambil nafas	Lower your head, hands touching the floor, take a breath	Forward Bend Roll	Tidak ada	There isn't any	Nafas lebih lega, ebih longgar di leher dan kepala	Breathing is easier, more relaxed in the neck and head	Physiological Relief	Tidak ada
6 (Sun 9/8)	Participant #20	Peregangan	Stretching	Stretching	-	-	-	-		-
6 (Sun 9/8)	Participant #21	Breath belting	Breath belting	Breathing, Sigh, Diapraghm	Kalau napas habis berusaha tetap rileks supaya tdk tegang atau menimbulkan tension	If you run out of breath, try to stay relaxed so you don't get tense or cause tension.	Lebih comfort in high notes	Lebih comfort in high notes	Improved Vocal Sensory and Quality	Share the video or the excersices
6 (Sun 9/8)	Participant #22	Nunduk relax dan menghela napas	Lower your head, relax, and take a deep breath.	Forward Bend Roll	No	No	Lebih merasa lega, tension di bahu berkurang.	Feel more relieved, tension in the shoulders is reduced.	Physiological Relief	
6 (Sun 9/8)	Participant #23	Forward roll	Forward roll	Forward Bend Roll	No	No	No	No		
6 (Sun 9/8)	Participant #24	bikin circle pake hidung, habisin nafas terus isi nafas dgn buka mulut, jaw massage	Make a circle using your nose, exhale and then fill your breath by opening your mouth, jaw massage	Neck & Shoulders Jaw Tongue & SOVT Breathing, Sigh, Diapraghm	no	no	yes, penempatan bernyanyi jadi semakin lebih baik	yes, the singing placement is getting better and better	Improved Vocal Sensory and Quality	-

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
6 (Sun 9/8)	Participant #25	Peregangan di bagian leher dengan membuat lingkaran dengan ujung hidung	Stretch the neck by making circles with the tip of the nose.	Neck & Shoulders	No	No	Yes	Yes		
6 (Sun 9/8)	Participant #26	All	All		Tidak ada .	No	Ya , Stretching punggung , latihan diafragma	Yes, back stretching, diaphragm exercises	Improved Vocal Sensory and Quality	Diperlukan latihan fisik sendiri 2 x seminggu utk maintenance
6 (Sun 9/8)	Participant #27	All the stretching part	All the stretching part	Stretching	No	No	No	No		No
6 (Sun 9/8)	Participant #29	Latihan memproduksi suara dengan menggunakan faring	Practice producing sounds using the pharynx	Vocalising, Pharyngeal	No	No	Yes, bisa bernyanyi lebih panjang dan bisa mencapai nada tinggi lebih mudah	Yes, you can sing longer and can reach high notes more easily.	Improved Vocal Sensory and Quality	
6 (Sun 9/8)	Participant #30	Stretching, vocalizing	Stretching, vocalizing	Vocalising, Pharyngeal	No	No	Pernafasan	Breathing	Physiological Relief	Happy
6 (Sun 9/8)	Participant #32	Seperti kemaren2.., pelemasan tubuh dan nafas..sangat membantu..	Like yesterday, relaxing the body and breathing really helped.	Breathing, Sigh, Diapraghm Forward Bend Roll	Tidak ada..	No	Leher dan dada..lebih terasa nyaman..	Neck and chest..feels more comfortable..	Physiological Relief	Belum ada..
6 (Sun 9/8)	Participant #33	Rooling down	Rolling down	Forward Bend Roll	No	No	Relax	Relax	Physiological Relief Mind Relief	
6 (Sun 9/8)	Participant #34	Expand diagfragma when singing, not rigrid, opening larinx and soft pallet	Expand diagfragma when singing, not rigrid, opening larinx and soft pallet	Breathing, Sigh, Diapraghm Vocalising, Pharyngeal	No	No	Relax back	Relax back	Physiological Relief	ITS not easy to combain all things techniques and songs
6 (Sun 9/8)	Participant #35	Pernafasan pada perut ke bawah , menggunakan diagframa dalam bernafas	Breathing on the belly down, using the diaphragm in breathing	Lift or Belly Drop	No	No	Yes, dalam melemaskan pita suara dan faring	Yes, in relaxing the vocal cords and pharynx	Improved Vocal Sensory and Quality Physiological Relief	
6 (Sun 9/8)	Participant #36	Forward bend kepala hingga ke bawah, rileksasi kepala boneka jawa kepala goyang2	Forward bend head down, relax Javanese doll head, shaking head	Forward Bend Roll Body Shake	-	-	Rileks	Relax	Physiological Relief Mind Relief	-
6 (Sun 9/8)	Participant #37	The one where we stretched our arms to the floor, because it loosened my shoulders	The one where we stretched our arms to the floor, because it loosened my shoulders	Forward Bend Roll	No	No	My shoulders feel less tight	My shoulders feel less tight	Physiological Relief	
6 (Sun 9/8)	Participant #38	Yg hentak" terakhir jadi lebih amann ga deg"an karna asik	The last beat is safer, not nervous because it's fun	Vocalising, Pharyngeal			Ada rasanya suara lebuh terbuka pagi"	"It feels like the sound of the morning dawn"	Improved Vocal Sensory and Quality	-
6 (Sun 9/8)	Participant #39	Breathing	Breathing	Breathing, Sigh, Diapraghm	Aiming specific muscle when breathing	Aiming specific muscle when breathing	No	No	None	
6 (Sun 9/8)	Participant #40	shake shake	shake shake	Body Shake	the breath session, I feel my stomach hurt	the breath session, I feel my stomach hurt	my back more relax	my back more relax	Physiological Relief	-
6 (Sun 9/8)	Participant #41	The one that we exercise our breathing with expanding our lower back	The one that we exercise our breathing with expanding our lower back	Breathing, Sigh, Diapraghm	There are no challenges, its not confusing and pretty simple	There are no challenges, its not confusing and pretty simple	I feel better at my neck after spinjng our spine	I feel better at my neck after spinjng our spine	Physiological Relief	Nothing
6 (Sun 9/8)	Participant #42	Semua sangat membantu	All very helpful		Helpful	Helpful	Ada bagian leher dan pipi	There are neck and cheek parts	Physiological Relief	
6 (Sun 9/8)	Participant #46	Latihan menggunakan support pada area pinggang	Exercises using support in the waist area	Breathing, Sigh, Diapraghm	No	No	Bagian pinggang ada terasa tegang ketika dilatih, tp begitu selesai jauh lebih rileks dan ketika menarik nafas bisa jauh lebih lega	The waist feels tense when exercising, but once finished it is much more relaxed and when you breathe in you can feel much more relieved.	Improved Vocal Sensory and Quality	
7 (Fri 14/8)	Participant #3	Breathing exercise	Breathing exercise	Breathing, Sigh, Diapraghm	Not at all	Not at all	More relaxed	More relaxed	Physiological Relief Mind Relief	Thank you for the exercise!
7 (Fri 14/8)	Participant #5	Nunduk kebawah, pijit pipi, shake2 tangan kaki	Bend down, massage your cheeks, shake your hands and feet	Forward Bend Roll Jaw Tongue & SOVT Vocalising, Pharyngeal	No	No	No	No	None	
7 (Fri 14/8)	Participant #6	ieieieieieiei, everything feels more controlled.	ieieieieieiei, everything feels more controlled.	Vocalising, Pharyngeal	none.	No	ieieieieieiei, same reason as before.	ieieieieieiei, same reason as before.	Improved Vocal Sensory and Quality	
7 (Fri 14/8)	Participant #8	stretching	stretching	Stretching	no	no	no	no	None	
7 (Fri 14/8)	Participant #9	Pemanasan, refleksi otot, rileksasi badan	Warm-up, muscle reflexology, body relaxation	Forward Bend Roll Stretching	Leher	Neck	Diafragma, leher, chest	Diaphragm, neck, chest	Improved Vocal Sensory and Quality	No
7 (Fri 14/8)	Participant #11	Neck & breath	Neck & breath	Neck & Shoulders	Yes, my back	Yes, my back	Voice	Voice	Improved Vocal Sensory and Quality	
7 (Fri 14/8)	Participant #12	Yg bungkuk2 itu enakk	The hunched ones are nice	Forward Bend Roll	No	No	Yes, gatau tpi ngerasa lebih ngerti juga	Yes, I don't know but I feel more understood	Improved Vocal Sensory and Quality	
7 (Fri 14/8)	Participant #13	Pernapasan n shake	Breath n shake	Breathing, Sigh, Diapraghm Body Shake	Tidak	No	Ya. Leher lebih relaks	Yes. The neck is more relaxed.	Physiological Relief	Tidak

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QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
7 (Fri 14/8)	Participant #18	Belly Drop	Belly Drop	Lift or Belly Drop	No	No	Yes, semakin terarah	Yes, it's getting more focused	Mind Relief	
7 (Fri 14/8)	Participant #19	Latihan Pernafasan perut	Abdominal Breathing Exercises	Breathing, Sigh, Diapraghm	Tidak ada	No	Kepala, leher,	Head, neck,	Physiological Relief	Tidak ada
7 (Fri 14/8)	Participant #20	Peregangan	Stretching	Stretching	-	-	-	-		-
7 (Fri 14/8)	Participant #23	Ondel-ondel. Reaches the back	Ondel-ondel. Reaches the back	Arm Swing Forward Bend Roll	No	No	Yes	Yes		
7 (Fri 14/8)	Participant #25	Gerakan memutar kepala	Head turning movement	Neck & Shoulders	No	No	Yes di bagian leher dan bahu	Yes on the neck and shoulders	Physiological Relief	
7 (Fri 14/8)	Participant #27	The stretching	The stretching	Stretching	No	No	Yes	Yes		No
7 (Fri 14/8)	Participant #28	nunduk lemas	bowing weakly	Forward Bend Roll	no	no	badan terasa lebih segar	the body feels fresher	Physiological Relief	
7 (Fri 14/8)	Participant #29	Putar2 badan, kebetulan lgi sesak di dada	Body twist, I happend to have shallowness in breathing	Arm Swing	No	No	Yes, tdk banyak tp mungkin lgi kurang fit	Yes, not much but maybe less fit		
7 (Fri 14/8)	Participant #30	Semua	All		No	No	Ada	There is		
7 (Fri 14/8)	Participant #32	Relaxation and breathing exercise..	Relaxation and breathing exercise..	Breathing, Sigh, Diapraghm	No	No	Terasa nyaman..daripada sebelumnya	Feels more comfortable..than before	Physiological Relief	Tidak
7 (Fri 14/8)	Participant #34	Both open larinx and ABS before sing	Both open larinx and ABS before sing	Vocalising, Pharyngeal Breathing, Sigh, Diapraghm	No	No	Larinx and ABS	Larinx and ABS	Physiological Relief	
7 (Fri 14/8)	Participant #35	Mengempiskan perut dan mengisi nafas secara otomatis	Automatically deflates the stomach and inhales	Breathing, Sigh, Diapraghm	No	No	Ada leher	There is a neck.	Physiological Relief	
7 (Fri 14/8)	Participant #36	Forward bend	Forward bend	Forward Bend Roll	-	-	Relax & warm	Relax & warm	Physiological Relief Mind Relief	-
7 (Fri 14/8)	Participant #38	Hi ho hi ho karna td sempet mleyot suaranya	Hi ho hi ho because yesterday had meleyot voice	Vocalising, Pharyngeal	-	-	No	No	None	-
7 (Fri 14/8)	Participant #39	Vocalizing	Vocalizing	Vocalising, Pharyngeal	No	No	Voice	Voice	Improved Vocal Sensory and Quality	
7 (Fri 14/8)	Participant #44	Liptrill	Liptrill	Jaw Tongue & SOVT	Indonesia	Indonesia	Geli di hidung	Tickling in the nose	Improved Vocal Sensory and Quality	Tidak
7 (Fri 14/8)	Participant #45	All exercise for today	All exercise for today		No	No	Yes. From my back till my head	Yes. From my back till my head	Physiological Relief	
7 (Fri 14/8)	Participant #46	Latihan support	Support training	Breathing, Sigh, Diapraghm	No	No	Leher dan pundak terasa lebih rileks	Neck and shoulders feel more relaxed	Physiological Relief	
8 (Sun 16/8)	Participant #1	Stretching	Stretching	Stretching	No	No	More relax	More relax	Physiological Relief Mind Relief	.
8 (Sun 16/8)	Participant #2	Bending stretch	Bending stretch	Forward Bend Roll Stretching	No.	No.	Feel better around lower back.	Feel better around lower back.	Physiological Relief	
8 (Sun 16/8)	Participant #3	Bend & breath exercise + vocalizing	Bend & breath exercise + vocalizing	Breathing, Sigh, Diapraghm Forward Bend Roll Vocalising, Pharyngeal	Feel a bit sleepy	Feel a bit sleepy	Refreshed!	Refreshed!	Physiological Relief Mind Relief	Thank you, Mas Dani!
8 (Sun 16/8)	Participant #4	belly drop, karena bisa membuat lebih merasakan otot perut bagian bawah untuk pernafasan	belly drop, because it can make you feel the lower abdominal muscles more for breathing	Lift or Belly Drop	Ada, mengontrol agar saat bernyanyi perut tetap mengembang	Yes, control so that when singing the stomach remains expanded	Dengan mengisi napas full sampai perut bagian bawah terasa lebih stabil saat bernyanyi.	By filling your breath fully until your lower abdomen feels more stable when singing.	Improved Vocal Sensory and Quality	-
8 (Sun 16/8)	Participant #6	iaiaiaiaiaiaiaiaiai, regulated my breath use	iaiaiaiaiaiaiaiaiai, regulated my breath use	Vocalising, Pharyngeal	none	No	my neck tension got better	my neck tension got better	Physiological Relief	
8 (Sun 16/8)	Participant #7	The vocal exercise really helped	The vocal exercise really helped	Vocalising, Pharyngeal	No	No	My voice feels more ready	My voice feels more ready	Improved Vocal Sensory and Quality	
8 (Sun 16/8)	Participant #8	lip trill	lip trill	Jaw Tongue & SOVT	no	no	no	no		
8 (Sun 16/8)	Participant #9	Lip drill exercise, latihan tarik & buang nafas & relaksasi	Lip drill exercise, inhale & exhale & relaxation exercises	Jaw Tongue & SOVT Forward Bend Roll	No	No	Yes, diafragma, chest, shoulder	Yes, diafragma, chest, shoulder	Physiological Relief	Tidak ada
8 (Sun 16/8)	Participant #11	Vocalizing	Vocalizing	Vocalising, Pharyngeal	My back	My back	Neck	Neck	Physiological Relief	
8 (Sun 16/8)	Participant #13	Shake n pernapasan	Shake n breathe	Body Shake Breathing, Sigh, Diapraghm	Tidak	No	Ya. Lebih rileks.	Yes. More relaxed.	Physiological Relief Mind Relief	Tidak
8 (Sun 16/8)	Participant #19	Menunduk kepala sampai bawah	Bow your head down	Forward Bend Roll	No	No	Ada, kepala lebih ringan	Yes, head feels lighter	Physiological Relief	Tidak ada
8 (Sun 16/8)	Participant #20	Shake - shake	Shake - shake	Body Shake	-	-	-	-		-
8 (Sun 16/8)	Participant #22	Every releasing movement. Feel comfort.	Every releasing movement. Feel comfort.	Breathing, Sigh, Diapraghm	Every release movement, feel comfort.	Every release movement, feel comfort.	Physical tension does not immediately change. But psychological feel a little bit comfort after a few minutes of exercise.	Physical tension does not immediately change. But psychological feel a little bit comfort after a few minutes of exercise.	Mind Relief	No
8 (Sun 16/8)	Participant #23	Forward Roll	Forward Roll	Forward Bend Roll	No	No	Yes. Back feels so much better	Yes. Back feels so much better	Physiological Relief	
8 (Sun 16/8)	Participant #24	lip trill	lip trill	Jaw Tongue & SOVT	no	no	no	no		-

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
8 (Sun 16/8)	Participant #25	Gerakan memutar kepala	Head turning movement	Neck & Shoulders	No	No	Yes	Yes		
8 (Sun 16/8)	Participant #26	menunduk pelan pelan dan tegak pelan pelan	bow down slowly and straighten up slowly	Forward Bend Roll	No	No	Ya ..semua sangat membantu	Yes..all very helpful		
8 (Sun 16/8)	Participant #27	The stretching	The stretching	Stretching	No. It help a lot	No. It help a lot	Yes. Especially in the neck	Yes. Especially in the neck	Physiological Relief	No
8 (Sun 16/8)	Participant #29	Bungkuk badan, pas lg pegel2 jd sekalian peregangan	Bend your body, then stretch it again.	Forward Bend Roll	No	No	Yes, jadi lebih fokus stlh nyanyi hi ha hi ho, dll	Yes, I became more focused after singing hi ha hi ho, etc.	Improved Vocal Sensory and Quality	
8 (Sun 16/8)	Participant #30	Vocalizing	Vocalizing	Vocalising, Pharyngeal	No	No	Ada, Pinggang	Yes, Waist	Physiological Relief	
8 (Sun 16/8)	Participant #31	I love the sigh sigh part. it was released my body and mind stress	I love the sigh sigh part. it was released my body and mind stress	Breathing, Sigh, Diapraghm	every movements are comfortable and helpful as usual :)	every movements are comfortable and helpful as usual :)	my body feels warmer and more supple	my body feels warmer and more supple	Physiological Relief	thank you, Mas Dani 😊
8 (Sun 16/8)	Participant #32	Relaksasi Nafas dan Tubuh..	Relaxation of Breath and Body..	Breathing, Sigh, Diapraghm	Tidak	No	Seluruh tubuh terasa lebih nyaman..	The whole body feels more comfortable..	Physiological Relief	Belum ada
8 (Sun 16/8)	Participant #33	Rooling doan	Rolling down	Forward Bend Roll	No	No	Feel relax	Feel relax	Physiological Relief Mind Relief	
8 (Sun 16/8)	Participant #34	Legato stacato	Legato detached	Vocalising, Pharyngeal	None	No	Open larinx	Open larinx	Improved Vocal Sensory and Quality	
8 (Sun 16/8)	Participant #35	Semuanya good	Everything is good		No	No	Ada dibagian pundak dan perut	There are on the shoulders and stomach	Physiological Relief	
8 (Sun 16/8)	Participant #36	Forward bending dan relaksasi leher	Forward bending and neck relaxation	Forward Bend Roll Neck & Shoulders	-	-	Rileks	Relax	Physiological Relief Mind Relief	Banyak keluar angin (sendawa)
8 (Sun 16/8)	Participant #37	The sighing, it helped loosen my back and stomach	The sighing, it helped loosen my back and stomach	Breathing, Sigh, Diapraghm	No	No	Yes, the sighing part, lossed my stomach and chest	Yes, the sighing part, lossed my stomach and chest	Physiological Relief Mind Relief	
8 (Sun 16/8)	Participant #38	Hi ho hi ho hi ho hi ho hi ho hi	Hey, hey, hey, hey, hey, hey, hey, hey	Vocalising, Pharyngeal	Hi ho hi ho karna mesti 1 napas	Hi ho hi ho karna mesti 1 napas	Tidak ada	There isn't any	None	
8 (Sun 16/8)	Participant #39	Vocalizing targeting voice to center	Vocalizing targeting voice to center	Vocalising, Pharyngeal	Yes, focusing the voice to the center of nose	Yes, focusing the voice to the center of nose	No	No	None	
8 (Sun 16/8)	Participant #40	shake shake	shake shake	Body Shake	No	No	No	No	None	-
8 (Sun 16/8)	Participant #44	Liptrill	Liptrill	Jaw Tongue & SOVT	Indonesia	Indonesia	Ada , sedikit	There is, a little		Tidak
8 (Sun 16/8)	Participant #44	Liptrill	Liptrill	Jaw Tongue & SOVT	Indonesia	Indonesia	Punggung	Back	Physiological Relief	Tidak ada
9 (Sun 23/8)	Participant #1	Stretching	Stretching	Stretching	No	No	No	No		Ya
9 (Sun 23/8)	Participant #2	Overall exercise 👍👍	Overall exercise 👍👍		No.	No.	Feel refreshed after the stretching. And the breathing exercise was great to warm up my voice.	Feel refreshed after the stretching. And the breathing exercise was great to warm up my voice.	Physiological Relief Mind Relief Improved Vocal Sensory and Quality	Yes. Especially the breathing exercise, somehow it seems like it will be useful to expand my breath when singing.
9 (Sun 23/8)	Participant #3	Breathing & bend down exercise	Breathing & bend down exercise	Breathing, Sigh, Diapraghm Forward Bend Roll	Hungry, haven't had a meal before rehearsal	Hungry, haven't had a meal before rehearsal	More relaxed	More relaxed	Physiological Relief Mind Relief	Yes. Helped the body more aware & relaxed while singing
9 (Sun 23/8)	Participant #4	Sniffing, karena itu membantu biar bisa mengambil nafas dengan cepat dan sangat perlu di lagu lagu yang dinyanyikan.	Sniffing, because it helps to take a breath quickly and is very necessary in the songs being sung.	Breathing, Sigh, Diapraghm	Tidak	No	Jadi bisa lebih mudah mengambil nafas dengan cepat.	So it can be easier to take a quick breath.	Improved Vocal Sensory and Quality	Ya, banyak latihan yang membuat tubuh lebih siap bernyanyi
9 (Sun 23/8)	Participant #6	mü (me but with a u shape), placement felt better.	mü (me but with a u shape), placement felt better.	Vocalising, Pharyngeal	none.	none.	not really.	not really.	None	yes, i feel like it gives the body some prep time so that when we sing, jadinya gak ngaget.
9 (Sun 23/8)	Participant #8	all of it	all of it		no	no	no	no	None	yes
9 (Sun 23/8)	Participant #9	Pada saat rileksasi dan peregangan otot lengan, leher	When relaxing and stretching the arm and neck muscles	Stretching	Tidak ada	There isn't any	Ada, leher tidak kaku, otot2 jadi tidak kaku lagi, pernafasan pada saat pemanasan jadi rileks	Yes, the neck is not stiff, the muscles are no longer stiff, breathing during warm-up is relaxed.	Physiological Relief	Iya. Setelah latihan pemanasan ada perubahan pada saat bernyani, nyanyi jd rileks dan tidak kaku
9 (Sun 23/8)	Participant #11	Vocalizing	Vocalizing	Vocalising, Pharyngeal	No	No	Hands	Hands	Physiological Relief	Ya
9 (Sun 23/8)	Participant #13	Relaksasi n pernapasan	Relaxation and breathing	Breathing, Sigh, Diapraghm	Tidak	No	Ya. Lebih siap menyanyi	Yes. More ready to sing	Improved Vocal Sensory and Quality	Ya
9 (Sun 23/8)	Participant #15	Rolling	Rolling	Forward Bend Roll	Monkey see monkey do ;) menantang terasa stretch dan tension di lutut	Monkey see monkey do ;) challenging to feel stretch and tension in the knees	Monkey see monkey do jugaaaa	Monkey see monkey do jugaaaa		Hopefully yes

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
9 (Sun 23/8)	Participant #16	Lower body, roll engsel neck	Lower body, roll engsel neck	Forward Bend Roll Neck & Shoulders Breathing, Sigh, Diapraghm	No	No	Neck and shoulder	Neck and shoulder	Physiological Relief	Yes, dgn latian breathing lower back trs bernafas dgn smell
9 (Sun 23/8)	Participant #18	Saat duduk dan badan lurus, kemudian ambil nafas	When sitting and the body is straight, then take a breath	Seated FBR Breathing, Sigh, Diapraghm	No	No	Yes, punggung terasa lebih enak	Yes, my back feels better.	Physiological Relief	Yes, lebih tahu teknik pernafasan yang sangat membantu
9 (Sun 23/8)	Participant #19	Menunduk sampai kebawah	Bow down to the bottom	Forward Bend Roll	Tidak ada	No	Iya bg kepala, lebih bnyak udara masuk	Yes, for the head, more air comes in.	Improved Vocal Sensory and Quality	Iya, bisa menambah jumlah udara dlm rongga tubuh dan menaikkan tinggi suara
9 (Sun 23/8)	Participant #20	Shake shake	Shake shake	Body Shake	-	-	-	-		Ya
9 (Sun 23/8)	Participant #21	Lala..yaya..gaga	Lala Yaya Gaga	Jaw Tongue & SOVT Vocalising, Pharyngeal	Lidah masih suka narik²	The tongue still likes to pull	Lebih releks nada tinggi	More relaxed high tones	Improved Vocal Sensory and Quality	Iya membantu💕
9 (Sun 23/8)	Participant #22	Nunduk relax hela napas	Bow down, relax, take a deep breath	Forward Bend Roll	No	No	Ketika nunduk, tension di back terasa lebih berkurang. Jd lbh nyaman. Namun ketika duduk yg terasa lebih lega napasnya. Tension di punggung msh terasa. Mungkin perlu lebih banyak ya gerakannya dilakukan.	When I bend down, the tension in my back feels less, making it more comfortable. However, when I sit up, I feel more relieved to breathe. The tension in my back is still noticeable. Perhaps I need to do more movements.	Physiological Relief	Ya. Membuat lebih aware connection tubuh, apa yg dipikirkan ttg lagu dan ketika mengeluarkan suara. . .
9 (Sun 23/8)	Participant #23	Forward bend.	Forward bend.	Forward Bend Roll	No	No	Yes	Yes		Yes
9 (Sun 23/8)	Participant #24	body relax	body relax	Breathing, Sigh, Diapraghm	no	no	yes, saat merilekskan badan terasa tidak tegang lagi	Yes, when you relax your body doesn't feel tense anymore.	Physiological Relief	yes
9 (Sun 23/8)	Participant #25	Gerakan membuat lingkaran dg hidung dan gerakan merunduk lemes seperti zombi	The movement of making circles with the nose and the movement of bending down weakly like a zombie	Neck & Shoulders Forward Bend Roll	Tdk ada	No	Ya.. lebih santai jadinya	Yes.. it's more relaxed now	Physiological Relief Mind Relief	Ya.. sangat membantu banget
9 (Sun 23/8)	Participant #27	Pengaturan napas dan peregangan	Breathing and stretching	Breathing, Sigh, Diapraghm Stretching	Sedikit pada leher	A little on the neck	Lebih rileks	More relaxed	Physiological Relief Mind Relief	Lumayan
9 (Sun 23/8)	Participant #28	badan bungkuk relax	relaxed hunched body	Forward Bend Roll	no	no	badan lebih relax	body is more relaxed	Physiological Relief Mind Relief	ya
9 (Sun 23/8)	Participant #30	Gerakan menunduk	Bowing movement	Forward Bend Roll	No	No	Ada, bahu	There is, shoulder	Physiological Relief	Ya, menyegarkan
9 (Sun 23/8)	Participant #31	the swinging arms and the sighs	the swinging arms and the sighs	Arm Swing Breathing, Sigh, Diapraghm	I don't feel like I can do the movements comfortably because of my mental state today	I don't feel like I can do the movements comfortably because of my mental state today	there are particular changes. kinda boost my mood :)	there are particular changes. kinda boost my mood :)	Mind Relief	yes for sure!
9 (Sun 23/8)	Participant #32	Latihan nafas relax & gerakan pelemasan relaksasi tubuh	Relaxing breathing exercises & body relaxation movements	Breathing, Sigh, Diapraghm Forward Bend Roll	Tidak ada	There isn't any	Ya, kekakuan pada anggota tubuh yg sebelumnya terasa kaku..	Yes, stiffness in body parts that previously felt stiff..	Physiological Relief	Ya, membuat fokus dan relax tanpa kekakuan..
9 (Sun 23/8)	Participant #33	Monkey pose, Exercise lidah	Monkey pose, Exercise lidah	Jaw Tongue & SOVT	No	No	Relax in Neck & Shoulders	Relax in Neck & Shoulders	Physiological Relief	Yaa, karena bernyanyi dengan tenang tidak tegang. Dan fokus
9 (Sun 23/8)	Participant #34	Open larinx, expand diagfragma not rigid	Open larinx, expand diagfragma not rigid	Breathing, Sigh, Diapraghm	Lagi nyeri lutut	Knee pain again	Diagfragma	Diaphragm	Improved Vocal Sensory and Quality	Tentu
9 (Sun 23/8)	Participant #35	Saat say lala yaya gaga dengan lidah	When you say lala yaya gaga with your tongue	Jaw Tongue & SOVT	No	No	Ada bagian pundak dan kaki lebih rileks	There are parts of the shoulders and legs that are more relaxed	Physiological Relief	Ya membantu
9 (Sun 23/8)	Participant #39	Vocalizing	Vocalizing	Vocalising, Pharyngeal	No	No	Less tension on neck	Less tension on neck	Physiological Relief	Yes, feeling calmer and ready
9 (Sun 23/8)	Participant #41	The one that we say iiiiiii but our lips form a u shape, that helps me to find where to resonates my voice	The one that we say iiiiiii but our lips form a u shape, that helps me to find where to resonates my voice	Vocalising, Pharyngeal	-	-	-	-		I found where to resonate my voice
9 (Sun 23/8)	Participant #42	Latihan pernafasan	Breathing exercises	Breathing, Sigh, Diapraghm	No	No	Ada	There is		Ya, nafas lebih ringan dan suara lebih lepas
9 (Sun 23/8)	Participant #44	Desis panjang	Long hiss	Breathing, Sigh, Diapraghm	Indonesia	Indonesia	Leher	Neck	Physiological Relief	Ya
9 (Sun 23/8)	Participant #45	Semuanya membantu	Everything helps		No	No	Kepala dan leher	Head and neck	Physiological Relief	Ya
9 (Sun 23/8)	Participant #46	Forward roll	Forward roll	Forward Bend Roll	No	No	Punggung terasa rileks	The back feels relaxed	Physiological Relief	Yes
10 (Sun 30/8)	Participant #2	All of them	All of them		No	No	I feel relax and no tension	I feel relax and no tension	Physiological Relief	Yes, clearly warmed up my voice for singing.

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Tranlsate Transalations to English	Thematic Grouping	Notes
10 (Sun 30/8)	**Participant #3**	Breathing, body bending, and vowels exercise	Breathing, body bending, and vowels exercise	Breathing, Sigh, Diapraghm Forward Bend Roll Vocalising, Pharyngeal	Finding the ringing part	Finding the ringing part	Yes, aware of the ringing spot. Where to stay.	Yes, aware of the ringing spot. Where to stay.	Improved Vocal Sensory and Quality	More relaxed. Singing (hopefully) intuitively, not only by thinking.
10 (Sun 30/8)	**Participant #4**	Menggerakan lidah tanpa rahang bergerak	Moving the tongue without moving the jaw	Jaw Tongue & SOVT	Tidak	No	Ada, lebih sadar akan posisi lidah	Yes, more aware of tongue position	Improved Vocal Sensory and Quality	Iya
10 (Sun 30/8)	**Participant #5**	Shake2, nunduk ke bawah, muter2 kayak ondel2	Shake2, look down, spin2 like ondel2	Body Shake	No.	No.	Sepertinya saya nyanyi masih kaku jadi setelah vokalisi leher jadi sedikit tegang	It seems like my singing is still stiff so after vocalization my neck becomes a little tense	Improved Vocal Sensory and Quality	Yes, exercise membantu rileks dan menemukan posisi menyanyi yang benar
10 (Sun 30/8)	**Participant #6**	the harmonizing one and the tongue out one. felt like it helped with hearing and blending.	the harmonizing one and the tongue out one. felt like it helped with hearing and blending.	Jaw Tongue & SOVT Vocalising, Pharyngeal	none.	none.	not really.	not really.	None	yes, it did, I felt like I placed my voice correctly.
10 (Sun 30/8)	**Participant #8**	head bend	head bend	Forward Bend Roll	No	No	yes, more relaxed overall	yes, more relaxed overall	Physiological Relief Mind Relief	yes. yes
10 (Sun 30/8)	**Participant #9**	Rileksasi otot2, pemanasan pita suara	Muscle relaxation, vocal cord warm-up	Forward Bend Roll Vocalising, Pharyngeal	Tidak ada	No	Pita suara, leher, bahu jadinlebih relaks dan otot2 jadi rileks	The vocal cords, neck, shoulders become more relaxed and the muscles become relaxed.	Physiological Relief Mind Relief	Ya. Pada saat bernyanyi suara jadi lebih ringan, pada saat menyanyi nada tinggi, suara jadi lebih rileks, tidak tegang
10 (Sun 30/8)	**Participant #10**	All	All		None	None	Back n neck feel less rension	Back n neck feel less rension	Physiological Relief	Bit relaxed
10 (Sun 30/8)	**Participant #11**	Badan bungkuk turun kebawah dan vocalizing	Body bent down and vocalizing	Forward Bend Roll Vocalising, Pharyngeal	No	No	Ya, pundak dan suara	Yes, shoulders and voice	Physiological Relief Improved Vocal Sensory and Quality	Ya
10 (Sun 30/8)	**Participant #13**	Relaksasi n vocalizing	Relaxation and vocalizing	Forward Bend Roll Vocalising, Pharyngeal	Tidak	No	Ya. Pundak n leher lebih relaks.	Yes. My shoulders and neck are more relaxed.	Physiological Relief	Ya, membantu kita untuk siap menyanyi
10 (Sun 30/8)	**Participant #14**	Saat menuduk kebawab	When you bow down	Forward Bend Roll	Yes	Yes	Relax. Snyesn̂	Relax. Snyesn̂	Physiological Relief Mind Relief	N̂Hew n3?
10 (Sun 30/8)	**Participant #16**	Semua exercise yg dilalukan hari ini	All the exercises done today		No	No	Yes, tension yg dirasakan sebelum exercise berkurang	Yes, the tension felt before exercise is reduced.	Physiological Relief	Yaa
10 (Sun 30/8)	**Participant #18**	Miring kanan miring kiri dan ditahan pada satu posisi	Tilt right tilt left and hold in one position	Neck & Shoulders	No	No	punggung menjadi lebih rileks	the back becomes more relaxed	Physiological Relief	Ya,
10 (Sun 30/8)	**Participant #19**	Membuat dengung di depan hidung, menarik nafas via hidung	Make a buzz in front of your nose, inhale through your nose.	Jaw Tongue & SOVT Vocalising, Pharyngeal	No	No	Bagian back neck dan kepala terasa longgar, lega narik nafas	The back of the neck and head feel loose, it's easy to breathe.	Physiological Relief	Ya sangat, tehnik membantu jd bs mencari udara, rongga udara di dalam kepala..
10 (Sun 30/8)	**Participant #20**	Putar putar leher	Turn the neck	Neck & Shoulders	-	-	Leher	Neck	Physiological Relief	Ya
10 (Sun 30/8)	**Participant #22**	Body scan. Help me to be more aware part of the body that still has tension.	Body scan. Help me to be more aware part of the body that still has tension.	Body Scan	No	No	Sigh. Makes relax.	Sigh. Makes relax.	Physiological Relief Mind Relief	Yes. Body scan help me to identify tension in my body.
10 (Sun 30/8)	**Participant #23**	Movement exercises to help with the tensions.	Movement exercises to help with the tensions.	Body Shake	No	No	Yes	Yes		Yes. Less tense on the neck and throat
10 (Sun 30/8)	**Participant #24**	body roll, tounge release, body shaking, make a circle with nose	body roll, tounge release, body shaking, make a circle with nose	Forward Bend Roll	no	no	yes, tegangan leher jadi lebih relax	Yes, neck tension becomes more relaxed	Physiological Relief	yes. pikiran, badan lebih relax dan saat mengeluarkan suara lebih relax
10 (Sun 30/8)	**Participant #25**	Membuat lingkaran dengan hidung dan gerakan merunduk	Make a circle with your nose and a ducking motion	Neck & Shoulders	No	No	Ya ada, pada bagian leher dan bahu	Yes there is, on the neck and shoulders	Physiological Relief	Ya.. santai bernyanyi
10 (Sun 30/8)	**Participant #26**	Exercise bahu dan pinggang	Shoulder and waist exercise	Neck & Shoulders	No	No	Ya ...terasa otot lebih relax	Yes...my muscles feel more relaxed	Physiological Relief	Ya
10 (Sun 30/8)	**Participant #27**	The stretching and vocal warm up	The stretching and vocal warm up	Stretching Vocalising, Pharyngeal	No	No	No	No	None	Yes
10 (Sun 30/8)	**Participant #28**	bungkuk ke depan lanjut sigh	bend forward and continue sighing	Forward Bend Roll	no	no	lebih relax	more relaxed	Physiological Relief Mind Relief	ya
10 (Sun 30/8)	**Participant #29**	Menunduk dan menjatuhkan badan, membantu meregangkan badan yg lgi capek	Bending and dropping the body helps to stretch a tired body.	Forward Bend Roll	No	No	Yes, jadi lebih fokus nyanyi	Yes, so focus more on singing.	Improved Vocal Sensory and Quality	Yes, jadi lebih fokus nyanyi
10 (Sun 30/8)	**Participant #33**	Rooling down	Rolling down	Forward Bend Roll	Pada saat vocalizing lidah	At the time of vocalizing the tongue	Terasa ringan di area rongga mulut pada saat persiapan bernyanyi	Feels light in the mouth cavity area when preparing to sing	Improved Vocal Sensory and Quality	Yes
10 (Sun 30/8)	**Participant #34**	Support diagfragm, open soft pallet	Support diagfragm, open soft pallet	Breathing, Sigh, Diapraghm	No	No	Larinx , diagfragma	Larynx, diaphragm	Improved Vocal Sensory and Quality	Sangat
10 (Sun 30/8)	**Participant #35**	Semuanya	Everything		No	No	Lebih fokus	More focused	Mind Relief	Ya agar lebih fokus
10 (Sun 30/8)	**Participant #36**	Forward bend	Forward bend	Forward Bend Roll	-	-	Neck, relax	Neck, relax	Physiological Relief Mind Relief	Ya. Tubuh hangat dan rileks, suara lebih dapt keluar dengan ringan dan mudah.

APPENDIX 3d

QUALITATIVE DATA SESSION 1 to 10

Session	Participant Code	Exercise Favoritism	English Translations	Coding/Thematic	Challenges	Translations	Immediate changes	Google Translsate Transalations to English	Thematic Grouping	Notes
10 (Sun 30/8)	**Participant #38**	Yang peregqngan dan shake-shake	The stretching and shaking	Stretching Body Shake	Karna lagi sakit leher jd leher sempet sakit pas di regangkan	Because I have a sore neck, my neck hurts when I stretch it.	Belom terlalu ada	Not too much yet	None	Keknya lebih banyak shake" dan latihan perluwesan sebelum tampil, td deg degan
10 (Sun 30/8)	**Participant #40**	shake shake	shake shake	Body Shake	No	No	not really, but I feel my body more relax after all of the exercise	not really, but I feel my body more relax after all of the exercise	Physiological Relief Mind Relief	yes
10 (Sun 30/8)	**Participant #41**	When we sing with our tongue out.	When we sing with our tongue out.	Jaw Tongue & SOVT	No	No	I feel more relaxed on my shoulders	I feel more relaxed on my shoulders	Physiological Relief	Uncertain
10 (Sun 30/8)	**Participant #42**	Latihan peregangan dan aiueo	Stretching and aiueo exercises	Stretching	Helpful (suara jadi lebih keluar)	Helpful (voice becomes louder)	Ada Bagian leher dan perut	There are neck and stomach parts	Physiological Relief	Sangat membantu
10 (Sun 30/8)	**Participant #44**	Liptrill	Liptrill	Jaw Tongue & SOVT	Indonesia	Indonesia	Ada	There is		Ya
10 (Sun 30/8)	**Participant #46**	Pelumasan sendi leher krn di bagian itu tadinya terasa tegang	Lubrication of the neck joints because that area previously felt tense	Neck & Shoulders	No	No	Leher rileks, suara bisa lebih keluar	Relaxed neck, voice can come out better	Physiological Relief Improved Vocal Sensory and Quality	Ya, krn membantu dalam mempersiapkan support ketika bernyanyi

APPENDIX 3E

Thematic Grouping of "Immediate Changes"

Thematic Grouping	*Is thre any immediate changes?*	*Google Translate to English*	*Participant Code*	*Session*	COU
Improved Vocal Sensory and Quality	*Ada rasanya suara lebuh terbuka pagi"*	"It feels like the sound of the morning dawn"	Participant #38	6 (Sun 9/8)	1
	Ada, Dapur suaranya semakin terarah ke depan	Yes, the kitchen sounds are increasingly directed forward	Participant #4	3 (Sun 26/7)	1
	Ada, lebih sadar akan posisi lidah	Yes, more aware of tongue position	Participant #4	10 (Sun 30/8)	1
	Bagian pinggang ada terasa tegang ketika dilatih, tp begitu selesai jauh lebih rileks dan ketika menarik nafas bisa jauh lebih lega	The waist feels tense when exercising, but once finished it is much more relaxed and when you breathe in you can feel much more relieved.	Participant #46	6 (Sun 9/8)	1
	Bisa lebih merasakan resonansi suara	Can feel the resonance of sound more	Participant #4	2 (Fri 24/7)	1
	Dengan mengisi napas full sampai perut bagian bawah terasa lebih stabil saat bernyanyi.	By filling your breath fully until your lower abdomen feels more stable when singing.	Participant #4	8 (Sun 16/8)	1
	Diafragma, leher, chest	Diaphragm, neck, chest	Participant #9	7 (Fri 14/8)	1
	Diagfragma	Diaphragm	Participant #34	9 (Sun 23/8)	1
	Felt my voice get looser	Felt my voice get looser	Participant #37	3 (Sun 26/7)	1
	Geli di hidung	Tickling in the nose	Participant #44	7 (Fri 14/8)	1
	I think my breathing technique got better	I think my breathing technique got better	Participant #37	5 (Fri 7/8)	1
	ieieieieieiei, same reason as before.	ieieieieieiei, same reason as before.	Participant #6	7 (Fri 14/8)	1
	Iya bg kepala, lebih bnyak udara masuk	Yes, for the head, more air comes in.	Participant #19	9 (Sun 23/8)	1
	Jadi bisa lebih mudah mengambil nafas dengan cepat.	So it can be easier to take a quick breath.	Participant #4	9 (Sun 23/8)	1
	Larinx , diagfragma	Larynx, diaphragm	Participant #34	10 (Sun 30/8)	1
	Lebih bisa merasakan bukaan untuk melatih nafas	More able to feel the opening to practice breathing	Participant #4	4 (Fri 31/7)	1
	Lebih bisa meraskan napas yang full sampai bawah.	You can feel the breath more fully all the way down.	Participant #4	6 (Sun 9/8)	1
	Lebih bulat	More rounded	Participant #38	5 (Fri 7/8)	1
	Lebih comfort in high notes	Lebih comfort in high notes	Participant #21	6 (Sun 9/8)	1
	Lebih plong suara nya	The sound is clearer	Participant #44	5 (Fri 7/8)	1
	Lebih releks nada tinggi	More relaxed high tones	Participant #21	9 (Sun 23/8)	1
	Lebih sadar akan organ di pipi dan terasa getaran nya	More aware of the organs in the cheeks and feel their vibrations	Participant #14	6 (Sun 9/8)	1
	Lebih siap untuk menyanyi.	More ready to sing.	Participant #13	5 (Fri 7/8)	1
	Menjadi lebih mengerti stakato	Become more understanding of staccato	Participant #35	3 (Sun 26/7)	1
	My voice feels better, like the placement makes it feel like my voice is just flowing out instead of me trying to force it out.	My voice feels better, like the placement makes it feel like my voice is just flowing out instead of me trying to force it out.	Participant #6	6 (Sun 9/8)	1
	My voice feels more ready	My voice feels more ready	Participant #7	8 (Sun 16/8)	1
	Nafas lebih panjang	Longer breaths	Participant #18	4 (Fri 31/7)	1
	Napas ketika diafragma lebih dirasa	Breathing when the diaphragm is more felt	Participant #21	5 (Fri 7/8)	1
	Napas lebih panjang	Longer breath	Participant #21	4 (Fri 31/7)	1
	Open larinx	Open larinx	Participant #34	8 (Sun 16/8)	1
	Rasanya lebih terbuka suara	It feels more open sound	Participant #38	3 (Sun 26/7)	1
	Sepertinya saya nyanyi masih kaku jadi setelah vokalisi leher jadi sedikit tegang	It seems like my singing is still stiff so after vocalization my neck becomes a little tense	Participant #5	10 (Sun 30/8)	1
	Support	Support	Participant #15	6 (Sun 9/8)	1
	Terasa ringan di area rongga mulut pada saat persiapan bernyanyi	Feels light in the mouth cavity area when preparing to sing	Participant #33	10 (Sun 30/8)	1
	The palcement voice	The palcement voice	Participant #21	2 (Fri 24/7)	1
	The placement	The placement	Participant #21	5 (Fri 7/8)	1
	Voice	Voice	Participant #11	6 (Sun 9/8)	1
				7 (Fri 14/8)	1
			Participant #39	7 (Fri 14/8)	1

APPENDIX 3E

Thematic Grouping of "Immediate Changes"

Thematic Grouping	Is thre any immediate changes?	Google Translate to English	Participant Code	Session	COU
	Ya , Stretching punggung , latihan diafragma	Yes, back stretching, diaphragm exercises	Participant #26	6 (Sun 9/8)	1
	Ya. Lebih siap menyanyi	Yes. More ready to sing	Participant #13	9 (Sun 23/8)	1
	Ya. Lebih siap untuk menyanyi	Yes. More ready to sing	Participant #13	2 (Fri 24/7)	1
	Yes suara lebih empuk dan tidak kehabisan nafas	Yes, the sound is softer and doesn't run out of breath.	Participant #14	4 (Fri 31/7)	1
	Yes, aware of the ringing spot. Where to stay.	Yes, aware of the ringing spot. Where to stay.	Participant #3	10 (Sun 30/8)	1
	Yes, belajar untuk mengeluarkan suara tdk hanya sound tapi menghirup, belajar bernafas saat bernyanyi	Yes, learn to make sounds not only sound but also inhale, learn to breathe while singing	Participant #35	4 (Fri 31/7)	1
	Yes, bisa bernyanyi lebih panjang dan bisa mencapai nada tinggi lebih mudah	Yes, you can sing longer and can reach high notes more easily.	Participant #29	6 (Sun 9/8)	1
	Yes, gatau tpi ngerasa lebih ngerti juga	Yes, I don't know but I feel more understood	Participant #12	7 (Fri 14/8)	1
	Yes, i just recorded my video during the day, even though i still felt the warm-up because i kept singing, it felt different after warming up again	Yes, i just recorded my video during the day, even though i still felt the warm-up because i kept singing, it felt different after warming up again	Participant #38	2 (Fri 24/7)	1
	Yes, jadi lebih fokus nyanyi	Yes, so focus more on singing.	Participant #29	10 (Sun 30/8)	1
	Yes, jadi lebih fokus stlh nyanyi hi ha hi ho, dll	Yes, I became more focused after singing hi ha hi ho, etc.	Participant #29	8 (Sun 16/8)	1
	Yes, lebih bisa menyanyikan nada tinggi	Yes, I can sing higher notes better.	Participant #29	1 (Sun 19/7)	1
	Yes, my high notes felt less forced.	Yes, my high notes felt less forced.	Participant #6	4 (Fri 31/7)	1
	yes, penempatan bernyanyi jadi semakin lebih baik	yes, the singing placement is getting better and better	Participant #24	6 (Sun 9/8)	1
	Yes, voice	Yes, voice	Participant #11	3 (Sun 26/7)	1
	Yes. More understand on the voice placement	Yes. More understand on the voice placement	Participant #3	5 (Fri 7/8)	1
	yes. posisi suara dalam bernyanyi	yes. voice position in singing	Participant #24	5 (Fri 7/8)	1
	Yes...more comfort in high notes	Yes...more comfort in high notes	Participant #21	3 (Sun 26/7)	1
Improved Vocal Sensory and Quality Total					59
Improved Vocal Sensory and Quality, Physiological Relief	*Iya, leher, bahu dan diafragma lebih rileks pd saat pemanasan*	Yes, the neck, shoulders and diaphragm are more relaxed during warm-up.	Participant #9	6 (Sun 9/8)	1
	Iya, pita suara jd rileks, leher tidak kaku	Yes, the vocal cords become relaxed, the neck is not stiff.	Participant #9	3 (Sun 26/7)	1
	Lebih merasa santai dalam menyanyi	Feel more relaxed in singing	Participant #13	4 (Fri 31/7)	1
	Lebih rileks pada rahang saat bernyanyi	More relaxed jaw when singing	Participant #27	3 (Sun 26/7)	1
	Yes, dalam melemaskan pita suara dan faring	Yes, in relaxing the vocal cords and pharynx	Participant #35	6 (Sun 9/8)	1
	Yes, feel a bit relax on the lower back. Became aware on the posture & tounge placement.	Yes, feel a bit relax on the lower back. Became aware on the posture & tounge placement.	Participant #2	6 (Sun 9/8)	1
	yes, saat melemaskan rahang, sehingga tension berkurang	Yes, when you relax your jaw, it reduces tension.	Participant #24	2 (Fri 24/7)	1
Improved Vocal Sensory and Quality, Physiological Relief Total					7
Mind Relief	*Lebih fokus*	More focused	Participant #35	10 (Sun 30/8)	1
	Physical tension does not immediately change. But psychological feel a little bit comfort after a few minutes of exercise.	Physical tension does not immediately change. But psychological feel a little bit comfort after a few minutes of exercise.	Participant #22	8 (Sun 16/8)	1
	thank you movements, you guys really made my day 🤗	thank you movements, you guys really made my day 🤗	Participant #31	5 (Fri 7/8)	1
	there are particular changes. kinda boost my mood :)	there are particular changes. kinda boost my mood :)	Participant #31	9 (Sun 23/8)	1
	Yes, lebih fokus	Yes, more focused	Participant #29	5 (Fri 7/8)	1

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Thematic Grouping of "Immediate Changes"

Thematic Grouping	Is thre any immediate changes?	Google Translate to English	Participant Code	Session	COU
	Yes, more focus	Yes, more focus	Participant #29	4 (Fri 31/7)	1
	Yes, more focused	Yes, more focused	Participant #39	4 (Fri 31/7)	1
				5 (Fri 7/8)	1
	Yes, semakin terarah	Yes, it's getting more focused	Participant #18	7 (Fri 14/8)	1
	yess, it's quite helpful to release my stressed mind	yess, it's quite helpful to release my stressed mind	Participant #31	2 (Fri 24/7)	1
Mind Relief Total					11
None	*Belom terlalu ada*	Not too much yet	Participant #38	10 (Sun 30/8)	1
	No, but it's probably because my voice is tired.	No, but it's probably because my voice is tired.	Participant #6	1 (Sun 19/7)	1
	Tidak ada	There isn't any	Participant #38	8 (Sun 16/8)	1
None Total					3
Physiological relief	*Ada Bagian leher dan perut*	There are neck and stomach parts	Participant #42	10 (Sun 30/8)	1
	Ada bagian leher dan pipi	There are neck and cheek parts	Participant #42	6 (Sun 9/8)	1
	Ada bagian pundak dan kaki lebih rileks	There are parts of the shoulders and legs that are more relaxed	Participant #35	9 (Sun 23/8)	1
	Ada bagian pundak jadi lebih ringan	There is a shoulder part that is lighter	Participant #35	5 (Fri 7/8)	1
	Ada dibagian pundak dan perut	There are on the shoulders and stomach	Participant #35	8 (Sun 16/8)	1
	Ada jadi lebih comfort di bagian pinggang	There is more comfort in the waist area	Participant #12	6 (Sun 9/8)	1
	Ada leher	There is a neck.	Participant #35	7 (Fri 14/8)	1
	Ada, bahu	There is, shoulder	Participant #30	9 (Sun 23/8)	1
	Ada, kepala lebih ringan	Yes, head feels lighter	Participant #19	8 (Sun 16/8)	1
	Ada, leher tidak kaku, otot2 jadi tidak kaku lagi, pernafasan pada saat pemanasan jadi rileks	Yes, the neck is not stiff, the muscles are no longer stiff, breathing during warm-up becomes relaxed.	Participant #9	9 (Sun 23/8)	1
	Ada, Pinggang	Yes, Waist	Participant #30	8 (Sun 16/8)	1
	Ada. Leher ga terlalu pegel lagi setelah exercise.	Yes. My neck isn't as sore after exercise anymore.	Participant #3	2 (Fri 24/7)	1
	Back n neck feel less rension	Back n neck feel less rension	Participant #10	10 (Sun 30/8)	1
	Back, side body	Back, side body	Participant #34	5 (Fri 7/8)	1
	Badan terasa lebih nyaman	The body feels more comfortable	Participant #5	5 (Fri 7/8)	1
	badan terasa lebih segar	the body feels fresher	Participant #28	7 (Fri 14/8)	1
	Bagian back neck dan kepala terasa longgar, lega narik nafas	The back of the neck and head feel loose, it's easy to breathe.	Participant #19	10 (Sun 30/8)	1
	Bahu sedikit lebih ringan	Shoulders a little lighter	Participant #5	4 (Fri 31/7)	1
	Deep breath	Deep breath	Participant #15	5 (Fri 7/8)	1
	Feel better around lower back.	Feel better around lower back.	Participant #2	8 (Sun 16/8)	1
	Hands	Hands	Participant #11	9 (Sun 23/8)	1
	I feel better at my neck after spinjng our spine	I feel better at my neck after spinjng our spine	Participant #41	6 (Sun 9/8)	1
	I feel more relaxed on my shoulders	I feel more relaxed on my shoulders	Participant #41	10 (Sun 30/8)	1
	I feel my shoulder is more looser after the shoulder exercises	I feel my shoulder is more looser after the shoulder exercises	Participant #41	3 (Sun 26/7)	1
	I feel relax and no tension	I feel relax and no tension	Participant #2	10 (Sun 30/8)	1
	Iya badan lebih relaks	Yes, the body is more relaxed	Participant #13	1 (Sun 19/7)	1
	Kepala dan leher	Head and neck	Participant #45	9 (Sun 23/8)	1
	Kepala, leher,	Head, neck,	Participant #19	7 (Fri 14/8)	1
	Ketika nunduk, tension di back terasa lebih berkurang. Jd lbh nyaman. Namun ketika duduk yg terasa lebih lega napasnya. Tension di punggung msh terasa. Mungkin perlu lebih banyak ya gerakannya dilakukan.	When I bow, the tension in my back feels less, making it more comfortable. However, when I sit, I feel more relieved to breathe. The tension in my back is still noticeable. Perhaps I need to do more movements.	Participant #22	9 (Sun 23/8)	1
	Larinx and ABS	Larinx and ABS	Participant #34	7 (Fri 14/8)	1
	Lebih bisa merasakan nafas yang full samapai bawah	Can feel the breath more fully down to the bottom	Participant #4	5 (Fri 7/8)	1
	Lebih merasa lega, tension di bahu berkurang.	Feel more relieved, tension in the shoulders is reduced.	Participant #22	6 (Sun 9/8)	1

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Thematic Grouping of "Immediate Changes"

Thematic Grouping	Is thre any immediate changes?	Google Translate to English	Participant Code	Session	COU
	Leher	Neck	Participant #20	10 (Sun 30/8)	1
			Participant #44	9 (Sun 23/8)	1
	Leher dan pundak terasa lebih rileks	Neck and shoulders feel more relaxed	Participant #46	7 (Fri 14/8)	1
	Leher jadi lebih relax	The neck becomes more relaxed.	Participant #12	5 (Fri 7/8)	1
	Leher lebih relax	Neck is more relaxed	Participant #22	5 (Fri 7/8)	1
	Leher rileks	Relaxed neck	Participant #33	5 (Fri 7/8)	1
	Leher, pernafasan jd lebih rileks	Neck and breathing become more relaxed	Participant #9	5 (Fri 7/8)	1
	Less tension on neck	Less tension on neck	Participant #39	9 (Sun 23/8)	1
	Merasakan bagian bawah	Feeling the bottom	Participant #14	5 (Fri 7/8)	1
	Much less tense	Much less tense	Participant #2	2 (Fri 24/7)	1
	my back more relax	my back more relax	Participant #40	6 (Sun 9/8)	1
	my body feels warmer and more supple	my body feels warmer and more supple	Participant #31	8 (Sun 16/8)	1
	My lower back pain is better now.	My lower back pain is better now.	Participant #2	1 (Sun 19/7)	1
	my neck tension got better	my neck tension got better	Participant #6	8 (Sun 16/8)	1
	My shoulders feel less tight	My shoulders feel less tight	Participant #37	6 (Sun 9/8)	1
	Nafas lebih lega, ebih longgar di leher dan kepala	Breathing is easier, more relaxed in the neck and head	Participant #19	6 (Sun 9/8)	1
	Neck	Neck	Participant #11	8 (Sun 16/8)	1
	Neck and shoulder	Neck and shoulder	Participant #16	9 (Sun 23/8)	1
	Pernafasan	Breathing	Participant #30	6 (Sun 9/8)	1
	Punggung	Back	Participant #44	8 (Sun 16/8)	1
	punggung menjadi lebih rileks	the back becomes more relaxed	Participant #18	10 (Sun 30/8)	1
	Punggung terasa nyaman	Back feels comfortable	Participant #5	2 (Fri 24/7)	1
	Punggung terasa rileks	The back feels relaxed	Participant #46	9 (Sun 23/8)	1
	Putar2 leher bikin leher rilex	Rotate your neck to relax your neck	Participant #5	6 (Sun 9/8)	1
	Reduced tension on the jaw, neck, shoulder, back	Reduced tension on the jaw, neck, shoulder, back	Participant #2	5 (Fri 7/8)	1
	Relax back	Relax back	Participant #34	6 (Sun 9/8)	1
	Relax in Neck & Shoulders	Relax in Neck & Shoulders	Participant #33	9 (Sun 23/8)	1
	Seluruh tubuh terasa lebih nyaman..	The whole body feels more comfortable..	Participant #32	8 (Sun 16/8)	1
	Shder	Shder	Participant #42	5 (Fri 7/8)	1
	Terasa nyaman..daripada sebelumnya	Feels more comfortable..than before	Participant #32	7 (Fri 14/8)	1
	Terasa, bagian belakang, punggung, leher	Feels, back, back, neck	Participant #19	5 (Fri 7/8)	1
	Ya ...back dan leteral tubuh	Yes ...back and lateral body	Participant #26	5 (Fri 7/8)	1
	Ya ...terasa otot lebih relax	Yes...my muscles feel more relaxed	Participant #26	10 (Sun 30/8)	1
	Ya ada, pada bagian leher dan bahu	Yes there is, on the neck and shoulders	Participant #25	10 (Sun 30/8)	1
	Ya, kekakuan pada anggota tubuh yg sebelumnya terasa kaku..	Yes, stiffness in body parts that previously felt stiff..	Participant #32	9 (Sun 23/8)	1
	Ya, leher tidak tegang dan tidak kaku lagi	Yes, the neck is no longer tense and stiff.	Participant #9	4 (Fri 31/7)	1
	Ya. Lebih rileks pada pundak dan leher	Yes. More relaxed on the shoulders and neck.	Participant #27	4 (Fri 31/7)	1
	Ya. Leher lebih relaks	Yes. The neck is more relaxed.	Participant #13	7 (Fri 14/8)	1
	Ya. Leher. Lebih relaks	Yes. Neck. More relaxed.	Participant #13	6 (Sun 9/8)	1
	Ya. Pundak n leher lebih relaks.	Yes. My shoulders and neck are more relaxed.	Participant #13	10 (Sun 30/8)	1
	Yes di bagian leher dan bahu	Yes on the neck and shoulders	Participant #25	7 (Fri 14/8)	1
	yes my neck feels a little better	yes my neck feels a little better	Participant #7	6 (Sun 9/8)	1
	Yes, diafragma, chest, shoulder	Yes, diafragma, chest, shoulder	Participant #9	8 (Sun 16/8)	1
	Yes, i feel like my back & side muscles around my ribs are more relaxed	Yes, i feel like my back & side muscles around my ribs are more relaxed	Participant #7	4 (Fri 31/7)	1
	Yes, jadi lebih untuk posisi tubuh	Yes, so it's more for body position.	Participant #18	1 (Sun 19/7)	1
	yes, jaw relaxing make less tension	yes, jaw relaxing make less tension	Participant #24	3 (Sun 26/7)	1
	Yes, langsung berasa enteng terutama d area bahu dan leher	Yes, I immediately felt light, especially in the shoulder and neck area.	Participant #25	5 (Fri 7/8)	1

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Thematic Grouping of "Immediate Changes"

Thematic Grouping	*Is thre any immediate changes?*	*Google Translate to English*	*Participant Code*	*Session*	COU
	Yes, my lower back.	Yes, my lower back.	Participant #2	4 (Fri 31/7)	1
	yes, my neck tension is gone, and my shoulders feel less tension then before	yes, my neck tension is gone, and my shoulders feel less tension then before	Participant #41	2 (Fri 24/7)	1
	Yes, nafas lebih lega	Yes, breathe easier.	Participant #18	3 (Sun 26/7)	1
	yes, punggung dan bahu terasa lebih relax	Yes, my back and shoulders feel more relaxed.	Participant #28	1 (Sun 19/7)	1
	Yes, punggung terasa lebih enak	Yes, my back feels better.	Participant #18	9 (Sun 23/8)	1
	yes, saat merilekskan badan terasa tidak tegang lagi	Yes, when you relax your body doesn't feel tense anymore.	Participant #24	9 (Sun 23/8)	1
	Yes, saya merasa diafragma saya lebih relax	Yes, I feel my diaphragm is more relaxed.	Participant #41	1 (Sun 19/7)	1
	yes, tegangan leher jadi lebih relax	Yes, neck tension becomes more relaxed	Participant #24	10 (Sun 30/8)	1
	Yes, tension yg dirasakan sebelum exercise berkurang	Yes, the tension felt before exercise is reduced.	Participant #16	10 (Sun 30/8)	1
	Yes. Back feels so much better	Yes. Back feels so much better	Participant #23	8 (Sun 16/8)	1
	Yes. Especially in the neck	Yes. Especially in the neck	Participant #27	8 (Sun 16/8)	1
	Yes. From my back till my head	Yes. From my back till my head	Participant #45	7 (Fri 14/8)	1
	Yes. My neck feels so much better	Yes. My neck feels so much better	Participant #23	4 (Fri 31/7)	1
	Yes..more relax	Yes..more relax	Participant #1	1 (Sun 19/7)	1
Physiological relief Total					94
Physiological Relief, Improved Vocal Sensory and Quality	*Badan lebih rileks dan suara lebih terbuka*	The body is more relaxed and the voice is more open	Participant #4	1 (Sun 19/7)	1
	Badan terasa rilex, suara power	Body feels relaxed, sound powerful	Participant #5	1 (Sun 19/7)	1
	Leher rileks, suara bisa lebih keluar	Relaxed neck, voice can come out better	Participant #46	10 (Sun 30/8)	1
	Ya, pundak dan suara	Yes, shoulders and voice	Participant #11	10 (Sun 30/8)	1
Physiological Relief, Improved Vocal Sensory and Quality Total					4
Physiological Relief, Improved Vocal Sensory and Quality, Mind Relief	*Ada, badan jadi ringan setelah pemanasan, pita suara jadi terbuka dan anggota tubuh jd rileks*	Yes, the body becomes light after warming up, the vocal cords open and the limbs relax.	Participant #9	1 (Sun 19/7)	1
Physiological Relief, Improved Vocal Sensory and Quality, Mind Relief Total					1
Physiological Relief, Mind Relief	*Awake & less tension*	Awake & less tension	Participant #3	6 (Sun 9/8)	1
	badan lebih relax	body is more relaxed	Participant #28	9 (Sun 23/8)	1
	Bit more relaxed compared prior exercise.	Bit more relaxed compared prior exercise.	Participant #3	1 (Sun 19/7)	1
	Body more relaxe	Body more relax	Participant #11	1 (Sun 19/7)	1
	feel more calm, and no stress	feel more calm, and no stress	Participant #40	2 (Fri 24/7)	1
	Feel relax	Feel relax	Participant #1	4 (Fri 31/7)	1
			Participant #19	1 (Sun 19/7)	1
			Participant #33	8 (Sun 16/8)	1
	Feel so relax..	Feel so relax..	Participant #32	2 (Fri 24/7)	1
	Feel warm and relax.	Feel warm and relax.	Participant #36	1 (Sun 19/7)	1
	I feel my body and mind lighter	I feel my body and mind lighter	Participant #31	1 (Sun 19/7)	1
	I feel so relieved	I feel so relieved	Participant #31	3 (Sun 26/7)	1
	Jadi lebih rileks	So more relaxed	Participant #3	3 (Sun 26/7)	1
	Lebih relaks dan siap.	More relaxed and ready.	Participant #13	3 (Sun 26/7)	1
	Lebih relax	More relaxed	Participant #11	4 (Fri 31/7)	1
			Participant #28	10 (Sun 30/8)	1
	Lebih rileks	More relaxed	Participant #27	9 (Sun 23/8)	1
	Lebih rileks bahu dan lehernya	More relaxed shoulders and neck	Participant #21	1 (Sun 19/7)	1
	Lebih terasa nyaman	Feels more comfortable	Participant #32	3 (Sun 26/7)	1
	More relax	More relax	Participant #1	8 (Sun 16/8)	1
			Participant #20	1 (Sun 19/7)	1
			Participant #34	2 (Fri 24/7)	1

APPENDIX 3E

Thematic Grouping of "Immediate Changes"

Thematic Grouping	Is thre any immediate changes?	Google Translate to English	Participant Code	Session	COU
				3 (Sun 26/7)	1
	More relax & calm	More relax & calm	Participant #22	1 (Sun 19/7)	1
	Neck, relax	Neck, relax	Participant #36	10 (Sun 30/8)	1
	not really, but I feel my body more relax after all of the exercise	not really, but I feel my body more relax after all of the exercise	Participant #40	10 (Sun 30/8)	1
	Perubahannya lebih rileks	The changes are more relaxed	Participant #35	1 (Sun 19/7)	1
	Pita suara, leher, bahu jadinlebih relaks dan otot2 jadi rileks	The vocal cords, neck, shoulders become more relaxed and the muscles become relaxed.	Participant #9	10 (Sun 30/8)	1
	Refreshed!	Refreshed!	Participant #3	8 (Sun 16/8)	1
	Relax	Relax	Participant #33	2 (Fri 24/7)	1
				6 (Sun 9/8)	1
			Participant #36	3 (Sun 26/7)	1
	Relax. Snyesĥ	Relax. Snyesĥ	Participant #14	10 (Sun 30/8)	1
	Relaxed	Relaxed	Participant #36	2 (Fri 24/7)	1
	Rileks	Relax	Participant #36	5 (Fri 7/8)	1
				6 (Sun 9/8)	1
				8 (Sun 16/8)	1
	Terasa rebih rileks	Feel more relaxed	Participant #19	3 (Sun 26/7)	1
	terasae lebih relax	feels more relaxed	Participant #28	2 (Fri 24/7)	1
	the swinging arms reduce my physical tension and the sighs reduce mental tension, really :)	the swinging arms reduce my physical tension and the sighs reduce mental tension, really :)	Participant #31	4 (Fri 31/7)	1
	Ya ...lebih relax	Yes...more relaxed	Participant #26	2 (Fri 24/7)	1
	Ya, otot tidak tegang, lbh rileks	Yes, the muscles are not tense, more relaxed	Participant #9	2 (Fri 24/7)	1
	Ya. Lebih rileks	Yes. More relaxed	Participant #27	2 (Fri 24/7)	1
	Ya. Lebih rileks.	Yes. More relaxed.	Participant #13	8 (Sun 16/8)	1
	Ya. Lebih santai	Yes. More relaxed	Participant #27	1 (Sun 19/7)	1
	Ya.. lebih santai jadinya	Yes.. it's more relaxed now	Participant #25	9 (Sun 23/8)	1
	Yes relax	Yes relax	Participant #33	3 (Sun 26/7)	1
	Yes secara perlahan perlahan lebih relax	Yes, slowly, slowly, more relaxed.	Participant #35	2 (Fri 24/7)	1
	Yes sedikit lebih santai	Yes a little more relaxed	Participant #38	4 (Fri 31/7)	1
	Yes setelah latian kan pikiran lebih tenang tapi pegel aja di punggung sedikit	Yes, after training, your mind will be calmer, but your back will be a little sore.	Participant #38	1 (Sun 19/7)	1
	Yes, almost all help body relax	Yes, almost all help body relax	Participant #34	1 (Sun 19/7)	1
	yes, became more relaxed	yes, became more relaxed	Participant #8	2 (Fri 24/7)	1
	Yes, feel good	Yes, feel good	Participant #19	4 (Fri 31/7)	1
	Yes, feel relax	Yes, feel relax	Participant #33	1 (Sun 19/7)	1
	Yes, feeling lighter	Yes, feeling lighter	Participant #39	1 (Sun 19/7)	1
	Yes, felt my breathing go longer	Yes, felt my breathing go longer	Participant #37	1 (Sun 19/7)	1
	Yes, i feel a little sleepier	Yes, i feel a little sleepier	Participant #37	2 (Fri 24/7)	1
	yes, i feel less tension and more relaxe than before	yes, i feel less tension and more relaxe than before	Participant #24	1 (Sun 19/7)	1
	Yes, im more relaxed	Yes, im more relaxed	Participant #7	5 (Fri 7/8)	1
	Yes, im now very relaxed	Yes, im now very relaxed	Participant #7	3 (Sun 26/7)	1
	yes, lebih relax	yes, more relaxed	Participant #28	3 (Sun 26/7)	1
	Yes, lebih rileks sih	Yes, it's more relaxing	Participant #25	2 (Fri 24/7)	1
	yes, made me more relaxed	yes, made me more relaxed	Participant #8	1 (Sun 19/7)	1
	yes, more relaxed overall	yes, more relaxed overall	Participant #8	10 (Sun 30/8)	1
	Yes, relax	Yes, relax	Participant #14	1 (Sun 19/7)	1
	Yes, the sighing part, lossed my stomach and chest	Yes, the sighing part, lossed my stomach and chest	Participant #37	8 (Sun 16/8)	1
	Yes. I became more relaxed and aware	Yes. I became more relaxed and aware	Participant #23	3 (Sun 26/7)	1
	Yes. More relaxed and focus	Yes. More relaxed and focus	Participant #10	1 (Sun 19/7)	1

APPENDIX 3E

Thematic Grouping of "Immediate Changes"

Thematic Grouping	*Is thre any immediate changes?*	*Google Translate to English*	*Participant Code*	*Session*	COU
	Yes. My head feel lighter and calm	Yes. My head feel lighter and calm	Participant #45	5 (Fri 7/8)	1
	Yes..just more relax	Yes..just more relax	Participant #1	3 (Sun 26/7)	1
	Yes..more relax	Yes..more relax	Participant #1	2 (Fri 24/7)	1
Physiological Relief, Mind Relief Total					81
Physiological Relief, Mind Relief, Improved Vocal Sensory and Quality	*Feel refreshed after the stretching. And the breathing exercise was great to warm up my voice.*	Feel refreshed after the stretching. And the breathing exercise was great to warm up my voice.	Participant #2	9 (Sun 23/8)	1
	Sedikit lebih rilex dan suara lebih ringan	A little more relaxed and lighter sound	Participant #26	1 (Sun 19/7)	1
Physiological Relief, Mind Relief, Improved Vocal Sensory and Quality Total					2

Post Study Survey

* Indicates required question

1. Participant Code *

   Make sure you remember your **secret** participant code, otherwise cek again with Ms Venti, secretly

   _____

2. Perceived effect on physical tension *

   Reflecting on the past ten sessions, how effective were the somatic exercises in relieving your physical tension (from your daytime activities) before rehearsal? (*Merefleksikan sepuluh sesi yang telah kita lalui, seberapa efektif latihan somatik ini dalam mengurangi ketegangan fisik Anda (akibat aktivitas/pekerjaan sehari-hari) sebelum mulai latihan?)*

   Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Highly effective in reducing physical tension

3. Perceived effect on stress and anxiety *

   How effective were the exercises in helping you manage mental stress or performance anxiety (e.g., daily stress from work/school or anticipating the upcoming competition)? *Seberapa efektif latihan ini membantu Anda mengelola stres mental atau rasa cemas (misalnya stres karena pekerjaan/kuliah atau ketegangan menjelang kompetisi)?*

   Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Highly effective in calming my mind

4. Perceived effect on singing quality *

How helpful was the combination of somatic and vocal exercises in improving your overall singing (e.g., promoting vocal ease, improving resonance, voice clarity, and technique)?
Seberapa besar paket latihan ini (gabungan somatik & olah vokal) membantu meningkatkan kualitas bernyanyi Anda (misalnya: bernyanyi terasa lebih ringan/mudah, resonansi lebih baik, suara lebih jernih, dan teknik meningkat)?

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯	Highly helpful in improving my singing

5. Favorite exercise *

Name one or more of your favorite somatic exercises from our sessions. Why did you find it the most beneficial for your body?
Sebutkan satu (atau lebih) gerakan/latihan somatik yang paling berkesan atau paling bermanfaat bagi tubuh Anda selama program ini. Tolong jelaskan mengapa latihan tersebut sangat membantu Anda?

6. Time management *

How do you feel about the time management of the warm-up setting (approx. 10-15 mins somatic + 10-15 mins voice building)? *(Example answers: "Just right," "Need more time for the vocal part," "Need more time for the somatic part," "Make the whole warm-up longer," etc.) Bagaimana pendapat Anda mengenai pembagian waktu pemanasan kita (sekitar 10-15 menit somatik + 10-15 menit vokal)? (Contoh jawaban: "Sudah pas", "Porsi vokal perlu ditambah", "Porsi somatik perlu ditambah", atau "Total durasi pemanasan perlu diperpanjang menjadi 45 menit", dll.)*

7. Overall feedback/notes *

Do you have any overall feedback, personal discoveries, or notes regarding this program? Would you like to keep these somatic micro-practices as a permanent part of our choir rehearsals in the future?

Apakah Anda memiliki penemuan pribadi (personal discovery), masukan, atau saran untuk program ini secara keseluruhan? Apakah Anda merasa latihan somatik seperti ini perlu dipertahankan untuk rutinitas latihan paduan suara kita ke depannya?

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Google Forms

APPENDIX 4b

Post-Study Survey Data

Participant Code	Perceived effect on physical tension	Perceived effect on stress and anxiety	Perceived effect on singing quality	Favorite exercise	English Translations	Coding	Time management	English Translations	Coding	Overall feedback/notes	English Translations
Participant #1	7	7	8	Drop body ke depan..bikin rileks	Drop your body forward..makes you relax	Standing Forward Bend roll	Sudah pas.	It's okay.	Ok	Ya..cukup membantu merilekskan badan dan otot2 sebelum memulai latihan	Yes...it helps to relax the body and muscles before starting exercise.
Participant #2	9	9	10	1. Tapping, because it woke up my body. 2. Lower back stretch while breathing, it soothed the tension around lower back. 3. The breathing and sighing, because somehow it better up my mood.	1. Tapping, because it woke up my body. 2. Lower back stretch while breathing, it soothed the tension around lower back. 3. The breathing and sighing, because somehow it better up my mood.	Whole Body Tapping, Lower back stretch, breathing and sighing	I think both somatic and voice building are equally important. The entire exercise helped to make my body ready for singing.	I think both somatic and voice building are equally important. The entire exercise helped to make my body ready for singing.	Ok	Yess, please keep the somatic exercise as permanent part of the rehearsals 🙏	Yess, please keep the somatic exercise as permanent part of the rehearsals 🙏
Participant #3	10	10	10	Bend over breathing, hold breath & sigh exercise	Bend over breathing, hold breath & sigh exercise	Standing Forward Bend roll, sighing	I think the time allocation is equally distributed for each exercise, if needed can be extended to 45 min, but ideally it's sufficient if the exercise is completed in 30 minutes duration.	I think the time allocation is equally distributed for each exercise, if needed can be extended to 45 min, but ideally it's sufficient if the exercise is completed in 30 minutes duration.	Ok, can be extended to 45 mins if needed	We need to maintain this habit. Not only for us, but for all the choir we participated in. This exercise makes me aware of my body to sing together with the chords and the pitch. When I sing with the body, I can feel the full support to produce the optimum result. Thank you, Mas Dani!	We need to maintain this habit. Not only for us, but for all the choir we participated in. This exercise makes me aware of my body to sing together with the chords and the pitch. When I sing with the body, I can feel the full support to produce the optimum result. Thank you, Mas Dani!
Participant #4	9	7	10	Belly drop, karena dengan ini jadi lebih bisa menyadari rongga yang seharusnya diisi saat ingin bernyanyi.	Belly drop, because with this you can be more aware of the cavity that should be filled when you want to sing.	Belly Drop,	Just right	Just right	Ok	Menurut saya pemanasan dengan gabungan latihan somatik dan olah vokal selama 15 menit sangat efektif. Walaupun waktunya singkat namun saat bernyanyi terasa lebih siap dan lebih notice untuk selalu angkat softpalete saat bernyanyi, mengisi seluruh rongga dalam tubuh untuk menyiapkan napas, dan selalu mengarahkan suara ke depan. Maka dari itu latihan somatik seperti ini sangat perlu untuk terus dilanjutkan.	I find a 15-minute warm-up combining somatic exercises and vocal exercises to be very effective. Even though the time is short, when singing, I feel more prepared and more aware of always lifting the softpalette while singing, filling my entire body to prepare for my breath, and always directing my voice forward. Therefore, this kind of somatic training is essential to continue.
Participant #5	10	8	9	Shake2, pukul2 tangan dan kaki, stretching leher, menunduk dan mengembangkan perut ke bawah. Gerakan2 tsb merilekskan otot sehingga menikmati proses menyanyi. Mengembangkan otot perut membantu menyanyi lebih baik dan suara lebih dengung.	Shake, tap your hands and feet, stretch your neck, bend down, and expand your stomach. These movements relax your muscles, making you enjoy singing. Developing your abdominal muscles helps you sing better and give your voice a fuller voice.	Whole bdoy shake, whole body tapping, forward bend roll, lower belly expansion,	Sudah pas, 15 menit somatik, 15 menit vocal. Kalo kelamaan lelah mungkin karna faktor U hehe	It's just right, 15 minutes of somatics, 15 minutes of vocals. If it's too long, you'll probably get tired because of the U factor, hehe	Ok	Saya merasa latihan somatik sangat perlu dipertahankan karna terbukti menghasilkan suara yg baik dan padu. Sebaiknya diajarkan ke berbagai kelompok koor supaya hasilnya juga baik seperti LAC.	I believe somatic training is essential for continued practice, as it's proven to produce a strong, cohesive sound. It should be taught to various choir groups to achieve similar results, similar to those achieved by LAC.
Participant #6	8	7	9	The one where you had to roll downwards, I just felt more relaxed in general, mind and body, since it also involved some breathing exercises during.	The one where you had to roll downwards, I just felt more relaxed in general, mind and body, since it also involved some breathing exercises during.	Forward bend roll.	Just right.	Just right.	Ok	I feel like these exercises helped me "find my voice" again, even when I was tired or sick, I found placements and ways to sing without shredding my vocal chords. I think this should be a permanent routine.	I feel like these exercises helped me "find my voice" again, even when I was tired or sick, I found placements and ways to sing without shredding my vocal chords. I think this should be a permanent routine.
Participant #7	8	8	9	Vocal exercises and the stretching exercises.	Vocal exercises and the stretching exercises.	Vocalization, general stretching	Just right	Just right	Ok	Nope, it really helped! I would like to keep this as a routine for choir rehearsals. Thanks and goodluck!	Nope, it really helped! I would like to keep this as a routine for choir rehearsals. Thanks and goodluck!
Participant #8	8	7	8	Vocalisation	Vocalization	Vocalization	need more of the vocal part	need more of the vocal part	More on Vocal	stretching your body and vocal excercise is important for singing	stretching your body and vocal excercise is important for singing
Participant #9	10	10	10	Pada saat peregangan merefleksikan otot2, kemudian pd saat olah vokal dan latihan pernafasan, smua ini sangat membantu mengurangi ketegangan pd pita suara, kmudian otot2 pun jd tidak kaku lagi	When stretching, the muscles are reflected, then when doing vocal exercises and breathing exercises, all of this really helps reduce tension in the vocal cords, then the muscles are no longer stiff.		Iya, setuju, Somatiknya perlu ditambah waktunya, minimal 20 mnt, begitu juga dengan vokalnya	Yes, I agree, the Somatics needs more time, at least 20 minutes, as does the vocals.	More on Somatic	Sangat perlu dipertahankan karena berpengaruh pada saat merefleksikan diri dlm bernyanyi	It is very important to maintain it because it has an impact on self-reflection in singing.
Participant #10	8	8	7	Turun ke bawah sigh..karena bisa merasakan aliran udara dan posisi yg benar untuk bernyanyi	Go down sigh..because you can feel the air flow and the correct position for singing	Forward bend roll, sighing	Overal ok	OK everywhere	Ok	Menurut saya akan lebih baik hasilnya bila dilakukan secara berurutan di 10 kali latihan tanpa jeda.. karena saya ada keperluan kadang bolong bbrp sesi jadi merasa kehilangan manfaat yg mungkin bisa lebih besar	In my opinion, the results will be better if it is done sequentially in 10 exercises without a break... because I sometimes have to skip a few sessions so I feel like I am missing out on benefits that could be greater.
Participant #11	9	9	9	Peregangan tangan dan membungkuk kebawah	Stretching your arms and bending down	Forward bend roll				Ya perlu	Yes, it is necessary.
Participant #13	10	9	10	Shake2 n melemaskan leher, bahu, pundak	Shake2 n relaxes neck, shoulders, shoulders	whole body shake	Perlu ditambah waktu untuk latihan vokal.	Need to add more time for vocal practice.	More on Vocal	Saya akan mempertahankan latihan somatik setiap kali latihan atau akan tugas. Krn latihan ini benar2 bermanfaat.	I will continue to practice somatic exercises every time I train or go on assignments because they are truly beneficial.
Participant #14	10	10	10	Favorite somatic exercises saat membungkuk, terasa jadi lebih relax setelahnya	Favorite somatic exercises while bending, feel more relaxed afterwards	forward bend roll	Sudah pas	It's okay.	Ok	Latihan somatik ini perlu dipertahankan dan dijadikan "budaya" untuk semua choir karena sangat bermanfaat. Kalau perlu ada training khusus membahas dan menguliknya melatih para pelatih agar tidak ragu dan agar terbiasa melakukannya	This somatic training needs to be maintained and made a "culture" for all choirs because it is so beneficial. If necessary, special training should be provided to discuss and explore it, training coaches so they are confident and accustomed to it.
Participant #15	9	7	8	Bermanfaat : rolling - bantu stretching rileks struktur kolom badan, peredaran darah, dan bikin connection whole system	Benefits: rolling - helps stretching, relaxing the body's column structure, blood circulation, and making connections throughout the system.	forward bend roll	Cukup. Sdh proporsional.	Enough. It's proportional.	Ok	Penyesuaian posisi berdiri atau duduk, perlu dipertimbangkan, utk peserta yg punya keterbatasan fisik, difabel, atau tidak fit	Adjustments to standing or sitting positions need to be considered for participants who have physical limitations, are disabled, or are not fit.
Participant #16	8	9	10	Spine Roll-Down.. karena ketika selesai badan dan nafas terasa lebih luas	Spine Roll-Down.. because when finished the body and breath feel wider	forward bend roll	sudah pas	it's enough	Ok	dipertahankan	maintained
Participant #19	10	10	10	Pelemasan tubuh, posisi awal berdiri perlahan menunduk smpai tangan mnyentuh ujung kaki/atau bisa sampai mencium lutut kemudian tarik dan buang nafas	Relaxing the body, starting position standing, slowly bend down until the hands touch the tips of the feet/or can even kiss the knees, then inhale and exhale	forward bend roll	untuk pembagian waktunya sudah baik, mungkin 30 menit sudah cukup	the time allocation is good, maybe 30 minutes is enough	Ok	Kl sy rasa program latihan somatik cukup baik dan cepat terasa.. sangat perlu di lakukan sebelum memulai latihan bernyanyi. untuk penemuan pribadi, untuk vokalisi.. mungkin menggunakan bantuan foto/gambar rongga mulut akan memudahkan peserta dlm membayangkan arah hembusan pernafasan 🙏 melewati bagian mana menuju ke arah mana. 🙏	I think the somatic training program is quite good and quickly felt. It's very necessary to do it before starting singing practice. For personal discovery, for vocalists... perhaps using a photo/image of the oral cavity will make it easier for participants to visualize which part of the breath passes through and which direction. 🙏
Participant #20	10	10	10	Peregangan. Membantu badan menjadi lebih rileks sehingga menyanyi mwnjadi lebih maksimal	Stretching. Helps the body become more relaxed so that singing becomes more optimal.	general stretch	Sudah oke	It's okay	Ok	-	-
Participant #21	9	9	9	Lip trill and the deep breathing until lower	Lip trill and the deep breathing until lower	Lip trill, low breath exercise/belly drop	Depends o what performance after that..15mins enough for daily routins	Depends o what performance after that..15mins enough for daily routins	Less on all, for daily routine	Intinya supaya terbiasa perlu berlatih rutin, jd perlu dipertahankan latihan somatiknya	The point is, to get used to it you need to practice regularly, so you need to maintain somatic training.
Participant #22	9	8	7	Bend over & sigh.	Bend over & sigh.	forward bend roll with sigh	Depends on situation. Need more time for physical/somatic part when feel so much physical tension. 30-45 minutes range in total should be enough, with customized duration considering singers condition.	Depends on situation. Need more time for physical/somatic part when feel so much physical tension. 30-45 minutes range in total should be enough, with customized duration considering singers condition.	More on Somatic when feel much tension	It is good to be executed in every rehearsal. Will be more beneficial when it can be applied more personal due to spesific physical tension in each person. Singers can be divided in several small groups with similar condition in 1 group. The duration of somatic micro practice / focus movements can be adjusted due to small group condition.	It is good to be executed in every rehearsal. Will be more beneficial when it can be applied more personal due to spesific physical tension in each person. Singers can be divided in several small groups with similar condition in 1 group. The duration of somatic micro practice / focus movements can be adjusted due to small group condition.

APPENDIX 4b

Post-Study Survey Data

Participant Code	Perceived effect on physical tension	Perceived effect on stress and anxiety	Perceived effect on singing quality	Favorite exercise	English Translations	Coding	Time management	English Translations	Coding	Overall feedback/notes	English Translations
Participant #23	8	7	7	Forward Roll. It helps relax the back muscles and combined with the breathing exercises helps to feel the lower back expansion.	Forward Roll. It helps relax the back muscles and combined with the breathing exercises helps to feel the lower back expansion.	forward bend roll	Just right	Just right	Ok	These exercises really help with the tension in the body and with the guidance of Mr Dani helps us to be more mindful. These exercises are a great addition to our choir rehearsals.	These exercises really help with the tension in the body and with the guidance of Mr Dani helps us to be more mindful. These exercises are a great addition to our choir rehearsals.
Participant #25	9	8	8	Gerakan membuat lingkaran dengan hidung, gerakan memutar bahu kedepan dan kebelakang, gerakan merunduk dengan tangan diturunkan mendekati pergelangan kaki	Movement of making circles with the nose, movement of rotating the shoulders forward and backward, movement of bending down with the hands lowered near the ankles	Nose drawing, shoulders turn, forward bend roll	Porsi vocal mungkin perlu dtambah	Vocal portions may need to be increased	More on Vocal	Ya saya pikir perlu dpertahankan	Yes I think it needs to be maintained
Participant #26	6	7	7	Latihan utk regangan leher , punggung . Krn area tsb yang menjadi masalah keseharian saya . Walaupun di luar latihan tetap melakukan sendiri minimal 2x seminggu	Exercises to stretch my neck and back. These are my daily problem areas. Even outside of training, I still do them myself at least twice a week.	Neck stretching	somatik cukup . Porsi teknik vokal ditambah sehingga somatik 15 mnt , vokal 25 -30 mnt	Somatic is sufficient. The vocal technique portion is increased so that somatic is 15 minutes, vocal is 25-30 minutes	Ok	Latihan somatik tetap diperlukan walaupun 5-10 mnt saja	Somatic training is still necessary even if it's only 5-10 minutes.
Participant #27	9	9	9	Peregangan yg membuat bernafas saat bernyanyi bisa jauh lebih rileks	Stretching that makes breathing while singing much more relaxed	General Stretch	Pemanasan 15 menit somatik 30 menit vokal	15 minute somatic warm-up 30 minute vocal warm-up	More on vocal	Saya rasa perlu dipertahankan karena sangat membantu dalam proses menyanyi (memproduksi suara dengan benar dan nyaman)	I think it is worth maintaining because it really helps in the singing process (producing sound correctly and comfortably)
Participant #28	7	7	7	gerakan yg bungkuk ke depan	forward bending movement	Forward bend roll	sudah pas	it's enough	Ok	perlu dilaksanakan sebelum latihan	must be performed before training
Participant #29	7	6	7	Tepuk tepuk bagian tubuh	Pat the body parts	Whole body tapping	Sdh pas	Already passed	Ok	Ya perlu, spy lebih rileks dlm bernyanyi	Yes, it's necessary, so you can be more relaxed when singing.
Participant #30	8	7	9	Menggerakan bahu, tangan d. Kepala, jadi lebih rileks	Move your shoulders, hands, and head to become more relaxed.	shoulders, hand, head movement	10 - 15 menit : Cukup	10 - 15 minutes : Enough	Ok	Perlu dipertahankan	Need to be maintained
Participant #31	9	8	9	my favorite was when we're lowering the head and bending the torso, followed by swinging the arms, take a deep breath and sigh. It helped relax tense muscles and was a huge soothing for me.	my favorite was when we're lowering the head and bending the torso, followed by swinging the arms, take a deep breath and sigh. It helped relax tense muscles and was a huge soothing for me.	Forward bend roll with sigh	in my opinion, that's a proper time	in my opinion, that's a proper time	Ok	for us, with varying underlying states of physical and mental tensions, we really need the somatic micro-practices before the rehearsal. so yeah... I'd like to keep it 🍒	for us, with varying underlying states of physical and mental tensions, we really need the somatic micro-practices before the rehearsal. so yeah... I'd like to keep it 🍒
Participant #32	8	8	8	Pelemasan seluruh sendi..mulai dari kepala,leher bahu hingga kaki Pelemasan olah nafas bersamaan dengan pelemasan tubuh membungkuk.	Relaxation of all joints...from the head, neck, shoulders to the feet. Relaxation of breathing exercises along with relaxing the body while bending.	Whole body relaxation, Forward bend roll	Sudah sangat tepat waktunya.. Jangan dirubah..	It's very timely. Don't change it.	Ok	Latihan ini sangat baik untuk diterapkan dalam setiap latihan-latihan paduan suara..	This exercise is very good to apply in every choir practice.
Participant #33	10	8	10	Rooling down, menjadi rileks	Rolling down, getting relaxed	Forward bend roll	Sudah pas waktunya untuk sekitar 30 menit sudh somatik + vokal	It's just the right time for about 30 minutes of somatic + vocal sudh	Ok	Lebih meningkatkan percaya diri untuk bernyanyi	Increase your confidence in singing
Participant #34	8	8	10	Expand diagfragma, open larinx. Suara berdengung bersih merdu soft tapi powerful, menambah range nada tinggi	Expand the diaphragm, open the larynx. A clear, melodious, soft yet powerful humming sound, increasing the range of high notes.	Diapraghm expansion, lowering larynx	Porsi vokal perlu ditambah	Vocal portion needs to be increased	More on vocal	Ya perlu dijadikan standar pemanasan, agar teknik vokal terbiasa dan menjadi reflek/otomatis, tidak berpikir lagi. Fokus tinggal penghayatan lagu	Yes, it needs to be made a standard warm-up, so that vocal technique becomes a habit and becomes a reflex/automatic, without having to think about it anymore. The focus is on experiencing the song.
Participant #35	8	9	8	Saat tubuh ditemaskan ke bawah kepala digoyang nafas tetap stabil sambil say buang nafas	When the body is relaxed downwards, the head is shaken, the breath remains stable while the person exhales.	forward bend roll	Sudah cukup	It's enough	Ok	Sudah cukup baik dan memang harus dilakukan sebelum reharsal	It's good enough and should be done before reharsal
Participant #36	8	8	8	Forward bend. Pada gerakan ini seluruh tubuh dari ujung kepala smp ujung kaki berada dlm mode aktif, namun rileks.	Forward bend. In this movement, the entire body, from head to toe, is in an active, yet relaxed, position.	forward bend roll	Cukup.	Enough.	Ok	Perlu dipertahankan, agar tubuh hangat, sadar dan siap utk melakukan latian paduan suara. Tubuh yg siap membantu konsentrasi latian dan meningkatkan stamina utk latian dalam durasi yg panjang.	It's important to maintain a warm, alert, and prepared body for choir practice. A prepared body helps with concentration and increases stamina for long-term practice.
Participant #37	10	9	10	The one where we rolled our body down, it helped ne get loose	The one where we rolled our body down, it helped ne get loose	Forward bend roll	Just right	Just right	Ok	Really helped improve alot of factors to achieve the best voice i can produce for singing	Really helped improve alot of factors to achieve the best voice i can produce for singing
Participant #40	7	7	7	Rolling down then shake shake	Rolling down then shake shake	Forward bend roll	Just right	Just right	Ok	No notes - the program is great	No notes - the program is great
Participant #41	8	7	9	latihan dimana kita membungkuk lalu sigh, karena disitu kita bisa merasakan expansion pada area back.	exercise where we bend down and then sigh, because there we can feel the expansion in the back area.	Forward bend roll with sigh	Sudah pas	It's okay.	Ok	saya senang jika menjadi rutinitas latihan kedepannya	I would be happy if this became a training routine in the future.
Participant #42	9	10	9	Lipdril	Lipdril	lip trill	Sudah pas dan cukup membantu sekali	It's perfect and very helpful	Ok	Lebih variasi untuk gerakanya	More variety for the movements
Participant #44	5	4	8	Gerakan memutar kepala ,pundak , pinggang,kaki. Membantu jadi lebih rileks saat bersuara	Rotating movements of the head, shoulders, waist, and feet. Helps you relax more when phonatng.	nose drawing, shoulders turn, waist and feet	Somatik cukup Hanya perlu sedikit olah vokal Liptrill cocok untuk saya	Somatic is sufficient Just needs a little vocal training Liptrill is perfect for me	More on Vocal	Perlu ke Olah Vokal.	Need to go to vocal training.
Participant #45	10	10	10	Shaking2. yg badannya turun itu, sama mendesah atau sigh	Shaking, the body going down, the same as sighing	Whole body shake, Forward bend roll	Sudah pas. 15 menit somatic & 15 menit voice building	It's just right. 15 minutes of somatics & 15 minutes of voice building	Ok	Perlu dipertahankan. Soalnya saya coba terapkan saat ngajar, sangat efektif. Makasiii	It's worth maintaining. I've tried it in my teaching sessions, and it's very effective. Thanks.
Average	8.55	8.13	8.76		Forward Bend Roll	23		"More on Somatic"	2		
								"OK"	27		
								"More on Vocal"	6		

APPENDIX 5
EXERCISES LIST AND REFLECTIVE FIELD NOTES

SESSION I
Sunday, 19 July 2026

1. Neck Release and Head Floating based on Alexander Technique (Hilmer, 2013; Singwell, 2024; Ward, 2020)

- Please stand with your feet shoulder-width apart.
- Rest your arms at your sides and feel your feet firmly flat on the floor.
- Imagine a string starting from the arches of your feet. It travels up through the center of your body and comes straight out the very top of your head.
- Imagine someone gently pulling that string straight up towards the ceiling, like a puppeteer. Let that upward pull make you grow tall naturally.
- Do it gently, with no force. Let go of any muscle tension in the neck and let it be free. Do not forget to breathe naturally.
- Let your head float. Do a gentle nod yes... and no...
- This is your aligned position for singing.

2. Neutral Pelvis and Free Legs based on Alexander Technique (Alexander, 1932; Carter and White, 2019)

- Stand comfortably with your feet shoulder width apart.
- Try sticking your bottom all the way out. Notice how it tightens your lower back.
- Now, tuck your hips all the way forward under your body.
- Finally, find the comfortable middle spot between those two extremes. This is your neutral pelvis.
- Let your legs feel completely relaxed from the hip joints down.

3. Floating Shoulders based on Alexander Technique (Cacciatore, Johnson and Cohen, 2020)

- Bring your shoulders all the way forward.
- Then, pull them all the way back.
- Next, pull them all the way up to your ears.
- Open your palms to face the front.
- Take a breath out and let your shoulders completely drop down.
- Let your shoulders stay open and relaxed, like they are floating on top of your ribs.
- Simply let your hands turn naturally to rest at your sides.

4. Conscious Rib Cage Expansion by Alexander Technique (Briceland Studio, 2016)

- Place your hands lightly on your lower ribs on the sides of your body.
- Keep your shoulders relaxed and resting.
- Take a gentle breath in through your nose.
- Focus on feeling your ribs springing open and pushing outward against your hands.
- Let the air out slowly. Do not pull your stomach in too hard, just let the ribs slowly fall back.

5. The See-Saw "Ah" Release based on Feldenkrais & Alexander Technique (Capalbo, 2024; IEDTA, n.d.; Suran, 2024)

- Sit or stand comfortably. Place one hand flat on your upper chest and the other hand flat on your lower stomach.
- Let your jaw drop open completely, as if you are slightly sleepy. Make sure the tip of your tongue rests softly behind your bottom front teeth.
- Think of something pleasant or a gentle surprise to clear your mind from the music scores.
- Take a gentle breath in, and push only your stomach out. Keep your chest totally still under your top hand.
- Let the air out with a very soft, whispered "Ah" sound. Do not push the air forcefully. It should feel like warm air fogging up a mirror. Let your stomach relax back in.
- Take another gentle breath in, but this time lift only your chest. Keep your stomach totally still under your bottom hand.
- Release the air again with that same sleepy, whispered "Ah" sound. Let your chest relax back down.
- Keep switching back and forth slowly between the stomach breath and the chest breath, always exhaling on the calming "Ah".

6. The Yawn Sigh Technique based on Lessac Kinesensics (Lessac, 1997; The Adult Speech Therapy Workbook, n.d.; The Therapy Grove, 2025)

- Open your mouth and begin to yawn naturally.
- Feel the stretch in the back of your mouth and throat.
- As you breathe out, let your voice glide down from a high pitch to a low pitch on an "Ah" sound.
- Let it feel very relaxed and good, like a real morning yawn.
- Notice how open your throat feels when you do this.

7. The Huge Sigh of Relief based on Linklater (Linklater, 2006)

- Imagine you just finished a very long, tiring day and you can finally sit down.
- Think of the feeling of total relief.
- Take a breath in and just let out a huge, vocal sigh of relief.
- Let your shoulders drop and your knees bend a little bit as you sigh.
- Do this big sigh four times in a row, letting the sound just fall out.

8. Standing Roll Down and Gentle Tremor based on Fitzmaurice Voicework (Coleman, 2020; Hague, 2016; Kollwitz, 2016)

- Stand comfortably with your feet about shoulder width apart. Make sure your knees are deeply soft and bouncy, never locked straight.
- Let your chin gently drop down toward your chest.
- Slowly roll your upper body down toward the floor. Think of your spine ‘bending forward one small piece at a time.
- Let your arms and your head hang completely heavy, like a ragdoll.
- While you are hanging upside down, take a nice, easy breath into your back and ribs.
- Gently shift your weight a tiny bit toward the front part of your feet. Keep your heels lightly touching the floor, so you are not fully tiptoeing.
- To find the tremor, slowly bend your knees a little bit more, then straighten them just a tiny bit. Look for the exact spot where your legs naturally feel a bit wobbly.

- Allow your legs to naturally shake or bounce. Do not force the shake to happen, just let any nervous energy release. Let the shake travel all the way up to your relaxed shoulders.
- Keep breathing easily while you let the body shake for about a minute or two.
- When you are ready, press your feet into the floor and take a full 10 to 15 seconds to very slowly roll your body back up to a standing position.
- Keep breathing out slowly on your way up.
- Let your head be the very last thing to float up to the top. Keep your eyes looking at the floor for a few seconds before lifting your chin to let your blood pressure adjust.

9. Freeing the Tongue with La and Yuh based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006; Linklater, 2016)

- Stand in your aligned and floating posture from the earlier exercises.
- Let your jaw drop open slightly, just like a lazy sigh.
- Keep your jaw completely still and heavy. It should not move up and down at all.
- Sing the melody do re mi re do or do re mi fa sol fa mi re do using the syllable La.
- Let only the tip of your tongue do the moving.
- Repeat the same melody using the syllable Yuh. Feel how the middle of the tongue does the work while the jaw stays completely relaxed.

10. Waking Up the Soft Palate with Guh or Ga based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006)

- Keep your neck relaxed and your jaw hanging gently.
- Imagine a small drum at the back of the roof of your mouth.
- Sing the arpeggio melody do mi sol DO DO DO DO sol mi do using the syllable Guh or Ga.
- When you reach the top notes, feel the back of your tongue lightly tapping that imaginary drum.
- Notice how this natural tapping lifts the soft palate for the high notes without adding any tension to your neck.

Reflective Field Notes on Session #1 (19 July 2026)

- The first time, it took quite some time for everyone to get used to the system (form, filling out the consent form, getting the participants ID)
- the rest are quite smooth, because most of the exercises such as “la la la” “yuh” and “guh” are something that they have already familiar with because I used most of these in my regular rehearsals too with them.
- No one documenting this because tripod etc was forgotten to be set up
- Focus was too much on preparing for the competition itself, I was not focus enough and did not do the recording.
- I still add some exercises that was not on the plan, but we often do, they are the hip turning round and neck turn, and breathing exersercis (short hissing, long hissing)
- we didn’t do tremor. we did the standing roll down but without tremor.
- I didn’t managed to documented this session. I was short on preparation as I was running from a different event on a tight schedule. I think I need to get some help.

SESSION II
Friday, 24 July 2026

1. The 8-Count Shake Out based on Linklater Voice (Linklater, 2006)

- *Goal: Get the blood flowing and release trapped nervous energy.*
- Shake your right hand and arm vigorously while counting out loud from 1 to 8. (1, 2, 3, 4, 5, 6, 7, 8!)
- Do the same with your left hand and arm.
- Shake your right leg and foot for 8 counts.
- Shake your left leg and foot for 8 counts.
- Repeat the whole sequence counting to 4. Then count to 2. Then just 1!
- Finally, do a gentle whole-body shake for a few seconds.

2. The Quick String Check based on Alexander Technique (Hilmer, 2013; Singwell, 2024; Ward, 2020)

- *Goal: Find the aligned posture from Session 1 quickly.*
- Stand with your feet shoulder width apart.
- Take a few seconds to imagine the string pulling up from the top of your head.
- Let your body grow tall naturally, drop your shoulders, and find your neutral pelvis.

3. Freeing the Hip Joints / Leg Swing based on Alexander Technique (Alexander Technique Bristol, 2021; Nichols, n.d.).

- *Goal: Loosen the lower body and practice balancing without gripping muscles.*
- Keep your tall, floating posture. Do not let your upper body shrink or slouch.
- Shift your weight entirely onto your left leg. Make sure your left knee is slightly bent, not locked.
- Let your right leg hang completely heavy.
- Gently swing your right foot forward and backward a few times. The movement should feel like a pendulum swinging from the hip socket.
- Shake the foot out, place it down, and switch sides. Shift your weight to the right leg and swing the left foot.

4. Heavy Head Rolls based on Linklater Voice (Linklater, 2006)

- *Goal: Safely loosen the neck without pinching the spine.*
- Find your still, tall posture again.
- Drop your chin heavily down toward your chest. Let the back of your neck stretch.
- Slowly roll your head to the right, so your right ear hangs over your right shoulder. Keep your shoulders dropped down.
- Roll your chin back down to your chest.
- Slowly roll your head to the left, bringing your left ear over your left shoulder.
- *Important:* Only roll in a half-circle across the front. Do not roll your head backward, as this crunches the spine and creates tension.

5. Diaphragmatic Impulse / The "Sniff" based on Linklater Voice (Johnson, n.d.; Linklater, 2006)

- *Goal: Wake up the breathing muscles quickly.*
- Place your hands lightly on your lower stomach.

- Take a quick, short sniff of air in through your nose, as if you are smelling something suddenly.
- Notice how your stomach naturally pops outward.
- Release the air on a soft "ffff" sound. Let your stomach relax back inward.
- Do this 3 or 4 times.

6. The Big Tongue Stretch based on Linklater Voice (Linklater, 2006)
- *Goal: Stretch the root of the tongue to prevent it from pulling back into the throat.*
- Let your jaw drop open.
- Stick your tongue out as far as it can comfortably go, pointing it straight down toward your chin.
- Keep your tongue stretched out and take three easy breaths in and out through your mouth.
- Gently pull your tongue back in and let it rest behind your bottom teeth.
- Notice how much wider and more open your throat feels.

7. The Horizontal Yawn based on Linklater Voice (Linklater, 2006)
- *Goal: Lift the soft palate without tension.*
- Keep your lips closed, but drop your jaw open inside your mouth.
- Try to do a silent yawn while keeping your lips closed.
- You will feel the back of your throat (the soft palate) stretch upwards, and your nostrils might flare a little bit.
- Hold that wide space inside and gently hum. It should sound very hollow and warm.

8. Bouncing Consonants / Consonant NRG based on Lessac Kinesensics (Lessac, 1997; Hurt, 2014)
- *Goal: Use the lips and the tip of the tongue to create crisp sounds.*
- Use your usual arpeggio melody (do-mi-sol-DO-DO-DO-DO-sol-mi-do).
- Sing the melody using the syllable "Buh". Focus on making the lips bounce off each other lightly.
- Next, sing the melody using the syllable "Duh". Focus on the tip of the tongue tapping the ridge right behind your top teeth. Keep the jaw totally still.

9. Forward Resonance with Mee and May based on Lessac and Linklater Principles (Lessac, 1997; Linklater, 2006)
- *Goal: Bring the sound forward and feel the bright vibration right behind the front teeth.*
- Keep your tall, floating posture with a relaxed neck.
- Use a simple descending 5-note scale (sol fa mi re do) or your favorite 1-2-3-2-1 melody.
- Sing the word "Mee" on every note. Take a moment to really let the "M" tickle and buzz against your lips before opening to the "ee" sound.
- While singing the "ee", focus entirely on feeling the vibration right behind your top front teeth.
- Next, switch to the word "May". Try to keep that exact same bright, buzzy feeling in the front of your face.
- Remind the singers to keep the jaw heavy and relaxed. The lips and the front of the tongue are doing the work to keep the sound forward.

Reflective Field Notes on Session #2 (24/7/2026)

- I added head turning (general dynamic physical warm up) after the heavy head rolls linklater
- As there was concern from me because they were singing not with higher placement, I use some portion of the warm up time to also include placement exercise. and pharyngeal vowels to promote more relaxed jaw and relaxing muscle surrounding the mouth and check when making the vowel.
- again, I have personal worries that I don't give enough voice building for the need of the songs we are doing for the competition, so I have to add and modified some of the exercise to include some of the voice-building objectives
- I added Hanging jaw, relaxing the jaw, and makeing eee EEEE aaah only with pharyngeal instead of with the whole mouth. and do this while massagging the cheeck muscle.

Documentation of research by Venti:

Photos Session II:

















SESSION III
Sunday, 26 July 2026

1. The Quick String Check based on Alexander Technique (Sethson, 2021; Sentianin, 2018)

- Goal: Find the neutral, floating posture right at the start.
- Stand with your feet shoulder width apart.
- Imagine the string pulling up from the arches of your feet through the top of your head.
- Let your head float, do a tiny nod yes and no, and let your shoulders drop.

2. The Monkey Position based on Alexander Technique (Sethson, 2021; Sentianin, 2018)

- Goal: Lengthen the spine and naturally widen the back for deeper breath support.
- Start from your floating posture.
- Bend your knees slightly so they are bouncy.
- Hinge your upper body forward from your hip joints, not from your waist. Keep your back long and straight.
- Let your arms hang completely loose in front of you.
- Take a few easy breaths in this position. Notice how your back feels wider.
- Press your feet into the floor to stand back up, keeping that wide feeling in your back.

3. Seated Back Breathing with Sigh based on Fitzmaurice Voicework (Kollwitz, 2016; Watson & Nayak, 2014)

- Sit on your chair with your feet flat on the floor.
- Lean forward and rest your elbows heavily on your knees or thighs.
- Let your head and neck drop forward so you are looking at the floor.
- Take a slow, deep breath into your lower back. Try to make the back of your ribs expand toward the ceiling.
- As you let the air out, release a very gentle, lazy "Huhhh" or "Ahhh" sigh.
- Do not force the sound out. Just let it ride out on the breath naturally.
- Stay in this quiet position and repeat this sighing breath for about one minute.

4. Inhibition of Laryngeal Lift with Testing the Free Larynx with Sound based on Alexander and Linklater Principles (Knipple, 2018; Lessac, 1997; Sentianin, 2018)

- Goal: Learn to take a deep breath without gripping the neck or lifting the voice box.
- Sit up straight or stand tall in your floating posture.
- Place your fingers very gently on the front of your throat, resting lightly on your larynx (voice box).
- Imagine you are just starting to yawn. Feel how the larynx naturally drops down on its own.
- Do not push it down with your muscles. Just allow the yawn to lower it.
- While it is resting in that low, open position, take an easy breath.
- Speak a very gentle, soft "Ah" or "Eeee". Notice if the larynx jumps back up when you make the sound.
- Take another easy breath. This time, let out a gentle sigh while doing a fast, relaxed "yuh yuh yuh yuh".
- Keep your jaw totally still so only the tongue moves. Notice how the larynx can stay resting quietly even while your tongue is moving quickly.

5. The Ng Hum into Vowels based on Lessac Kinesensics (Lessac, 1997)

- Goal: Bring the resonance completely out of the throat and into the nasal space.
- Keep your jaw totally relaxed.
- Hum on an "ng" sound, exactly like the end of the word "sing".
- Feel the strong vibration right behind your nose and in your cheekbones.
- Sing a simple descending melody (sol fa mi re do) on that "ng" hum.
- Next, start the note on the "ng" hum, and halfway through, open your mouth to an "Ah" sound. Try not to lose that forward buzzy feeling when you open to "Ah".

6. Channel Resonators based on Linklater Voice (Knipple, 2018; Sentianin, 2018)

- Goal: Keep the tongue relaxed while changing vowel shapes.
- Keep your jaw dropped open and still.
- Glide your voice gently down from a high pitch to a low pitch on the syllable "Haa".
- Do the exact same glide on the syllable "Hee". Feel how the tongue has to change shape inside, but the jaw stays dropped.
- Do the glide one last time on the syllable "Huh".
- The sound should feel very clear and free of any throat tension.

7. Fast Articulation with Tuh and Puh based on Linklater & Lessac Principles (Knipple, 2018; Lessac, 1997)

- Goal: Wake up the tip of the tongue and the lips for complex rhythms.
- Keep the jaw very still. You do not want the jaw to bounce up and down.
- Use a fast 5-note scale (do re mi fa sol fa mi re do).
- Sing the melody using the syllable "Tuh". Make sure only the tip of the tongue is bouncing lightly behind your top teeth.
- Next, sing the melody using the syllable "Puh". Make sure only the lips are bouncing together.

8. Forward Glide with Wee and Why based on Lessac Principles (Lessac, 1997; Sentianin, 2018)

- Goal: Use the lips and the changing vowel to bring the sound out of the throat and forward into the room.
- Keep your tall posture and your relaxed neck.
- Sing your arpeggio melody (do mi sol DO DO DO DO sol mi do) using the word "Wee".
- On every single "W", really push your lips forward like you are blowing out a tiny candle. Feel the buzz on your lips before opening to the "ee".
- Next, sing the exact same melody using the word "Why".
- As you sing "Why", focus on the diphthong. Feel how your mouth changes shape from the round "W", to the open "Ah", and finishes on the bright "ee" sound at the front of your teeth.
- Remind the singers to keep their jaw heavy. Let the lips and the tongue do all the moving for the "W" and the vowels.

Reflective Notes on Session 3
(Sunday, 26 July 2026)

- I am still adding some general physical movement that is very close to Linklater, such as turning the head and turning the hips round
- I am adding breath awareness exercises again, where we put one palm on the chest while the other palm in the belly, to get more awareness of whether we are doing the intercostal vs diaphragmatic breathing.
- I skipped the Monkey Position; I somehow felt that I may not be able to correctly explain this exercise to the choir to make it fully efficient.
- Today is the first time we tried the seated back breathing and the seated forward roll down. I personally like seated back breathing, but I don't like the seated version of the forward roll. I chose this method because one of our new members is having a problem in his leg that he can not stand for too long. So I taught everyone this seated version of Linklater's forward bend roll.

Documentation:

















SESSION IV
Friday, 31 July 2026

1. The Quick String Check based on Alexander Technique (Sentianin, 2018; Sethson, 2021)

- Goal: Find the neutral, floating posture right at the start.
- Stand with your feet shoulder-width apart.
- Imagine the string pulling up from the arches of your feet through the top of your head.
- Let your head float, do a tiny nod yes and no, and let your shoulders drop.

2. Gentle Spine Twists based on Feldenkrais Method (Feldenkrais, 1990)

- Goal: Unlock the middle back and ribs for deeper breathing, especially after sitting and holding music.
- Sit comfortably on your chair with your feet flat on the floor.
- Place your right hand gently on your left knee.
- Slowly turn your upper body to look over your left shoulder. Let your eyes lead the way, and do not force the twist.
- Take two deep breaths while holding this gentle twist. Feel how your ribs expand differently on each side.
- Slowly come back to the center.
- Switch hands and gently twist to look over your right shoulder. Take two deep breaths.

3. Side Rib Stretching based on Linklater Voice (Knipple, 2018; Linklater, 2006)

- Goal: Stretch the muscles between the ribs to create a much bigger tank for air.
- Stand up in your floating posture.
- Reach your right arm straight up toward the ceiling.
- Slowly bend your upper body over to the left side, like a crescent moon. Keep your feet planted flat.
- Imagine you are trying to touch the ceiling with your right hand.
- Take a deep, slow breath into the right side of your ribs. Feel the stretch open up.
- Slowly stand back up straight and lower your arm.
- Repeat the stretch on the other side, reaching your left arm up and bending to the right.

4. The Dog Pant based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006)

- Goal: Wake up the abdominal muscles for fast, energetic breathing.
- Stand tall and place one hand on your stomach.
- Drop your jaw open and let your tongue hang out slightly, resting on your bottom lip.
- Breathe in and out through your mouth quickly and lightly, just like a happy, tired dog.
- You should feel your stomach bouncing in and out very clearly under your hand.
- Do this for about 10 seconds, then take a normal breath to rest. Repeat one more time.

5. Lip Trills on a Glide based on Fitzmaurice and Lessac Principles (Grama et al., 2024; Watson & Nayak, 2015)

- Goal: Warm up the vocal cords safely and smooth out the break between chest voice and head voice.
- Gently place a finger on each cheek, right next to your lips. Push the cheeks forward just a tiny bit.
- Take a breath and blow the air out to make your lips flap together like a horse shaking its lips.
- Add a sound to the flapping lips.
- Glide your voice smoothly from the very bottom of your range all the way to the top, and back down again.
- Keep the air moving steadily so the lips do not stop buzzing.

6. The Yawn into Siren Linklater Voice (Knipple, 2018; Lessac, 1997; Linklater, 2006)

- Goal: Stretch the vocal range using the open space of a natural yawn.
- Keep your jaw totally relaxed.
- Start a real, lazy yawn to open the back of your throat.
- As you breathe out, glide your voice gently from your highest comfortable note down to your lowest note on an "Ah" or "Oo" sound.
- Let it sound like a happy sigh or a fire engine siren.
- Do not push the sound. Let it float naturally through the open space.

7. The Wah Wah Jaw Shake based on Linklater Principles (Knipple, 2018; Linklater, 2006)

- Goal: Bring a lot of warmth and volume to the sound while checking that the jaw is completely free.
- Sing a simple descending 5-note scale (sol fa mi re do) on the word "Wah".
- As you sing, gently place your hands on your jawline.
- Softly shake or bounce your jaw up and down with your hands to make the "Wah Wah Wah" sound happen.
- Your jaw muscles should do absolutely no work. Your hands should be doing all the moving.
- Notice how loud, bright, and forward the sound becomes when the jaw tension is completely removed.

Reflective Notes on session #4
Video: https://youtu.be/VS-8gH_SwGQ

Today we skipped the spinal twist because I did not do the exercises in order and forgot about it. We will try that on next session.

I was stil adding a quick, gentle dynamic sport-like exercise, What I added not much only these two:

- Gentle rotary head/neck round turn to the right direction and then to the left direction.
- I also added shoulder rolls.

I added these exercises because somehow I found myself still worried that these somatic exercises would not be enough to tackle the tension.

Then I did belly drop (I don't know why I just added that; I felt that it was necessary for them to really feel the low breath expansion, because based on the previous rehearsal session, when on the songs, I observed and was convinced that they are not used to low breath)
I spent quite some time to get them used ot low expansion.

Then low expansion with lip trill

- I added body tapping (i guess that was still somatic) as well as shaking off the hands and legs.
- The side ribs stretching was great. This was new experience for the participants
- Also the dog panting was fun
- I continued with forward bent roll
- I continued with inhalare la voce,
- did some bib bib bib bib beb beb beb bob bob bob etc to stimulate pharingeal activation
- I also use the word "Dies Irae" as it will be one of our songs to work on that day
- Also "Solvet Seclum" to get the "eh" more relaxed.
- Also "In favilla" to get the ih in villa get more vertical
- and did some mezza di voce exercise with them to get them more expressive (musically)

SESSION V:

Friday, 7 August 2026

1. Whole Body Tapping and Sighing based on Linklater Voice (Linklater, 2006)

- Goal: Get the blood flowing, wake up the nervous system, and release trapped breath.
- Stand comfortably. Form your hands into soft, relaxed cups.
- Gently but firmly pat the outside of your right arm, from the shoulder down to the hand. Then pat the inside of the arm back up.
- Do the same on your left arm.
- Gently pat down your legs and back up again.
- As you do all this tapping, breathe easily and let out a continuous, lazy "Huhhhh" sigh.
- Finish by lightly patting your lower back and stomach while still sighing.

2. Side Stretching based on Linklater Voice and the Vocal Athlete (Linklater, 2006; LeBorgne & Rosenberg, 2014)

- Stand up in your floating posture. Reach your right arm straight up toward the ceiling and slowly bend your upper body over to the left side, like a crescent moon.
- Take a deep, slow breath into the right side of your ribs.
- Stand back up again and repeat on the other side.

3. The Quick String Check based on Alexander Technique (Sentianin, 2018; Sethson, 2021)

- Goal: Find the neutral, floating posture right at the start.
- Stand with your feet shoulder-width apart.
- Imagine the string pulling up from the arches of your feet through the top of your head.
- Let your head float, do a tiny nod yes and no, and let your shoulders drop.

4. Nose Drawing based on Feldenkrais and Linklater Principles (Feldenkrais, 1990; Linklater, 2006)

- Goal: Safely release the very top joint of the neck for better head alignment.
- Stay in your floating posture and close your eyes.
- Imagine a very tiny pencil attached to the tip of your nose.
- Draw a circle the size of a small coin on the wall in front of you using only your nose.
- Keep the movement incredibly small and slow. Do not move your shoulders.
- Draw three slow circles to the right, and then three slow circles to the left.

Sit down

5. Freeing Neck and Shoulders based on Feldenkrais Method (Feldenkrais, 1990)

- While seated, slowly lift and lower your right shoulder 10 times.
- Gently tilt your head toward your right shoulder.
- Repeat on the same sequence on your left side.

6. Seated Lower Back Expansion based on Alexander & Feldenkrais Principles (Feldenkrais, 1990; Sentianin, 2018)

- Sit in a chair, lean forward, and rest your elbows on your knees.
- Take a slow, deep breath focusing entirely on feeling the expansion in your lower back

Stand up

7. The Vacuum Breath with diaphragm drop based on Linklater Voice (Linklater, 2006)

- Goal: Feel how the diaphragm naturally drops and pulls air in without any forced effort.
- Place one hand flat on your stomach.
- Blow all of your air out completely on a strong "Fffff" sound until you have absolutely no air left.
- Wait one or two seconds until your body really wants air.
- Completely relax your stomach muscles all at once. Let them go totally soft.
- Notice how the air instantly rushes in like a vacuum. You do not need to pull or suck the air in.

Part 2: Resonance and Tone (15 Minutes)

5. Waking Up the Chest Resonators based on Linklater Voice (Linklater, 2006)

- Goal: Use physical tapping to bring the sound vibrations down into the chest.
- Keep your hands in soft cups.
- Take a breath and begin to hum on a gentle, comfortable, low pitch.
- While humming, gently pat your chest and your upper ribs.
- Notice how the tapping makes the hum feel like it is bouncing inside your chest.
- Change the hum to an open "Ah" sound and keep tapping. Feel the vibration traveling through your bones.

6. Chewing the Sound based on Lessac and Linklater Principles (Lessac, 1997; Linklater, 2006)

- Goal: Release jaw tension and use physical sensation to bring the sound forward to the mask.
- Pretend you have a massive piece of bubblegum in your mouth.
- Start chewing it in a very exaggerated, sloppy way. Let your jaw move in circles and your lips stretch.
- While you are chewing, hum loudly on an "Mmm" sound.
- As you hum, focus entirely on trying to tickle the tip of your nose and the inside of your eyeball cavities with the sound vibration.

- Then, open your lips and start making sounds like "Mah", "Maw", and "Moo" while continuing that big chewing motion and keeping that tickle in the front of your face.

7. The "V" and "Z" Buzz based on Lessac Principles (Lessac, 1997)

- Goal: Energize the breath support and focus the sound at the front of the mouth.
- Sing a simple descending 5-note scale.
- Use the sound "Vvvv" (like the letter V) on every note. Make sure your top teeth are resting lightly on your bottom lip to create a strong, tickling buzz.
- Sing the melody again using the sound "Zzzz" (like a bee). Focus on the vibration right behind your front teeth.

Reflective Field Notes Session #5
Video: https://youtu.be/QsNWSULIrd8

- I was modifying side stretching by adding, just like picking up a fruit from a tree up there
- This is the first time with nose drawing, and I took some time to explain the AO joint
- I added liptrill after the seated lower back expansion and short hissing to get the connection of the lower back. I also combine with lip trill as well, apart from hissing. And some sigh on “iiihhh”.
- I asked them to stand and be able to recall that lower back expansion while standing up. Also did the belly drop as well.
- After waking up the chest resonators, i combined it with humming with chewing movements and trying to “fill” the chest resonating chamber with the sound as well.
- When my focus on leading the exercise and paying attention to how the singers are doing, I sometimes missed my exercise list notes. I think I skipped the vvvv and zzzzz exercise unintentionally and went to vocalization exercises.
- Continue with vocalization
    - Bib bib bib Beb Beb Beb Bob Bob Bob (praryngeal)
    - eee EEE aaa (pharygeal), inhalare la voce
    - Staccatto - legato exercise
- I added with doing ee-EEh-ee-Aah while having the tongue out. This was not planned but I think it really help the placement of the voice in the resonator while mitigating tongue tensions. Especially in “Dies Irae” by Trotta, the first part “Dies Irae Dies Illa” that “eee lllaaaaah” I want them to have no tension

SESSION VI:
Sunday, 9 August 2026
This session will be done on a whole day Training Camp

Body & Breath (15 Minutes)

1. The 8-Count Shake Out based on Linklater Voice (Linklater, 2006)

- Shake your right hand for 8 counts, then your left hand for 8 counts.
- Shake your right foot for 8 counts, then your left foot for 8 counts.
- Repeat the whole sequence counting down to 4, then 2, then 1.
- Finish with a gentle, full-body shake to get the blood flowing and wake up your energy.

2. The Quick String Check based on Alexander Technique (Sentianin, 2018; Sethson, 2021)

- Stand with your feet shoulder-width apart.
- Imagine a string pulling up from the arches of your feet through the top of your head.
- Let your head float, do a tiny nod yes and no, and let your shoulders drop completely.

3. The "Shoulder Shrug and Release"/Releasing Upper Girdle Tension based on Linklater Voice (Linklater, 2006)

- Have the choir stand comfortably with feet hip-width apart. On an inhalation, have them gently shrug both shoulders up toward their ears, not with maximum force, but to a comfortable 70% effort.
- On a slow, sighed exhalation, have them drop their shoulders completely and let them "heavy-hang."
- Repeat twice.

4. Nose Circle Drawing based on Feldenkrais and Linklater Principles (Feldenkrais, 1972; Linklater, 2006)

- Goal: Safely release the very top joint of the neck for better head alignment.
- Stay in your floating posture and close your eyes.
- Imagine a very tiny pencil attached to the tip of your nose.
- Draw a circle the size of a small coin on the wall in front of you using only your nose.
- Keep the movement incredibly small and slow. Do not move your shoulders.
- Draw three slow circles to the right, and then three slow circles to the left.

5. The "Arm Swing and Torso Twist"/Releasing Lower Back and Spine based on the Feldenkrais Method and Alexander Technique (Feldenkrais, 1972; Knipple, 2018)

- Keeping the feet planted, have the choir gently twist their torso from side to side, letting their arms swing loosely like empty coat sleeves, allowing the heels to pivot slightly.
- Instruct them to keep their jaw completely loose and let their head float on top of the spine (linking back to your nose-circles).

6. Standing Forward Bend based on Lessac Kinesensics and Linklater Voice (Lessac, 1997; Linklater, 2006)

- Bend over at the waist and let your head and arms hang down toward the floor completely heavy.
- Take a few slow, deep breaths in this position to safely stretch your back without getting dizzy.
- Roll back up one vertebrae at a time very slowly back to a normal standing position.

Resonance and Tongue (15 Minutes)

7. The "Yawner-Sigh with Jaw Drop"/ Releasing the Pharynx and TMJ based on Lessac and Linklater Principles (Lessac, 1997; Linklater, 2006)

- Goal: Opening the pharynx and releasing the temporomandibular joint (TMJ).
- Guide the choir into a silent, internal yawn to naturally lift the soft palate and drop the base of the tongue, followed by an audible, relaxed sigh on an "ah" sound. Remind them to check that their back molars are separated.
- Vocal Connection: Directly counters the swallowing reflex (suprahyoid tension) that pulls the larynx upward, ensuring an "open throat" resonance for competition repertoire.

8. The Big Tongue Stretch based on Linklater Voice (Linklater, 2006)

- Stick your tongue out as far as it can comfortably go, pointing it straight down toward your chin.
- Keep your jaw relaxed and open.
- Take three easy, deep breaths in this stretched position.

9. The Dog Pant based on Linklater & Lessac Principles (Lessac, 1997; Linklater, 2006)

- Stand tall with your jaw dropped completely open.
- Let your tongue rest heavily on your bottom lip.
- Breathe quickly in and out, like a happy dog panting.
- Feel how this instantly wakes up your abdominal muscles and gets your breath moving freely.

10. Lip Trills general Somatic Practice based on Fitzmaurice and Lessac Principles (Grama et al., 2024; Watson & Nayak, 2015)

- Place your fingers lightly on your cheeks, gently pushing them forward to take the weight off your lips.
- Do a lip trill (buzzing the lips together).
- Glide smoothly from the bottom of your vocal range to the top, and back down.
- Focus on keeping the air perfectly steady the entire time.

11. The Wah Wah Jaw Shake based on Linklater Principles (Linklater, 2006)

- Sing a simple 5-note scale on the word "Wah".
- While singing, use your hands to softly bounce your jaw up and down.
- Make sure your jaw muscles are completely relaxed and doing absolutely no work. Let your hands do all the moving.

Reflective Notes on Session #6 (9 August 2026)
Video: https://youtu.be/La0RWr2Sd9A

- This session was being done at the beginning of the choir's one whole-day training camp on Sunday the 9th, we had this special training camp for preparation for participating at the competition.

- I kept my session as usual (around 15 minutes somatic and continue to vocal, so in total all roughly around 30 ish minutes) but that day maybe I went a bit slightly more, knowing that we had more time that day (the whole day)

- One of the participants came to me and talked to me directly about how she felt that the exercises were really useful, and that she compared this with her rehearsal session at another choir where she also belongs to. She said that the director there also mentioned the similar theoretical principle that "singing must be connected to the body, that singing is physical, that there should be no tensions" but she said that she didn't get the exercise there other than all the discussion of that "theoretical" explanations of what was should be happen in the body. She said that she felt lucky that in my sessions she got the exercise that she felt really hit what she needs and can relate to those theoretical words she heard. She also mentioned that her most favorite and helpful was the standing (or seating) forward bend roll, and that she has been now doing it quite often when she feels tired at the office or coming off from work at home.

- I missed the arm swing and torso twist. We will do this on the session #7
- I elaborate the tongue stretch into several directions and plus having it move in circle like cleaning teeth with the tongue. They seems to enjoyed this one.
-

SESSION VII
Friday, 14 August 2026

1. **Nose Drawing / AO Joint Release based on the Alexander Technique and Feldenkrais Method** (Dimon, 2018; Feldenkrais, 1972; Pentikäinen, 2022; Phelan, 2021)
    - Stand in a comfortable, neutral posture with your feet shoulder-width apart.
    - Imagine you have a tiny pencil attached to the very tip of your nose.
    - Slowly and gently draw a tiny circle on the wall in front of you with the pencil.
    - Reverse the circle, and then draw a tiny figure-eight.
    - Keep the movement extremely small. This releases the deep muscles at the base of the skull that get very tight from staring at monitors.

2. **Arm Swing and Torso Twist based on the Feldenkrais Method and Alexander Technique** (Feldenkrais, 1990; Knipple, 2018; Paparo, 2022; LeBorgne & Rosenberg, 2014)
    - Stand with your feet a bit wider than your shoulders, keeping your knees soft and bouncy.
    - Let your arms hang completely heavy and loose.
    - Begin to turn your upper body from left to right, letting your arms swing freely and naturally wrap around your body.
    - Allow your hips and knees to pivot with the movement. This wakes up the spine, gets the blood flowing, and shakes off the sluggish feeling of sitting all day.

3. **Standing Forward Bend / Roll Down based on Fitzmaurice Voicework and The Vocal Athlete** (Morgan, 2012; Paparo, 2022; Yurchak, 2019; LeBorgne & Rosenberg, 2014)
    - Come back to a still, standing position.
    - Slowly drop your chin to your chest and roll your upper body down toward the floor, keeping your knees slightly bent.
    - Let your arms and head hang completely heavy like a ragdoll. (Note, if anyone feels dizzy, they can bend halfway and rest their forearms on their thighs).
    - Take a few slow, deep breaths into your back to stretch the spine, then press your feet into the floor and slowly roll back up.

4. **TMJ/Jaw Massage based on Feldenkrais & Linklater Method** (Knipple, 2018; Linklater, 2006)
    - Once you are standing tall, let your jaw drop open completely, letting gravity do the work.
    - Bring your fingertips to your jaw joints, right in front of your earlobes.
    - Gently massage the muscles in small, slow circles.
    - Let out a soft, lazy sigh while you massage, releasing the stress of the workweek that gets locked in the jaw.

5. **The Release, Soft Jaw and Melted Tongue based on Linklater and Feldenkrais Method** (Knipple, 2018; Linklater, 2006)
    - Take your hands away and let gravity continue to pull your jaw wide open.
    - Imagine your tongue is a heavy, wet sponge and let it sink completely into the floor of your mouth.
    - Take a few easy breaths through this soft, open mouth.

6. **The Inhale, Linklater Belly Drop based on Linklater Voice and Feldenkrais Method** (Linklater, 2006; Knipple, 2018)
    - Blow all your air out on a strong "Fffff" sound until you are completely empty.
    - Wait one second, then completely relax your stomach muscles, letting the air naturally fall back in.

7. **The Exhale, Feldenkrais Core Support** (LeBorgne and Rosenberg, 2019; Paparo, 2022)
    - Place your fingertips on your very low belly.
    - Take your relaxed Belly Drop breath in, then let the air out on a slow "shhh" sound.
    - Notice how your low belly gently pulls inward to support the air.

8. **Fitzmaurice Core Consonant Pulses** (Yurchack, 2019; Morgan, 2012)
    - Keep your fingers on your low belly.
    - Make sharp, rhythmic, unvoiced sounds like "Ts, Ts, Ts, Ts".
    - Focus entirely on the sensation of the low belly snapping inward like a rubber band on every single pulse, and instantly releasing outward to let the air back in.

9. **Lessac Staccato-Legato Buzz** (Lessac, 1997)
    - Now, add pitch to that bouncing belly. Sing a 5-note scale going up using short, detached, nasal syllables like "Mee" or "Noo". Make sure the belly bounces inward for every single note.
    - As soon as you hit the top note, switch immediately to a smooth, connected, legato glide all the way back down on a sustained "Meeeee".
    - Keep the exact same forward, bright placement during the smooth phrase that you had during the bouncy phrase.

Field Notes on Session #7:
Video: https://youtu.be/0-BFw0lj1MU

- We don't get good attendance on this day, (only 24 persons out of the 42)
- I addd shake shake in the beginning hands shake and legs shake. Then on to the AO joint/nose drawing. I added roating head but only half-way. And also breath in and sigh
- This is the first time we use the arm swing, I added new name for it: the Ondel-Ondel (Jakarta's traditional giant puppet, who is shaking kind on similar with the exercise we were doing) - apparently it is quite entertaining at certain degree as they feel related to the exercise, because they know "ondel-ondel". I might use this again for next sunday
- At the moment, I am thinking of keeping the forward roll bend at all session. Although it may starting to feel kind of boring.
- I missed the melted tongue today, I forgot, or missed look at it on my exercise plan. I will make sure to do that on Sunday
- I introduced new approach that may not has relationship with the research. Whe we do lip trill there's area (between nose and upper lips) that tickles, I asked them to sing through that ticklish area. Their sound became very resonant. I combined this with the belly drop. So Belly drop then that one (singing eeee--- aiming to cut through the liptrill's tickle area)
- After the Lessac Staccatto-Leagato Buzz i continue with iii eee, and iii oooo (so vowels only without the mm) and asked them also to sing through the liptrill's ticklish spot.
- I just realised that I only did a total of 21 minutes of warm up. Perhaps because that Friday we were starting later than normal, and I was worry that I had to catc up with target materials.

SESSION VIII
Sunday, 16 August 2026

1. **The 8-Count Shake Out based on Linklater Voice** (Linklater, 2006)
    - *Goal: Get the blood flowing and release trapped nervous energy.*
    - Shake your right hand and arm vigorously while counting out loud from 1 to 8. (1, 2, 3, 4, 5, 6, 7, 8!)
    - Do the same with your left hand and arm.
    - Shake your right leg and foot for 8 counts.
    - Shake your left leg and foot for 8 counts.
    - Repeat the whole sequence counting to 4. Then count to 2. Then just 1!
    - Finally, do a gentle whole-body shake for a few seconds.

2. The Quick String Check based on Alexander Technique (Hilmer, 2013; Singwell, 2024; Ward, 2020)
- *Goal: Find the aligned posture from Session 1 quickly.*
- Stand with your feet shoulder width apart.
- Take a few seconds to imagine the string pulling up from the top of your head.
- Let your body grow tall naturally, drop your shoulders, and find your neutral pelvis.

3. **Nose Drawing / AO Joint Release based on the Alexander Technique and Feldenkrais Method** (Dimon, 2018; Feldenkrais, 1972; Pentikäinen, 2022; Phelan, 2021)

- Stand in a comfortable, neutral posture with your feet shoulder-width apart.
- Imagine you have a tiny pencil attached to the very tip of your nose.
- Slowly and gently draw a tiny circle on the wall in front of you with the pencil.
- Reverse the circle, and then draw a tiny figure-eight.
- Keep the movement extremely small. This releases the deep muscles at the base of the skull that get very tight from staring at monitors.

4. **Arm Swing and Torso Twist based on the Feldenkrais Method and Alexander Technique** (Feldenkrais, 1990; Knipple, 2018; Paparo, 2022; LeBorgne & Rosenberg, 2014)

- Stand with your feet a bit wider than your shoulders, keeping your knees soft and bouncy.
- Let your arms hang completely heavy and loose.
- Begin to turn your upper body from left to right, letting your arms swing freely and naturally wrap around your body.
- Allow your hips and knees to pivot with the movement. This wakes up the spine, gets the blood flowing, and shakes off the sluggish feeling of sitting all day.

5. **Standing Forward Bend / Roll Down based on Fitzmaurice Voicework and The Vocal Athlete** (Morgan, 2012; Paparo, 2022; Yurchak, 2019; LeBorgne & Rosenberg, 2014)

- Come back to a still, standing position.
- Slowly drop your chin to your chest and roll your upper body down toward the floor, keeping your knees slightly bent.

- Let your arms and head hang completely heavy like a ragdoll. (Note, if anyone feels dizzy, they can bend halfway and rest their forearms on their thighs).
- Take a few slow, deep breaths into your back to stretch the spine, then press your feet into the floor and slowly roll back up.

6. **The Release, Soft Jaw and Melted Tongue based on Linklater and Feldenkrais Method** (Knipple, 2018; Linklater, 2006)

- Take your hands away and let gravity continue to pull your jaw wide open.
- Imagine your tongue is a heavy, wet sponge and let it sink completely into the floor of your mouth.
- Take a few easy breaths through this soft, open mouth.

Modified with added vocalization on melted tongue, soft jaw.

7. The "Yawner-Sigh with Jaw Drop"/ Releasing the Pharynx and TMJ based on Lessac and Linklater Principles (Lessac, 1997; Linklater, 2006)

- Goal: Opening the pharynx and releasing the temporomandibular joint (TMJ).
- Guide the choir into a silent, internal yawn to naturally lift the soft palate and drop the base of the tongue, followed by an audible, relaxed sigh on an "ah" sound. Remind them to check that their back molars are separated.
- Vocal Connection: Directly counters the swallowing reflex (suprahyoid tension) that pulls the larynx upward, ensuring an "open throat" resonance for competition repertoire.

8. The Big Tongue Stretch based on Linklater Voice (Linklater, 2006)

- Stick your tongue out as far as it can comfortably go, pointing it straight down toward your chin.
- Keep your jaw relaxed and open.
- Take three easy, deep breaths in this stretched position.

9. The Dog Pant based on Linklater & Lessac Principles (Lessac, 1997; Linklater, 2006)

- Stand tall with your jaw dropped completely open.
- Let your tongue rest heavily on your bottom lip.
- Breathe quickly in and out, like a happy dog panting.
- Feel how this instantly wakes up your abdominal muscles and gets your breath moving freely.

Modification: added vocalisation staccato

10. **Standing Knee Lift**

- Have the singers stand tall and slowly lift one knee up toward their chest.
- hold it gently with their hands for a brief second to stretch the lower back, and then drop the foot back to the floor while letting out a heavy, relaxed "Huhhh" sigh.
- Alternating legs gets the blood flowing and naturally drops the breath low into the body.

Fields Notes on Session #8
Video: https://youtu.be/IZflyKHAB_s?si=kC518wjeX741i2oX

- Added Body Tapping
- I added shake shake
- I somehow feel that this body tapping and shake shake is really relieving, and so I think i want to always include that in my session from now on.
- I added belly drop. I feel like I always need to remind them to access their lower singing support.
- I used a lot of a combination of legato and staccato singing
- My mind is all about the competition. Making sure they will able to sing well.

SESSION IX
Sun, 23 August 2026

1. Neutral Pelvis and Free Legs based on the Alexander Technique (Alexander, 1932; Carter & White, 2019)

- Stand comfortably with your feet shoulder-width apart.
- Try sticking your bottom all the way out. Notice how it tightens your lower back.
- Now, tuck your hips all the way forward under your body.
- Finally, find the comfortable middle spot between those two extremes. This is your neutral pelvis.
- Let your legs feel completely relaxed from the hip joints down.

2. Floating Shoulders based on the Alexander Technique (Cacciatore, Johnson & Cohen, 2020)

- Bring your shoulders all the way forward.
- Then, pull them all the way back.
- Next, pull them all the way up to your ears.
- Open your palms to face the front.
- Take a breath out and let your shoulders completely drop down.
- Let your shoulders stay open and relaxed, like they are floating on top of your ribs.
- Simply let your hands turn naturally to rest at your sides.

3. The Monkey Position based on the Alexander Technique (Sentianin, 2018; Sethson, 2021)

- Start from your tall, floating posture.
- Bend your knees slightly so they are bouncy.
- Hinge your upper body forward from your hip joints, not from your waist. Keep your back long and straight.
- Let your arms hang completely loose in front of you.
- Take a few easy breaths in this position. Notice how your back feels naturally wider without having to roll all the way to the floor.
- Press your feet into the floor to stand back up, keeping that wide feeling in your back.

4. Diaphragmatic Impulse / The "Sniff" based on Linklater Voice (Linklater, 2006)

- *(*Place your hands lightly on your lower stomach.
- Take a quick, short sniff of air in through your nose, as if you are smelling something suddenly.
- Notice how your stomach naturally pops outward.
- Release the air on a soft "ffff" sound. Let your stomach relax back inward.
- Do this 3 or 4 times.

5. The See-Saw "Ah" Release based on the Feldenkrais Method and Alexander Technique (Capalbo, 2024; Feldenkrais, 1972)

- Sit or stand comfortably. Place one hand flat on your upper chest and the other hand flat on your lower stomach.
- Let your jaw drop open completely, as if you are slightly sleepy. Make sure the tip of your tongue rests softly behind your bottom front teeth.
- Take a gentle breath in, and push only your stomach out. Keep your chest totally still under your top hand.
- Let the air out with a very soft, whispered "Ah" sound. Let your stomach relax back in.
- Take another gentle breath in, but this time lift only your chest. Keep your stomach totally still under your bottom hand.
- Release the air again with that same sleepy, whispered "Ah" sound. Let your chest relax back down.

6. Freeing the Tongue with "La" and "Yuh" based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006)

- Let your jaw drop open slightly, just like a lazy sigh.
- Keep your jaw completely still and heavy. It should not move up and down at all.
- Sing the melody do-re-mi-re-do using the syllable "La". Let only the tip of your tongue do the moving.
- Repeat the same melody using the syllable "Yuh". Feel how the middle of the tongue does the work while the jaw stays completely relaxed.

7. Waking Up the Soft Palate with "Guh" or "Ga" based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006)

- Keep your neck relaxed and your jaw hanging gently.
- Imagine a small drum at the back of the roof of your mouth.
- Sing the arpeggio melody do-mi-sol-DO-DO-DO-DO-sol-mi-do using the syllable "Guh" or "Ga".
- When you reach the top notes, feel the back of your tongue lightly tapping that imaginary drum.

8. The "Y-Buzz" based on Lessac Kinesics (Grama et al., 2024; Lessac, 1997)

- Create a very tiny, narrow opening with your lips, as if you are sipping from a tiny straw.
- Sing a sustained, buzzing "Yeeeee" sound on a comfortable, medium pitch.
- Focus entirely on feeling a highly concentrated vibration on your hard palate, right behind your upper front teeth and on the lips themselves.
- Slide the pitch gently up and down, making sure the intense, tickling buzz never leaves the front of your face.

Field report Session IX:

- I added body tapping
- I added nose drawing
- I added roling head halfway to the left halfway to the right
- On the monkey position, some one is currently in first trimester pregnant and one of the members was a bit concern, so I modified into the seating position.
- I myself feelt my neck really good.
- I added forward bent roll
- I added belly drop
- I added liptrill
- I modified the sniff exercise, continuing to Hee eehh heee eeeeh heeee
- La ya ga i combined them into la la la la la ya ya ya ya ya guh guh guh guh .. to cut the time.

SESSION X (Final Session)
Fri, 28 August 2026

1. Neutral Pelvis and Free Legs based on the Alexander Technique (Alexander, 1932; Carter & White, 2019)

- Stand comfortably with your feet shoulder-width apart.
- Try sticking your bottom all the way out. Notice how it tightens your lower back.
- Now, tuck your hips all the way forward under your body.
- Finally, find the comfortable middle spot between those two extremes. This is your neutral pelvis.
- Let your legs feel completely relaxed from the hip joints down.

2. Floating Shoulders based on the Alexander Technique (Cacciatore, Johnson & Cohen, 2020)

- Bring your shoulders all the way forward.
- Then, pull them all the way back.
- Next, pull them all the way up to your ears.
- Open your palms to face the front.
- Take a breath out and let your shoulders completely drop down.
- Let your shoulders stay open and relaxed, like they are floating on top of your ribs.
- Simply let your hands turn naturally to rest at your sides.

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- Start from your tall, floating posture.
- Bend your knees slightly so they are bouncy.
- Hinge your upper body forward from your hip joints, not from your waist. Keep your back long and straight.
- Let your arms hang completely loose in front of you.
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- Notice how your stomach naturally pops outward.
- Release the air on a soft "ffff" sound. Let your stomach relax back inward.
- Do this 3 or 4 times.

5. The See-Saw "Ah" Release ... based on the Feldenkrais Method and Alexander Technique (Capalbo, 2024; Feldenkrais, 1972)

- Sit or stand comfortably. Place one hand flat on your upper chest and the other hand flat on your lower stomach.
- Let your jaw drop open completely, as if you are slightly sleepy. Make sure the tip of your tongue rests softly behind your bottom front teeth.
- Take a gentle breath in, and push only your stomach out. Keep your chest totally still under your top hand.
- Let the air out with a very soft, whispered "Ah" sound. Let your stomach relax back in.
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- Release the air again with that same sleepy, whispered "Ah" sound. Let your chest relax back down.

6. Freeing the Tongue with "La" and "Yuh" ... based on Linklater and Lessac Principles (Lessac, 1997; Linklater, 2006)

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- Focus entirely on feeling a highly concentrated vibration on your hard palate, right behind your upper front teeth and on the lips themselves.
- Slide the pitch gently up and down, making sure the intense, tickling buzz never leaves the front of your face.

FIELD NOTES SESSION X
Recording: https://youtu.be/Q9czeHTIWcs

- I added nose drawing
- I added Ondel-Ondel execise
- I also modified a bit with some breathing support exercises: short hissing and long hissing.
- I replaced the monkey position with Linklater's forward bend roll
- I added sigh release, as this session is very close to our competition date
- I am trying to spend more time on the vocal and resonance, as today we are counting days away from the competition date.
- After the Y-buzz "Yeeeeee" I also added the oooo. This back-vowels (as with "aaah") often make singers sounding not forward enough, I tried to bring the placement of "yeeeee" when they sing "ooooh" and "aaah"
- I added a little bit of chord/ear training.