



BENEFITS OF A GOOD POSTURE IN CELLO PLAYING:  
THE RELATION BETWEEN POSTURE AND QUALITY  
OF PERFORMANCE

MOHD IQBAL BIN MOHD HISHAM  
2009119863

BACHELOR OF MUSIC PERFORMANCE WITH HONOURS  
FACULTY OF MUSIC  
UNIVERSITI TEKNOLOGI MARA SHAH ALAM

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## DECLARATION OF AUTHORSHIP

"I declare that this thesis is the result of my own work except the ideas and summaries which I have clarified their sources. This thesis has not been accepted for any degree and has not concurrently submitted in candidature of any degree."



.....  
**Mohd Iqbal bin Mohd Hisham**  
Faculty of Music  
University Teknologi Mara

## ABSTRACT

This study was carried out to address the benefits of posture in cello playing in relations between posture and quality of performance. A total of five (5) respondents was selected to be interviewed during the period given of the study. A set of interview was designed and conducted to gain primary data from the respondents. A non-participant observation was also selected to be one of the data collection method in this study. From the overall findings, the study showed that there was two benefits gained by an appropriate posture in cello playing related towards the posture and the quality of performance. The study also carried out the causes that prevent cellists from executing the right posture while playing and the effects when cellists neglecting the right posture. In conclusion, the study the benefits towards posture in cello playing was addressed. Hence, recommendation for further research is included in this study.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Background of the study

Posture, by means is a carriage of the body as a whole, the attitude of the body, or the position of the limbs, which are arms and legs (Posture). Whether the adults or young musicians, majority of them have been acknowledge the importance of body posture since they started playing their instrument. A good musician's posture will linked with how he looks, how he feels about his own body, and the sounds that the musician producing when playing. Horvath, (2004), stressed out that when posture is "good", bones are properly aligned and joints, muscles, ligaments, and tendons are strain-free, it will promoting movement efficiency and stamina.

For example the woodwind musician that starts with an appropriate execution on posture will usually have it to be broad chest cavity when they play. The reason is simple, just to allow a good breathing for inhalation. To play a musical instrument, such as violin of flute, requires controlled, adequate movements performed by the arm, hand and fingers in an asymmetric playing posture. (Edling, 2009). For centuries, musicians has counters massive numbers on problems concerning about inappropriate posture. An interviewed conducted by Rosert-Llobet, (2000), focusing on 1,639 musicians from Catalonia, Spain reported that 77.9% of the interviewees currently having or having had some problem during their career and that in 37.3%, it had affected their capacity to play, with the musculoskeletal system being the most commonly involved.

What can be define as 'good' and 'bad' body posture? and how can a musician know that they are executing the right position for their body? This can be quite confusing for young musicians to understand exactly on how to obtain the most suitable position for themselves. Every individual has their