

**UNIVERSITI TEKNOLOGI MARA**

**MANAGING VOCAL HEALTH AMONG SINGERS:  
VOCAL STUDENTS OF MUSIC FACULTY,  
UNIVERSITI TEKNOLOGI MARA**

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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 accepted for any degree and is not concurrently submitted in candidature of any degree."

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## **ABSTRACT**

### **MANAGING VOCAL HEALTH AMONG SINGERS: VOCAL STUDENTS OF MUSIC FACULTY, UNIVERSITI TEKNOLOGI MARA**

Vocal health is an important concern for all of us. The ability to use our vocal chords is one of the priceless gifts from our creator that cannot be obtained or invented by ourselves. We depend on it to deliver speech, to sing and to communicate. The process of producing sounds is not as complicated as understanding how delicate our vocal folds are. Confusion occurs because of lack information on vocal health published in the mass media or even printed media. Thus, this study will show the differences between students way of taking care their voices. It will reveal the Malaysian singers' daily singing habits and lifestyle which will affect their vocal health sooner or later whether in good or bad results. The study will explain the sample's characteristic and profile with their singing habits and lifestyle, and the common vocal problems that they faced with the suitable method or ways to overcome it. It is hoped that it will benefit everybody in all kinds of profession especially vocal students and new singers to help them in maintaining their vocal health through the information gathered from the study. This research is important as it will also give an idea about the common or uncommon vocal problems and its causes and how to overcome it. This is a small scale investigation in finding out on how the vocal students take care of their vocal health through their daily singing habits and lifestyle. The subjects for this research are limited to only 40 random vocal students from diploma and degree program from the Music Faculty of Universiti Teknologi MARA.