

**UNIVERSITI TEKNOLOGI MARA**

**SELF-REGULATION IN PRACTICE  
AMONG UNDERGRADUATE VOICE  
MAJORS**

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## ABSTRACT

This study aims to investigate how realistic strategies and motivation can be developed through careful planning of self-regulation in the vocal practice of undergraduate voice majors. Additionally, this study aims to investigate how vocalists train their skills using a wide range of practice strategies at various levels of experience while employing multiple approaches. Research data were collected through previous studies where the research goal looked at the possible way undergraduates self-regulate their practices to enhance musical skills development. However, students are expected to become more self-reliant in their education, even though the goal is to help them develop the skills they need to continue their education throughout their lives.

Many studies suggest that developing self-regulated learning strategies helps learners prepare for lifelong learning and transfer skills, knowledge, and abilities between contexts and areas. However, there are still various ways of practice that are useful in improving vocal technique while at the same time applying effective self-regulation. If singers cultivate each of them enthusiastically, the method will come together tenfold faster than not trying. The singer may have excellent technique, but without a practice plan, improving their singing quality will not be easy. These are all related to what singers can practice and apply in every practice.

Research has shown that self-regulated practice positively affects the singing performance of undergraduate vocal majors. Application of self-regulation learning strategies, such as goal setting and self-monitoring, showed improved pitch accuracy, intonation, and vocal control. The role of educators in teaching students self-regulation skills to undergraduate students can provide practical and valuable tips for improving their academic achievement and performance. Often when musicians or music students perform, the performance can reflect on their practice habits or how they regulate their music practice. It shows that when applying self-regulation in musical practice, one must have enough practice in every aspect, not only physically but mentally as well, without neglecting the importance of physical health. Well-developed self-regulation practice will lead students to have reasonable control of themselves. As a result, the basic principle of academic attainment in students should be in such a way that they accomplish the desired educational performance while also increasing their self-regulation skills.

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## TABLE OF CONTENTS

	<b>Page</b>
<b>AUTHOR'S DECLARATION</b>	<b>ii</b>
<b>ABSTRACT</b>	<b>iii</b>
<b>ACKNOWLEDGMENT</b>	<b>iv</b>
<b>TABLE OF CONTENTS</b>	<b>v</b>
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Problem Statement	2
1.3 Research Objectives	4
1.4 Research Questions	4
1.5 Significant of the Study	5
1.6 Scope of the Study	5
1.7 Research Methodology	5
<b>CHAPTER TWO: DEVELOPMENT OF SELF-REGULATION IN MUSIC PRACTICE</b>	
2.1 Significance of Self-Regulation in Music Practice	7
2.2 Essential Components in Music Learning	8
2.3 Strategy selection in Music Practice	11
2.4 Behavior Change in Music Practice	14
<b>CHAPTER THREE: METACOGNITION IN EDUCATION</b>	
3.1 Cognitive Relation in Music Learning	16
3.2 Social Cognitive in Self-Regulation Practice Strategies	19
<b>CHAPTER FOUR: MOTIVATION IN MUSICAL PRACTICE</b>	
4.1 Role of Motivation in Music Learning	21
4.2 Physical and Mental Practice in Singing	23
4.3 Self-efficacy in Singing Practice	27

**CHAPTER FIVE: SELF-REGULATION LEARNING IN VOCAL MUSIC  
PRACTICE AND PERFORMANCE**

5.1 The Theory of Vocal Music Training	28
5.2 Music Teaching Demonstration and Application of Practice Strategies	29
5.3 Self-Regulation in Vocal Musical Expression	32
5.4 Chunking Technique in Music Practice	35

**CHAPTER SIX: CONCLUSION**

6.1 Summary	38
6.2 Conclusions	39
6.3 Recommendation	41

<b>REFERENCES</b>	<b>42</b>
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