

# **A Studying of Vocal Techniques for Upper Elementary Students**

**Zhong Qing and Pavinee Teeravut**

Bangkokthonburi University, Thailand

Corresponding Author, E-mail: pavinee.tee@bkkthon.ac.th

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## **Abstracts**

The research propose was to study vocal techniques for upper elementary students.

The research method was qualitative. Based on documents and descriptive analysis to study vocal techniques. Data was collected from September 2022 to September 2023.

The research finding was to study vocal techniques for upper elementary students including breathing, vibrato and staccato, resonance, range, singing emotions and gestures, pronunciation in singing and voice health and protection.. The basis of good singing is correct breathing. Should understand the meaning of the song. Singing practice for singers should include a good understanding of the muscles and organs used in singing. Especially for warming up the voice. You should warm up your voice regularly. Because it will help improve the vocal cords. To improve singing skills, Students should practice vocal techniques regularly. Practice really does make you better. Singing every day strengthens your vocal cords, improves your vocal range, and will gradually lead you to a better vocal tone.

**Keywords:** Vocal; Vocal techniques; Upper elementary students

## **Introduction**

Vocal is the form of music that sung with the human voice. Vocal is a pleasant, continuous and rhythmic sound made by the human vocal cords, together with the mouth, tongue and nasal cavity acting on the breath. Singer should develop regularly singing techniques including; correct posture, breathing control, pronounce sound correctly. These basics will help singer have good vocal techniques. Distorted singing which will cause a sore throat and sore muscles until it couldn't sing.

The development of the economy has attention to music education. Singing is also a subject that receives interest. Wen Xin (2021 :176) mentioned to currently, vocal teaching in Chinese elementary school. Musical aesthetic is the key. Interested is the driving force. Teaching singing should focus on characteristic of music. and personality development.

Music teaching in elementary school is an important part of art education in compulsory education. The curriculum concept and The suggestion of the new standard have put forward new requirement and implementation path for music teaching. In the past years, elementary schools in Qujing city have organized many activities such as singing competition and sports competition. Students interested in music course but some students have singing problem. Singing is controlled by the movement of the muscles of the larynx, vocal cords, and related organs. Upper primary school students use incorrect singing voices, such as breathing incorrectly. This causes the sound to be distorted. Wu Jing. (2019: 5) mentioned to pitch problem that age affects the voice of upper elementary students. Some students are unable to sing in the correct tone. So they are not dare to singing.

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Warming up your voice before starting to sing can help student sing better. It also protects their vocal cords. It's not just about warming up your voice. But you should warm up your body. Singers rely on their breathing to achieve good phrasing and tone. You should establish a habit of warming up your voice. Control your singing technique regularly. Muscles will remember and when learning the correct position or response Singing will be better and easier.

To summary, The researcher was aware of upper elementary students 's singing problems. Therefore, The researcher studie vocal techniques for upper elementary students. In order to improve and develop vocal techniques of upper elementary students in Qujing city, Yunan Province, The People's Republic of China and Teacher can use vocal techniques of upper elementary students for guideline teaching singing.

## **Research Objective**

To study vocal techniques for upper elementary students.

## **Research Methodology**

1. The Methodology of research was qualitative
2. Source of Data : interview and literature review from eight vocal books which were selected by three experts.
3. Three experts verify the research results

## **Research Scope**

Time period: Sep.2022 to Sep.2023

Content: Vocal techniques upper elementary students in Qujing city, Yunan Province, The People's Republic of China

Type of song : English version and Chinese version

Population : Students who study in grade 5 and 6

## **Research Findings**

The title was studying vocal techniques for upper elementary students, the researcher defined the purpose as to study vocal techniques for upper elementary. The analysis results were found as following :

### **1.1 Vocal techniques**

#### **1.1.1 Breathing**

To focus on the diaphragm as the sole mechanism for breathing is actually quite beneficial as it is intricately linked with the myriad of abdominal muscles that contribute to the task. The diaphragm is also one of the largest muscles in the human body and its rise and fall – an accordian-like inhalation and exhalation pattern – provides strong visual imagery for the singer.

When we inhale, the diaphragm descends into the stomach area, pushing down and moving everything out of the way. The intercostal muscles of the rib cage expand sideways resulting in an expansion around the stomach, sides and back.

On exhalation our diaphragm relaxes upwards towards its original position as our lungs empty of air. This is where the abdominal muscles really kick in: they are responsible for the exhalation of breath. The diaphragm merely controls the speed we exhale our breath.

### **1.1.2 Vibrato**

Vibrato is a pulsating tone that goes from slightly above to slightly below the musical pitch. It has an emotional quality, and it's meant to add an expressive touch to the music.

Focus on three parts, One is the stomach, The second is the smiling muscle and the third is the soft palate. Three parts should relax, One is the shoulders and chest, The second is the laryngeal muscles and the third is the chin.

Vibrato is deemed as an alternation in the pitch, but it's also received as a vocal timbre when performed in singing. Some singers describe it as an integral part of the tone, distributed over a group of notes. It's still a deviation in the pitch, though.

### **1.1.3 Resonance**

Vocal resonance may be defined as "the process by which the basic product of phonation is enhanced in timbre and/or intensity by the air-filled cavities through which it passes on its way to the outside air.

Resonance is the intensity/quality of the tone you hear when you sing or speak. It is caused by the reverberation of sound waves from your vibrating vocal cords; depending on how they travel around before exiting your body. ie if focusing on head voice which cavities in your skull the sound waves bounce off.

### **1.1.4 Range**

Vocal range is a measurement of distance from the lowest note to the highest note that a person can sing. Vocal range is very helpful in defining a singer's voice type (Bass, Tenor, Alto, Soprano, for example), measuring vocal progress over time and choosing songs and repertoire that fit a singer's voice.

Although many singers have a wide range and can produce higher or lower tones, from an artistic point of view only a range of two or two and a half octaves is acceptable, and singers who can sing music in four or five octaves are still relatively rare. Mezzo-sopranos can also sing high C, but the quality of sopranos singing high C is much better than mezzo-sopranos. (Meribeth Bunch Dayme, 2009:70-71)

### **1.1.5 Singing emotions and gestures**

Good singing posture requires the body to be upright and balanced, which is the beginning of effective breathing and the basis for proper singing. The following points should be observed when standing: head up, face forward, chest up but it is not rigid. Stand with your feet together or slightly apart and do not tense your knees too tightly backwards.



Figure 1 Properly standing posture when singing: front



Figure 2 Properly standing posture when singing: sideways

The wrong posture needs to be corrected: wrong head position, hunched back, collapsed chest, too much forward projection of the lower back, locked and stiff knees. Forward head extension can cause compensatory back flexion and abnormal pelvic position. Speaking or singing with the head extended forward or with the chin protruding forward can be ungainly and lead to abnormal pharyngeal position when speaking and singing.



Figure 3 Wrong standing style , slouched shoulders and hunched back



Figure 4 Proper Sitting Posture

It is important to be free and relaxed during the performance, to have the confidence and naturalness that comes from knowing and understanding the piece and the personal touch that draws the audience's attention. Three conditions are needed to sing convincingly: concentration, clarity of purpose and confidence. When a singer is focused and clear in his purpose, he can sing with ease and confidence. The performance should be positive and sung in a state full of life and vitality, not in a depressed, downcast or sullen mood.

#### **1.1.6 Pronunciation in singing**

The most important component of the vocal apparatus is the larynx. The larynx is a tubular cavity made up of a variety of cartilages, muscular ligaments, fibrous tissues and mucous membranes. Vocal training is about training them to be able to adapt to the precise movements of various pitches and speech to produce the required sound. should be pronounce the correct position and correct sound. (Wang Shikang, 2008: 15-30)

### 1.1.7. Voice health and protection

Don't talk in whispers which can cause vocal fatigue, and avoid long conversations in areas with noise, dust and smoke. Avoid clearing your throat before singing. Doing the necessary warm-up before rehearsals will help you avoid noise strain. Maintain a healthy body and drink 6 to 8 glasses of water a day. Keep your vocal cords lubricated when they vibrate to reduce excessive friction, adequate sleep, Practice singing consistently, Eat healthy foods, including whole grains, fruits and vegetables.

If you experience pain or discomfort while singing, you should stop immediately. Choose your repertoire carefully and avoid music that is fatiguing or intense. Anne Peckham (2009 : 79-89)

## Conclusion

From the results of the study, the findings are discussed as follows:

To study vocal techniques from 8 vocal books. According to the objective 1, It was found that there are 7 outcomes including 1) Breathing , 2) Vibrato and Staccato 3) Resonance 4) Range 5) Singing emotions and gestures 6) Pronunciation in singing. 7) Voice health and protection. The main findings are as follows:

Vocal techniques, There are many different techniques for singing, including correct singing techniques. Warming up your voice before singing. Practicing singing various notes including practicing arpeggios. It can help to sing the notes with accuracy. Techniques for controlling various organs in singing. Every singer should be able to control their body parts. You should practice regularly to avoid tense muscles. The technique of opening the throat will help singers avoid straining their necks. It shifts the focus of singing to the diaphragm, which makes singing more comfortable and less stressful. In addition, choosing songs should be based on your own personality as well. Songs use singing techniques.

Therefore, correct singing is very important. if you don't know these techniques, There may be problems and injuries to your vocal cords when you was singing. Therefore, for correct singing and good technique, one should study and learn more singing techniques. As for singing, There are quite a lot of detailsthere are quite a lot of details. But everyone can improve with proper singing practice. It depends on how serious you are. Continuous singing practice for those interested.

## Discussion

From the results of the study, the findings are discussed as follows:

Vocal techniques for upper elementary students There are many techniques including breathing, vibrato and staccato, resonance, range, singing emotions and gestures, pronunciation in singing, voice health and protection. In order to learn matters better, every technique should be studied. Controlling your breathing and understanding the song's significance are key techniques. Because the basics of singing are knowing the meaning of the song. Every song has a hidden meaning. If you are understand the meaning of the song, The meaning will be clearly conveyed. which corresponds to Tae-seon Cho's article (2012: 372) "Study on Breathing Method for Improving Singing Skills" mention to For vocalists, breathing is more than a simple activity that keeps them alive. Breathing means energy when singing. Through training, it makes it possible to maintain longer breaths which not only strengthen the

expression of songs, but also boost the volume of voice. Moreover, a precise breathing method expands the range of voice as it becomes comfortable to express the lower and higher ranges. This study is about the method that expands one's volume and range to his/her full potential by training, tailored for Asians who naturally have smaller physique than the Westerners. Hence, we suggest systematic training methods including basic posture, abdominal breathing and repetitious training for strength.

Practicing every day is best paired with practice every vocal technique- incorporating all of these elements into your practice will result in better singing and faster.

## Recommendations

1. Should be used 7 vocal Techniques for upper elementary students to develop their singing.
2. The guidelines for 7 vocal Techniques should be created as exercises.
3. 7 vocal Techniques should be developed to advanced level for high school

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