

VOCAL SELF-ASSESSMENT OF Performing arts STUDENTS AFTER USING THE LAX VOX TECHNIQUE

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Abstract

Voice is essential to the professional development of theater actors and the use of warm up vocal techniques, as Lax Vox, can produce positive effects in the prevention of vocal problems and in the rehabilitation process. The objective of this research is to analyze the immediate voice effect of the Lax Vox technique on students of performing arts, as well as to compare the participants' vocal self-assessment data.

Key words:

Voice, actors, Lax Vox.

Introduction

Voice is essential to the professional development of theater actors. Plasticity, flexibility and vocal power are essential features that allow the interpretation of different characters (Amorim, *et al.*, 2012). However, due to the intense routine of rehearsals and acts presentations, there is a risk of vocal damage in the profession development. The use of vocal warm up techniques may contribute to the improvement of vocal quality in these cases. Among those techniques, the use of Lax Vox can produce positive effects in the prevention of vocal problems and during the voice rehabilitation when there are voice disorders (Titze *et al.*, 2002 & Nalesso, 2015).

Results and Discussion

39 performing arts students were invited to participate and divided into two groups: vocal complaint group (CG) and without vocal complaint (WCG).

Chart 1. Distribution of participants into the groups.

	Men	Women	Total
WCG	9	7	16
CG	10	13	23
Total	19	20	39

The subjects have answered the Voice Symptom Scale (VOISS) and then have undergone the vocal technique Lax Vox, as well as the analysis of vocal self-perception, using the five-point Likert Scale (Worst, Bad, Regular, Good, Very Good).

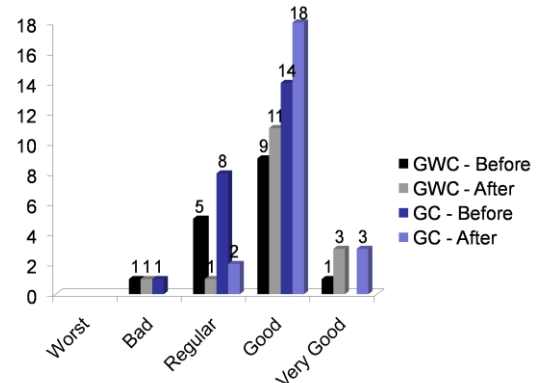
Chart 2. VOISS score before the Lax Vox technique.

Group	Dysphonic Symptoms	Vocally Healthy	Total	Average VOISS Score
WCG	11	5	16	22,25
CG	18	5	23	28

A descriptive analysis of the results have showed that 79.4% of the individuals (31 participants) have noticed a positive effect after using the vocal technique, with a "cleaner voice" sensation and improvement of vocal projection. After exercise, self-perception of the individuals was analyzed and showed that participants

from both groups improved their self-perception of the voice, even in the absence of previous complaints.

Graphic 1. Likert Scale Results



Conclusions

The results show that the effect of the Lax Vox vocal technique was positive, since it was noticed an improvement in the vocal pattern and self – perception of the voice of the individuals, even of those ones who haven't reported any voice complained.

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