

Original Paper

Measures and Recommendations for Teaching Methods of Singing during the Voice Change Period

Zhiyue Wang¹

¹ Tai yigong Street Junior High School, Xi'an, Shaanxi, China

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Abstract

Most of the students who have changed their voices have not received standardised and systematic vocal training and the cultivation of good singing sense, and they will have inconsistent tone, difficult to expand the range, difficult to grasp the pitch, difficult to control the treble voice, and they cannot apply even and coherent breath to sing, etc. If students do not receive correct and scientific singing guidance without systematic and standardised vocal training, their singing level and singing quality will not change significantly. If the students in the period of voice change cannot be guided by correct and scientific singing, and do not carry out systematic and standardised vocal training, the students' singing level and singing quality will not change greatly. This stage of the student singing, sometimes shouting singing but completely ignore the pitch, quality, tone, some students like to false voice without closing the strength of the soft humming, to a slightly higher pitched area of a small number of students will use the falsetto singing up, but the lack of a certain degree of strength and resonance, and some of them with a low octave singing; or because of the failure to grasp the flexible use of the breath of the skills and good habits, the students are often chaotic change of breath, the sound is pale, pale, and the sound is not good. Or because they have not mastered the skills and good habits of using the breath, students often change their breath randomly, and the sound they produce is pale and dry. These phenomena are all caused by the fact that students do not master the basic vocal method, do not develop the habit of singing, and do not know how to use the skills of voice mixing, and so on.

Keywords

voice change period, singing, teaching methods, inquiry, practice

1. Introduction

Singing teaching is an important part of music teaching in primary and secondary schools, and it is also the most acceptable and enjoyable form of expression for primary and secondary school students.

However, in the late primary school and junior high school age students' voice is in the period of voice change, in the period of voice change of the vocal folds will have mild inflammatory oedema, such as external adverse stimuli, easy to cause damage to the vocal folds as well as some of the sequelae affecting the voice, to the adult vocal impact. Therefore, the singing teaching task for students with change of voice becomes more difficult, and they should be more careful and use their voices correctly. As a music teacher, we should fully respect science, correctly understand the special characteristics of students' voice during the period of voice change, and lay a solid foundation with the students' future destiny in mind.

2. Cultivate a Scientific Method of Vocalization

2.1 Focus on the Training of Music Sense and Hearing

The sense of music and hearing plays a decisive role in the process of music education, cultivate their better pitch, rhythm, and other aspects of the sense of music and the ability to distinguish between right and wrong sound, which is the basis for singing good songs.

2.2 Focus on the Training of Singing Posture and Condition

In the period of voice training, to strengthen the correct singing posture and state of the young people's training, for the future singing training to lay a good foundation. In the training, we should have more "six no's": chest does not collapse, shoulder does not lift, head does not tilt, throat does not tighten, breath does not hold, voice does not shout, so as to gradually develop a straight body, a stable centre of gravity, upper chest open, shoulders loose, face natural, full of spirit, singing posture and relaxation and positive singing state.

2.3 Focus on Breathing Training. Breathing Is the Power of Voice, Is the Foundation of Singing

During the teenage voice can be taken to practice breathing after the training method of voice, and practice more silent pure breathing exercises. Both exercise the respiratory muscles, lay a good foundation for singing, but also to enable them to pass through the period of voice change unharmed.

2.4 Focus on the High Position of the Voice and Resonance Training

Correct vocalisation and singing is based on good resonance. The high position of the voice is the best choice for resonance, the high position mainly refers to the head cavity resonance, that is, the head voice. The higher the position of the voice, the more components of the head voice, the more beautiful the tone. Therefore, in the singing training during the period of voice change, it is important for young people to pursue the beauty of tone quality rather than volume, and to learn to sing with a light voice in a high position. By singing softly, the mixed resonance of the middle voice area is established, and then the light voice is used to bring the falsetto and the falsetto is used to bring the head voice. In order to achieve this purpose, in the vocalisation, more weak voice exercises are used; in the choice of vocal exercises, more humming exercises are used; in the choice of scale exercises, more downward broken tone exercises are used; in the choice of vowel exercises, more 'u' vowel exercises are used.

3. Selection of Suitable Vocal Works

Teachers in the teaching process, especially in the selection of teaching repertoire, need to be based on the special characteristics of the students in the period of change of voice and the differences in targeted selection, try to choose suitable for the development of students in the period of change of voice and protection of the repertoire, to do scientific, appropriate and reasonable, to break the traditional depth of repertoire selection and interpretation of the size of the song as a singing teaching the only criterion for the merits and demerits of the judgement. In the teaching process, music teachers need to be realistic and tailored to the needs of the students, first of all, to ensure that the selected repertoire range is within the range of the students' ability to sing, controlled within the octave, and remember to keep it too wide, which is an important basis for ensuring that the students' singing effectiveness is maintained during the period of changing voices. Take the range of the chorus as an example: the high part is between "c1" and "a2"; the middle part is between "a" and "e2"; the low part is between "f" and "b1". And in the process of singing teaching, the volume and strength should be emphasised to avoid students' desperate shouting and singing, which affects the protection of their voices and vocal cords.

During the period of voice change, students' psychology and physiology are in rapid change, gradually becoming mature in all aspects, but in the middle of the contradiction between maturity and immaturity, and they begin to have their own personalities. However, during this period, their voices are characterised by narrow range, low pitch and unstable singing voice. Therefore, when choosing songs, they should pay attention to the fact that the range should not be too wide, the pitch should not be too high, there should not be too strong processing, and they should avoid songs that are too big, too difficult, or adultised. The tunes should not be set too high or too low. For example, girls can sing "Little Basket" in the key of G, "Embroidering the Red Flag" in the key of B-flat, "Ode to Coral" in the key of F-flat, "I'm a Little Singer in the Mountains" in the key of A-flat, "Raindrops" in the key of C, and so on. Boys sing some songs such as "Motherland, Kind Mother" in E flat, "Santalucia" in C flat, "Little Poplar" in F flat, and so on.

Secondly, the content of the selected repertoire is melodious, positive and uplifting, in line with the psychological and physiological development of the age of the students in the period of voice change, and in terms of tunes, they try to avoid melodies of more than five degrees. For example, students are more familiar with "Let's Swing the Oars", "The Sea, My Hometown" and "Song of the Seven Sons" in the music textbook, which are more suitable for students in the physiological and psychological immaturity of the voice-changing period to learn.

Another example is "The Sunshine Always Comes After the Wind and Rain", although it belongs to the pop songs, it is not comparable with other art works from the point of view of the melody of the song, the key lies in the lyrics that can arouse the interest and resonance of the students, so that the students can experience the motivation of the lyrics through the singing of the song, thus breaking the

professionalism as well as the fun of the traditional teaching, and asserting the applicability of the teaching even more.

Finally, for songs with high pitch or high melody, they can be adapted or down-regulated, i.e., combined with the students' changing voice, the melody or pitch of the songs can be reasonably adjusted to meet the voice characteristics and requirements of the students during the period of changing voice.

4. Scientific Use and Protection of the Voice

Recognise the role of health care and establish self-protection awareness. First of all, the development and growth of the vocal cords in the period of voice change is often accompanied by the phenomenon of congestion, so if used for a long time and with high intensity, the health protection of the voice and the vocal cords will inevitably be affected. Therefore, teachers need to design a reasonable teaching programme so that students can have enough rest time for their voices, and make students aware of the importance of sufficient rest, so that they can avoid excessive use of their voices in pursuit of their singing level and ability. Secondly, by introducing students to the correct singing methods and voice protection methods during the period of voice change, we can shorten the period of voice change, make their singing natural and smooth, and promote students to pass through the period of voice change smoothly while protecting their voices. Finally, due to the influence of some external factors, especially a series of respiratory tract inflammation caused by cold and flu and respiratory tract infections, which leads to hoarseness of the voice, we should guide the students to pay attention to the prevention of cold and flu, strengthen the exercise, pay attention to the comprehensive intake of nutrients, eat less spicy food, ensure sufficient sleep, drink more warm boiled water, and focus on jogging here, the jogging movement of the three-step one inhalation is an effective way to train the respiration and lung capacity. The effective way to train breathing is to take three steps and one inhalation in the jogging exercise.

5. Pay Attention to Reasonable Use of Voice

During the period of voice change, teenagers can properly carry out singing training and singing activities, preferably under the correct guidance of teachers. However, it is not advisable to use the voice for too long, because the degree of congestion, oedema and incomplete closure of the vocal folds during the period of voice change is directly proportional to the amount of time spent using the voice, and it is appropriate to use the voice for about 15 minutes at a time; the range of the voice should not be too high or too low, and it is best to use the voice in an octave (slightly higher for girls and slightly lower for boys). The best thing to do is to use your voice in moderation. Never abuse your voice without restraint. Especially in daily life to prevent shouting and crying, so as not to damage the vocal organs.

6. Pay Attention to Protect the Neck

Prevent the neck from catching cold and causing colds and other upper respiratory tract diseases, due to the neck cold caused by colds and other pharyngeal infections, bacteria, viruses, damage to the pharynx, the vocal cords, so that the voice is hoarse, and in severe cases, even cause permanent hoarseness of the voice. Therefore, children and teenagers should pay special attention to the protection of the neck during the change of voice, to avoid the occurrence of the above phenomenon.

7. Pay Attention to Diet

Pay attention to balanced nutrition, eat more vegetables, fruits and protein, fat and other foods, in order to meet the needs of the rapid development of the body during the period of voice change. At the same time, we should pay attention to the diet should be regular and quantitative, do not overeat, especially avoid eating spicy, greasy and too cold and too hot food. Any food that has strong irritation to the vocal organs should not be eaten or eat as little as possible. Don't drink cold water or cold drinks immediately after talking and singing for a long time, in order to avoid that those foods have too strong stimulation to the vocal organs and cause voice disease. Tobacco and alcohol should also be avoided because they pose a direct threat to the vocal organs.

8. Pay Attention to Physical and Mental Health

Vocal organs are an organic part of the human body, especially in the adolescent voice change period, the vocal organs are more sensitive, which part of the human body will affect the healthy development of the vocal organs, to educate young people to correctly understand the phenomenon of voice change period, to avoid unnecessary psychological and mental burden, to help them to overcome all kinds of psychological barriers, to regulate the state of mind and emotions, to prevent excessive The emotions of 'joy, anger, anxiety, thoughts, sadness, fear and shock' should be prevented. The Chinese medical profession said that 'seven emotions cause illness', 'anger and loss of voice', 'sobbing and loss of voice' refers to the psychological factors that cause illness. In short, the youth to maintain good physical and mental health, in order to provide a good physiological basis for the transition of the voice, so that it can be healthy through the period of voice change.

9. Pay Attention to Moderate Exercise

During the period of voice change, for the sake of physical and mental health and growth and development, teenagers should actively participate in a variety of beneficial activities and physical exercise, but not too much exercise and too much strenuous exercise, so as not to aggravate the symptoms of the period of voice change due to overwork.

10. Pay Attention to Life and Living

First of all, we should pay attention to the combination of work and rest, ensure enough sleep, so that the vocal organs can have sufficient rest. Secondly, when girls are menstruating, they should pay attention to resting more and using their voices less. Regularly ask the voice health doctor to check the voice, once found lesions, it can be timely treatment. Insisting on gargling with warm salt water every morning and evening not only prevents inflammation of the throat and tonsils, but also has the effect of anti-inflammatory maintenance of the voice.

11. Reasonable Arrangement of Teaching Sessions

Prolonged singing training will make students' voices damaged because of excessive use of the voice, students in this period of time, the growth rate of the vocal organs is very obvious, and the immature vocal organs will undergo physiological changes. If the singing training is carried out for a long time, it is easy to cause lesions to the vocal organs. Therefore, the teaching sessions should be reasonably arranged for the singing of adolescents during the period of voice change.

Firstly, the time should be reasonably controlled, generally the best singing time is not more than 15 minutes, and there should be a gap in the middle of the singing for the vocal organs, so that they have enough rest time. Secondly, it is necessary to break the traditional concept of long time singing practice as a way to achieve the purpose and effect of singing, and avoid instilling the idea of practicing the voice desperately to improve the singing skills and abilities of the students at the stage of voice changing in the teaching of singing. Once again, the rational use of singing breaks, by using the 15-minute singing time in the gap, singing teaching is divided into two parts, respectively, set in the classroom at the beginning and end of the intermediate time period for the students to interspersed with music games, general knowledge of music, music theory, etc., for the students to provide rest time for the vocal cords, to avoid the students to be in a hurry to make quick successes in the process can be through the study of the basics of music theory, to improve the students' sense of music, Comprehensive music literacy, providing a solid foundation for the improvement of their singing ability and the expression of their emotions. Finally, in the process of singing teaching, instrumental training can be effectively integrated with it, through a variety of teaching forms and methods, to improve the interest of singing teaching, enriching the content of music teaching, while ensuring that the students' comprehensive musical literacy and voice of a reasonable balance.

12. Conclusion

Singing voice training during the voice changing period is a difficult task and the responsibility of every teacher engaged in music education for young people. With the improvement of social living standards, the child's voice changing period is also changing, for the training of the singing method of the voice changing period, it is more important to keep pace with the times and teach according to the needs of the children. Voice training for the period of voice change is a very difficult problem, in the

process of vocal training, because the student's voice is in the stage of mutation, the symptoms of mutation vary from person to person. However, most students' voices go from delicate, sweet, pure and bright light to dull, rough and even a little hoarse. At this time the most taboo shouting and singing to seek volume, if the training method is not right, not only can not improve the ability of adolescents to use their voices, but also damage their tender voice, affecting the smooth passage of the period of voice change. Therefore, teachers engaged in music education for young people must find a suitable singing training method.

1) Teachers need to select the repertoire according to the special characteristics and differences of the students during the period of voice change, and try to choose the repertoire that is suitable for the development and protection of students' voices during the period of voice change, so as to make it scientific, appropriate and reasonable, and to break the traditional depth of repertoire selection and interpretation of the song skills as the only criterion for the judgement of the merits of the singing teaching.

2) Through the scientific method of vocalisation and appropriate vocal works, we advocate students to sing softly to feel the melody and protect their voices. At the same time for the singing strength control, try to use natural, real voice to sing, do not change the voice of the students blindly imitate, resulting in the use of excessive volume and strength damage to the vocal folds.

3) Before singing, familiarise yourself with the lyrics and read them aloud repeatedly, first silently with feeling and then loudly, to deeply understand the content and emotion of the words. The performance of the song requires a lot of students, not only to be able to fully sing the emotions marked on the sheet music, but also to express what is not marked on the sheet music.

4) The teaching of singing for students in the period of voice change should be gradual and should not be rushed, for example, students should not be allowed to sing high notes without the ability to sing high notes or sing songs that are not suitable for the characteristics of the voice in the period of voice change and affect the development of the vocal cords. In practical teaching, we should try our best to ensure that there is practice and that practice is combined with practice.

It is hoped that through this research, teachers can better understand the special characteristics of students' voices during the period of voice change in vocal music teaching, and optimise the singing teaching methods and ideas for the development of students' voices during the period of voice change. At the same time of cultivating and improving the singing teaching ability, focusing on the protection of students' voices and vocal cords, to ensure the smooth transition of the students' voice change cycle in the period of voice change.

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