

A PRELIMINARY STUDY OF TEACHERS' PERCEPTION OF A VOICE CARE PROGRAMME

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ABSTRACT

Teachers are at risk at developing voice problems and report higher rate of voice symptoms compared to other occupations. Voice care programmes have been recommended as a useful means to protect teachers from experiencing voice problems. To date, only a few studies document voice problems among teachers in Malaysia. It is still not known how a voice care programme would be received by teachers. This study endeavours to examine effectiveness of a voice care programme for teachers who reported having voice symptoms. Two different approaches- voice amplification and vocal hygiene instructions were used. Nine teachers with self-reported voice symptoms were selected to participate in this study. They were interviewed before and after the 6-week voice care programme, with particular focus on benefit, voice quality changes and compliance to the programme. Interviews were transcribed and analyzed qualitatively. Teachers recognised the benefits of the voice care programme and they agreed that it improved their voice quality in teaching. They suggested that voice care programmes should have been initiated earlier at teachers colleges to prevent them from developing voice problems in the future. Compliance to the programme however, varied among the subjects studied. This study yields pertinent information that could reduce an occupational hazard in teaching and assist policy makers in making changes to current curriculum for teacher training.

Ooi, B.L. 2010. *A Preliminary Study of Teachers Perception of a Voice Care Programme*. Bachelor of Speech Science Thesis. Universiti Kebangsaan Malaysia.