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Knowledge, Attitudes and Practices Of Indian Classical Singers Towards Vocal Healthcare

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ABSTRACT

Objective: The knowledge, attitudes and practices of Indian classical singers is a dimension that is yet to be explored in detail. The aim of the current study was to explore the knowledge, attitudes and practices amongst Indian classical singers towards vocal health care.

Study design: Cross-sectional online questionnaire-based study.

Method: A cross-sectional online questionnaire-based study design was used to explore the knowledge, attitudes and practices of Indian classical singers towards vocal health care. The study was conducted in two phases, phase I involved questionnaire development and validation while phase II involved collection of data and further analysis.

Results: eighty-two trained self-identified Indian classical singers participated in this study. These singers displayed good knowledge on certain factors, but a lack of understanding in some areas. Positive attitudes towards vocal health care were observed. A preference towards home remedies was noted as compared to seeking medical attention. The measures reported by the singers for maintaining good vocal health revealed several home remedies, vocal as well as non-vocal measures.

Conclusion: The findings of the present study reveal the knowledge and attitude of Indian classical singers towards vocal health care as well as highlight several interesting practices.

KEYWORDS: Indian classical singers; voice; vocal health; India