The Traditional/Acoustic Music Project: A Study of Vocal Demands and Vocal Health

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Grass roots radio station
- Bluegrass, Americana, Classic country, Alternative country, Western swing, Blues, Old Time, Traditional Mountain Music, Bluegrass Gospel, Celtic, and Folk
- www.wdvx.com

WDVX Blue Plate Special
1 hour live concert each weekday at noon
Lobby of the WDVX studio
Broadcast on-the-air and around the world on the web.
**Purpose – Basic Data**

- 54 Item Questionnaire
  - Demographic info
  - Training
  - Performance demands
  - Vocal characteristics
  - Vocal performance
  - Vocal health
  - Vocal hygiene

**Administration**

- Eligibility
  - Must be over 18
  - Must play an instrument and sing during WDVX performance
- Examiner attended concert each noon
- Questionnaire at end of concert
- Deposited in a locked drop box

**Respondents**

- 124 respondents
  - 93 male respondents
  - 29 female respondents
  - 2 no response

Number of respondents by age:

- Age in Years
- Number of Respondents

- <20
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

- Bars indicate number of respondents per age group.
**Styles**

- Bar chart showing different styles.

**Years Training**

- Bar chart showing years of voice training.

**Training**

- Graph showing number of responses against training.

**Performance Issues**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Almost</th>
<th>Sometimes</th>
<th>Almost</th>
<th>Always</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>30</td>
<td>30</td>
<td>37</td>
<td>15</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Rest between sets</td>
<td>24</td>
<td>45</td>
<td>37</td>
<td>16</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Uncomfortably loud</td>
<td>8</td>
<td>27</td>
<td>76</td>
<td>10</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Too high/low</td>
<td>12</td>
<td>41</td>
<td>63</td>
<td>6</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Tired after</td>
<td>9</td>
<td>24</td>
<td>68</td>
<td>19</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Hoarse after</td>
<td>10</td>
<td>29</td>
<td>67</td>
<td>13</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>
Voice Problems

Health Insurance?
- Yes = 73
- No = 42

Would you seek help from a medical professional?
- Yes = 93
- No = 19

Access to Information

Smoking Habits
Important Findings

1. Over ½ -- no training or “self trained”
2. Almost ½ sometimes:
   1. Sing too loud
   2. Sing too high/low
   3. Are tired after performance
   4. Are hoarse after performance
Important Findings

3. Over 1/3 have no health insurance
4. Over ¾ get information about healthy practices from
   1. Fellow musicians
   2. Or don’t get anything