

THE EFFECTIVENESS OF VOICE TRAINING IN RADIO PROFESSIONALS AFTER 15 YEARS

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Abstract:

22 former students of a school for audiovisual communication (RITCS), were included in this study. 11 radio professionals - the study group - received voice training 15 years ago during 18 months; 11 film- and tv directors - the control group - received no specific voice training at all. A multidimensional test battery and a questionnaire on daily habits are applied again after 15 years. The aim of this study is to evaluate the long term effect of voice training after 15 years. Has their voice quality changed? Are the voices better or worse?

The results of the DSI indicate an evolution in both study and control group. The DSI of the study group showed a not significant regression from 4.9 to 3.3; the DSI of the control group on the other hand ameliorated not significant from 2.5 to 3.5. It is important to note that the parameters FoH ($p=0.003$) and Schimmer ($p=0.001$) evolved significantly in the study group only. The G score revealed no significant differences, but the scores indicate a slight significant difference (0.04) between both the groups in favor of the study group. The same results for the VHI: both the groups showed no significant difference when the results of 2000 and 2016 were compared (VHI T study group=6.1 – VHIT control group=4.4); for the VHI P a significant difference was measured between the groups ($p=0.03$) only. The results of the daily habits (smoking, consumption of late meals, vocal abuse and stress) were slightly significant for the study group only: late meals diminished from 36% to 27% ($p=0.06$) and stress evolved slightly significant from 82% to 32% of the radio professionals ($p=0.06$).

Again, this study shows that professionals voice users do not per se take better care of their voices. Voice training in (future) radio professionals is effective in short and in long term. After 15 years a stabilizing positive effect is found, the voices are not ameliorated nor deteriorated. The authors assume that an improvement of voice quality may be incurred if voice training could be repeated after a certain period of time.