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Psychological Perspectives of Singing

Megha Pillai
Research Scholar
Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

Prof. V. Janaka Maya Devi
Head, Department of Music
Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

Abstract

Music is powerful and emotional experience for many people, and singing is an aesthetic calling of the mind. The act of singing is the musical expression of emotions and imagination. It is shown how feelings of competency and social connection can be achieved by placing singing as an important factor in someone's life which enhances potential for positive well-being. For a singer it is both physical and mental aspects. Psychologically, singing helps to reduce stress in the day-to-day life. For a listener also, singing helps to reduce the everyday stress which they face in their life. Many scientific analyses proved that the mental stress relief helps to reduce high blood pressure, low blood pressure, palpitation, shivering and what not. It is all about the benefits of singing and principles. In this article, the researcher has reviewed how far singing and listening helps for health perspectives. This study focuses on the analysis of - aesthetic psychology in singing, psychological factors, psychological quality in singing, physical and mental aspects of singing, Singing and health well being

Keywords: Singing, Music, Listening, Psychological, Mental health

Research Paper

Introduction

Singing is a skill that requires stronger nerve control. It is more than just a type of pronunciation, over-cavity, and articulation supported by vocal organs; it is a comprehensive movement that necessitates the coordination and collaboration of multiple organs in the body. Singers must not only have strong physical quality and healthy vocal organs, but also actively cooperate with psychological ideas and emotions, and this psychological aspect ideal for singing can attain a stable condition through long-term scientific vocal practice. Many people place a greater emphasis on technological advancement when practicing vocal music, ignoring the role of psychological considerations. We frequently meet at the customary vocal music practice.

Methods

The method which is used here is descriptive method where researcher elaborates the aspects, factors, benefits, health well-being aspects of singing in psychological manner.

Discussion

1. Aesthetic Psychology of Singing

The aesthetic theory of music is the relationship between music and perception. Example:- rather than judging one composition is beautiful or why one piece is more beautiful than another, attention shifts to the musical stimuli and the aesthetic psychology of singing is the result of the singer's direct expression of the understanding of the sound or in respect of rhythm, melody, and raga based.

Different people like different timbre and have different views and angles on the beauty of things in life. Music gives people a sense of beauty from the physical to the psychological, sometimes it can be understood, but language cannot be said to be clear, which is a kind of invisible and intangible psychological perception. For singers, such aesthetic psychological feeling is particularly important, and is the key to the success or failure of singing. People's aesthetic consciousness of singing is formed by the influence of their own group. It can be divided into sound, feeling, emotion, image and other aspects of aesthetic.

2. Psychological quality in singing

- **Practice Singing Psychology Correctly:** Many novices find vocal music confusing, as if the teacher stated "breathe ah, support ah," which is difficult to understand and feel a lot of things only through hearing to feelings, often make mistakes, anxiety, or even a loss of confidence. In fact, these are very normal, when we start with a new discipline. To avoid confusion, what we should do is to maintain the confidence and patience, know how we need to cultivate a good tenor and understand that it may take ten years or even longer to learn.
- **Positive singing emotions:** In learning vocal music, good mood will make you get twice the result with half the effort. The most direct and effective way, is to treat every practice as a stage performance. It is important to focus on the details well. For example, do a good job of desk work, understand and memorize lyrics, do positive psychological hints, recall the details of their good play, especially to focus on, wholeheartedly into the artistic conception of the work, with the will to guide the body, in the whole process of singing to eliminate all distractions. Communicate with your teacher when choosing a song. Don't choose too many songs beyond your ability range.
- **Develop Good Singing Habits and Psychological Quality:** Life and art have always been inseparable, as long as the art of living, the art of leading life, one will be able to reach a new height. Habits are particularly important in life, whether it is movies, art, music or dance. After getting the script, the actors must put the role or background into the life experience or see the real people of flesh and blood to study some time to present the performance of the people or things to live, move the audience's heart. When Art students also regularly go to sketch, it is the most direct evidence that art comes from life.

3. Physical and mental aspects of singing

Proper psychological perception of singing is closely connected with physiological skills. Multi-level psychological activities represent brain response to things. The root psychology depends on, is usual concerted activity of nervous system. Vocal singing and peculiar thinking activity have clear relevance. Under the command of brain, proper vocal organs shall be able to cooperate with each other and jointly produce voice. The change of psychology has direct relationship with physiological skills. For example, the singers who sing the first time will get into a panic and nervous. Under such state, singing organs often become rigid, which will result in organ imbalance. Thus, they fail to give play to the preset singing level.

The stages of skill formation divided in three parts –

- The first period is diffusion stage of the excitement process in the initial stage. Those who just learn to sing experience internal and external feeling under strong situation. Such strong feeling will impact original nerve centre, stimulate a large range of excitement within the brain cortex, and create restriction zone. Such proper diffusion of excitement and restriction is not equipped with adept skills. Thus, singers often have rigid limbs and fail to balance the entirety. So, the notes they make are not smooth.
- The second period is differentiation restriction within the internal category. Such restriction gradually expands and confirms clear differentiation. During differentiation enhancement, singing methods with error characteristics are removed. Singers' original skills improve, and the singing state is balanced. The sound will become smoother and more centralized. Singers' original range expands, which creates root for follow-up higher development.
- The third period is subsequent stabilization stage. In this stage, multiple activities of the body promote original harmony. The power of the body cortex is also consolidated. Singing stage under the general architecture gradually tends to harmony. At this moment, the singers integrate sound and emotion and create the optimal artistic conception.

4. Psychological Factors

Singing offers the opportunity for mastery, for a sense of learning, growing, and accomplishing. Even if it seems painfully gradual at times, practice gets you closer to perfect. You become more aware of what's involved in skill development, perhaps in an aspect of life different from your everyday professional life.

Moving more into the cognitive aspects of singing, memorization uses different aspects of our brains. It's something we're accustomed to do as children; as adults, we usually find comfort in clutching our scores

while staring down at those black splotches on the paper. Memorized music, though, demands that we pay attention to what we're singing in a different way. In turn, we connect with our audience in a more intimate and direct way—there's no black folder between the singers and the listeners.

Singing is really a very complex process, involving various areas of our brain: There is the linguistic aspect which is different from vocal production which in turn is different from the sense of line. Add different languages and you get yet more synapses firing, more brain elements in full use.

Public performance can be a manner of communication that is highly specialised with its own techniques for obtaining effects by voice and gesture. However, personal motivation and that derived from the text, and the music (in the case of singing), in combination with the performer's skills, personality and ability to create empathy will determine the success of communication at artistic, political or pedagogic levels.

When speaking in public the voice may indicate unsureness or fright, confidence or calm and at interpersonal levels the tone may reflect ideas and feelings over and above the words chosen, or may belie them. Ultimately it is difficult to hide the way we feel because the listener will, consciously or unconsciously, detect in the sound intuitive sympathy or antipathy, lack of concern or interest, fatigue, anxiety,

Second, the voice gives psychological clues to a person's self-image perception of others and emotional health. Self-image can be indicated by a tone of voice that is confident, pretentious, shy, aggressive, outgoing, exuberant, to name only a few personality traits.

Emotional health is evidenced in the voice by free and melodic sounds of the happy, by constricted and harsh sounds of the angry, and by dull and lethargic qualities in the depressed.

5. Singing And Health well- being

- **Physical Benefits:** Singing exercises the brain, as well as the body. It's particularly beneficial for improving breathing posture and muscle tension and both listening to and participating in choral music has been shown to be effective in pain relief and triggering the release of endorphins.
- **Respiratory Benefits**: Several studies have documented the respiratory benefits of singing, which is not surprising given that singing is all about breath, posture, and phonation when done correctly. Even if you don't do it correctly, it still requires some breathing. Singing involves contracting your diaphragm to regulate muscles on inhalation and exhalation, and whether you're a trained singer or not, the diaphragm engages automatically. One must have controlled breathing in order to sing the following phrases, hold notes, and sing at different pitches.
- **Psychological benefits:** There are many documented psychological benefits in singing. It triggers dopamine, and that's how we feel pleasure. Choral singers report higher scores of positive mood, personal growth, vitality, and sense of purpose.

Conclusion

Singing is interconnected not only with whole physical organisation of the body but also with psychological aspects. Voice is controlled more by psychological part. The singer trains the voice more by voice culture techniques. It will be better if singers do the right thing in the proper manner instead of things which should be avoided. The fundamental skill of singing is physiological skill. Deeper-level singing guidance is psychological experience. It is necessary to attach importance to psychological and emotional changes under potential situations, stimulate vocal music interest. Singers should be aware of all aspects of singing while performing in the stage. The techniques and precautions of making their voice more effective and cautious about health perspectives is the most important factor to be taken care of.

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