

Inhibitions to Singing as Exhibited by College Students

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What were the Objectives?

- 🎵 To investigate university students' inhibitions during the use of their singing voices
- 🎵 To discover the relationship between singing experiences as a child to singing experiences as a university-age student

What was the Method?

- 🎵 A survey was developed to gain insight into the objectives.
- 🎵 A pilot study was administered to 30 university students.
- 🎵 The survey was revised, and an online version was taken by 67 students.



What are some Inhibitions to Singing?

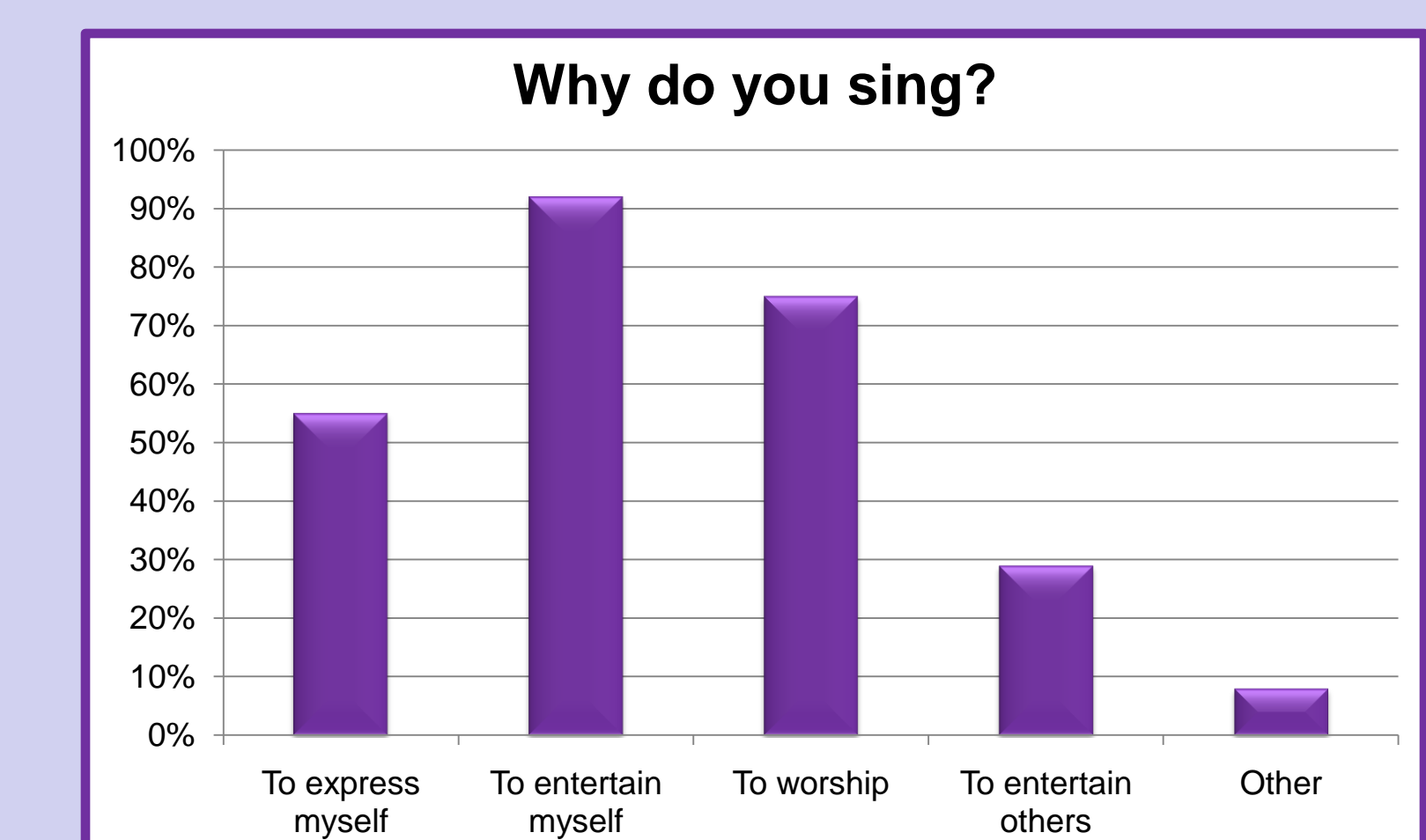
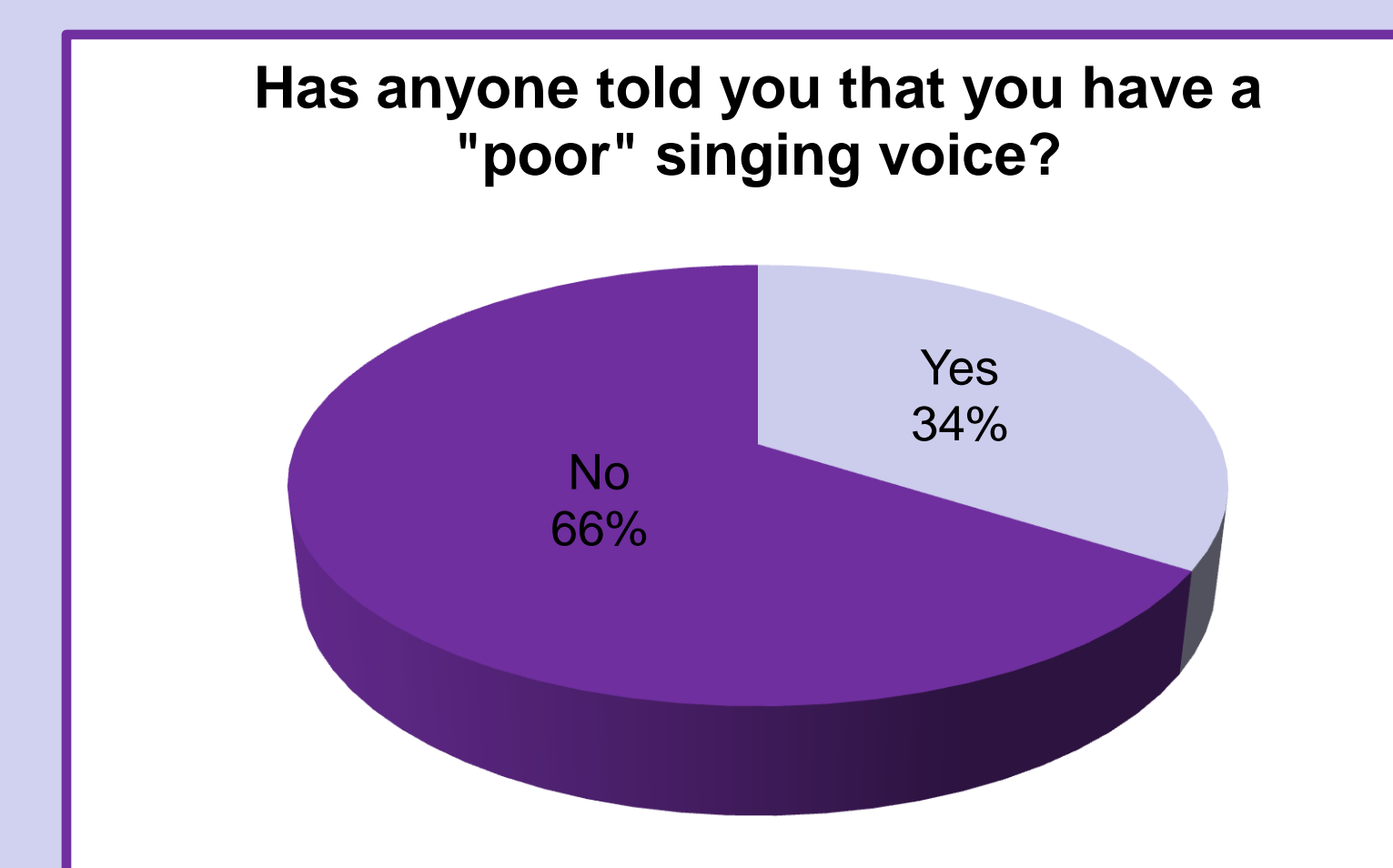
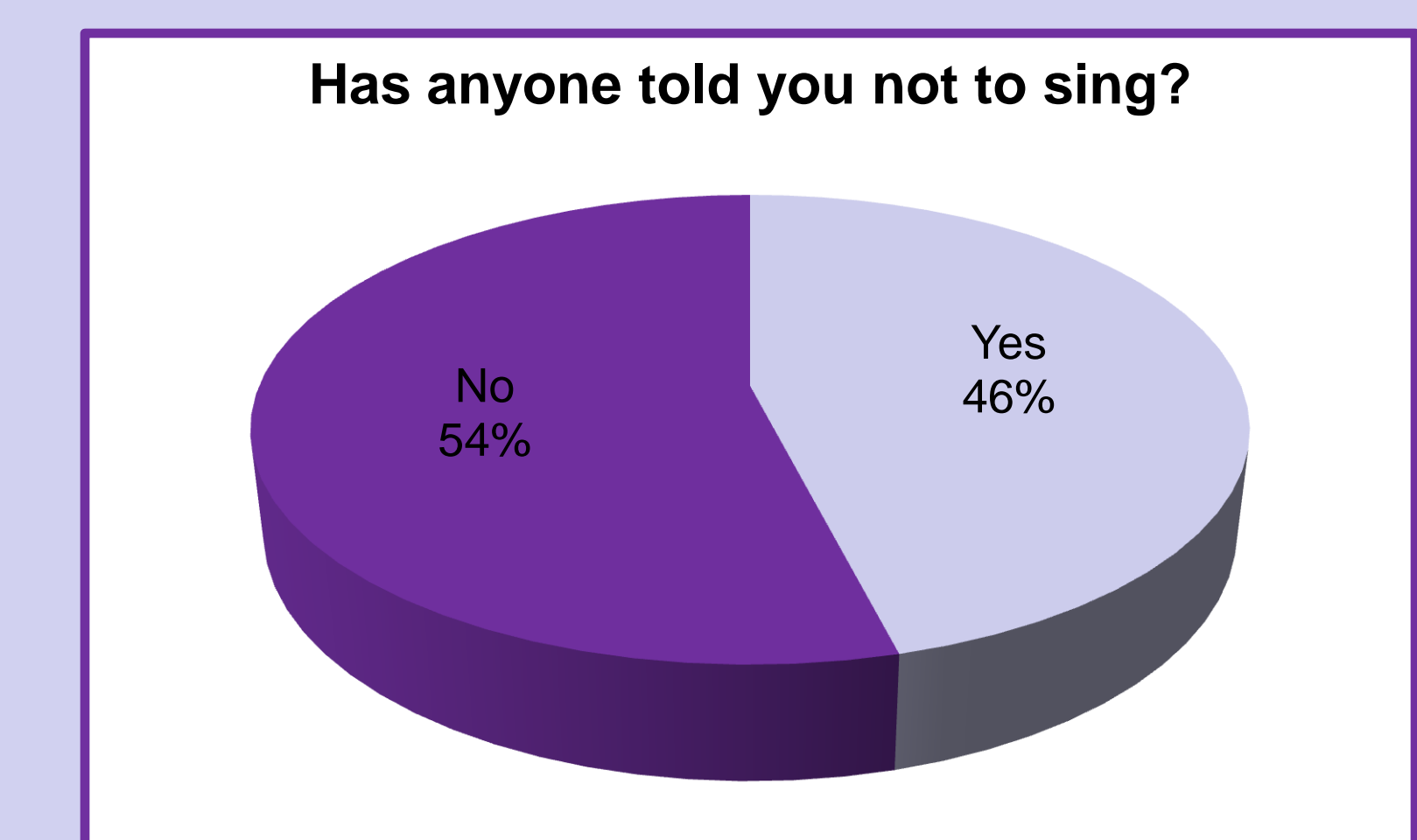
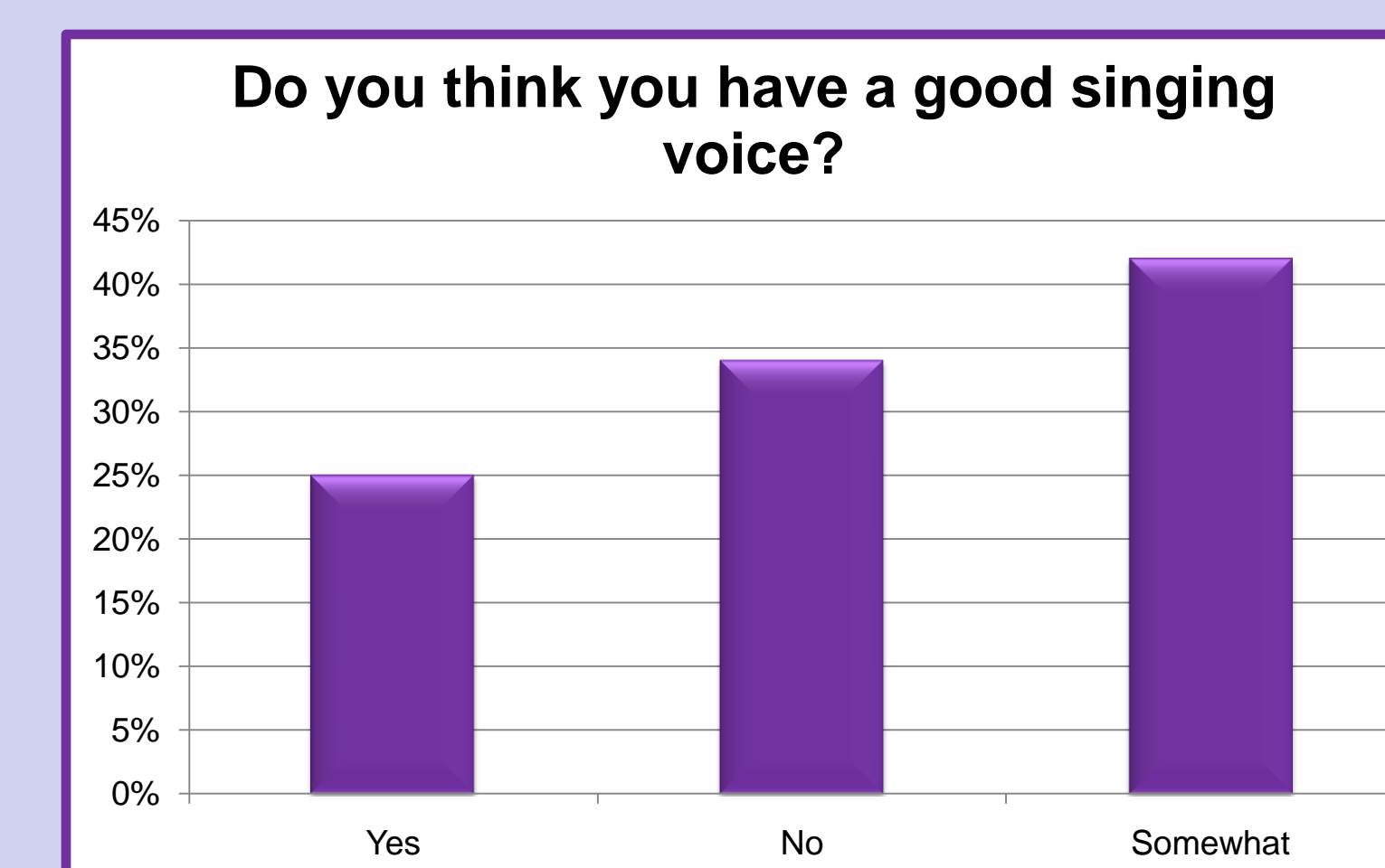
- 🎵 Of the respondents who answered that they had been told that they have a good singing voice, most said that, yes, it made them more comfortable singing.
- 🎵 63.3% of the respondents who had been told by someone that they had a poor singing voice reported that it made them less comfortable singing.

- 🎵 Embarrassment
- 🎵 Self-consciousness
- 🎵 Insecurity
- 🎵 Lower self-esteem
- 🎵 Lack of confidence
- 🎵 They already believed that they had a poor singing voice



Overview of Results

- 🎵 More than one half of the respondents were female.
- 🎵 The median age of the survey respondents was age 21.
- 🎵 A low percentage of students reported that they sing as a soloist or in a formal setting, and a high percentage of students responded that they sing informally with friends.
- 🎵 There is a clear link between comments by others about a person's singing voice quality and that person's inhibitions while singing.
- 🎵 Only 2% of students answered that they do not sing when they are alone, and only 5% of students answered that they do not sing around others.
- 🎵 The most common place students reported singing alone was in the car.



Implications for Further Research

- 🎵 It is possible that there is a relationship between the high number of respondents who sing and the high number of students who play an instrument. A further investigation could explore the possible correlation between playing an instrument and a person's likeliness to sing.
- 🎵 More in-depth research is needed that looks into perceptions of experiences singing as a child and implications for inhibitions singing later in life.
- 🎵 More research is needed to discover if there is a correlation between a person's self-esteem and how comfortable they are singing.