

KNOWLEDGE AND AWARENESS OF VOCAL HYGIENE IN FOOTBALL PLAYERS

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ABSTRACT: The word "health" is crucial for football players who take part in sports. The study aimed to test knowledge and awareness of voice and vocal hygiene among football players. Football players are more susceptible to voice problems than the general population. The relationship between vocal problems and voice ergonomic risk factors, such as unbalanced posture, strenuous exercise, poor air quality, stress, and a lack of sound amplifiers, has been established. When players engage in vigorous physical exercise, dysphonia can develop due to decreased breath support. All of these factors might result in voice symptoms and inadequate voice output. A questionnaire containing 15 closed set was circulated among football players. And the result obtained showed moderate level of knowledge and awareness among them indicating that football players are unaware of voice problems and vocal hygiene issues due to abuse or misuse of voice and more knowledge and awareness programs have to be carried out for the football players.

INTRODUCTION

Speech is an essential component of being a human, and voice is one of those essential components. A powerful communication tool, voice not only conveys messages but also provides context (Colton and Casper, 1996)." It is important to prioritise the voice use and avoid utilising it for superfluous chores".

Vocal misuse is the practice of using the voice in a harmful way. These activities can lead to vocal fold lesions, which are lumps or calluses on the vocal folds, as well as, in some cases, voice impairment. Vocal misuse includes yelling, screaming, and hollering (including cheerleading), clearing one's throat and coughing, talking loudly, speaking in noisy places (sporting events, eateries, bars, parties, social gatherings, industrial settings), whispering, and singing without vocal training or experience. The term "vocal overuse" describes the overuse of the voice to the point of voice fatigue. There could be damage to the vocal folds as a result of this. If your voice seems worn down or falters frequently, you may be overusing it.

Voice is the key characteristic that characterises one's own personality. Keeping your voice safe is crucial. Vocal hygiene is the practise of maintaining a strong healthy voice, clear and healthy vocal folds. We can start using these easy methods to practice good vocal hygiene. We can maintain one of the most crucial aspects of identity by staying hydrated and speaking softly (i.e., not shouting or using a loud voice often). When it comes to keeping proper vocal hygiene, water is your best friend! Caffeine seriously impairs even the best vocal hygiene. Caffeine-containing drinks like coffee and soda make the mucosal layer drier, which can lead to a scratchy voice and even vocal fold damage. One of the finest (and simplest) strategies to keep a healthy voice is to drink plenty of water and refrain from caffeine-containing beverages. Water naturally offers a variety of other health advantages (Clark-2020).

Speaking or singing seems to be more proficient when voice starts to sound hoarse. We must be particularly careful to stay hydrated, avoid throat clearing too much while speaking, and rest your voice as much as possible.

The fitness sector, like other occupations with high voice demands, exposes its occupational voice users to an increased risk of voice disorders. Environmental risk factors are regularly present during practise and competitive events for athletes, football players, coaches, and fitness instructors, sometimes known as Sports Occupational Voice Users (SOVU). A football player has an effect on voice where they scream out in urge during their game period. Upper respiratory symptoms that could result in structural or functional laryngeal abnormalities are brought on by exposure to indoor and/or outdoor airborne allergens. In a similar vein, noise poses a serious harm to the voice and may trigger compensatory phonotraumatic behaviour. There is little voice education or health awareness in SOVU. Most SOVU are unaware of the serious hazards to voice health posed by comorbidities including asthma and gastroesophageal/ laryngopharyngeal reflux illnesses, which are also quite common in endurance athletes.

Football players have an effect on their voice due to yelling at the time of game . Two squads of 11 players each participate in the team sport of football. It is generally accepted that it is the sport that people all around the world like the most. In noisy settings, football players converse aloud and constantly. According to studies, this population may be more susceptible to vocal problems. It's said that football "represents" society as a whole. Both large and small towns, cities, and nations benefit from having professional football teams as their ambassadors. Everywhere in the world, football is a popular sport (John Bale, 2007).

STUDIES: Aaron and Madison (1991) analysed on Vocal Hygiene Program for High-School Cheerleaders and their advisors was developed and examined for its effectiveness in communicating information regarding voice and vocal abuse.

Scrimgeour & Meyer(2002) discussed on Effectiveness of a Hearing Conservation and Vocal Hygiene Program for Kindergarten Children and study highlights the importance of early intervention through education in preventing noise-induced hearing loss and voice disorders.

Roy, Weinrich, Gray, Tanner, Toledo, Dove, Lewis & Stemple (2002) compared the Voice Amplification Versus Vocal Hygiene Instruction for Teachers With Voice Disorders and their findings clearly support the clinical utility of voice amplification as an alternative for the treatment of voice problems in teachers.

Timmermans, Bernadette, Vanderwegen, Jan & Bodt,(2005) compared the outcome of vocal hygiene in singers and they believed that hydration and vocal rest are beneficial. And they found that exhaustive medical diagnosis and careful therapy is stressed to detect and treat any micro-organic lesions caused by reflux, infection, allergy and environmental circumstances, which can harm a singer's voice. The use of medication is reviewed and side effects are evaluated.

Martins (2007) analysed on Vocal Evaluation in Teachers With or Without Symptoms and results indicate that a teacher's voice is compromised, and requires more attention including control of environmental factors and associated diseases, preventive vocal hygiene, periodic laryngeal examinations, and access to adequate specialist treatment.

Bruder (2022) studied by giving athletes a voice to improve primary prevention practise in sports and concluded that the athlete's voice (end-user) in injury prevention program design and implementation, planning might address challenges and improve adherence.

Gautam, Nayak & Devadas (2022) analysed on Perception of Primary School Teachers Towards Voice Problems and Vocal Health-Seeking Behaviours and found that teachers consider voice problems as part of their professional commitments.

Mahmoud, Khaled & Mohammed (2022) examined the Knowledge of Egyptian faculty members about voice care and found that Most common bad vocal habits included increased voice loudness (71.2%), talking for long time (69.3%), and frequent throat clearance (54.0%). The most commonly reported preventive measures included avoid screaming (88.3%), stop smoking (87.1%), and taking periods of voice rest (86.4%).

Iqbal, Mumtaz, Saqulain & Iftikhar(2022) studied on paediatric vocal fold nodules, management strategies to restore normal phonation and concluded that combination of voice therapy and vocal hygiene is a good therapeutic technique being practiced by speech pathologists for the treatment of vocal nodules among paediatric population.

METHODOLOGY

AIM:

The aim of the study is to assess the knowledge and awareness of voice and vocal hygiene among football players. This helps to outline for educating football players on the care of their voice

The study was carried out in two phase:

PHASE 1 : PREPARATION OF QUESTIONNAIRE

A total of 15 closed set of questions were prepared in order to assess the knowledge and awareness of voice and vocal hygiene among football players. The questionnaire was corrected by 10 Speech Language Pathologist who are working for more than five years. Corrections and suggestions advised by the speech language pathologists were incorporated and the questionnaire was ready to use as shown below.

1. Do you know different causes of voice disorders?
a) Yes b) No
2. Do you know the signs and symptoms of voice disorders?
a) Yes b) No
3. Do you know about vocal hygiene?
a) Yes b) No
4. Do you know that too much yelling can cause voice problems?
a) Yes b) No
5. Do you find it difficult to scream or shout in ground?
a) Yes b) No
6. Do you know that continuous clearance of throat can affect your vocal cord?
a) Yes b) No
7. Do you know that sleeping immediately after consuming food is bad for voice?
a) Yes b) No
8. Did you know that drinking a lot of coffee is bad for your voice?
a) Yes b) No
9. Do you know that too hot/ too cold food is harmful for your voice?
a) Yes b) No
10. Do you feel any voice fatigue after talking for a long time?
a) Yes b) No
11. Did you know drinking and smoking can affect your voice?
a) Yes b) No
12. Do you maintain proper hydration like drinking at least 8-10glasses of water/day?
a) Yes b) No
13. Do you feel any breaks in your voice, when you speak?
a) Yes b) No
14. Do you practice/ follow the vocal hygiene tips?
a) Yes b) No
15. Have you experienced any voice problem?
a) Yes b) No

PHASE 2: PARTICIPANTS WITH INCLUSIVE AND EXCLUSIVE CRITERIA

40 football players in the age range of 20- 40 years who were active football players participated in the present study. The participants selected were with no history of hearing and vocal pathologies.

STIMULUS USED:

A closed set of Questioner was prepared for the collection of data.

PROCEDURE:

A valid list of questions circulated among football players. The participant's task was to read and understand the questions related to voice and analyse their knowledge and awareness.

ANALYSIS:

The questionnaire with the responses were collected by providing score of 1 for the response "YES" and zero for the response "NO". The analysed data were further put through for statistical analysis and the results are discussed.

RESULTS:

The aim of the present study to understand the knowledge and awareness voice and vocal hygiene in football players and the results obtained from the study are discussed below.

Knowledge

Table 1: shows the knowledge of vocal hygiene among football players.

Knowledge	Yes		No	
	Frequency	%	Frequency	%
Do you know different causes of voice disorders?	21	52.5	19	47.5
Do you know the signs and symptoms of voice disorders?	20	50	20	50
Do you know about vocal hygiene?	20	50	20	50
Do you know that too much yelling can cause voice problems?	30	75	10	25
Do you know that continuous clearance of throat can affect your vocal cord?	22	55	18	45
Do you know that sleeping immediately after consuming food is bad for voice?	10	25	30	75
Did you know that drinking a lot of coffee is bad for your voice?	16	40	24	60
Do you know that too hot/ too cold food is harmful for your voice?	25	62.5	15	37.5
Did you know drinking and smoking can affect your voice?	25	62.5	15	37.5

Table 1 shows that for the 1st question, majority of the football players which includes about 52.5% of them have knowledge about different causes of voice disorders where as 47.5% lack in knowledge regarding the same. About 50% of the adults knew the signs and symptoms of voice disorder and 50% had little knowledge on it. The knowledge on vocal hygiene and the lack of knowledge on vocal hygiene was equivalent which was about 50% for response to question number 3. 75% of the respondent answered the 4th question with positive response while 25% of them were negative regarding the knowledge on yelling that cause voice problem.

The knowledge on clearing of throat affecting vocal cord according to question number 6 provides a response with 55% of them with positive understanding and 45% of them lack in it. Majority of the football players which was about 75% of them lack in knowledge for question number 7, although 25% of them knew about it. About 40% of the football players knew drinking coffee was bad for voice and 60% of them did not know about it.

Based on the 9th question, 62.5% of the football players knew that too much of hot or cold food were harmful for voice while 37.5% was not aware about it. There was a substantial response with 62.5% of them in knowledge on drinking and smoking that affects voice whereas 37.5% of them knew less about it.

Table 2 shows the Awareness of vocal hygiene among football players.

Attitude	Yes		No	
	Frequency	%	Frequency	%
Do you find it difficult to scream or shout in ground?	16	40	24	60
Do you feel any voice fatigue after talking for a long time?	23	57.5	17	42.5
Do you maintain proper hydration like drinking at least 8-10 glasses of water/day?	27	67.5	13	32.5
Do you feel any breaks in your voice, when you speak?	10	25	30	75
Do you practice/ follow the vocal hygiene tips?	10	25	30	75
Have you experienced any voice problem?	21	52.5	19	47.5

From table 2 It was found that only 40% of the football players were having difficulty in screaming on the ground whereas 60% of them were completely active on the ground. The attitude on response towards 12th question was considerable with 67.5% and 32.5% knew little about it. 25% of the football players claim that breaks in voice occurs while speaking and 75% of them were against it. Most of the football players which is about 75% of them do not give importance in following vocal hygiene tips whereas 25% of them do practice these tips. According to 15th question, 52.5% of the respondent's experienced certain voice problems and 47.5% of them had no history of voice problems. 57.5% of the respondent's knew that voice fatiqueness occurs due to excessive talking whereas 42.5% respondent's barely knew about it.

Table 3 shows the classification of vocal hygiene among football players.

	Frequency	%
Low (0 to 4)	9	22.5
Moderate (5 to 9)	23	57.5
High (10 to 14)	8	20

Table 3 shows classification of vocal hygiene based on three levels- low (0 to 4), moderate (5 to 9) and high (10 to 14). Result shows that 22.5% football players have low knowledge and awareness about vocal hygiene. Most of the football players have moderate level ie, 57.5% and 20% have high level of vocal hygiene knowledge and awareness.

Fig 1: Showing the graphical representation of the classification of overall knowledge and awareness of vocal hygiene among football players.

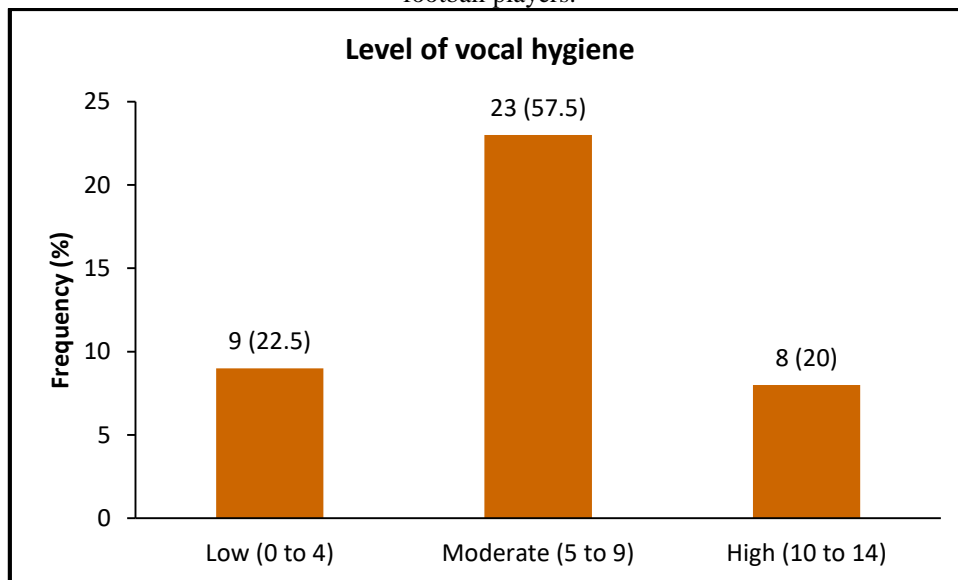


Table 3 and figure 1 represent knowledge and awareness towards vocal hygiene in football players were classified. In general, the level of vocal hygiene among the football players seems to be moderate. This depicts that even though few have knowledge and awareness on vocal hygiene, there are high amount of football players who require guidance in vocal hygiene.

DISCUSSION:

Football players engage in the game in such a way that they are less appraised on their voice. they typically raise their voice even while they pass the balls from one person to another. these people are less cautious about their voice as they are so focussed on the game. Therefore it's important to provide proper training in order to receive accurate knowledge and awareness on vocal hygiene they need to be hydrated in order to get rid of dryness. They should intake high amount of water daily. Most of the players are less aware on vocal hygiene tips. Based on the view point from the result they have moderate knowledge and awareness on vocal hygiene tips. Most of the people don't realize the cause of sudden damage of vocal cords by screaming or yelling therefore it's important to protect them adequately.

CONCLUSION:

This study is one of a few that examined the awareness and knowledge of vocal health of professional football players. Participants in this survey agreed that effective voice use is essential for football players. Despite this problem, few of the football players were less conscious about their vocal health as per the results obtained, It can be concluded that majority of the football players are not focused on implementing strategies that are intended for helping with their own vocal functioning and vocal health. It would positively help as a measure to use APM(Ambulatory Phonation Monitor) for football players to let know the use of vocal health based on fundamental frequency on a daily basis.

According to researchers, preventive measures have to be encouraged in at-risk groups to lessen the likelihood of vocal abnormalities. Certain preventive strategies such as voice training, vocal health education could be developed as tool for football players as preventive measures for the upcoming voice disorders. Voice training significantly enhances one's understanding, awareness, and vocal quality. Early measures are considered to be preventive strategies such as evaluation and investigation of

voice. The present findings would help different professional players with their voice use in different level and would help them to implement the measures with the increase of knowledge and awareness. This study would also provide the future researchers to focus attention on professional players who risk their life with the use of voice

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