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ZASTOSOWANIE TECHNOLOGII OSZCZĘDZANIA ZDROWIA W ZAKRESIE EDUKACJI WOKALNEJ

Yuan Shaoqiang

*aspirant „Południowoukraińskiego Państwowego Uniwersytetu Pedagogicznego imienia K.D. Uszyńskiego”
(Odessa, Ukraina)*

ORCID ID: 0000-0002-7482-549X

e-mail: natkoehn@hotmail.com

Adnotacja. W artykule omówiono kwestie osiągnięcia efektu zdrowotnego zajęć w szkoleniu wokalnym przyszłych nauczycieli sztuki muzycznej i kształtowania ich zdolności do wykorzystania nabytych umiejętności i wiedzy w procesie nauczania śpiewu uczniów. Rozważono istotę pojęć arteterapia, muzykoterapia, wokalterapia. Znaczenie terapii wokalne jako skutecznego kierunku artystycznego wpływu na zdrowie i rozwój osobistych właściwości piosenkarza jest uzasadnione. W stosowaniu technologii terapii głosowej skierowanej na zachowanie zdrowia wyróżnia się dwa kierunki. Pierwszy z nich polega na realizacji ogólnorozwojowego efektu zajęć wokalnych, wykorzystaniu możliwości wpływu procesu wokalnopedagogicznego na stan anatomiczno-fizjologiczny piosenkarza, jego właściwości osobowościowe, psychologiczne i społeczno-kulturowe. Drugi kierunek dotyczy poprawy treści nauczania śpiewu przy użyciu metod i technik kształtowania przyszłych specjalistów umiejętności wokalnych z zachowaniem wymagań higieny, zachowania i rozwoju głosu piosenkarza oraz opanowania umiejętności uprzedzenia typowych błędów w procesie własnej aktywności wokalne i nauki śpiewu uczniów.

Słowa kluczowe: edukacja wokalna, zdrowie, technologia, wokalterapia, nauczyciel sztuki muzycznej.

APPLICATION OF HEALTH PROTECTION TECHNOLOGIES IN THE FIELD OF VOCAL EDUCATION

Yuan Shaoqiang

*Postgraduate Student at the Faculty of Music and Choreographic Education
South Ukrainian National Pedagogical University named after K. D. Ushynsky (Odesa, Ukraine)*

ORCID ID: 0000-0002-7482-549X

e-mail: natkoehn@hotmail.com

Abstract. The article considers the issue of establishing the health-promoting effect of voice training classes of future musical art teachers and the formation of their ability to apply the acquired skills and knowledge in the process of teaching singing to students. The essence of the concepts of art therapy, music therapy, voice therapy is considered. The significance of voice therapy as an effective direction of artistic influence on the recovery and development of personal characteristics of the singer is substantiated. There are two dimensions in the application of health protection voice therapy technologies. The first of them is the implementation of the general health effect of voice training, the use of potential opportunities of the educational singing process to influence the anatomical and physiological state of the singer, his or her personal, psychological, and socio-cultural properties. The second dimension includes the improvement of the voice training content with the use of methods and techniques of future professionals' vocal skills formation in compliance with the requirements of hygiene, preservation, and development of singing voice and mastering the ability to prevent common mistakes in their singing activities and teaching singing to students.

Key words: voice instruction, health protection technologies, voice therapy, teacher of musical art.

ЗАСТОСУВАННЯ ЗДОРОВ'ЯЗБЕРЕЖУВАЛЬНИХ ТЕХНОЛОГІЙ У ГАЛУЗІ ВОКАЛЬНОЇ ОСВІТИ

Юйань Шаоцян

*аспірант факультету музичної та хореографічної освіти
Південноукраїнського національного педагогічного університету імені К. Д. Ушинського
(Одеса, Україна)*

ORCID ID: 0000-0002-7482-549X

e-mail: natkoehn@hotmail.com

Анотація. У статті розглянуто питання досягнення оздоровчого ефекту занять у вокальній підготовці майбутніх викладачів музичного мистецтва та формування в них здатності застосовувати набуті вміння й знання в процесі навчання співу школярів. Розглянуто сутність понять «арт-терапія», «музикотерапія», «вокалотерапія». Обґрунтовано значущість вокалотерапії як ефективного напрямку мистецького впливу на оздоровлення й розвиток особистісних властивостей співака. У застосуванні здоров'язбережувальних технологій вокалотерапії

виокремлено два напрями. Перший із них полягає в реалізації загальнооздоровчого ефекту занять вокалом, використанні потенційних можливостей впливу вокально-освітнього процесу на анатомо-фізіологічний стан співака, його особистісно-психологічні та соціокультурні властивості. Другий напрям стосується вдосконалення змісту навчання співу із застосуванням методик і технік формування в майбутніх фахівців вокальних навичок із дотриманням вимог гігієни, збереження й розвитку співацького голосу та оволодіння здатністю упередження типових помилок у процесі власної вокальної діяльності та навчання співу школярів.

Ключові слова: вокальна освіта, здоров'язбережувальні технології, вокалотерапія, вчитель музичного мистецтва.

Introduction. With the increasing pace and tension of life, the negative impact of environmental, informational, moral, and other factors on human health becomes more evident in the life of modern society. The problem of preserving the health of modern youth and schoolchildren has become extremely acute in recent years, which has led to the growing attention of the world's pedagogical community to this issue. This is evidenced by the development of the European Strategy for the Health and Development of Children and Adolescents (6, 2005), the RWJF (Robert Wood Johnson Foundation) "Health Culture Award" and the funding of a wide range of programs connected with health protection technologies (22, 2021). Significant attention is paid to this issue in Ukraine, which is reflected in the Concept of forming a positive motivation for a healthy lifestyle in children and youth, the National Doctrine of Education Development in Ukraine in the XXI century, and the National Strategy for the Development of Education in Ukraine for 2012–2021.

A brief overview of publications on the topic. Addressing the application of health protection technologies in the field of voice instruction, we will consider health as defined in the Charter of the World Health Organization, namely: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (Sybirov, 2009: 20).

The work of many scientists has focused on creating conditions for improving the quality of health of new generations and overcoming negative trends in children of preschool, school-age, and adolescence. Objective data that indicate the current state of their health are widely researched and discussed, in particular, an increase in the number of schoolchildren with diagnosed health conditions and the analysis of the factors that have a negative impact on their health. The main factors deteriorating the health of schoolchildren are the complication of the content of education and the time they need to complete homework, an increase of emotional and mental stress, and thus the spread of neuroses among schoolchildren, as well as hypodynamia, which has recently spread as a result of filling leisure time with computer games, the widespread introduction of virtual ways of communication, sometimes supplemented by the factors of a dysfunctional family setting, etc. (Poberezhnaya, 2016). In particular, according to the data provided by S. Hozak, the head of the laboratory of social determinants of children's health of the state institution "O. M. Marzeev Institute of Public Health of the National Academy of Medical Sciences of Ukraine," in the period from 2005 to 2015, the number of grade 5-9 students with signs of severe fatigue increased more than twice (from 22,2% to 52,6%), with the number of children who spend over 2,5 hours on a homework a day increased by 12,5%, and with sleep deprivation by 7% (Haistruk, 2014).

Researchers also pay attention to the health of student youth. Thus, T. Redko notes that in the practice of modern higher education there are a number of contradictions, among which the most important is the discrepancy between the level of scientific achievements in the field of health protection and health promotion technologies and the ability to use their results in higher education institutions; between the promotion of a healthy lifestyle among future teachers and instructors and insufficient training of competent staff in this field of higher education, and thus the lack of appropriate practical measures and results (Redko, 2015: 46).

The system of modern general, inclusive physical education, which is perceived by students as unjustified and biased, is also considered less than adequate. According to O. Sybirov, this system differs significantly from the western practice of implementing a personal approach to youth and designing a set of measures according to the objective state of health of each person. As a result, as the scientist notes, physical education in the Ukrainian education system becomes not a way of recovery, but a factor of psychological pressure (Sybirov, 2009).

In search of effective ways to overcome these problems, scientists pay increased attention to the introduction into pedagogical reality of guidelines developed in line with the theory of the "third state" developed by the ancient thinker Galen and understood as a transitional state between health and disease (Musical Aesthetics of The Ancient World, 1974). We mean the "sanology" proposed in the '60s by its authors S. Pavlenko and S. Oleynik, which was understood as a doctrine of the body's resistance to disease.

Nowadays, the science of "valeology" (from the Latin valeo – to be healthy and the Greek logos – doctrine, science), founded by I. Brekhman received recognition. Its basics were set out by the author in 1987 in the monograph "Introduction to valeology – the science of health" (Brekhman, 1990). It is important for us that in both cases it is not only about the state of health in terms of medicine, but also about the formation, preservation, and strengthening of human health when it comes to physical, mental, spiritual, and social state.

Significant attention is paid to the importance of improving the educational environment in which the new generation is growing and the role of the pedagogical community, that must realize the seriousness of this problem and improve their professional activities, taking into account the tasks of preserving and developing the health of their students. From this point of view, it is extremely important for the students to develop in the course of preparation the right guidelines and the ability to implement the achievements of modern science in the field of health protection.

One of the effective ways to create a proper environment today is the introduction of health protection technologies in the educational process, in particular the involvement of pupils and students in specially organized

physical exercises and art therapy activities. A significant role among other types of art-therapeutic activities is given to voice therapy as a way to effectively influence the psychosomatic, emotional, psychological, and physical states of the individual. Instead in the practice of training future teachers of musical art, in particular, in the process of mastering the art of singing, the ideas of health protection have not yet been implemented at this time.

Main part. The purpose of the article is to identify the main directions of the art therapy application in the field of voice instruction and the specifics of its implementation in the process of voice training of future musical art teachers.

Material and research methods. The article is based on the analysis and generalization of scientific data in the field of health promotion of the young generation, the use of vocal art as a means of art therapy, justification of the need to develop a technology of teaching singing based on the natural properties of the singer's voice and at the same time achievement of a healing effect.

Results of the research and their discussion. The phenomenon of art therapy (from the English. *art* – art, literally: healing with art) was developed as a field of psychotherapy and psychological correction, which is based on the involvement of the individual in a certain type of activity in the field of art. The impetus to develop the foundations of the art-therapeutic influence was the book by British artist A. Hill “Art Versus Illness,” continued by psychiatrists and physicians in the XIX century, who used art products as a diagnostic tool that gave an idea of internal conditions and problems.

A significant contribution to the development of art therapy was made by psychoanalysts Z. Freud and K. Jung, who studied the graphic works of patients (drawings, paintings, sculptures, installations) as products of unconscious mental manifestations reflected in the results of the client's artistic activity. Their analysis, interpreted as the expression of a person's unconscious psychological processes, moral and ethical events, became the basis for corrective action aimed at harmonizing the mental state of the individual by stimulating the capacity for self-expression and self-discovery. As a result of the conducted research, the value and effectiveness of the use of art for therapeutic purposes were established. The effectiveness is due to the fact that in the process of artistic activity the individual expresses and explores on a symbolic level a variety of feelings, emotions, and passions, including the ones hidden from the subject of activity, as well as the fact that such awareness helps to free the individual from excessive psychological stress, from negative experiences, emotions, and with it mental and psychosomatic diseases.

Therefore, it is not surprising that art therapy has gained considerable popularity in the last century, especially in America, where the art therapy association founded in 1960 still operates. Art therapy is also actively developing in such countries as Great Britain (M. Andersen), Sweden, and France (A. Tomatis). At present, there are more than 100 institutes and colleges, in which students are educated as music psychotherapists, with bachelor's, master's, and doctoral degrees.

The possibilities of art therapy in the first stages of its invention were seen in the use of visual art activities, involvement in them as a means of regulating psycho-emotional states of the individual. Somewhat later significant potential of musical art was discovered, which due to its wave nature, can affect living organisms, the degree of their activity, the state of the nervous system, muscles, and even internal organs (I. Malashevskaya, 2017; Psychotherapeutic Encyclopedia, 2000). Today music belongs to one of the leading arts, involvement in which creates the preconditions for the protection and improvement of the individual's physical condition.

The interconnection of musical influences within the inner world of the individual was well understood by thinkers of ancient civilizations – Chinese, Indian, proto-European, etc., who emphasized the importance of art, including music, as a factor influencing the emotional and intellectual aspects of personality, the state of the moral and physical health. Suffice to say that the thinkers of the ancient world – Aristotle, Democritus, Pythagoras, etc., argued that the properties of musical language, in particular – certain modes – affect the formation of character: some promote courage, others make a person weak, soft. The role of the rhythmic organization of musical art was also noted: the acquisition of eurythmy (according to Plato), i.e. the ability to feel the right rhythm in all manifestations of life, was associated with the acquisition of inner harmony with the rhythm of the universe. Thinkers also emphasized the connection between the art of music and the spiritual, ethical world, expressed in the unity of balance and harmony in the universe and its reproduction in the human body and soul by means of musical influences (Musical Aesthetics of the Ancient World, 1974).

It is worth referring to the ethical and philosophical ideas of ancient China, according to which the consonance of musical modes and musical education correspond to the ideas of harmony of the world, political system, and social life. The practice of healing using musical art has also become widespread, the peculiarity of its introduction in traditional Chinese medicine has been the combination of musical influences with acupuncture techniques, affecting active biological points of the human body (Toynbee J. Arnold, 1973).

In Ukraine, the ideas of art therapy became widespread in the late XIX century through the research of I. Pavlov and I. Sechenov, who experimentally proved that musical impressions can not only evoke pleasant emotions but also increase brain activity, improve metabolism, stimulate blood circulation, promote the development of these processes, achievement of mental tranquillity, and balance.

The achievements of music therapy are widely represented in the research of modern Ukrainian scientists. Thus, the problems of the influence of musical impressions on the emotional and volitional manifestations of preschool and school-age children are considered in the works of S. Hozak, T. Stankevych, O. Yelizarova, A. Parats, and others. (Hozak, Stankevych, Yelizarova, Parats, 2021). The use of music therapy in music lessons with children of preschool and primary school age is presented in the works of I. Malashevskaya (Malashevskaya, 2017). Possibilities

of art therapy in the development of student's personality and creative potential were considered by G. Poberezhna (Poberezhna, 2016), T. Redko (Redko, 2015), O. Sybirov (Sybirov, 2009), and others.

Research by scientists and practical evidence of the past and present have proven the fact that the art of music is reflected in the course of psychophysiological and psychological processes and affects the intellectual, emotional, spiritual development of the individual. It is also shown that the indisputable influence on the human body is explained by the remote form of the musical-sound phenomenon, which determines the response to it even beyond the individual's consciousness, regardless of their desire. Instead, this kind of influence concerns the lower levels of personality organization, while the perception of musical art with the inclusion of consciousness, mental operation of internal auditory representations, enrichment of musical perception with associative-artistic impressions and experiences, contributes to broadening the reflective awareness, individual's spiritual world, artistic value orientations.

Scientists consider singing to be especially useful in terms of therapeutic effect. In ancient India the human voice was considered a reflection of the soul and a means of treating neurotic disorders and mental illnesses; the Arab philosopher and physician Avicenna was the proponent of such treatment and drew attention to the phenomenon of vibration associated with singing and its effect on the state of the internal organs.

The reasons for supporting such conclusions are the modern research in the field of acoustics, psychophysiology, phoniatrics, which proved that singing is useful for the human body at different levels of its organization. Thus, at the physiological level, singing activity due to the activation of vocal breathing helps to saturate the body with oxygen, accelerates metabolic processes, helps to feel the vibrations of sound in the body (Morozov, 2011).

Scientists have also proven the fact of the influence of vocal music-making on the psychological states and behavior of the individual, which are realized under appropriate conditions through the regulation of emotional manifestations, the acquisition of the ability of emotional and volitional self-regulation, the actualization of creative potential. At the level of social influence, the art of music promotes the spiritual mutual understanding of individuals of different socio-cultural traditions and mentality, the improvement of communicative properties, promotes empathy and suggestive-artistic interaction. Singing activity is also associated with the activity of the intellect, the designing of subtle mental vibrations, the ability to inspire the individual in the process of reproducing the artistic and figurative content of vocal works.

As mentioned above, the manifestation of the health-improving effect in voice therapy has been determined to be extremely effective in this respect. This direction of art-therapeutic practice was started at the beginning of the XXI century by S. Shushardzhan. The essence of voice therapy is understood by the scientist as a direction of restorative medicine, which is based on engaging the individual in the vocal art for the treatment or prevention of diseases (Shushardzhan, 1998).

It should be noted that singing requires attention to the posture, which improves the physique of the vocalist, helps develop the respiratory system, lung volume, promotes the release of muscles, especially the neck and collar area, and the group of facial articulatory and expressions muscles.

In addition, voice therapy is now recognized as one of the most effective methods of prevention, rehabilitation, and treatment of a number of diseases. According to various literature sources, the use of voice therapy effectively affects the results of treatment of functional diseases of the nervous system, neurosis, neurasthenia, fatigue, insomnia; developmental delay in children; stuttering. Voice therapy is also effective against frequent colds, cardiovascular disease, concerning state of the respiratory system, in particular in the treatment of bronchial asthma, decreased immunity and problems in the area of the musculoskeletal system, and more.

At the psychological level, singing in its perfect form helps a person to release from emotional, mental, and physical strain, psychological barriers, helps to improve skills of emotional and volitional self-regulation, psychological extraversion, and at the same time normalization of their psychological states, revealing positive potentials. Scientists also note that during singing the brain produces endorphins, the "hormone of joy," increasing a person's vitality, optimistic worldview, which helps to get rid of stress, prevent emotional burnout, and destructive behaviour.

At the socio-cultural level, the performing process brings the vocalist not only physical satisfaction but also vivid positive experiences, moral and aesthetic satisfaction from the representation of powerful emotions, interactive understanding with the audience. It is no coincidence that the great singer Dmytro Hvorostovsky said that, despite the fact that singing activity is a capacious psychophysical process, singing brings him true pleasure, which can be compared only with the feeling of love. Due to this, the vocal performance promotes the development of the singer's ability to communicate spiritually and virtually with the authors of works of art, improvement of the capability of sensory-emotional sensitivity, empathy, development of communicative artistic manifestations, suggestive influential artistry, and more.

It should be also noted that in the field of voice instruction there is a second aspect that requires a health protection approach. We mean the problems of hygiene, preservation, and development of the vocal-phonation apparatus, which due to its dependence on the general state of human health and its natural fragility requires considerable attention, careful "operation" in the process of learning to sing, and preparation for vocal and professional activities.

Scholars such as L. Dmitriev (Dmitriev, 1962); F. Zasedatelev (Zasedatelev, 2013), and others have considered these issues, noting that diseases of the phonation apparatus are often explained by pedagogical errors and incorrect attitudes of young singers. Researchers and practitioners paid particular attention to working with children's voices, noting their special vulnerability and instability of physiological and physical properties of the body, the need to consider the age and individual characteristics of children, hygiene and voice preservation of young singers (Levydov, 1939; Liush, 1988).

At present, there is an active search for techniques that guarantee the release of the vocal-phonation apparatus (Linklater, 1993), the successful formation of vocal breathing (Ivannikov, 2005), the correct skills of sound production (Antoniuk, 2000), the formation of propaedeutic thinking as a means of preventing pedagogical errors based on comprehension of fundamentally important knowledge in the field of anatomy, physiology of the vocal apparatus and mastery of variable individualized methods of singing skills formation (Koehn, 2018).

So, on the one hand, the search for scientists and practitioners concerns the development of methods of teaching singing in accordance with the requirements of hygiene, patterns of protection, and development of the voice of novice singers, and on the other, we see increasing attention to realizing the potential positive effects of singing activity on each singer's health, regardless of their age and the goal they set for themselves in the process of mastering the art of singing.

The education of future voice instructors as performers on the basis of health protection technologies and the formation of clear guidelines for the prevention of pedagogical errors in teaching singing to students should become the basis for strengthening the health effects of singing activity in the development of university students and also their future students.

Effective solution of these tasks requires the formation of future professionals' conscious attitude to a healthy lifestyle, self-organization in the process of mastering the content of training, paying attention to health-promoting measures and norms of voice hygiene and its gradual, unforced development. An important role is also given to the psychological atmosphere of classes, favourable for the emotional and psychological release of the singer, stimulation of their inspiration, and satisfaction from the self-realization of their artistic, singing, and performing potentials. In our opinion the crucial role in this process belongs to the use of individualized, effective methods of gradual, unforced development of students' vocal abilities, their connection with health-promoting techniques that positively affect the physical condition of the singer, their reflexive self-awareness, self-control and ability to researching and corrective activity, mastery of the basics of propaedeutics of typical for novice singers mistakes. The future music teacher trained this way should transfer the acquired knowledge, skills and ideas to the practice of teaching singing to his students.

Conclusions. The introduction of health protection technologies in various educational fields requires increased attention to solving the problem of preserving and strengthening the physical, spiritual and psychological health of young people, as well as forming a responsible and conscious attitude to the problems of their own health-promoting self-organization and the use of health protection technologies in the process of professional activity, according to the specifics of the subject.

It is extremely important for future music teachers to act on the principles of health protection technologies, using the potential of music art. The health-improving effect can be specially manifested through the means of voice therapy.

The crucial role in the process of training future teacher of music in the process of their vocal training is given to the use of individualized, effective methods of gradual, unforced development of students' vocal abilities, their connection with health-promoting techniques that positively affect the physical condition of the singer, their reflexive self-awareness, self-control and ability to researching and corrective activity, mastery of the basics of propaedeutics of typical for novice singers mistakes. The realization of the positive effect of singing and health-promoting construction of the educational process covers different levels of personality organization – anatomical physiological, personal-psychological and socio-cultural.

The future music teachers' experience in mastering vocal and performing skills on the basis of health-promoting technologies in combination with theoretical and methodological training in this direction should help them achieve a health-promoting effect in their own singing and teaching activities, as well as in teaching singing to their students.

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