



Global Journal of Arts and Humanities (DOI:10.28933/GJAH)



To analyze the perception of teachers about the vocal health workshop in a private school in the city of João Pessoa

Camilo F.S¹, Pereira M.E.M²

¹Fonoaudióloga, Mestranda e Docente do Curso de Fonoaudiologia do UNIPÊ; ²Discente do Curso de Fonoaudiologia do UNIPÊ

ABSTRACT

Introduction: Although the main task of the voice is communication, in modern society a third of the population depends on the voice as a primary instrument in their work. Among these professionals, the teacher can be highlighted as the voice professional with the highest occurrence of dysphonia. **Objective:** This article aims to analyze the perception of teachers about the vocal health workshop in a private school in the city of João Pessoa. **Methodology:** An exploratory research was conducted, with a sample of 7 teachers. A questionnaire was used as instrument, and a descriptive analysis was performed through SPSS software. The project was approved by the Ethics Committee of UNIPE with the approval number 1.829.531. **Results and Discussion:** The sample was 100% composed of women, ranging in age from 27 to over 50, with up to 20 years teaching. Among the participants, 57.1% said they had already lost their voice during work. **Conclusion:** It was concluded that through the vocal health workshop they were able to know the importance of care with the voice, but not all of them changed their habits towards the necessary care. It was also noticed that all of the participants presented symptoms for prolonged use of the voice, although they do not keep the exercises as part of their daily life. This signals for the importance of actions towards health promotion and prevention of these professionals.

Keywords: Voice. Teacher. Vocal well-being. Speech therapy

*Correspondence to Author:

Camilo F.S

Fonoaudióloga, Mestranda e Docente do Curso de Fonoaudiologia do UNIPÊ

How to cite this article:

Camilo F.S, Pereira M.E.M. To analyze the perception of teachers about the vocal health workshop in a private school in the city of João Pessoa. Global Journal of Arts and Humanities, 2018, 1:5

 eSciPub
eSciPub LLC, Houston, TX USA.
Website: <http://escipub.com/>