

# Pedagogy for the mature female voice: A research-based model designed to enable the mature female singer sustain vocal competency and health

R.M.L. Moseley-Morgan - PhD candidate UCL Institute of Education University College  
London

[inspectorvoice@gmail.com](mailto:inspectorvoice@gmail.com)

The researcher proposes a workshop based on her doctoral research of a study of vocal function and efficiency in the mature female singer and whether effective pedagogy can promote sustained healthy vocal production and competence. Despite Caprilli noting in 2013 (p2), that 'literature on pedagogical strategies for the ageing voice is lacking', a search on Journal of Voice reveals 506 articles on the ageing voice, however, none are specifically focussed on pedagogy. Like all instruments, the voice is subject to wear and tear; it can become dysfunctional, the vocal folds may swell due to infection, they may bleed due to misuse and they may change structurally and asymmetrically due to variations in the hormonal system. In addition, the respiratory system functionality can decline and the pharynx can become constricted. This research investigated the potential benefits of pedagogical intervention on any negative features of female vocal aging in older singers. Accordingly, part of the research and review of the literature has led the researcher to devise a series of targeted exercises to assess the function of key components of the voice: respiratory function, agility, onset, stamina and resonance. The findings have produced statistically significant results which support the hypothesis that the vocal competency of the mature female singer can be sustained through effective pedagogy. The vocal tests devised for the study, and the knowledge accrued from the scientific literature referring to the problems that the mature singer is likely to face, now form the basis of a pedagogical model for the mature singer. The core components include the rationale of why the following are essential:

- Vocal history of the singer
- Posture and breathing of the singer
- Vocal warm-up Strategies for dealing with the most common issues facing the mature singer:
- Tongue root tension
- Constriction
- Onset
- Agility
- Stamina