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EVALUATION OF VOCAL HEALTH, VOICE CONTROL AND SUSTAINABILITY IN VOICE TRAINING USING THE SPEECH LEVEL SINGING METHOD

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ABSTRACT

This research investigates the effects of the Speech Level Singing (SLS) technique, a vocal training method, on vocal health, voice control, and performance sustainability. Developed by American vocal coach Seth Riggs, the SLS technique aims to enable singers to produce a more natural and comfortable vocal sound by minimizing strain on the vocal cords. The study evaluates previous research on the SLS technique to highlight its potential advantages over traditional methods in preserving vocal health, enhancing breath and voice control, and achieving a sustainable long-term performance. A literature review and document analysis methods were employed within this framework. The findings indicate that the SLS technique provides singers with the flexibility to produce sounds across a wide vocal range while minimizing pressure on the vocal cords, thereby

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supporting long-term vocal health. The study also reveals that the SLS technique makes significant contributions to improving voice quality through effective breath control and resonance. This technique facilitates the integration of the natural voice used in speech into singing, enabling singers to feel more secure in their stage performances and to reduce performance anxiety. SLS offers remarkable benefits for vocal health, particularly for singers in fields that demand intensive voice use, such as professional stage arts, musical theater, pop and rock genres.

This research underscores the positive impacts of adopting modern and innovative techniques in vocal training on singers' vocal performances and vocal health. The SLS technique stands out as an alternative method for achieving sustainable and healthy vocal performance in vocal training and inspires future studies on its applicability across various music genres.

Keywords: Speech level singing, vocal training, vocal health, voice control, performance sustainability.

SPEECH LEVEL SINGING YÖNTEMİ İLE SES EĞİTİMİNDE SES SAĞLIĞININ, SES KONTROLÜNÜN VE SÜRDÜRÜLEBİLİRLİĞİNİN DEĞERLENDİRİLMESİ

ÖZ

Bu araştırma, ses eğitimi tekniklerinden biri olan Speech Level Singing (SLS) tekniğinin vokal sağlık, ses kontrolü ve performans sürdürülebilirliği üzerindeki etkilerini incelemektedir. SLS tekniği, Amerikalı vokal eğitmeni Seth Riggs tarafından geliştirilmiş olup, şarkıcıların ses tellerine minimum baskı yaparak daha doğal ve rahat bir ses üretimi sağlamalarını amaçlamaktadır. Araştırma, literatürde SLS tekniği ile ilgili yapılan çalışmaları değerlendirerek bu yöntemin geleneksel tekniklere kıyasla ses sağlığını koruma, nefes ve ses kontrolünü iyileştirme, uzun vadede sürdürülebilir bir performans sağlamadaki potansiyel avantajlarını ortaya koymayı hedeflemektedir. Bu bağlamda literatür taraması ve doküman analizi yöntemleri kullanılmıştır. Elde edilen dokümanlar, SLS tekniğinin şarkıcılara geniş bir vokal aralıkta ses üretebilme esnekliği sunduğunu ve bu süreçte ses telleri üzerindeki baskıyı en aza indirerek uzun vadeli vokal sağlığını desteklediğini göstermektedir. Araştırma, ayrıca SLS tekniğinin doğru nefes kontrolü ve rezonans ile ses kalitesini artırma noktasında önemli katkılar sunduğunu ortaya koymaktadır. Bu teknik, konuşma sırasında kullanılan doğal sesin şarkı söylemeye entegre edilmesine olanak tanıyarak

şarkıcıların sahne performanslarında kendilerini daha güvende hissetmelerine ve performans kaygılarını azaltmalarına katkıda bulunmaktadır. Özellikle sahne sanatları, müzikal tiyatro, pop ve rock gibi müzik türlerinde yoğun ses kullanımına ihtiyaç duyan şarkıcılar için SLS, uzun vadede ses sağlığı açısından dikkat çekici faydalar sunmaktadır.

Bu araştırma, ses eğitimi süreçlerinde modern ve yenilikçi tekniklerin benimsenmesinin şarkıcıların vokal performansları ve ses sağlığı üzerindeki olumlu etkilerini vurgulamaktadır. SLS tekniği, ses eğitimi alanında sürdürülebilir ve sağlıklı bir vokal performans sağlamak adına alternatif bir yöntem olarak öne çıkmakta ve bu tekniğin farklı müzik türlerinde uygulanabilirliğine yönelik gelecekteki çalışmalara yol gösterebilir.

Anahtar kelimeler: Speech level singing, ses eğitimi, vokal sağlık, ses kontrolü, performans sürdürülebilirliği.

INTRODUCTION

Voice training encompasses a range of techniques developed to enhance vocal performance and preserve vocal health. Within this framework, Speech Level Singing (SLS), a voice training method, emerges as an innovative technique aimed at producing sound naturally, comfortably, and without strain. Developed in the 1970s by American vocal coach Seth Riggs, the core principle of SLS is to integrate the relaxed and natural vocal production used in speech into the singing process (Seo, 2016: 265). This technique aims to reduce unnecessary pressure on the vocal cords, facilitating uninterrupted and consistent sound production across an extensive vocal range. Riggs developed this method to enable artists from diverse genres—ranging from musical theater to opera, pop, and rock—to perform powerfully without compromising their natural vocal limits (Christiner and Reiterer, 2013: 874). This aspect is particularly crucial for singers working in genres requiring intensive vocal use, such as musical theater, pop, rock, and opera.

As a technique that enables singers to use their vocal cords without undue strain, Speech Level Singing holds significant value for vocal health preservation. The primary goal Riggs envisioned with this method was to prevent the vocal cords from being subjected to excessive pressure, ensuring consistent sound production without reaching the “breaking” point. SLS contributes to the maintenance of vocal health by providing controlled breath management and natural sound production during the vocal process. By preventing vocal strain and unnecessary fatigue, this technique supports the long-term sustainability of vocal performance.

Traditional voice training techniques often carry the risk of vocal strain and vocal "breaks" at certain pitches (Portillo et al., 2018: 201; Ter et al., 2022: 558), whereas SLS emphasizes natural vocal production and facilitates a more relaxed management of this process (Song and Hyun-Tai, 2023: 255). Focusing on the comfort and naturalness of speech sound during singing improves voice control and allows singers to perform across a wider vocal range without damaging their vocal cords during performances. According to McClellan (2011), SLS occupies an essential place in the voice training literature regarding vocal health preservation, voice control development, and the provision of a sustainable voice training approach (McClellan, 2011: 47).

This research aims to evaluate the impact of the Speech Level Singing technique, widely used in voice training, on vocal health, voice control, and long-term sustainability. Drawing on insights from existing literature, the study seeks to examine the technique's potential to preserve and enhance vocal health, its effects on breath and voice control, and its capacity to enable more natural and strain-free sound production within the training process. Based on data collected through literature review and document analysis, the study aims to elucidate the scientific contributions of the SLS method within the field of voice training. In this context, the study will address the following question: What are the effects of the basic principles of Speech Level Singing (SLS)—comfort, naturalness, and vocal fluidity—on vocal health preservation, breath and voice control, and long-term performance sustainability? What advantages and disadvantages does SLS offer compared to other voice training techniques?

Aim and Significance

The reseaerch aims to conduct an in-depth examination of the effects of the Speech Level Singing (SLS) technique—an increasingly popular method in the field of voice training—on vocal health, voice control, and performance development. By facilitating the natural and comfortable production of sound, the SLS technique enables singers to use their voices effectively without unnecessary strain on the vocal cords. Within this context, the study seeks to evaluate the contributions of SLS to the voice training process, highlighting the potential benefits for vocal health and the long-term sustainability advantages it offers. The research will explore how the fundamental principles of SLS can empower singers with a broader vocal range and enhance their performance strength.

The significance of this study is closely tied to the impact of the innovative approaches offered by the SLS technique on long-term vocal health, particularly for professional singers who make intensive use of their vocal cords. While traditional voice training methods generally emphasize aspects such as breath control, resonance, and proper vocal cord use, the SLS method promotes a more natural sound production with minimal pressure on the vocal cords. This approach provides a considerable advantage in both voice training and vocal performance, allowing singers to use their voices for extended periods without strain. Therefore, this research will offer valuable insights for voice educators, voice therapists, and professionals who use their voices extensively, enhancing understanding of the potential benefits and limitations of SLS.

The SLS technique is garnering increasing attention within the voice training field due to its advantages for vocal health and performance quality. This study emphasizes the importance of innovative methods in voice training by investigating the unique contributions of SLS and comparing its benefits with traditional techniques. The findings of this research are expected to foster a deeper understanding of the techniques used in voice training and support comprehension of the practical contributions that SLS provides for professional singers.

Principles of Voice Training and Speech Level Singing (SLS) Technique

Voice training is a comprehensive process that aims to teach individuals how to use their voices with proper techniques, preserve vocal health, and optimize vocal performance. This process involves a holistic approach that includes learning correct breathing techniques, developing body awareness, and understanding the effects of mental processes on singing. Proper vocal production is critical for protecting the vocal cords and enabling singers to sustain healthy singing over extended periods during performances. Voice training techniques encompass elements such as body and breath awareness that promote natural voice production, allowing the voice to be used without strain. Doğanyiğit and Yiğit (2023: 175) emphasize the role of imagination in supporting effective singing, while Akıncı and Alpagut (2019: 926) note the positive impact of body movements and dramatization in singing education.

In this context, the Speech Level Singing (SLS) technique stands out as a modern approach to voice training that promotes natural vocal production. Developed by American voice coach Seth Riggs in the 1970s, this technique aims to apply the relaxed and natural voice production used in speech to the singing process. Riggs (1992) explains that the SLS method enables singers to maintain the

ease of their speaking voice while singing. This technique is designed to allow singers to perform without straining their vocal cords, regardless of musical genre (McClellan, 2011: 12). Throughout his career, Riggs popularized this method by working with renowned artists such as Barbra Streisand and Michael Jackson, emphasizing the technique's effectiveness in preserving vocal health (Riggs, 1992: 1).

The fundamental principles of the SLS technique can be summarized as comfort, naturalness, and vocal fluidity. These principles reduce unnecessary pressure on the vocal cords, supporting more natural and seamless vocal production. Focusing on the voice's natural resonance and correct breath technique, SLS allows singers to transition smoothly between chest and head voices (Song and Kim, 2023: 407). According to Riggs, the ease of these transitions contributes to the long-term preservation of vocal health (Riggs, 1992: 32). Singers who train according to these principles gain a broader vocal range and achieve greater control and flexibility in their voices while singing (Šiupšinskienė, 2011).

A key distinction of SLS from other voice training techniques is its ability to facilitate high-quality performances by applying minimal pressure to the vocal cords. In traditional voice training techniques, emphasis is often placed on the powerful use of the diaphragm and projecting the voice strongly (Miller, 2004: 27). However, SLS seeks to achieve maximum performance with minimal effort. Instead of focusing on intense diaphragm use in voice production, SLS emphasizes the natural positioning of the voice and breath control (Song and Hyun-Tai, 2023: 256). Proper breath control is also regarded as a crucial factor in voice rehabilitation and maintaining long-term vocal health (Scearce, 2016: 83).

The SLS technique is based on three fundamental components: voice placement, breath support, and voice control. Voice placement enhances voice quality through the correct use of resonance points (Thurman and Welch, 2000). Balanced breath support, as opposed to excessive diaphragm pressure, sustains the voice through balanced breath management (McKinney, 1994: 48), enabling singers to perform for longer periods without damaging their vocal cords. Finally, voice control contributes to achieving a consistent tone across the singer's vocal range (Tsilinko et al., 2019: 1). Each of these components allows singers to perform over prolonged periods with reduced vocal fatigue, aiding in the preservation of vocal health (Sundberg, 1987: 177).

In conclusion, Speech Level Singing is a voice training technique that promotes natural sound production and preserves long-term vocal health by applying minimal pressure to the vocal cords.

Centered on comfort, naturalness, and vocal fluidity, this technique allows singers to perform flexible and powerful performances without strain. By emphasizing components such as proper breath support and vocal resonance, SLS enables singers to use their voices more effectively and sustainably. The contributions of SLS to voice training and performance are gaining increasing attention in voice training literature, positioning it as a significant alternative for vocal health preservation.

Concepts of Vocal Health, Vocal Control, and Sustainability

Voice training is an extensive process aimed at teaching individuals how to use their voices with proper techniques, maintain vocal health and enhance their performance. Within this process, the preservation of vocal health, the enhancement of voice control, and the assurance of a sustainable, long-term performance are among the primary goals (Hazlett et al., 2011: 189-190; Vermeulen et al., 2022: 3). The adoption of various techniques is particularly crucial for professional fields that require intensive vocal usage, as these practices are instrumental in maintaining vocal health over extended periods. Consequently, vocal health, voice control and sustainability are foundational concepts within the field of voice training.

Vocal health refers to the correct use of the vocal cords, producing sound without strain, and preventing unnecessary pressure on the vocal folds (Nallamuthu et al., 2021: 295.e12; Spencer et al., 2008: 1089). Protecting the vocal cords through the correct use of vocal techniques is essential for vocal health. This means that proper vocal production is vital not only for singers but also for individuals who use their voices professionally. Proper breath control, balanced use of the body, and techniques that allow the vocal cords to function without strain contribute to preserving vocal health (Devi, 2021: 87; Jiang, 2018: 698). The ability to produce sound naturally and comfortably is also crucial for preventing vocal fatigue and various vocal pathologies in the long run.

Voice control refers to the ability of singers or speakers to use their voices smoothly across different tones and ranges (Leonard et al., 1987: 235). This is a skill required for both singing and speaking. Effective voice control is directly related to proper breathing techniques and vocal resonance. In singing, especially, achieving a smooth transition between chest and head voice is essential for protecting vocal health and sustaining performance. This smooth transition allows singers to expand their vocal range and perform with more strength without straining the vocal cords.

The concept of sustainability refers to the healthy use of the voice over the long term, enabling individuals to maintain performance without damaging their vocal cords (Barlett & Wilson, 2017: 243.e27- 243.e34). For singers who require intensive vocal use in stage performances, employing techniques that minimize vocal cord strain is crucial. Here, achieving natural and comfortable vocal production can prevent fatigue or strain during prolonged performances. Sustainability is critical for professional singers to maintain healthy vocal function throughout extended careers.

The Speech Level Singing (SLS) technique is based on principles of comfort, naturalness, and vocal fluidity, aiming to protect the singer's voice within natural limits while achieving maximum performance (Riggs, 1992: 1; Christiner and Reiterer, 2013: 1- 2). This technique integrates the relaxed, natural sound production used in speech into the singing process, allowing singers to perform across a wide vocal range without straining. By applying minimal pressure to the vocal cords, SLS facilitates the singer's control over their voice and helps achieve a comfortable tone. Emphasis on proper breath control and vocal resonance forms the foundation of this technique, supporting singers in maintaining vocal health and delivering powerful performances over the long term.

Within this framework, the concepts of vocal health, voice control, and sustainability constitute the core dynamics of voice training processes. The SLS technique is an approach that promotes healthy and natural vocal production, preserving the vocal cords and supporting sustainable performance. This method enables singers to deliver flexible and strong performances without strain. The aim is for singers to achieve consistent vocal quality across a broad range, preserving performance sustainability without damaging their vocal cords. Thus, SLS stands out as an innovative technique in the field of voice training, offering a versatile approach applicable across different musical genres.

METHOD

This research utilized literature review and document analysis methods to conduct an in-depth examination of the effects of the Speech Level Singing (SLS) technique on voice training. These two qualitative research methods facilitate a systematic evaluation of information derived from existing academic sources.

Data Collection Method

The primary method in this study is a literature review. The literature review involves examining and compiling previous studies on a specific topic (Carnwell and Daly, 2001: 57; Reuber, 2010: 105). Research on SLS technique, voice training, vocal health, voice control and sustainable performance forms the foundation of this study. In this context, academic articles, books, theses, and reports published in the field of voice training will be reviewed to gather existing knowledge on SLS technique and vocal health. Sources for the literature review will be selectively chosen from reliable academic databases, such as Google Scholar, PubMed, Scopus and JSTOR. Relevant studies from the literature will be categorized to address the research questions, allowing for a systematic analysis of the information gathered.

Criteria for selecting literature have been established for this study. Primarily, research from the last 20 years is prioritized, although seminal sources on the development and application of the SLS technique also included. Studies focusing on core topics such as vocal health, voice control, and sustainable performance are also considered. The literature review synthesized the available information, clearly positioning the role of SLS technique within the field of voice training.

In addition to the literature review, document analysis served as a significant data collection tool in this research. Document analysis involves systematically collecting and analyzing data from written sources (Dalglish et al., 2020: 2; Moilanen et al., 2022: 1). Frequently used in qualitative research, document analysis allows for the acquisition of information from previously published documents on a particular topic (Bowen, 2009: 27). This research examined sources on the SLS technique, significant documents and academic reports related to voice training and vocal health, and, notably, books authored by Seth Riggs on the SLS technique and other key works in voice training. Practical guides related to SLS and documents prepared by trainers will also be evaluated within this scope.

During document analysis, the accuracy, reliability, and validity of the sources assessed. This comprehensive examination took into account the content, methodology, and context of the documents. Research on the effects of the SLS technique on vocal health, performance quality, and sustainability scrutinized in detail to address the research questions.

Data Collection and Analysis

The data collection process will rely on literature review and document analysis. Within the scope of the study, academic databases will first be searched for studies on SLS technique, voice training, vocal health, and voice control and these studies will be systematically reviewed. The data gathered from these sources will be structured to explore the effects of SLS on voice training processes. The recency and scientific validity of the sources used in data collection will be considered, with a focus on selecting academic studies widely accepted in the field of voice training.

Additionally, books and methodologies on voice training and SLS technique will be included in the data collection process. Published textbooks, academic reports, recommendations from voice therapists and instructors, and documents based on technical information related to SLS will be analyzed in detail.

The data analysis process will involve examining the relationships among the collected sources and evaluating the accuracy of the information they present on SLS technique. The results of the study will be discussed in depth in light of these themes, and the contributions of the SLS technique to the voice training process will be scientifically assessed.

Validity and Reliability

In the study, in order to ensure the validity and reliability of the methods employed, priority was given to sources retrieved from reputable academic indices. In this regard, only peer-reviewed studies listed in international databases such as Web of Science and Scopus were examined. The data obtained were analyzed systematically and rigorously, with careful evaluation of the alignment of each piece of information with the research questions. Additionally, the confirmation of findings from various sources through a comparative analysis method reinforced the consistency and reliability of the data. Consequently, the empirical integrity and academic rigor of the research were significantly enhanced, and this approach played a decisive role in ensuring the reliability and generalizability of the results.

FINDINGS

The findings of this study present a broad perspective on the impact of the Speech Level Singing (SLS) technique, which has garnered increasing attention in the field of voice training, on singers. Through literature review and document analysis, this research elaborates on SLS's contributions

to the fundamental components of vocal performance, such as vocal health, voice control, and sustainability. In this context, the study's findings comprehensively illustrate the innovative approaches that SLS brings to voice training processes and the benefits it offers for both voice instructors and individuals who use their voices professionally.

The first significant finding of this research is that the SLS technique promotes more natural and relaxed vocal production by reducing unnecessary strain on the vocal cords. Unlike traditional voice training techniques, which often require singers to exert pressure on the diaphragm and vocal cords to hit specific tones, the SLS method minimizes these strains, allowing for more comfortable sound production. Studies in the literature highlight that excessive pressure on the vocal cords can lead to vocal fatigue, hoarseness, and vocal disorders over time. At this point, SLS contributes to the protection of the vocal cords, supporting singers in maintaining healthier long-term performances. This aspect is particularly crucial for singers working in genres requiring intensive vocal use, such as musical theater, pop, rock and opera

The second key finding reveals strong evidence that the SLS technique enhances breath control and vocal resonance within voice training processes. Breath control is critically important for proper sound production and preventing unnecessary strain on the vocal cords. The findings suggest that the SLS method enables singers to develop more conscious control over breath support, which in turn improves vocal quality. Studies in the literature indicate that proper breath control stabilizes a singer’s tone and optimizes vocal performance. The SLS technique aims for full control over breath flow during sound production, which enhances resonance and contributes to a stronger, more effective tone. These findings demonstrate that the SLS technique not only aids in preserving vocal health but also offers significant advantages in terms of improving performance quality.

Another important finding of the study is that the SLS technique supports performance sustainability within voice training processes, helping singers develop long-lasting vocal performance skills. While traditional techniques often focus on intense diaphragm usage and projecting the voice with high volume, the SLS technique seeks to achieve maximum performance with minimal effort. By reducing the pressure on the vocal cords, this method helps prevent vocal fatigue or strain during extended performances. For professional singers who require intensive vocal use in stage performances, this technique makes it possible to maintain a natural voice and achieve sustainable performance. This finding underscores that the SLS technique is a method that

can help singers preserve their voices and sustain their performance throughout a professional music career.

The findings also show that the SLS technique improves voice control by facilitating smooth transitions between chest and head voice. Traditional techniques often note challenges such as vocal strain and “breaks” when transitioning between registers. However, the SLS technique focuses on the natural resonance points of the voice, allowing singers to make these transitions smoothly. This capability enables singers to perform comfortably and with control across a wide vocal range. Studies in the literature indicate that smooth transitions between chest and head voice are crucial for voice control, allowing singers to deliver strong performances without straining their vocal cords across an extensive vocal range. Thus, these findings clearly illustrate the advantages that the SLS technique provides in terms of voice control and performance sustainability within voice training processes.

Another finding of the research is that the SLS technique offers flexibility and comfort to singers. Studies in the field of voice training indicate that producing sound in a relaxed and natural way enhances singers’ performance quality and preserves vocal health. The SLS technique, in this regard, allows singers to use their voices more efficiently and effectively by fostering comfort and naturalness within the voice training process. This approach enables singers to maintain consistent performance across a broad vocal range without straining their vocal cords. Additionally, the literature highlights that this comfort reduces performance anxiety and boosts singers' confidence on stage. This feature of the SLS technique enhances its applicability across various musical genres within voice training, providing singers with greater flexibility.

The document shows from this study demonstrate that the SLS technique offers significant advantages within voice training processes, providing singers with greater flexibility and comfort than traditional techniques. In this context, SLS can be considered an innovative alternative for voice instructors and voice therapists due to its potential to preserve vocal health, enhance performance sustainability, and improve voice control. The findings of this research may contribute to diversifying the techniques used in voice training and encourage the adoption of innovative approaches.

CONCLUSION AND DISCUSSION

This study has examined the effects of the Speech Level Singing (SLS) technique on voice training, evaluating its contributions to vocal health, voice control, and sustainable performance. The findings support that SLS promotes a more comfortable and natural vocal production for singers compared to traditional techniques. Furthermore, the SLS technique has been found to offer significant advantages in breath control, resonance usage and the production of a strong sound within the natural limits of the voice during voice training.

The results show that, in terms of vocal health, the SLS technique helps preserve long-term vocal health by reducing unnecessary pressure on the vocal cords. This finding aligns with the fundamental principles outlined by Riggs (1992), who argued that the SLS method allows singers to perform across a broad vocal range without harming their vocal cords. Research suggests that this principle supports healthier long-term vocal performance for singers who use the SLS technique (McClellan, 2011). Unlike traditional voice training methods, SLS minimizes the load on the vocal cords, reducing the risk of vocal fatigue and disorders. Therefore, this technique can be considered a valuable vocal preservation tool that enables singers to sustain long-term performance.

The SLS technique has also shown positive effects on voice control and resonance usage. Proper resonance usage and breath control play a critical role in stabilizing the singer's performance quality and tone (Tsilinko et al., 2014). In this context, the data gathered in the study indicate that the SLS technique allows singers to make smooth transitions across their vocal range by focusing on the voice's natural resonance points. Supporting singers in transitioning comfortably between chest and head voice, this technique enhances voice control and enables more powerful performances across a wider vocal range. Studies in the literature also support this finding, noting that the SLS technique improves singers' voice control (Riggs, 1992; Tremblay et al., 2023).

Another significant finding is that the SLS technique provides advantages in sustaining long-term vocal performance. This technique is particularly valuable for singers working in music genres that require intensive vocal use, such as stage performances, as it supports voice preservation over the long term. The principles of comfort and naturalness offered by SLS also help reduce performance anxiety, enabling singers to feel more secure during performances (Song and Hyun-Tai, 2023). This finding supports the idea that SLS allows singers to use their voices more effectively and efficiently during performances. Studies in the literature also emphasize that performance anxiety

can negatively affect voice control and sustainability, highlighting the importance of comfortable voice production in reducing this anxiety (Scearce, 2016).

From a theoretical perspective, this study demonstrates the necessity of adopting innovative approaches in voice training processes, particularly in terms of the positive effects of the SLS technique on vocal health, voice control and performance sustainability. Given the unnecessary strain placed on the vocal cords and the challenges singers face with voice control in traditional techniques, the SLS technique emerges as an alternative that minimizes these issues.

Thus, the findings of this research suggest that the SLS technique should be considered a valuable alternative in voice training processes, emphasizing its contributions to vocal health, voice control, and performance sustainability. These findings, which are consistent with other studies in the field, show that the adoption of SLS as an effective method in voice training could provide long-term benefits for singers. Therefore, SLS should be regarded as an innovative and effective alternative in voice training processes, with its applicability in different musical genres investigated further.

Further studies evaluating the effects of the SLS technique on different musical genres could provide a more detailed understanding of its applicability across a broad range of music styles and its impact on singers. Additionally, longitudinal studies examining the long-term effects of this technique on vocal health could help clarify the potential protective effects of SLS on vocal fatigue and vocal disorders. Such research would solidify the position of SLS within the literature on voice training, illustrating the advantages it offers over traditional techniques more clearly. The findings of this study underscore the importance of considering SLS as a valuable alternative in voice training processes and highlight its contributions to vocal health, voice control and performance sustainability. Adopting SLS as an effective method in voice training could benefit singers over the long term; thus, SLS should be regarded as an innovative and effective alternative, with research focusing on its applicability across various musical genres.

However, there are also limitations to the SLS technique. Specifically, it may be insufficient for some music genres that require strong projection. Additionally, acquiring the knowledge and practice needed for SLS may be time-consuming for singers. Therefore, it is essential that singers receive proper guidance and practice when learning these techniques. The advantages of traditional techniques for some singers should not be overlooked. Studies in the literature indicate that SLS offers significant benefits, particularly for singers working in genres that require intensive vocal use, such as musical theater, pop, rock and opera (McClellan, 2011).

RECOMMENDATIONS

The findings of this study clearly illustrate the advantages that the Speech Level Singing (SLS) technique offers singers within voice training processes and its positive effects on vocal health, voice control, and performance sustainability. Based on these findings, various recommendations can be made concerning the application and further development of the SLS technique in the field of voice training.

First, it is essential to examine SLS from a broader perspective within the world of voice training and evaluate its applicability across various musical genres. Conducting studies that investigate the effects of SLS on singers working in different music styles could reveal the benefits of SLS across a diverse musical spectrum. Comparative studies between traditional techniques and SLS in genres such as pop, rock, opera, and musical theater could provide a more comprehensive understanding of these techniques' impact on singers.

There is a need for longitudinal research evaluating the long-term effects of SLS on vocal health. Such studies could offer a deeper understanding of SLS's protective effects against vocal fatigue and vocal disorders, as well as insights into how this technique preserves singers' vocal health throughout their careers. Findings from long-term studies would increase the scientific validity of SLS in voice training and support its broader adoption in training processes.

The SLS technique should be considered an essential area of education for voice instructors and voice therapists, who should be encouraged to gain further knowledge in this technique. By understanding and applying SLS, voice instructors and therapists can contribute to preserving singers' vocal health and optimizing their performance. Integrating SLS principles into the voice training curriculum and teaching these principles to educators is important to foster greater awareness of the scientific validity and practical benefits of SLS.

Moreover, considering the advantages SLS offers in reducing performance anxiety and enhancing singers' confidence on stage, research should explore the psychological effects of this technique. Understanding the role of SLS in helping singers develop strategies to manage stage anxiety would provide valuable insights into its contributions from a performance psychology perspective. Additionally, examining potential interactions between SLS and other relaxation and awareness-enhancing methods could contribute to a more holistic approach to the voice training process.

Finally, future research on the SLS technique should also address its potential applications in disciplines such as musical theater and performing arts. This technique's potential to support vocal

health and sustainability in stage performances is of particular importance for professional singers who require intensive vocal use. Examining the practical benefits of SLS for stage performances and its effects on singers could expand the technique's application in performing arts and promote its adoption as an innovative approach in voice training.

In line with these recommendations, adopting a broader perspective on the SLS technique in voice training, expanding its applicability across different musical genres, and promoting its widespread adoption within the voice training community will be possible. Future research is expected to solidify the theoretical foundations of SLS and offer a comprehensive framework to better understand the practical benefits of this technique. In this context, adopting modern and innovative approaches in voice training processes is critical for optimizing singers' vocal performances and preserving their vocal health.

Based on the documents of this study, several recommendations can be made on how to use Speech Level Singing (SLS) technique more effectively in voice training processes. Primarily, conducting broader studies to increase the applicability of SLS across different musical genres and evaluate its effects on various vocal styles is necessary. Studies comparing the effects of traditional voice training techniques and SLS in different music genres such as pop, rock, opera, and musical theater are particularly needed. Such research would contribute to a more comprehensive understanding of the advantages and limitations of SLS.

Furthermore, it is crucial to consider the potential benefits of SLS in reducing singers' performance anxiety and helping them feel more confident on stage. Research examining the psychological effects of SLS is necessary. Understanding the role of SLS in helping singers develop strategies to manage stage anxiety will allow a better grasp of the technique's contributions to performance psychology. Additionally, examining potential interactions between SLS and other relaxation and awareness-enhancing methods could help adopt a more holistic approach in the voice training process.

In conclusion, considering SLS from a broader perspective within voice training, increasing its applicability across various music genres, and encouraging its widespread adoption in the voice training world will be feasible through these recommendations. Future studies are expected to strengthen the theoretical foundations of SLS and provide a comprehensive framework to better understand the practical benefits of this technique. In this context, the adoption of modern and

innovative approaches in voice training processes is critically important for optimizing singers' vocal performances and preserving their vocal health.

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GENİŞLETİLMİŞ ÖZET

Bu çalışma, ses eğitimi alanında giderek daha fazla ilgi gören Speech Level Singing (SLS) tekniğinin ses sağlığı, ses kontrolü ve sürdürülebilir performans üzerine etkilerini kapsamlı biçimde incelemeyi amaçlamaktadır. Geleneksel ses eğitimi yöntemlerinde sıklıkla görülen diyafram ve ses telleri üzerinde gereksiz baskı oluşturan uygulamaların yol açabileceği sorunlar, vokal yorgunluk ve hatta zamanla oluşabilecek vokal rahatsızlıklar riskini artırmaktadır. SLS tekniği ise sesin konuşma esnasındaki rahat ve doğal kullanımını şarkı söyleme sürecine adapte etmeyi hedeflemekte, bu sayede ses telleri üzerindeki baskıyı azaltarak sesin daha geniş bir aralıkta ve daha doğal biçimde üretilmesini sağlamaktadır. Seth Riggs tarafından 1970'lerde geliştirilen bu yaklaşım, esasen konuşmadaki rahatlığı şarkı söylemeye taşıyıp, diyaframı ve gövdeyi aşırı zorlamadan güçlü bir performans sunma amacını taşımaktadır. Bu anlayış sayesinde farklı müzik türlerinde –örneğin müzikal tiyatro, pop, rock ve opera– yoğun biçimde ses kullanımına ihtiyaç duyan sanatçılara, uzun vadede ses tellerini koruyarak performanslarını sürdürebilme olanağı sunulduğu görülmektedir. Mevcut araştırmalarda (Seo, 2016; Christiner ve Reiterer, 2013) SLS yönteminin temel hedefi, gereksiz vokal zorlanmanın önüne geçmek ve doğal ses üretimini desteklemektir; bu da uzun soluklu şarkı söyleme sürecinde vokal sağlığın muhafaza edilmesine önemli katkılar sunmaktadır.

Literatürde, geleneksel tekniklerin kimi zaman ses telleri üzerinde gereksiz zorlanmalara ve belli frekans geçişlerinde "kırılma" olarak tanımlanan ani ses değişimlerine yol açabildiği ifade edilmektedir (Tremblay ve diğerleri, 2023; Bottalico ve diğerleri, 2016). Öte yandan SLS tekniği,

konuşurken olduğu gibi rahat ve doğal bir biçimde ses üretimine ağırlık vermekte, bu sayede diyaframın ve ses tellerinin abartılı düzeyde zorlanmasını önlemeyi hedeflemektedir. Riggs'in (1992) ortaya koyduğu bu yaklaşım, şarkıcının ses tellerini kendi doğal sınırları içinde muhafaza etmesi ve hangi müzik türü olursa olsun güçlü bir performansı sürdürmesi için önemli bir çerçeve çizmektedir. Doğal ses üretimini vurgulayan bu metot, özellikle nefes kontrolü ve rezonans kullanımı gibi temel ses eğitimi unsurlarını da içermekte, böylece sesin chest ve head voice arasında daha kolay geçiş yapmasına fırsat tanımaktadır. Özellikle vokal geçişlerde yumuşak bir ses değişimi sağlanması, şarkıcının hem kontrol hem de konfor düzeyini artırarak ses sağlığını koruyabilmesini kolaylaştırmaktadır.

Araştırmanın yöntemi, literatür taraması ve doküman analizi temelinde kurgulanmıştır. Bu doğrultuda, SLS tekniğinin kuramsal altyapısını ele alan akademik makaleler, kitaplar, tezler ve raporlar incelenmiş; ayrıca Seth Riggs'in SLS üzerine yazdığı kaynaklar ile ilgili eğitmenlerin ve ses terapistlerinin deneyimlerini paylaşan çalışmalar dikkate alınmıştır. Ses sağlığı, ses kontrolü, nefes yönetimi ve uzun vadeli vokal sürdürülebilirlik üzerinde SLS'nin etkisini inceleyen bu literatür çerçevesi, geleneksel teknikler ve SLS arasındaki temel farkları ortaya koyma olanağı tanımıştır. Elde edilen veriler, bilimsel ölçütlerle değerlendirilerek, SLS hakkındaki mevcut bilgilerin geçerliği ve güvenirliği desteklenmiştir. Ayrıca, belgelere ve akademik kaynaklara eleştirel bir bakış açısıyla yaklaşılmış; SLS'nin avantajları ve dezavantajları hem kuramsal hem de uygulama boyutlarıyla tartışılmıştır.

Elde edilen veriler ışığında, SLS tekniğinin ses eğitimi süreçlerine katkıları birkaç temel boyutta öne çıkmaktadır. Bunlardan ilki, gereksiz vokal zorlanmanın ortadan kaldırılmasına yönelik olmasıdır. Geleneksel tekniklerde yüksek volüm ve güç elde etme amaçlı yoğun diyafram kullanımı ses tellerine aşırı baskı uygulayabilirken, SLS bu baskıyı azaltarak şarkıcının daha rahat ve sürdürülebilir bir performans sergilemesini mümkün kılmaktadır. İkinci olarak, nefes kontrolü ve rezonans kullanımının SLS sayesinde daha etkili biçimde yönlendirilebildiği araştırmalarda vurgulanmaktadır. Doğru nefes desteğinin, ses renginin belirginleşmesine ve stabilizasyonuna imkân verdiği, şarkıcının da daha az enerji harcayarak geniş bir ses aralığında şarkı söylemesini sağladığı açıktır. Üçüncü önemli nokta, ses telleri arasında geçişin (özellikle göğüs ve kafa rezonansları) daha yumuşak hale gelmesidir. Bu sayede şarkıcı, yüksek notalardan alçak notalara ya da farklı rezonans bölgelerine geçerken fiziksel ve duyumsal rahatlığını koruyabilmektedir.

Tsilinko'ya (2019) göre, bu akıcı geçişlerin uzun dönemde şarkıcının vokal sağlığını ve performansını iyileştirdiğini ortaya koymaktadır (Tsilinko, 2019).

Araştırmada varılan bir başka sonuç, SLS'nin profesyonel sahne sanatçılarının uzun süreli performans sergilemesi açısından önem taşıdığıdır. Yoğun ses kullanımına ihtiyaç duyan müzikal tiyatro, opera veya pop-rock sanatçıları için konserler, müzikal prodüksiyonlar ya da turneler boyunca ses tellerini korumak hayati bir gereklilik olarak görülmektedir. Literatürde, SLS'nin ses tellerini aşırı yormadan daha güçlü bir ses üretme tekniği sunduğu ifade edilmektedir (Miller, 2004; Song and Hyun-Tai, 2023). Dolayısıyla sahnede yüksek efor gerektiren performanslar sırasında ortaya çıkabilecek vokal yorgunluğun ve bunun uzun vadede yol açabileceği sakatlanma risklerinin azaltılması ve McClellan'a (2011) ve Riggs'e (1992) göre, SLS tekniğinin sürdürülebilirlik boyutundaki önemli bir kazanımı olarak değerlendirilebilir. Bunun yanı sıra, doğal ve rahat bir ses üretiminin getirdiği psikolojik katkı da es geçilmemelidir (McClellan, 2011; Riggs, 1992). SLS, şarkıcıların performans kaygılarını azaltmaya yardımcı olabilir ve sahnede kendilerini daha özgüvenli hissetmelerini sağlayabilir. Bu durum, ses kontrolü ve sahne performansı arasındaki etkileşimi olumlu etkileyerek şarkıcının genel performans kalitesini yükseltebilir.

SLS'nin uygulamada bazı sınırlılıkları olduğu da gözlemlenmiştir. Özellikle çok yüksek volüm ve güçlü projeksiyon gerektiren belli müzik türlerinde, farklı tekniklerin veya geleneksel yaklaşımların da destekleyici unsur olarak kullanılması gerekebilmektedir. Ayrıca, SLS tekniğinin öğrenilmesi ve uygulanması için belirli bir süre pratik yapılması ve eğitmen rehberliğine ihtiyaç duyulduğu literatürde vurgulanmaktadır. Her ne kadar SLS, ses tellerini daha az zorlayan bir yöntem olarak ortaya çıksa da farklı ses türleri ya da müzik türleri söz konusu olduğunda geleneksel tekniklerle harmanlanması gerekebilecek durumlar ortaya çıkabilmektedir. Dolayısıyla, şarkıcıların bireysel özellikleri ve performans beklentileri doğrultusunda, SLS ile geleneksel yöntemleri esnek biçimde birleştiren, kişiselleştirilmiş eğitim programları daha etkin sonuçlar verebilir.

Bütün bu bulgular, SLS tekniğinin ses eğitimi süreçlerinde önemli bir yenilik ve katkı potansiyeli taşıdığını göstermektedir. Rahat ve doğal bir ses üretimini ön plana çıkaran bu yaklaşım, uzun vadede ses tellerini korumak, nefes kontrolü ile rezonansı iyileştirmek ve performans sürdürülebilirliğini artırmak açısından dikkat çekici avantajlar sunmaktadır. Riggs'in (1992) ve devamındaki araştırmacıların (McClellan, 2011; Thurman ve Welch, 2000) çalışmaları, SLS'nin farklı müzik türlerinde uygulanabilirliğini ortaya koymuş ve vokal sağlığı tehdit eden faktörlerin

önüne geçmede etkili bir yöntem olduğunu savunmuştur. Dolayısıyla, bu tekniğin daha geniş kitlelere tanıtılması ve müzik eğitimi müfredatına entegre edilmesi, profesyonel ses kullanıcılarının ve ses terapistlerinin de ilgisini çekmektedir.

İleriye dönük olarak, SLS tekniğinin farklı müzik türleri üzerindeki etkilerine dair daha fazla karşılaştırmalı araştırma yapılması gerekmektedir. Pop, rock, opera gibi çeşitlilik gösteren alanlarda, geleneksel teknikler ve SLS'nin şarkıcılara sağladığı katkılar daha kapsamlı şekilde incelenmeli, uzun vadeli etkilerinin karşılaştırılması ile hangi türlerde hangi yöntemin daha yararlı olduğu belirlenmelidir. Aynı zamanda, SLS'nin psikolojik etkileri de daha kapsamlı çalışılmalı; performans anksiyetesi, sahne duruşu ve özgüven konularında sağladığı kazanımlar üzerinde durulmalıdır. Bu tür araştırmalar, SLS'nin kuramsal temellerini güçlendirecek ve uygulamada hangi yönlerinin geliştirilmesi gerektiğine ışık tutacaktır. Ayrıca, ses terapistleri ve ses eğitimi veren kurumlar için SLS'nin öğretimi ve uygulanması konusunda rehber niteliğindeki kaynakların yaygınlaştırılması hem öğrencilerin hem de profesyonellerin vokal sağlığını uzun vadede destekleyebilir.

Bu kapsamda; SLS tekniği, geleneksel yöntemlere kıyasla daha az vokal baskı oluşturma iddiasıyla ses eğitimi alanında farklı bir çerçeve sunmakta, bu sayede ses tellerinin korunması, performans sürdürülebilirliğinin artırılması ve geniş bir vokal aralıkta doğal ses üretiminin desteklenmesi açısından önemli bir alternatif olarak kabul edilmektedir. Literatürdeki veriler, SLS'nin temel ilkeleri olan rahatlık, doğallık ve vokal akışkanlığın gerek profesyonel gerekse amatör seviyede şarkıcılar için yararlı olabileceğini göstermektedir. Bununla birlikte, her teknikte olduğu gibi SLS'nin de belli türlerde yetersiz kalabileceği veya diğer metotlarla desteklenmesi gerekebileceği unutulmamalıdır. Yine de vokal sağlığın korunması ve uzun soluklu, güçlü performansların ortaya konabilmesi açısından SLS'nin giderek daha yaygın biçimde benimsendiği ve gelecek çalışmalarda da bu tekniğin gerek kuramsal gerekse uygulamalı boyutlarıyla daha derinlemesine inceleneceği öngörülmektedir. Bu doğrultuda, ses eğitimcileri ve ses terapistleri için SLS tekniği üzerine yoğunlaşmak ve ileride yapılacak çalışmalarla tekniğin farklı uygulama alanlarını geliştirmek, ses eğitimi alanının evrimine de katkıda bulunacaktır.