

Ses Eğitimi Çalışmalarının Kekemeliğin Tedavisinde Kullanılabilirliği Üzerine Bir İnceleme

An Investigation On Utilizability Of Voice Training In The Treatment For Stuttering

DOI= [10.17556/jef.47650](https://doi.org/10.17556/jef.47650)

Saadet KÖSRELİ

Extended Summary

Purpose

The purpose of this study is to create awareness about availability of voice training works in stuterring treatment and to contribute to the works having been done in this field. Stuttering is defined as disturbances in the rhythm of speech such as stiffness, involuntary repetition and extension in the flow of speech, saying the words in a physical tension. Voice training is an interdisciplinary special field training including speech training. The similarities of the methods used in the treatment of stuttering to those used in voice training were revealed in the study, and in this context, the utilizability of these methods in the treatment of stuttering was shown by giving examples of voice training. The treatment of stuttering through voice training was presented in an interdisciplinary approach, and the examples of domestic and international studies which were utilized from the studies of voice training in the treatment of stuttering were demonstrated in the study. Voice training that may be used for the treatment of many voice disorders was used in this approach and the exercises to be applied were expressed clearly.

Method

In this study, descriptive analysis technique was used, the data obtained for this purpose was depicted clearly, then the descriptions were analyzed and interpreted in causal relationship.

Results

As a result of the study, we expressed the availability of the treatment for stuttering by voice training through breathing control, articulation, relaxation of the facial muscles, and singing with musical rhythm. In this context, the breath treaning exercises are important part of voice training practices used in domestic and foreign studies about stuttering treatment and according to the information obtained after work, the breath treaning exercises will contribute to stuttering treatment. As a

result, before the voice training practices, relaxation of the facial muscles should be done for the availability of stuttering treatment. It is seen that reading with musical rhythm method involved in voice training practices used in stuttering treatment in domestic and foreign studies and significant improvements have been made through this method. It is emphasized that articulation exercises used in voice training work well in stuttering treatment. According to some studies, articulation skills of stutterers are less than non stutterers. In domestic and foreign studies singing activities were used for stuttering treatment and it resulted in major improvements in the treatment.

Conclusion and Discussion

According to the cerebral dominance theory which is considered one of the reasons for stuttering, inability of using muscles actively is seen as the reason for stuttering. It is believed that the facial muscles exercises given in sample study can be used. The researches on the stutter denote that breath control play an important role in stutterers. It is concluded that diaphragmatic breathing holding breath practices can be used in stuttering treatment. The common point of definition of stuttering is arrhythmia in the speech, spell with metronom with simple accompaniment distance and a rhythm can be used. Speaking melodic accompanied by any instrument can be used for stuttering treatment. Teaching of point of articulation of vowel and unvowel could provide recognition of letters for stutterers. The sample practice in the article can be used experimentally. But experimental process should be applied in company with speech therapist and psychiatrist as a interdisciplinary method.
