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Interaction of respiratory muscles and their influence on phonation

In the article «Interaction of the respiratory muscles and their influence on phonation, the author raises the issue that many actors are not sufficiently aware of the need to make targeted use of the mixed-diaphragmatic respiratory muscles, which are of paramount importance for voice formation. And this is very important when working with the word.

To explain his position, the author aims to understand in detail what exactly are all the components of the speech-respiratory system, how they interact with each other and how the working condition of the respiratory muscles affects speech speed, diction clarity, altitude range, cantilence or staccato sound, volume level, orthoepic purity, etc.

Thanks to an excursion into historical antiquity, by examples, the author tries to determine exactly which phonation breathing is more important and to prove the need for active training of respiratory muscles.

The author also points out that there are relationships between the work of the respiratory muscles, which causes lung ventilation, and the sound of the human voice. They are determined by the general laws of mechanics and anatomical and physiological properties of the external respiratory system. And since the biomechanics of respiration is the part of respiratory physiology that studies the relationship between the work of respiratory muscles, pressure in different parts of the respiratory system, air movement, etc., the author emphasizes the need for actors to understand all the laws of biomechanics.

The article also focuses on paradoxical breathing, all the shortcomings and problems that may result from this phenomenon, as well as methods of combating them.

The main slogan of the article can be considered a categorical statement that only in the presence of awareness, training and experience of muscular freedom of phonation breathing, high-quality and highly professional work with the word is possible.