

Professional choir singing and well-being

This questionnaire is a part of a master research project at The Royal Conservatoire of The Hague. The questionnaire is completely anonymous and the data will be used only for the purposes of this master research project.

The aim of this research is to describe the well-being effects of choir singing from the perspective of professional singers. In this from you will be asked questions about well-being effects that you might have experienced and about your opinion of what things might encourage or prevent these effects.

The questionnaire will be open until 30.9.2019. If you have any questions, you can contact me via 3197352@students.koncon.nl. Thank you for your time and effort!

Br
Laura Ginström

***Required**

1. Age *

2. Gender *

Mark only one oval.

☐ Female

☐ Male

☐ Prefer not to say

☐ Other:

3. Nationality

4. **Voice type ***

Tick all that apply.

- ☐ Soprano 1
- ☐ Soprano 2
- ☐ Alto 1
- ☐ Alto 2
- ☐ Tenor 1
- ☐ Tenor 2
- ☐ Bass 1
- ☐ Bass 2
- ☐ Other: _____

5. **How long have you been singing professionally (years)?**

6. **Do you sing/have you sung in a professional choir?**

Mark only one oval.

- ☐ Yes
- ☐ I have but I do not anymore
- ☐ No

7. **How long have you been singing in a professional choir? If you don't sing in one anymore, please fill in the times that you did (for example, years 2002-2005).**

8. **What percentage of your yearly income does/did professional choir singing account for?**

9. **What kind of contract do/did you have?**

Tick all that apply.

- ☐ Freelancer
- ☐ Long-term contract
- ☐ Project-based contracts
- ☐ I've never had a contract
- ☐ Other: _____

Well-being experiences 1/3

How often have you had these experiences associated with singing and well-being? Think about situations where you have been rehearsing or performing in a professional choir.

10. **Physical pleasure from singing ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

11. **Feelings of your body resonating ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

12. **Ease of producing sound ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

13. **Ease of producing the desired level of artistic performance ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

14. **Joy of learning ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

15. **Ease of extremes of the range of your voice ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

16. **Ease of extremes of dynamics of your voice ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

17. **Reduced every-day-life stress ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

18. **Reduced every-day-life anxiety ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

19. **Feelings of purpose ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

20. **Feelings of empowerment ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

21. **Feelings of satisfaction ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

22. **Experiences of singing being therapeutic ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

23. **Being able to concentrate only on making music in the moment ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

24. **Being in charge of your own instrument ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

25. **Joy of working together as one instrument (the choir/ensemble) ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

26. **Joy of connecting with the audience ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

27. **Spiritual/religious experiences when singing ***

Mark only one oval.

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

28. **Other experiences? Please describe.**

Well-being experiences 2/3

How important do you find the following aspects in experiencing well-being related to singing professionally?

29. **Easiness of singing ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

30. **Flow state* ***

From Wikipedia: "Flow state, also known colloquially as being in the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity."

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

31. **Feeling connected with your body ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

32. **Social interaction with your colleagues ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

33. **Autonomy in making decisions about your singing ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

34. **The repertoire being to your taste ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

35. **The repertoire being challenging but manageable ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

36. **The language of the repertoire ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

37. **Taking voice lessons/coaching ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

38. **Professional development ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

39. **Practicing your own singing outside of the choir rehearsals ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

40. **Working schedules ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

41. **The conductor's artistic approach ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

42. **The conductor as a person ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

43. **Singing in small ensembles ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

44. **Singing in big ensembles ***

Mark only one oval.

- ☐ Crucial
- ☐ Important
- ☐ Somewhat important
- ☐ Not very important
- ☐ Does not matter to me at all

45. **Something else? Please describe.**

Well-being experiences 3/3

Are there some aspects that might prevent you from experiencing singing-related well-being? How much do these things affect you? Choose "not applicable", if you haven't had the experience in question.

46. **Disliking the repertoire in general ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

47. **The repertoire being difficult from a vocal perspective ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

48. **The repertoire being difficult from a musical perspective ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

49. **The language of the repertoire being difficult ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

50. **The language of the repertoire is not to your liking ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

51. **The repertoire being "too easy" ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

52. **Challenges with your own physical state/health ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

53. **Challenges with your own mental state/health ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

54. **Stress about schedules ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

55. **Stress about money/income/finances ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

56. **Stress from social relationships in general ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

57. **Poor relationships with colleagues ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

58. **Poor relationship with the conductor ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

59. **Poor relationship with the choir's administration ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

60. **Low vocal self-esteem ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

61. **Vocal problems ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

62. **Vocal changes as a result of aging ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

63. **Not being able to sing the parts best suited for you ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

64. **Work load being too big ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

65. **Not being paid for sick leave ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

66. **Always working in a group ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

67. **Gossip about me ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

68. **Gossip in general ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

69. **Bullying ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

70. **Social group behaviour during rehearsals ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

71. **Social group behaviour outside rehearsals ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

72. **Worry about the continuation of the job ***

Mark only one oval.

- ☐ Stops me from experiencing well-being completely
- ☐ Affects me a lot
- ☐ Somewhat affects me
- ☐ Affects me just a bit
- ☐ Doesn't affect me at all
- ☐ Not applicable

73. **Something else? Please describe.**

Do you feel that there is a difference between solo singing and singing in an ensemble?

74. **Please describe freely!**

How and how well did your education in singing prepare you for ensemble singing?

75. Please describe freely!

Do you have other experiences of singing and well-being in the context of singing in a professional choir that you want to share?

76. Please write freely.

Powered by

