

The risk of hearing damage in musicians who play the wind instruments

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Background: Musicians are often exposed to sound levels that outweigh the values of acceptable noise levels. Exposure to sound levels that pose a risk of hearing damage occurs both during rehearsals and during concerts. The aim of this study was to check self-assessment of hearing ability and evaluation of risk of hearing impairment in musicians playing wind instruments.

Material and methods: Questionnaire inquiries were carried out in 46 musicians who play the wind instruments, 18 women and 28 men in the age of 26-44 [33.5±5.25] years with higher education took part in this research. The average period of playing the instruments among study participants was [20.02 ±4.75] years. These people play in orchestras and work in music schools.

Results: In the group covered by the study, there were people who spent more than 20 hours a week playing the instrument (84.8%). Every tenth respondent (10.9%) indicated the number of hours in the range from 15 to 20 hours, 4.3% - from 10 to 15 hours. None of the respondents declared that they devote less than 10 hours to playing the instrument.

Most of the respondents noticed the impact of working as a musician-instrumentalist on the deterioration of hearing. 34.8% of the respondents were convinced of this, and 41.3% declared that their hearing rather deteriorated. The remaining respondents

indicated negative answers: 17.4%-"rather not", 6.5%"no".

All respondents (100%) declared that they are aware of the risk of hearing loss due to the type of work performed. The use of hearing protectors while playing the instrument was declared by only 6.5% of the respondents. The remaining 93.5% of the respondents were those who did not use hearing protectors.

The respondents declared that they were testing their hearing at least every two years: 69.6% indicated that they had to perform the test at least once a year, and the remaining 30.4% of those surveyed were tested less frequently than once a year, but at least once every two years. None of the respondents indicated that they perform the test every 3 years or that they do not perform such tests at all.

Conclusion: The profession of wind instrumental music is associated with excessive exposure to noise. As a result, this activity increases the risk of hearing impairment.

Speaker Biography

Monika Rogoz is a physiotherapist by profession. She graduated from Jagiellonian University Medical College, Faculty of Health Sciences. She works in a Medical Security Team. She is a PhD student at the Jagiellonian University Medical College. She is interested in the ergonomics and physiology of physical activity. How does the body behave during all sorts of physical exertion and the mechanism of playing the wind instruments and overloading of the hearing, respiratory and musculo-skeletal systems.

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