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The relationship between age and maximum phonation time in a higher education community: A preliminary study

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ABSTRACT

Introduction: As indicated by extant literature, maximum phonation time has been observed to decrease with age, a phenomenon attributable to changes in laryngeal structures and a decline in respiratory support.
Objective: The aim of this study is to establish a correlation between maximum phonation time and age within a higher education community.
Methodology: Participants were instructed to produce the sustained vowel /a/ at maximum phonation time. This production was carried out at three different times, and the mean of the values obtained for each participant was extracted.
Results: A total of 43 subjects participated in the study, comprising 31 female and 12 male participants between the ages of 18 and 61. A decline in maximum phonation time was observed with advancing age, though the correlation between these variables was not found to be statistically significant.
Discussion: This non-significant result contrasts with the established literature. The discrepancy may be attributed to the specific health and vocal use profile of the higher education community sample or the study's limited statistical power, potentially masking an underlying age-related decline.
Conclusions: The relationship between age and maximum phonation time revealed a non-significant association in this higher education community, with a slight decline in aerodynamic measurement with advancing age.

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