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Speaking and speaking education as physical process in Turkish education

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Speaking is sending the message which is desired to be transferred to another one with vocal organs and produced by complicated operations in the brain. Speaking, which is a complicated process, is the most common and important means of communication among people. Speaking, which has essential place both individually and socially, affects success and failure in people's lives. In this study, sound and phonation; which form the physical process of speaking, are emphasized and the features that should be in a fine speaking sound will be explained.

Key words: Turkish education, speaking, speaking education.

INTRODUCTION

Speaking which is one of the fundamental qualities that makes people as a real individual has various definitions. 'Speaking' shortly is an oral explanation of thoughts and emotions. It is described in 'Turkish Dictionary' (TDK, 2005: 1212) that 1) Work of speech' 2) Talking, consulting, discussing. 3) Speech, lecture that are given to audiences in order to inform them about science, literature art and etc....' While some describe speaking as using sounds and body gestures in order to send our thoughts, ideas and dreams to our audiences (Kantemir, 1995: 51), the others describe it as reflecting oneself to others by using one's own experiences with a perfect expression (Ağca, 1999: 71). Gürzap (2003: 33) describes it as composing the whole thoughts emerged from human brain from the simplest to most complex one by giving them various colours and depths. And according to Özdemir (1995: 215) 'speaking is a means which builds connections between us and our environment and leads our relationships. Speaking has an essential place in expressing our loves, friendships, angers and enmities and in being understood by other as well. As can be seen in those descriptions, speaking has a wide sense. Conceptions such as sound, pronunciation, expression, understanding, agreement, communication that are interlaced can be included in the description of speaking.

The physical dimension of speaking is mostly about

sound. 1) The vibration that is hearable by ears. 2) The vibration made by the air that comes from the lungs' (TDK, 2005: 1739). That voice is an indication that reflects personality is a determination which is popularly accepted nowadays. Producing a sound can be possible with working many organs in our body harmonically. Sound is produced and formed by the flow of the air which is taken into the lungs and goes through abdomen, diaphragm, chest, chest-bone, trachea, vocal cords and mouth. In shaping sounds, especially the organs in throat and mouth are very effective (Özbey, 2005: 116).

Producing speech sounds

Speaking is a detailed work about many organs of which main functions are different. For example, larynx produces sounds in speaking in fact its function has nothing about speaking. The main function of lungs; which work as a pair of bellows, in order to activate vocal cords in larynx, is to absorb oxygen. Speaking is only its secondary duty. The gaps in head that rise and reflect the sound are for absorbing the food and air into the body. In producing sounds, nasal passage, tongue, lips and muscles of throat play an important role in providing cork and rubbing mechanism. Yet, this isn't their real function,

it is an additional one (Cole and Morgan, 2001: 316). In similar way, the organs which play a significant role in producing sounds, such as chin, teeth, palate, nose and etc... do not perform their own duties. Even though these organs are used to produce sounds, speaking is a secondary function of them (Taşer, 2000:74).

Speaking first of all, is a unity of sound and producing sound. Hearing the vibration in the air is called as sound. Every sound is not a speech sound. It is necessary for air to hit the vocal cords just as it is coming out from the lungs (Çelik, 1998: 61). The organs that provide the production of speech sounds are vocal organs. There can be seen three stages in producing human voice: aspiration, sounding, articulation.

Aspiration

The lungs that work as a pair of bellows push the air from trachea into the mouth by pressing enough amount of air. This is a raw material of the sound. Its difference from breathing is that; breathing isn't willingly, but natural and obligatory. Aspiration which will produce the sound depends on demand and unnatural.

Sounding

The air which is pushed into the mouth meets vocal cords at larynx that exists at the end of the trachea, and they sound as they are separating from each other more or less. As a result of this the air becomes sound condition.

Articulation

The air which has become vibrate arrives at the crossroad of cavity and nasal passages while going through vocal passages. There is a uvula at this crossroad. Uvula opens way either for mouth passage by closing nasal passages or for nasal passages by closing mouth passages together with tongue. If the air which has become sound goes to nasal passage, it produces nasal sounds. And if it goes to cavity, it is articulated and reached the desired form.

Speech organs

While people are speaking, breath goes out by hitting these organs: lungs, trachea, larynx, vocal cords, uvula, cavity, nasal cavity, nasal passage, palate, gums, teeth, tongue and lips. The way which goes through thoracic cavity to lips and nose is called as vocal way. The organs which are arranged around vocal way and have function in speaking are also called vocal organs. The natural functions of them are totally different. For example, the function of lungs is to clean up the blood, the function of

tongue is to taste and to help to swallow foods. Producing sound is their secondary function. These organs must work in a harmony to create speaking. These organs are classified differently in many sources. Şenbay (1997) investigates these organs in three groups by calling them as 'vocal means':

1. The organs in which sound occurs (larynx)
2. Air pipe with a pair of bellows (lungs and trachea)
3. Mouth, throat and nose which can enlarge the same sound with resonance spaces.

In other source, physical organs which produce sound are classified into two: (Erem and Sevim, 1947: 80-89).

1. The organs of breathing (lungs, diaphragm, trachea)
2. Speech organs
 - a) Larynx (cartilages, vocal cords, glottis, epiglottis)
 - b) Mouth (pharynx, soft palate, uvula, hard palate, tongue, lips, and lower chin)
 - c) Nose

If we take a look at the essential speech organs one by one;

Diaphragm

Diaphragm has a body which separates abdomen and thoracic cavity, becomes thinner at its centre and becomes thicker at its sides. It is one of the primary organs which regulates our breathing. It lets the air come into by widening itself with the movements of its muscles and again by the help of these muscles it becomes narrower and pushes the air into our trachea. There is a direct relationship between our ability to control our diaphragm and our speech order. If we have the ability to control our aspiration much longer and regularly, we can speak continuously and fluently. For this reason, all of the speaking practises have diaphragm control exercises. When diaphragm has a natural deficiency or isn't trained well, it can cause some kinds of speaking disorders. Diaphragm has a great influence on articulating and intonation and also on fast or slow speaking.

Chest

Chest is an important speech organ too. In form of a chest, there is a working order that provides both healthy breathing and regulates our speech rhythm. There is no front connections of some chest bones and this connection are ensured by a cartilaginous tissue among them. It lets the side of the chest towards abdomen move like an arch. Some disorders in chest may cause speech disorder. The harmony between diaphragm, chest and chest muscles makes the air we take in goes to our trachea regularly and rhythmically (Yalçın, 2002).

Vocal cords

Vocal cords in larynx consist of muscles like fibres. Vocal

cords come closer to each other and stretch while speaking. The air meets an obstacle and vibrates. This little sound becomes a hearable sound after becoming bigger in cavities. The length of vocal cords is 20 to 25 mm in men and 16 to 20 mm in women. If we do not care about vocal cords, it can cause important disorders in speaking (Şenbay, 1997: 12). Vocal cords open and close regularly as breathing. From the beginning of sending a message from our brains into our bodies, vocal cords contribute to produce a desired voice by shaping itself appropriately for each sound, intonation and stress. We know that physical features of vocal cords determine our voice, and its thickness or fineness. And again some disorders in them can cause speaking disorders as well.

Back palate

The other point in which sounds are produced is called as back palate where mouth and throat meet. The sound that has got a shape by hitting vocal cord then has got a brand new shape by hitting back palate with the movements of our tongue. The sounds called as velar consonants (g, ğ, and k) arise in this way (Yalçın, 2002: 103).

Tongue

Except for the vowels, our tongue is a very essential organ which we inevitably use to produce all sounds. Tongue has an important function in especially some sounds. Tongue should move easily within mouth. Tongue should touch the root and upper teeth and upper lips by being twisted. Tip of a tongue should be stretched and twisted easily. If we aren't able to rule over our tongue, we see that our sounds are hoarse. If we succeed in improving usage of our tongue in general, this ability helps us to overcome pronunciation issue while learning a foreign language. The sounds which are influenced by tongue laziness much are: 'c, ç, d, j, l, n, r, s, ş, t, and z' (Bozdağ, <http://www.yetenek.com>).

Chin

The role of a chin is very significant in fine speech. In all languages, all letters are voiced by using chin. Chin has to perform different movements one after another in a fast way while speaking. Chin opens, closes, becomes narrower and widens. Lower chin moves forward and backwards. The build of the bone in which our upper teeth take place is stable. Therefore all of these movements are performed by the muscles that control the lower chin. We can face some problems in using our chins, this causes speech disorders as well. We aren't able to perform various movements regularly and when

chin muscles are not developed and conditioned. In such a situation, some movements disappear and this causes a loss in sounds too. If we do not use our chin healthily, we experience some problems in producing sounds (Bozdağ, <http://www.yetenek.com>).

Lips

It is exactly impossible to produce some sounds in a situation that lips aren't used. People who have labial apathy encounter problems in sounds that are produced by using lips. The sounds in Turkish depend heavily on using lips are: 'b, f, m, o, ö, p, u, ü, and v. If there is an obscurity and lack of clarity, the reasons depend on labial apathy. In addition, lips take certain positions with certain sounds. From this point of view, for example, while producing the sounds like 'i, i' contribution of lips must be taken into consideration. These sounds can be pronounced without support of lips, but they cannot be qualified enough (Bozdağ, <http://www.yetenek.com>). In constructing sounds, there are other organs such as larynx, lungs, trachea, cheek, and nose. Here we emphasize the most important organs in producing sounds.

The features of speech voice

Articulation

Articulation is to build syllables clearly. Most of the people speak without using their lips. And most of the audiences cannot understand what this kind of people said. When we usually say, 'please speak louder' this warning is not that this person speak low, but for he/she can't articulate the words in a desired quality (Şenbay, 1997:50). Being heard clearly of words depends on articulating of syllables correctly rather than speaking loudly. In dictation training which builds the dimension of physical education of voice, articulation practises has got a great importance. We can say that it constitutes the art of diction. Before starting to train voice, there should exactly be practises to control breathing. Because that speaker gives the control of his/her own breathing under the authority of his/her will rather than randomly, is an essential training which makes speaking fluent and be appropriate for pauses (Yalçın, 2002). If breathing and aspiration which depend on moving in a harmony of chest and diaphragm are not healthy, articulation will not be, of course, at expected level. At almost all of the jobs that require speaking, in speech training, the most important matter undoubtedly is articulation practises.

The main aim of articulation training is to give the correct and effective sound of each word. We can express the difference between one who had an articulation training and other one who didn't have it like

that; we can understand almost all of what they say even though they speak with very low voice. And the other cannot be understood well enough; even though they speak very loudly. In addition we become annoyed; because of loud voice. As speakers in first group had articulation training before, the every word they said is quite and perfect. The speakers in other group speak loudly but they do not produce the sound in a correct order that is expected to be, and also quietly and perfectly. Therefore, every sound comes out by mixing into each other. And audiences try harder to recognize these mixed sounds one by one (Yalçın, 2002).

One of the most important elements of fine and effective speaking, articulating sound effectively, correctly and adequately. For this reason, the students who have incapacity in these subjects should be practised with some tongue twister.

INTONATION

Sound tracking; which consists of simple and periodical movements, that is to say, vibes that repeats themselves within a certain period in a certain order is called as tone. Phonemes, syllables and words arrange like a chain in speaking. The sounds which come after one another are never in the same level and colour. Sound continuously falls and rises, becomes soft, hard, fine and thick. These sound changings are called intonation. The audio level of the sound is its volume. The audio level depends on width of its vibration. If vibes are fast, tone of sound rises. This is called rise tone. At pronouncing of a word, because of the changings in sound rise and harmony, there exist some sound waves and these are called sentence tone (Parlakıyıldız, 2001: 54).

Intonation which is about pronunciation part of speaking should be done correctly and perfectly for effective and fine speech, as intonation has got strength to shift the meaning of a word. Tone; in other words intonation is about psychological condition of a person. It adds some details such as softness, hardness, enthusiasm, anger, certainty, ambiguity and etc... to expression. For example news about death can not be said in the same intonation with a news of a birth. Let us take 'yes' and 'no' words to discern the shift in meaning by different intonations. These examples and words can be increased (Çelik, 1998: 67).

Evet: Şimdi sizi dinliyorum. (Yes: Now, I'm listening to you)
 Evet: Kabul ediyorum. (Yes: I agree)
 Evet: Meraklandırma insanı söyle. (Yes: Do not make me wonder, say)
 Evet: Allah cezanı versin, söyle. (Yes: God damn you! Say)
 Evet: Tamam. (Yes: Okay)
 Hayır: Kesinlikle ben yapmadım. (No: Exactly, I didn't do it)

Hayır: Kaç defa söyledim, olmaz. (No: How many times I said, no)
 Hayır: Bu sorunu çözmem gerekli. (No: I have to solve this problem)
 Hayır: İşim yok. (No: I have no duty)

Pause

We need breathing to produce sounds. We can lengthen our voice for a while; but at the end, our breath expires, we stop and have to breathe again. Therefore, we need some pauses while speaking in order to reply the need of breathing. All of these pauses constitute punctuation in speaking. The pauses; which are also called as speech punctuation, explain the stopping points in speaking. They are generally done in three ways as short, normal, and long (Parlakıyıldız, 2001: 55). Breathing and pausing are done within a natural course of speech. Speech without breathing and pausing is both monotonous and has got lack of comprehensiveness. Every part of text and every phrase have got integrity in meaning in themselves. These integrities in meaning should be separated from each other and related to each other. In texts, pauses are shown with some punctuation marks; for example, ' ', ' ', ' ', ' ', ' ', ' ()'. In some texts, punctuation marks are enough for breathing and pausing. Yet, there are clear differences between spoken language and written language. Using the pauses of written language in spoken language in the same way can harm clarity and also it can be impossible in practise. In such a situation, pauses should be placed according to the course of speech. If we do not consider about pauses and often make short pauses while speaking, we need to take a deep and big breath.

This of course causes us to breathe noisily. In fact, breathing noisily is a deficiency. It is necessary to prevent it. So, we should breathe periodically, fast, not in a demonstrative way and waiting it to be expired. But this can not be done randomly.

Stress

All syllables of words are not said in the same intonation and stress during speaking. Different syllables of words in all languages are stressed and these stresses build a natural side of speech. Consider a course of monotonous speaking that has the only one intonation. If you have ever listened to texts records from computer, you can have the chance to observe this monotonous stress. Our voice sometimes falls and rises to make our emotions vivid and to influence audiences. Stress is pronouncing some syllables in two or more syllable words and some words in word groups more emphasizingly and clearly (Parlakıyıldız, 2001: 52). Stress points in words can

be different in any languages. Some rules in Turkish which will help us to find these stress points are (Bozdağ, yetenek.com):

1. There is exactly a stress on one syllable of each word. For example, in the word 'heyecan', the stress is on last syllable.
2. Being the stress on last syllable in Turkish is a rule. Except for some special examples, stress usually shifts to last syllable when a new syllable is added to word. 'hece, heceler, hecelerde, hecelerdeki'
3. Sometimes stress is on the syllable that is the previous of the last syllable. Below some examples are shown: Stress is on first syllable in adverbs and conjunctions 'niçin, ancak, önce, sonra, ayrıca, yalnız, belki, henüz, ansızın, nasıl, hangi'. Some suffixes which Turkish take shift to stress to previous syllable. These are 'ca / ce, la / le, ma / me, sa / se, im / sin', 'sence, benimle, okuma, yazdırma, gidrese, bilirsin'.
4. In Turkish 'ğ' usually, 'y' sometimes makes a change similar to stress. Consonant 'ğ' causes the vowel before itself to lengthen in the syllable. This is the same for 'y' consonant. This emphasized lengthening reflects like stress in sounding. (two vowels together are used to express stress). With 'ğ' consonant, 'yağmur=yaamur, öğretmen=ööretmen, öğle=ööle, ağabey=aabey, koğmak=koomak' With 'y' consonant : 'böyle=bööle, söylemek=söölemek, öyle=ööle'
5. Some consonants that make noise while producing (ç, p, k, r, ş, and z) carry the stress to the syllable they are in. For this reason, mentioned consonants must be the last letter of the syllable. Kaçtım, yokmuş, saptı, ordu, şaştı, and ezdi.
6. Some syllables which are used for exaggeration take stress upon themselves. 'sımsıkı, koskoca, büsbüyük, büsbütün, bambaşka, and binbir'

Rhythm

There is no monotony in saying the parts of sentences with regard to duration. There exist short or long breaths sometimes after a word or a word group and sometimes after a phrase. Therefore speech becomes meaningful and it is divided by pauses. With a simplest description, rhythm is called dividing a sentence into the meaningful pauses. The term rhythm is about saying or reading sentences but, not about syllables or words. Speaking well means to use words as clear, correct, meaningful and lovely, to give correct stress on words and sentences and to make correct intonation and rhythm (Parlakıyıldız, 2001: 55).

Tune

Tune belongs to sentence. Each language has its own tune. Somebody can recognize that whether French or

German is spoken even if he /she does not know any of these languages. Mistakes made in intonation and stress spoil the tune of that language. There are three kinds of tune (Ergenç, 1995):

1. Ending tune which occurs with falling intonation at the end of the sentence in order to express the sentence and message have come to an end. 'Bunu beğenmedim. Çocuklar sinemaya gittiler.'
2. The tune which remains with the same or two pitches higher than the top of the tune in order to express the message is going on. 'Geldim, gördüm, and yendim'
3. When the audience is asked to respond, interrogation tune which occurs with a rising intonation at the end of sentence. 'Geliyor mu?' 'Yazacak mısınız?'

Liaison

Liaison is one of the most important elements that makes speech fluent. Liaison is saying a consonant at the end of a word by connecting with the first letter –it has to be a vowel of course- of the other word. This provides fluency in speaking. Speeches in which no liaison is made even if it is necessary become monotonous and boring. The most important qualification of people who are said to be a good lecturer is using liaison very well. There are different types of it (Tunali, 2007: 76):

1. The last letter (consonant) of a word is pronounced together with the first letter (vowel) of another word. 'Bir sıfır olsun bizim olsun.' 'Bir sıfır-rol-sun-bi-zi-molsun / Bir sıfırıolsun bizimolsun.
2. In Turkish, when a word ending with a consonant is pronounced with a word begging with 'h' letter, the letter 'h' drops. Misafir+hane misafirane / mi-sa-fi-ra-ne/ misafirane Ders+hane der-sa-ne/ dersane.
3. As some words in Turkish are from foreign languages, while they are being adapted to Turkish, they become harder. That is to say; the letters 'b, c, d, and g' turn into 'p, ç, t, and k' Of course this is only in written language. But, in spoken language, when the letters that became harder combine with the other letters, they are pronounced softly like before. 'Mahmut ayaklandı birden. / Mah-mu-da-yak-lan-dı-birden. / Mahmudayaklandıbirden.' Kendime kitap aldım. / Ken-di-me-ki-ta-bal-dım. / Kendimekitabaldım.
4. If first word of two is one-syllabled, the vowel drops to make a liaison in pronouncing. In this way, two words combine and liaison occurs. 'Ne için? / Niçin? / Noldu?'

Conclusion

It has been seen that our body works as a machine or orchestra in order to make a sound which a normal human being produce in a shorter time than a second; that cannot be measured in fact, and to bring together in a harmony and meaningfully. The studies about the physical

features of speaking is becoming a different discipline and art. This education which is called as a diction art is done to make speaking better (Yalçın, 2002: 103). The fundamental aims of fine and effective speech training well known as diction art are; to be able to speak in front of people with having no anxiety and loss of concentration, relaxingly, with preparation or without it, to apply the main concepts and rules of fine and effective speaking, to express own thoughts and feelings fluently, comfortably by using correct sounds and body gestures and being aware of the rules of that language, to use speech organs correctly and appropriately while producing sounds and to be able to speak considering the features of sounds such as intonation, articulation, stress, liaison.

'Happiness and success' depend to a great extent on us and our ability to make relationships with others in our lives as a different individual. Therefore, fine and effective speech training in our schools should be given much more importance.

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