

What is Stuttering and how can Stuttering be Cured?

Murli Singh*

HON. PHD Speech and Language Pathology, Genesis Neurogen, Rishabh Vihar, Delhi, India

*Corresponding Author: Murli Singh, HON. PHD Speech and Language Pathology, Genesis Neurogen, Rishabh Vihar, Delhi, India.

DOI: 10.31080/ASOL.2023.05.0549

Received: February 23, 2023

Published: March 09, 2023

© All rights are reserved by Murli Singh.

Stuttering is a disease of intermittent speech that can be cured if we practice through speech therapy, which we are discussing in detail below.

Stuttering is also called stuttering or state ring in English, it is a kind of speech barrier in the speech power of human beings in which we keep repeating sounds even if the speaker wants and speak them and sometimes there is such a situation in speaking that they are unable to speak. And the study has also found that 1% i.e. 40 million Americans in the US stutter, it has also been estimated that about 5% of people in their lifetime stutter at some age or the other.

How to stop stuttering

Stuttering or intermittent talking has become a common problem that affects about 1% of the world's population. It is a speech disorder that breaks the normal flow of human speech and due to this, a person can start repeating the same word or pronunciation over and over again because every person is different from the other, so the problem of stuttering. There is no single treatment available, but there are some exercises that help to reduce and cure the problem of stuttering, by reducing your anxiety, understanding your speech methods, arguing in your own words and practicing in front of people, you can reduce your stuttering problem to a great extent if you go to the speech therapist and stutter with a speech therapist. There are many such practices in speech therapy that can completely cure the problem of stuttering, but along with the speech therapist, the person who has problems related to stuttering can be completely cured if he follows the speech therapist's words properly.

According to me, we are giving some exercises related to stuttering in the following order, if they are done properly every day, then stuttering will be completely cured which is as follows.

Before speaking, we should take a deep breath and release it slowly

Anxiety can make the symptoms of stuttering worse and relax your body with deep breathing exercises about 15 to 20 times before speaking in one exercise fashion or in front of whole people, this can reduce your anxiety and will also help to relieve your stuttering problem.

To reduce your anxiety, take deep breaths regularly and exercise slowly.

Use these breathing exercises to relax Shubham especially during behavioral interactions, which can avoid social anxiety, which can also be very helpful in avoiding your stuttering problem.

Sit alone and practice each word through typing

In the problem of stuttering, if we gradually use our finger on each word, then in the problem of stuttering, you will get the result of the time we are doing this exercise and the problem of stuttering will appear that you do not have any problem, but you should practice the above exercise for about half an hour three to four times daily. According to me, I will get 100% benefit in stuttering.

Be sure to do your video recording or normal recording while speaking

This method helps you understand your speech patterns much better than you see it in the mirror. Set up a camera and say in it,

do it first alone and then join more people in a closed room so that you can play the stuttering step again and again understand your speech pattern. Sometimes we speak so fast that we start stuttering or we already think in our mind that I am probably going to have trouble speaking.

Analyze this tape with your friends and family members, these people will probably be able to notice things about your speaking pattern that you have not seen and you will also get a lot of help in understanding those problems and if you listen to that recording again and again, you will also know this.

Practice speaking by stretching the first word of each word long

This practice is known as prolongation in speech therapy language, which helps a lot in focusing on and reducing the tension causing the problem of stuttering.

- Pay special attention to pronouncing your trigger word Breaking the word helps you overcome difficult words in your speech.
- If you stutter even during the practice of stretching and speaking, then the real purpose here is not that you have to speak continuously without stopping, but the purpose is also to make you feel calm while speaking, which will help us a lot in the problem of stuttering.

Practice speaking in the same rhythm

You must have noticed that often those with stuttering problems stutter or speak in rhythm, they stutter very little and sometimes they stutter equally, this is because we have just made it in our mind that we have to sing this song in the same rhythm so that our speech is confused and stuck on the words. Can it be stopped?

- As you wish, you can practice speaking with a tune of your choice of words, it helps you a lot in your problem of stuttering and can make your practice interval even more fun. You will feel that you are not stuttering anywhere at the moment.

Those with stuttering problems should be taught loudly

- This exercise helps you get used to the pronunciation of words and focus on the pronunciation of each syllable of each word. To get into the habit of speaking loudly, start a sentence that

you know well and already you speak such sentences and then train yourself along with reading some unknown words. Read on to say something you haven't already read.

- If you stutter while reading, then you should not panic at all, just keep moving forward and if you keep moving like this, it will also eliminate a lot of problems in stuttering.
- We should work only while reading in rhythm, if we use a tune to a song or while reading, we create a habit of speaking in an accent that is in the same rhythm, even then it will help a lot in stuttering.
- Use your parolegation technique even while reading, i.e. use stretching and speaking, if we make a habit of speaking each word, then it will help us a lot, focus on speaking as comfortably and as slowly as possible.

Call on mobile, it will also get immense benefit

- If you want to practice but are not ready to sit in front of someone right now and talk, then one of the easiest ways is to talk to your friends and your family members on the phone instead of messaging this practice and you will also know where you are stuttering because There is an option in the mobile that you can put it on the auto recording, so you can also hear later what you have talked to the person in front of you and your family member is your friend can also tell you where you have made a mistake in speaking so that you can improve it. Nowadays, the best way is that we can call the customer care number of any company and in it we can talk to the customer care officer for about 10 to 15 minutes, so that our practice will be easily done and we will also be confident on our own that what we are having trouble in stuttering now.

Practice speaking by looking in front of the mirror

- It is also a very good way that we are sitting in front of the mirror and our reflection is visible in the mirror, it helps us a lot in understanding the speech pattern by ourselves and we can also see if there is any kind of stress on our face and in which place of the body we are not putting energy. This will help us a lot.
- It is important to maintain eye contact with us in the mirror because eye contact maintenance can help reduce your problem of stuttering.

- If you want, you can also imagine another person in the mirror, you understand that your name is Ram, then you will understand that Shyam is sitting in the mirror there and you can imagine yourself talking with him again. You have to talk and you will also know whether there is any kind of stress on your face or you do not tighten your hands and feet while speaking, with all these things you will fully know where we are making a mistake.
- You start doing this alone in front of the mirror first but then later include your family or angel friend in it. You spoke in the mirror and people saw you that you may find it very strange, but usually when people are alone, we see that they stutter very little. Stuttering will allow you to think about it well and your confidence level will also increase, in this way you should practice this, it will help you a lot in recovering from stuttering.
- We also have to keep in mind that whenever we talk, we do not have to joint both our hands at all and if we feel like joining, then you have to keep the hands separate and you make the finger look like we are talking to others and you can talk by moving the finger so that both our hands can move. Not being joint will also help a lot in fixing it, how to practice speaking by going to the general public and what will be the benefit of practice.
- You can say to your other person that please forgive me, maybe I have trouble stammering if I speak very slowly, all you have to do is you will find yourself that most people are fully accepting your situation and this will also increase your confidence level and the other person will also help you to speak because that too slowly with you. will practice.

Imagine social interaction and plan accordingly

- Plan your social interaction while trying to overcome your stuttering problem This can greatly reduce your anxiety in speaking in front of the public and also gives you a chance to repeat words and sentences before speaking.
- If you are going to have an office meeting tomorrow, then once you study that agenda very carefully and you will also have to imagine what can be asked from you and plan your answer too. You have to make such a plan in advance that the meeting that is going to be held in my office tomorrow, which questions can be answered from me, we have to practice it in advance by sitting in front of the mirror, which will end our anxiety.
- We should also understand that social interaction cannot always be planned in advance and maybe you start stuttering when the conversation goes in another direction.
- We also have to remember that if the person in front of you starts talking with difficult words and you start stuttering, just accept that you have a problem of stuttering and ask for some moments to gather your thoughts so that you do not have trouble in speaking and the other person will definitely relax your problem and when you If you do all this with confidence, then your problem of stuttering will help you a lot in your stuttering problem [try to avoid your blocks and trigger words.

We should not try or panic to turn our backs on the problem of stuttering while talking to people

Those who stutter often feel very ashamed of their condition and see it as a deficiency and sometimes they are very hesitant to speak to themselves and think that no one should talk to me in front of me, but trying to hide it can increase your anxiety and it will increase your problem of stuttering. Because of which, your stuttering problem will eventually go from bad to worse and with your confidence, people should not worry about controlling your stuttering by telling people about your stuttering problem and it helps to keep you in control in the environment because when the person in front of us knows that I have a problem of stuttering. So he will not laugh at you nor will he talk to you in such a way that you get stuck in speaking, so if we share our problem with our colleagues and our family members, it will solve our problem and he will also help us in solving it.

Stuttering problem We should go to a group supporting us where we can get help.

During practice, you may have identified the particular triggers and blocks that you find difficult to speak and you will learn to speak those triggered words without stuttering on which word, although for some time, to prevent your stuttering problem, we should try to avoid using them in the general public environment. Practice/practice sessions should be done and after that gradually we should have a conversation in front of the public so that our morale level will not fall.

Listen to trigger words rules or make a list of pristine words, if you start stuttering on a particular word every time, then you will find many more words that you can use to say the same thing and use a dictionary. The conversation will help them to be rewarded while the meaning of what you say will not be changed and what you want to say has the same meaning as the word we want to speak and you will see such an easy word that you do not even have trouble speaking.

Eye contact should be maintained with whoever you talk to.

People who have trouble stuttering often do not make eye contact with the other person, they feel different due to the worry of stuttering when speaking in public, even if you start stuttering, but still force yourself to maintain eye contact. Always, whenever we talk, you should talk by making eye contact with the other person, which will make our confidence level high and it will help a lot in fixing the problem of stuttering.

- If you try to stop the problem of stuttering, then break the time and the icon, but if you start making it again, then it will definitely help to fix stuttering.

Suddenly start talking with people or anyone

- If you suddenly start talking to people, then it is a good test to understand this exercise, random conversation can not be planned in advance, so use all your exercises and try to speak very well as far as possible, this will give us an idea of how much we have benefited from stuttering and how much we are stuttering now.
- Start your conversation by familiarizing yourself and saying that I have trouble stuttering and I am trying to improve my speech, you will find many people who will be willing to help you and they will also feel very comfortable doing so and will talk to you easily and they will also like your exercise and you will also like your exercise. Will be comfortable
- You should get information about the path from common people, it is a good fast and exercise, even if you know that path, but you have to talk to people as much as possible to fix the problem in your stuttering, but it is a very good and simple way to interact with people without talking to them for a long time. Seeking professional help.

If there is no improvement in your stuttering problem, then you should talk about it to a speech therapist who specializes in stuttering

- If you have been working on improving your problem for many years and you have practiced for months, yet you are not showing any improvement, then you should go to a professional speech therapist.
- If you need help looking for a speech therapist, you can search for it online on Google and you will get complete information about who is a speech therapist at your nearest place in your city.
- You can also find out about speech therapists from a child doctor in your area, nose- ear-throat doctor, they are also aware of them.
- The problem of stuttering is a problem that despite all of us having it, we cannot put our point well in front of the other person, which is the problem of stuttering, it can be easily corrected through a speech therapist, such as if you are doing yoga, you will be lazy to do it without a yoga therapist. You will not be able to do regular practice, so with the help of a professional speech therapist, your problem of stuttering will be easily eliminated.

What instructions your speech therapist has given you, you should follow it regularly

- Your doctor will give you a long list of exercises that you will do at a place at your home so that you and other members of your family do not have any kind of disturbance. If you keep doing it regularly, you will not have any problem in stuttering and you will soon start normal speech.
- Remember that a speech therapy can also make a long process because you may have to work with your therapist for several months. You need to be patient and you have to work with confidence with the whole process. from automatic; It will end, but you will have to give time regularly in it, it is not that you practiced today and you are resting for two-three days, if you do not follow it for two-three days, then you will not get much benefit, so you will have to do the exercises that have been told by the speech therapist regularly.

We should go to a group that supports us where we can get help

- If you have a problem with stuttering, then you may feel that you are the only person who is not alone, but you are not alone, the problem of stuttering is the problem of stuttering. This type of group will be very helpful in increasing your confidence to get it and nowadays it is possible to find everything easily by searching on Google. People in India or if you are in another country can search online for local stuttering support groups and do not feel any shame in asking for help because if we are asking for help then it will also benefit other people and people will feel happy to help.
- Now it is not difficult to solve the problem of coming and breaking tomorrow.
- Shah Rukh Khan is one of the most popular actors in Bollywood,.... c,c,c,c,c Fans like to say Kiran, although Shah Rukh adopted this style for the film, but film star Hrithik Roshan used to stutter a lot in childhood, he reached this stage today with the help of a speech therapist that he is absolutely fine today and he does not have any problem of stuttering by doing the exercises prescribed by the speech therapist. He was also reluctant to go to school because of this, especially on the day the Munjabani test was done, there was a problem in going to school.

Often people think of stuttering as the same, what is the difference between stuttering?

Usually, medicines are not given to treat nausea, all the responsibility is on the speech therapist and speech therapy can be used to treat stuttering and tingling. If needed, we also have to undergo surgery because due to the hanging under the tongue, the tongue is stuck from the bottom so that it cannot move the tongue upwards and which can not move the tongue upwards. The words that touch the hard pilot are not spoken, they have trouble speaking and they speak wrong.

- To stammer
- Speaking intermittently, speaking the same word over and over again, speaking loudly, drawing eyes, when the lips are cracked, jaw movements, etc.
- What is the reason for this?

- Stuttering, *being in control of the muscles used in speaking
- Genetic cause is likely to occur in the parent or child
- Neurological causes i.e. some disturbance in the left side of the brain
- Stuttering in a particular situation means looking at your address or a person in any way at any time in the phone or interview.
- Excessive cling of the tongue underneath
- If our friend also has this kind of problem and we spend more time with our friend, then this type of problem can happen to young children.
- Habitually, such as the child speaks in love and older people also start talking to him in love and when the child speaks to older people, they like it very much, like you must have seen on most marriage invitation cards that the family members are very happy with my aunt's wedding, but this becomes a reason why The child begins to stutter.

Conclusion

This clearly concludes that if we young child is making a mistake in love with the child, then we should interrupt that child at the same time, if we interrupt the child at that time, then the problem of stuttering will end very easily, but if we consider him good for some time, it will become a big problem in the future. It can be cured very easily through medium provided that for some time we should trust our professional speech therapist and keep working on the exercises prescribed by him regularly and do the exercises prescribed by the speech therapist regularly as well as do it regularly, then there will be no problem of stuttering. It is clear that you have to take care of the smallest things, we can not present our point in front of anyone else even after knowing everything and we feel scared and scared. It is easily corrected if we work on it according to the time and regular practice by a professional speech therapist. Doing all the exercise exercises will eliminate this problem.