

Studying and music

Elizabeth Enabulele

Professor Donna Busarow

PSYC 290

April 14, 2019

Why do student listen to music?

Is listening to music while studying a distraction they are not aware of?

Do students who listen to music while studying perform better or worse on exams?

Student should listen to music for better performance during exams.

Many students around the world feel they need to listen to music while they study or revise, believing it helps them concentrate better. Some even say that without music, they can't revise as it's too quiet. On the flip side, there are those who find music incredibly distracting and need silence to function best during work or study. As I go further in my research we will see what music really does when listening to it while studying. I chose this topic because I like listening to music while studying and it doesn't have effect on my exams. Without music is boring or I get sleepy.

‘H. S., P. J., & K. G. (n.d.). The effects of background music on primary school pupils’ task performance. *Educational Studies*, 28, 111-122. Retrieved from <http://www.sciepub.com/reference/10686>

The effects of background music on math learning and verbal memorisation in young children in primary school. For math learning, they had pupils solve arithmetic problems under music (Hallam, Price, and Katsarou )

Study conducted showed calming and relaxing music on arithmetic and memory performance tests in children ranging from ages ten to twelve. They found better performance on both tasks in the calming and relaxing music condition when compared with a no music condition.(Hallman, Price, & Katsarou, 2002).

They also tested these children in an arousing, aggressive, and unpleasant music condition, and the results showed that their performance on both tasks was heavily disrupted and led to a lower level of reported altruistic behavior by the children (Hallman, Price, & Katsarou, 2002).

S. E., N. T., H. P., & T. S. (2007). The Effects of Lyrics and Tempo of Music on Cognitive and ... Retrieved from [https://www.benshowe.com/Psychology Papers/Research Methods Poster\\_bshowe.pdf](https://www.benshowe.com/Psychology%20Papers/Research%20Methods%20Poster_bshowe.pdf)

( Schellenberg and colleagues ) Assumed that music that puts you in a positive mood has a positive effect on your performance

Dobbs, S., Furnham, A., & McClelland, A. (2011, March 23). The effect of background music and noise on the cognitive test performance of introverts and extraverts. Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1002/acp.1692>

Performance in silence was best when compared to performance in background noise and music (Dobbs, Furnham, & McClelland, 2011).

In contrast, a study conducted by Pool (2002), monitored the distracting effects of background television on homework performance and did not find any significant impairment on homework assignments when students were distracted by television while working on those assignments. These findings indicate that background noise, just like background music impacts cognitive performance in ways that have not been fully understood by researchers.

S., & Norman, D. (1997, December). Cognitive test performance and background music. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/9450304>

Although previous research has established that music can either distract or facilitate cognitive task performance, improved performance in the presence of music might be directly related to the type of music listened to (Cockerton, Moore, & Norman, 1997)

Smith, C. A., & Morris, L. W. (1977, December). Differential effects of stimulative and sedative music on anxiety, concentration, and performance. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/601132>

Smith and Morris (1977). In their study, they also found that participants performed better on a cognitive processing test while listening to no music than they did while listening to either stimulating or sedative music. They determined that performance is impaired with music and optimized with no music.

Listening to music for relaxation is common among students to counter the effects of stress or anxiety while completing difficult academic tasks. Some studies supporting this technique have shown that background music promotes cognitive performance while other studies have shown that listening to music while engaged in complex cognitive tasks can impair performance. This study focuses on the impact different genres of music, played at different volume levels, have on the cognitive abilities of college students completing academic tasks.

Many students listen to music to alleviate the emotional effects of stress and anxiety when engaged in complex cognitive processing, such as studying for a test, completing homework assignments, or while reading and writing. This practice is so common that it would be beneficial for college students to understand the role that music plays on cognitive performance. Research demonstrating the effects of music on performance is well documented, but have shown

ambiguous evidence on this matter. Music has a powerful impact on our physiological states, emotions, and thought processes. It is important as a student to note that, music can truly be a lifesaver when it comes to getting through the emotional highs and lows, and the energy ebbs and flows that accompany educational pursuits.

Why do students listen to music?

Is listening to music while studying a distraction they are not aware of?

Do students who listen to music while studying perform better or worse on exams?

Students should listen to music for better performance during exams.

