



Presenter: Angelica ROQUE

Session & Time: Poster_V / 4:00 to 4:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Ian Madfes

Digital Portfolio URL:

Title: The Effects of Listening to Music While Studying

Abstract:

Music is a form of entertainment that is enjoyed by most people. It is used as a form of stress relief, and it can change moods. It can also block out noises to permit relaxation. It can affect study habits by boosting motivation or it can be distracting to some people who try to focus on more complex study tasks. The choice in type of music someone chooses to play can have a variety of effects. Prior research shows college students playing music while studying, its efficiency to increase academic performance, relieve stress and boost concentration. It is suggested that background music can influence the affective state of individuals, and participants had a better reading comprehension with slow music than no music at all. There are a variety of factors which may influence choice to play background music while studying. For some it helps release stress, aids in relaxation and is pleasurable. For some, the sound of music may feel overwhelming during study tasks, causing a loss of concentration. However, individuals in control of their concentration commonly play music while studying without having negative

effects. Research has found that having background music was dependent on the complexity of tasks at hand. How much one emotionally engages with music is related to how much it may be a distraction. For individuals who engage a lot, it has been found that those with higher concentration levels were found to play music while studying, while others with lower concentration levels do not. Therefore, it was hypothesized that those who are more engaged with music emotionally when listening is less likely to listen while studying. Among people with a higher level of music engagement, those with higher concentration abilities are more likely to listen while studying than those with lower concentration skills. A total of 100 students will complete these measures: Music Habits Questionnaire, a Music Enjoy Scale (how much music has emotional effect on listener) and a Concentration Scale. The hypotheses will be supported if those who listen while studying score higher on the Concentration Scale, and lower on the Enjoy Scale.