

## A STUDY OF IMPACT OF LISTENING MUSIC ON ACADEMIC PERFORMANCE OF STUDENTS

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### **ABSTRACT**

*Listening to music while studying has become a routine practice among students. While some students believe that it enhances their academic performance, researchers disagree with such claims. The aim of this study was to investigate the impact of music on students' academic activities and to determine whether it has any benefits. The study involved 200 students from three major ethnic groups, of whom 100 preferred to listen to music while studying and 80 did not. The study employed both questionnaire-based and experiment-based surveys. The data collected from the participants' responses were compiled using graphs and charts. The results showed that 51% of the students believed that music helped them concentrate while studying. 32% believed that music helped keep their mind calm, and 22% said it prevented sleepiness. However, 60 out of 70 students stated that listening to music while studying distracted their concentration. The experimental data showed that students answered more correctly (75%) while listening to soft music compared to other genres. The positive results suggest that listening to music while studying is not detrimental to students' concentration and can even enhance their academic performance.*

**KEYWORDS:** *Music, academic performance*

### **INTRODUCTION**

However, recent studies have shown mixed results on the effectiveness of listening to music while studying. Some studies suggest that listening to music helps in improving mood and reducing stress, which indirectly

affects concentration and performance. In contrast, other studies suggest that listening to music can distract from the task at hand and hinder concentration.

According to a research study conducted by the University of Windsor in Canada, listening to music enhances work performance. The study was carried out among 56 software developers from different companies in Canada, and the results showed that music listening positively affects mood and perception of design while working. The authors concluded that not listening to music resulted in the lowest positive affect and quality-of-work, while the longest time-on-task occurred when music was absent. This research raises the question of whether music listening can improve studying. However, it should be noted that the "Mozart effect" only shows a positive impact when listening to music before taking a test, not during the test

Therefore, it is important to find a balance that works for the individual. If music helps in increasing focus and reducing stress, it can be beneficial to listen to it while studying. However, if it becomes a distraction, it is better to switch it off and focus solely on studying.

In conclusion, the impact of music on studying is subjective and depends on individual preferences. While music can provide some benefits, it is crucial to evaluate its effectiveness based on personal experience and adjust accordingly.

## **OBJECTIVES OF THE STUDY**

To observe the effect of different type of music on concentration and performance of student

To understand the effect of listening to music on the concentration and performance of student

To analyze the individual perception about the role of music in concentration and performance of the student.

In summary, while there is evidence to suggest that listening to music can have a positive effect on work performance and even IQ in specific scenarios, such as listening to classical music before a test, the impact of listening to music during studying or test-taking is less clear. Some experts argue that music can be distracting and hinder performance, while others argue that it can enhance mood and aid in focus. The present study aims to shed light on this issue by examining the effect of music on student concentration levels.

## **MATERIALS AND METHOD**

A cross-sectional study was performed on 200 college students studying in Akola city, all ranging in age from 19-21 years. Prior ethical clearance was obtained from the institution before the study was conducted. The research

was conducted using two methods - a self-designed questionnaire that was validated by expert faculties and a study using experiments. The questionnaire survey was conducted after obtaining consent from all participants and consisted of close-ended questions with four response options. Participants were classified into two groups based on their preference for studying with or without music. Students who reported listening to music while studying were selected for the experimental study. The objective of the experiment was to observe the effect of music on concentration during studying. Participants were provided with four sets of general questions and were asked to answer them correctly while listening to different types of instrumental, soft, and fast music. The experiment also included a control group where students were asked to study without any background music.

## RESULT

Out of 200 student participants, 100 students (50%) admitted that they are listening to music while studying, whereas remaining 100 students (50%) were not involved in such practices.

Results of questionnaire study:

Upon asking frequency of listening to music, 100 students responded that they would prefer to hear to music when they feel like to listen. Whereas 40 students (40%) listen to the music occasionally, 20 students (20%) chose every time and remaining 40 students (40%) said most of the time. Based on this response, approximately 90% of the student agrees that music helps them to concentrate on studies while remaining 10% do not agree with it.

Furthermore, to study how music affects the different aspect of their task, 30% of them listening to music only when they are bored, 24% while doing house chores and 18 % while exercising. The rest of them are listening to music on other unspecified activity.

From the responses of the reason to listen to music while studying, the majority of 50% students believes that music helps them to pay attention while studying. 30% students said that it keeps their mind calm, 11% students stated that it would prevent sleepiness and remaining 9% students opined that listening to music shall block any external interference like noises, etc.

The group of students who do not listen to music was asked for the reason for not preferred. 97% responded as listening to music while studying would distract their concentration.

The leading type of music preferred to listen while studying was attributed to pop song 80% followed by instrumental 70%, classical music 43%, rock music 36% and heavy metal 14% music.

It has been noted that, students those who have a habit of listening to various music while studying could not score well without music score 30%. A Higher percentage of correct answers were obtained by the students while they are listening to soft music 74% which was followed by instrumental 68% and fasttrack music 52%.

## DISCUSSION

Listening to music while studying is a common practice among students. While some studies suggest that background music can enhance cognitive performance, others show that it can impair it, especially during complex tasks. The effects of music on cognitive performance may differ depending on personality types. Pop music, for instance, can be a distractor for both introverts and extroverts.

However, the students in this study had a positive perception of listening to music while studying. Most of them listened to music only when in the right frame of mind, and only a small group listened to it consistently. Music was a positive mood changer that motivated and improved concentration by elevating positive mood.

The present study revealed that slow music helped students concentrate better than fast and loud music. Moreover, the noise caused by loud and fast music interfered with students' ability to concentrate, turning the music into a distraction.

Other studies have also shown that medical and dental students also prefer listening to music as a way to spend leisure time, just like general adolescents.

## CONCLUSION

Listening to music while studying can enhance a student's ability to concentrate, according to recent research. This supports the current trend of studying with music as it does not harm a student's ability to focus. Additionally, a student's preference for specific types of music can also contribute to their improved academic performance.

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