

Utah State University

DigitalCommons@USU

---

Fall Student Research Symposium 2022

Fall Student Research Symposium

---

12-5-2022

## Listening to Music While Studying, Does It Help or Not?

Kaleb Phillips

Utah State University, a02307031@usu.edu

Follow this and additional works at: <https://digitalcommons.usu.edu/fsrs2022>



Part of the [Arts and Humanities Commons](#)

---

### Recommended Citation

Phillips, Kaleb, "Listening to Music While Studying, Does It Help or Not?" (2022). *Fall Student Research Symposium 2022*. 15.

<https://digitalcommons.usu.edu/fsrs2022/15>

This Book is brought to you for free and open access by the Fall Student Research Symposium at DigitalCommons@USU. It has been accepted for inclusion in Fall Student Research Symposium 2022 by an authorized administrator of DigitalCommons@USU. For more information, please contact [digitalcommons@usu.edu](mailto:digitalcommons@usu.edu).





# LISTENING TO MUSIC WHILE STUDYING, DOES IT HELP OR NOT?

Presenter // Kaleb Phillips

Instructor // Cree Taylor



# INTRODUCTION AND STORYTIME

# THESIS

Claim of value that students should have the freedom to choose to listen to music or not, in classrooms and doing their schoolwork.

Every person is different, and they have different forms of learning.

# STARTING QUESTIONS



Does listening to music help you focus and is a help when studying for college?



What other aspects are involved?



# ABSTRACT

- Many college students listen to music. Many say that it helps them focus on their schoolwork and helps them retain knowledge. When I started this research, I wanted to find ways for me to help focus on my schoolwork. I get distracted easily and find joy when I listen to some kinds of music. Does music help you focus? Does it depend on the type of music, or can it be any type? Does it work for everyone? Research was conducted using library and internet resources to locate both primary and secondary research. For this study, I also performed my own personal study where I listened to different kinds of music while I studied and did homework. Based off this research, I found that it depends on the persons personality, the type of music they like, and whether it helps them focus or cause distraction. The audience for this research is centered on college students but can be related to any student. In conclusion, I found that is just depends on the person and what they like and the way their brain focuses on tasks. There is not one answer to this research question, but to find out for yourself if listening to music is good or bad for you while studying.

# MUSIC CAN BE A DISTRACTION



“MUSIC THAT’S TOO LOUD OR FAST  
MIGHT INTERRUPT YOUR THOUGHTS AND  
HINDER YOUR PROCESS.” (RAYPOLE, 2022)



IN GENERAL WORDS ARE DISTRACTING  
(IAHN, 2021)

# TYPE OF MUSIC

- “Stimulative music is a stronger distractor and obstructs cognitive processing more than sedative music does” (Dolegui, 2)
- Avoid music with lyrics





# STRESS AND EMOTIONS

---

60% said they were able to study better with sound on in the background.  
(Steinberg < 2022)

# IMPROVE YOUR MOOD



Mozart Effect

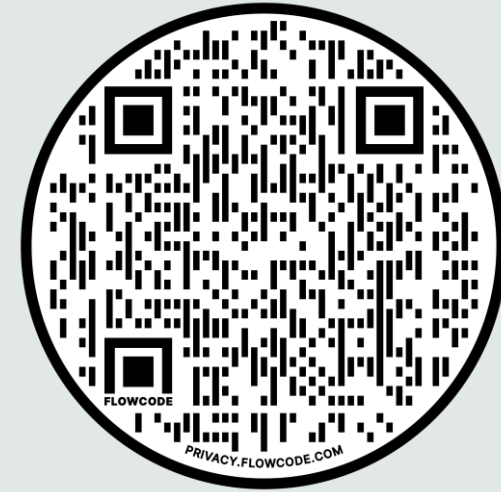


Blur Effect

# STORYTIME

# CONCLUSION

- Does listening to music help you focus or is it just distracting?
  - *It is your choice*
  - *Try it for yourself*
  - *Try different styles and types of music.*
  - *Try using music on different tasks and assignments*
  - *Everyone has a different way that they learn*



# REFERENCES PAGE

- Admin. (n.d.). *How does music affect your mood?: Music and emotion relationship*. Online Atlanta Institute of Music & Media | Best Music College. Retrieved October 13, 2022, from <https://www.aimm.edu/blog/how-does-music-affect-your-mood>
- Bryon, Dr. Timothy, 2019: *Is it OK to listen to music while studying? - university of wollongong*. UOW. (n.d.). Retrieved October 10, 2022, from <https://www.uow.edu.au/media/2019/is-it-ok-to-listen-to-music-while-studying.php>
- Dodge, L., & Mensink, M. C. (n.d.). *Music & Memory Music and memory: Effects of listening to music while ...* Retrieved October 10, 2022, from <https://minds.wisconsin.edu/bitstream/handle/1793/77348/Music%20and%20Memory.pdf?sequence=1>
- Dolegui, A. S. (2013, September 1). *The impact of listening to music on cognitive performance*. Inquiries Journal. Retrieved October 10, 2022, from <http://www.inquiriesjournal.com/articles/1657/the-impact-of-listening-to-music-on-cognitive-performance>
- Iahn, B. (2021, September 15). *How does music affect the learning process of students?* The Music Universe. Retrieved November 4, 2022, from <https://themusicuniverse.com/how-does-music-affect-learning-process-students/>
- Raypole, Crystal. (2022, June 22). *Here's how music can help you concentrate*. Healthline. Retrieved October 10, 2022, from <https://www.healthline.com/health/does-music-help-you-study#benefits-of-music-for-studying>
- Steinberg, B. (2022, August 18). *Students who listen to music while studying have a higher GPA: Poll*. New York Post. Retrieved October 10, 2022, from <https://nypost.com/2022/08/18/students-who-listen-to-music-while-studying-have-a-higher-gpa-poll/>