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Analyse the influence that music has on students' concentration levels.

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CCT College Dublin

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Declaration

By submitting this assessment, I confirm that I have read the CCT policy on Academic Misconduct and understand the implications of submitting work that is not my own or does not appropriately reference material taken from a third party or other source. I declare it to be my own work and that all material from third parties has been appropriately referenced. I further confirm that this work has not previously been submitted for assessment by myself or someone else in CCT College Dublin or any other higher education institution.

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Research Question: Analyse the influence that music has on students' concentration levels.

Rationale

There is an argument that certain melodies can support students increase their concentration levels. I strongly agree with this statement because I personally take advantages of this method to boost my concentration.

In my view is not every type of music that can help us with a better performance at studying, for example a song with a very high BPM would probably get you out of focus, on the other hand a calming song has the power to eliminate distractions around the student, not only them could be benefited from it, but also every person who is looking for having a better performance in any task.

The best kind of songs for this purpose would be classical music, instrumental or the most popular from now a day called "Low fidelity" better known as "Lo-Fi", which is not only used to keep our brain focused but also relaxed. However, it is not everyone who can take advantages of the same tool for the simple fact that no two people have the same brain anatomy, thereby a considerable amount of people assume not get themselves used to it and get the opposite effect resulting in distraction, that is why there are some theories against it.

All in all, I am looking forward to discovering more and more about this subject and hopefully learn how to take even more advantages from this method.

Introduction

This project aims to present the influence that music has on concentration levels while studying. It will present the results of some experiments that have been developed by specialists, specifically to measure the performance of students with and without music. It will also be presented how the music industry can benefit from it financially.

Advantages of music for students

The argument of music supporting concentration among students has its supporters and opponents. Many studies have been conducted to show the positive impact that music can have on the human brain. Background music is an effective tool in optimizing cognitive performance. However, this can vary according to the style of music. The study indicates that non-vocal music has a much greater impact than music with lyrics, especially when it comes to a challenging reading, as focusing on the words further increases the amount of concentration required (Goltz and Sadakata, 2021). This phenomenon has gained its own term and can be referred to as the Mozart effect. This name relates to classical music and the theory behind it is that while listening to this genre of music it arouses your brain, which in turn allows for easier absorption of new information (Study International, 2021).

Experiments

According to Chiang (2009), music has a significant impact on concentration levels. Some experiments have been conducted to test how background music can support students having more attention while reading or working on a task. The investigation was made up of 3 groups involving an attention test that lasted for 10 minutes while changing the conditions of each group. Every group had different way to performance a task with music before and during the test and no music at all. However, in this experiment the most positive effect was observed in the group that had listened to music prior the test while the other ones recorded varied results. A similar experiment was made in New York, thereby it had coinciding results (Moise, 2019). This can also support the argument that even though it has been proven that music has a positive effect on concentration, this method does not work for everyone.

Impact of music on concentration levels

An interesting example of how music can influence the brain is the case of Gabby Giffords. After getting shot in the head she lost control of half of her brain which is responsible for speech. Following this incident, she had to relearn how to speak and specialists used music therapy to help her recover her brain damage (Hersey, 2022). Viskontas (2019), author of the book “How Music Can Make You Better” also argues about this case and highlights the fact

that music has a magic power to assist the recovery of brain regeneration. Based on Gabby's therapy, other patients with similar disease have benefited from this method.

Relation to music industry

In the past 10 years the accessibility of music has increased all over the world. According to Goltz and Sadakata (2021) Spotify experienced an increase of more than 450% of users between 2015 and 2020, and it is still growing. In 2023, Apple Music recorded 88 million users (Curry, 2023). The increase of popularity of studying music has led to the creation of a new music genre - "Lofi". The name refers to the low fidelity beats in the songs. The phenomenon of this music is related to the imperfection in the audio. It works with the front lobe of the brain which helps it to focus (Student Life, 2021). The most popular lo-fi music channel on YouTube, named Lofi Girl, is a channel which streams lofi music 24 hours a day. The channel is monetized and it is able to generate on average 1,2 million views daily which could result in almost \$10,000 a day in revenue (Watesh, 2022). As of now the channel has over 12 million subscribers (YouTube, 2023). As of March 2023, this channel has a net value of \$3,4 million (Statsmash, 2023).

Conclusion

In conclusion, although music does not have the same effectiveness for everyone in relation to concentration, it is a highly effective method for many students according to research. The music genres focused on providing this service are having a significant growth in the music industry.

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