



Does Listening to Music Improve Your Performance on Various Tasks?

Choose **Ohio** First



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Abstract

Do you find that listening to music allows you to focus on your tasks better? Such a question is what we desired to investigate as our research project. This topic came to us due to our interest in listening to music to complete tasks, and so we wished to further delve into this concept to see if our posed inquiry is truly the case. To research this topic, we produced our own set of three different tasks we each were to perform, all of which would be done through four trials: no music, upbeat, classical, and metal. From our many trials, we came to find that while the genre of music you listen to may influence one task, the same doesn't hold true for all tasks, as shown by our unique data. Our research has shown that, while we each performed the various tasks at our pace, the effect from the music on each of us in doing such tasks was similar.

Introduction

People all over listen to music to get them through their tasks in the day. We are no different in this regard, as we too enjoy listening to music to help us perform in whatever it is that we are focusing on. In our common interest in music, we endeavored to research into finding out if listening to music truly has any effect on our performance on tasks.

Objectives

Our goal in performing this research project was to investigate a topic that all of us had some interest in, and that we'd be able to meet and discuss, as well as to acquire data for.

Methods

- Listen to one of four different genres of music: no music (control), upbeat, classical, metal
- Complete one of three tasks: constructing a LEGO set, figuring out a Tanguos puzzle, and sorting a deck of cards into suits
- While doing so, we will run a timer to collect how long it takes to complete each task
- Once finished with our trials for each test, we will calculate average times to see which genres of music will help us perform these tasks the quickest

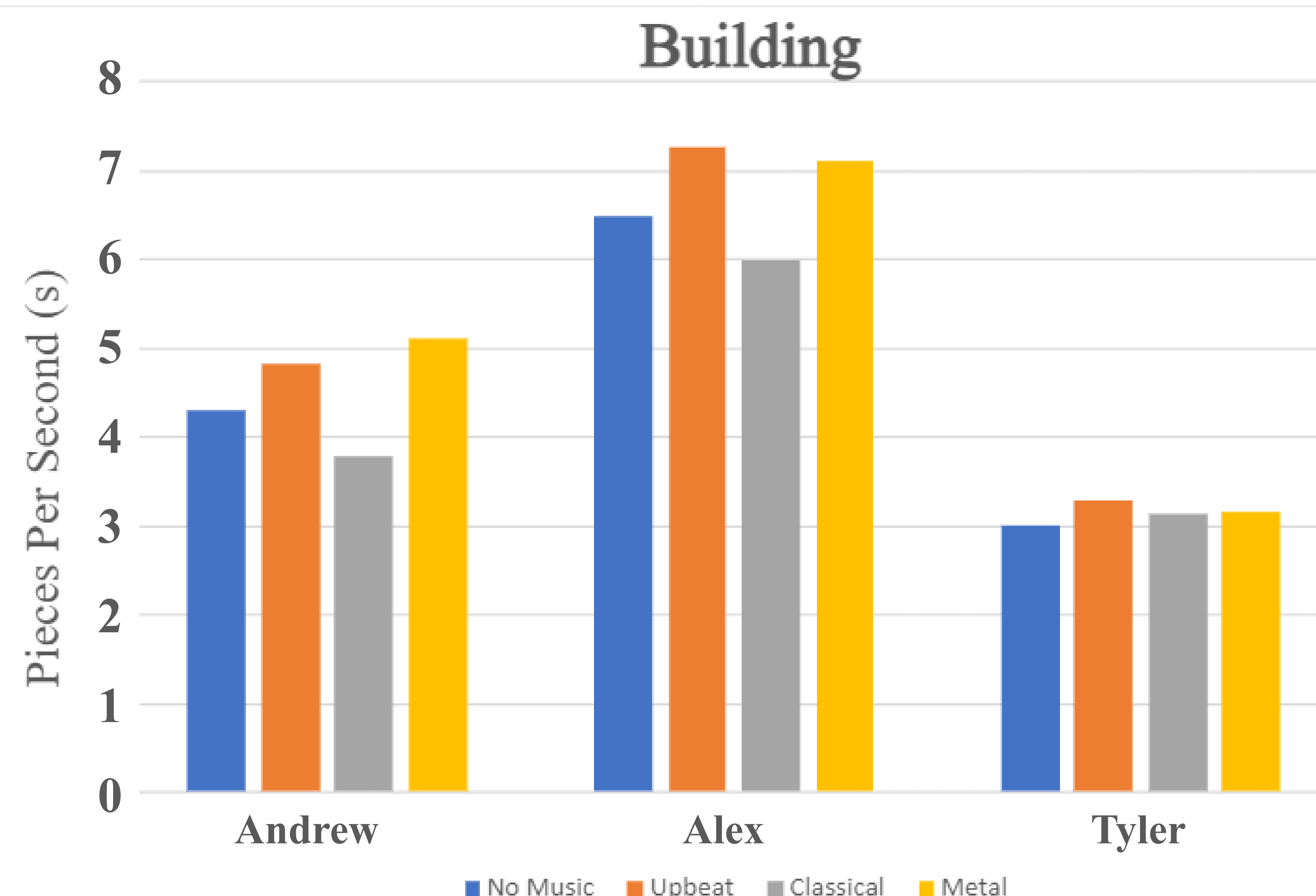


Figure 1: Average times for LEGO set construction

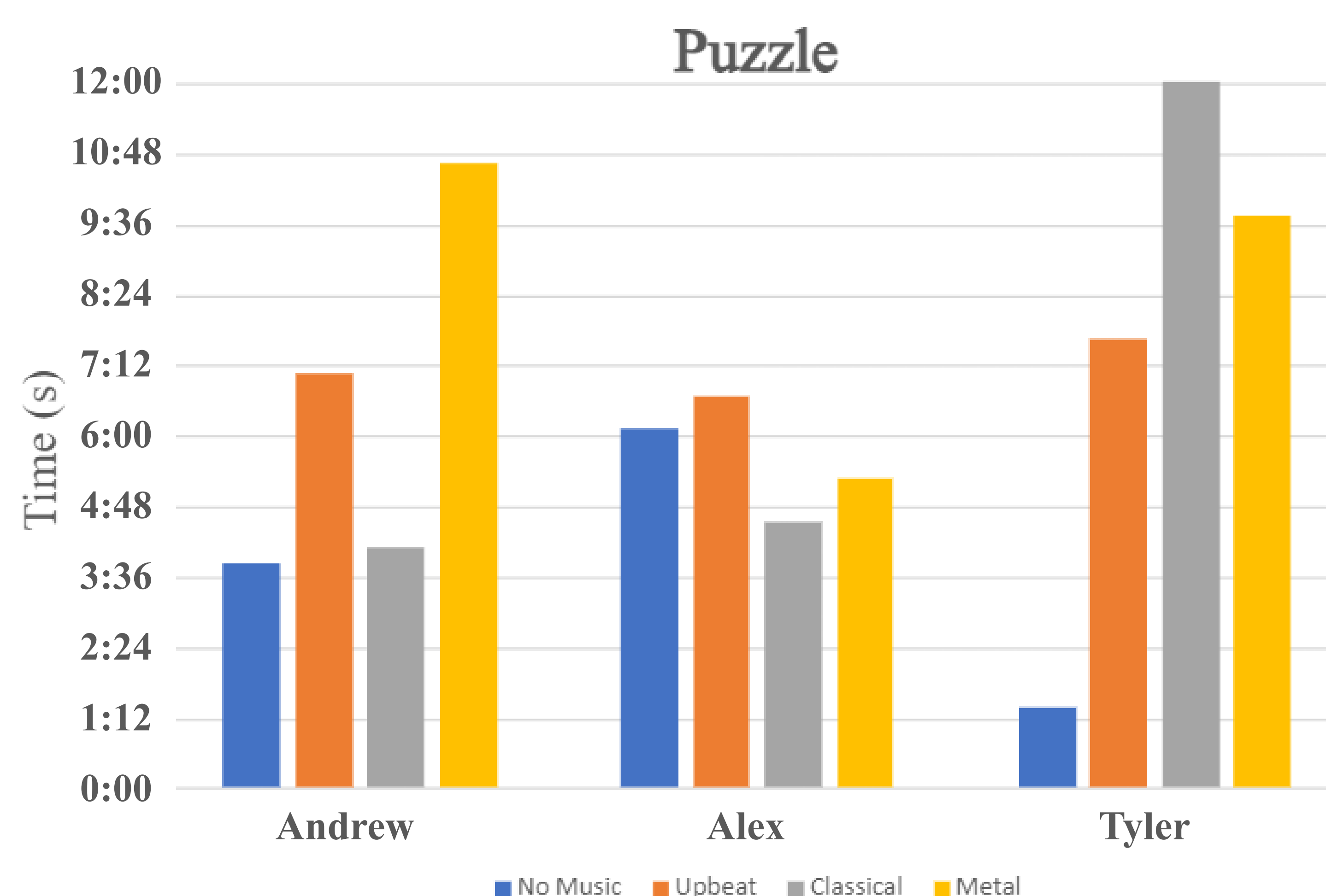


Figure 2: Average times for Tanguos puzzles

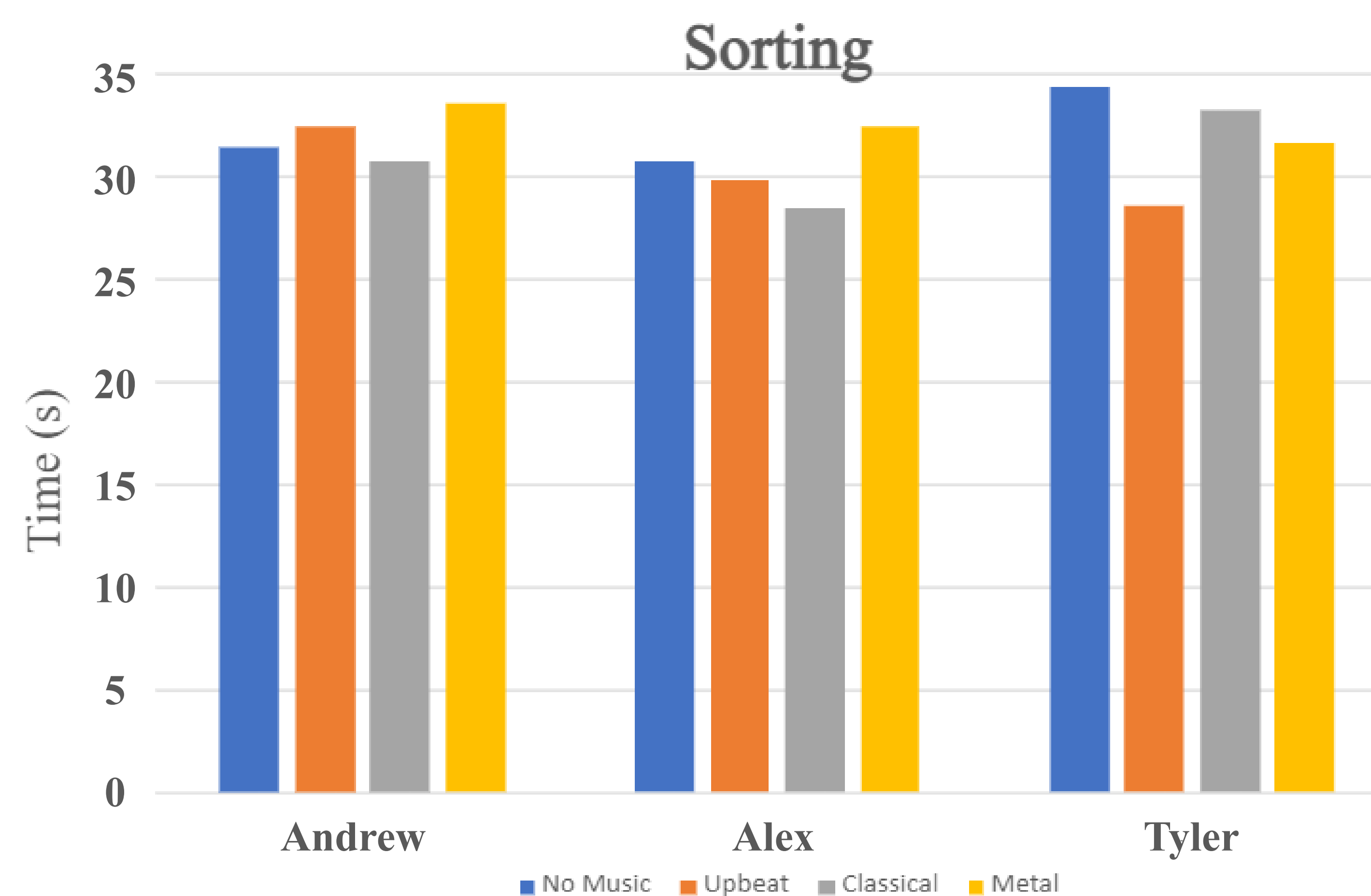


Figure 3: Average times for card suit sorting

Results

- For building a LEGO set, Alex and Andrew had the best averages (with classical)
- For figuring out a Tanguos puzzle, Andrew and Tyler had the best averages (with no music)
- For sorting a deck of cards into suits, Alex and Andrew had the best averages (with classical)
- Overall, classical was the fastest average for all the various tasks:
 - 33% were for no music
 - 56% were for classical
 - 11% were for upbeat
 - 0% were for metal

Conclusions

For the three average time values acquired for all three trial participants, three of the nine runs had their best average with no music, while six out of nine runs had their best average with some genre of music. Due to the 67% majority, our initial research question "Does Listening to Music Improve Your Performance on Various Tasks" can be considered as a supportive yes. To even further our answer, we can say that classical music had the best overall impact, as 56% of the best averages were acquired from listening to this genre.

Acknowledgements

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References

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