

# Effect of Background Music on Concentration Level Among Adolescents and Young Adults

Shreya. G<sup>1</sup>, Manoj R<sup>2</sup>, Kiruthika<sup>3</sup>

<sup>1</sup>Student, Psychology, Dr MGR Educational and Research institute

## ABSTRACT

The present study aims to examine in detail the effect of background music on concentration levels among young adults. In the current academic and professional environment, individuals are constantly exposed to various auditory stimuli, especially music, while performing tasks that require attention and cognitive processing.

Background music is often believed to enhance focus, improve mood, and increase productivity. However, conflicting opinions exist regarding its actual impact on concentration. While some individuals find it helpful, others perceive it as distracting. Therefore, this study attempts to explore this relationship scientifically using a structured research approach.

A total of 200 young adults participated in this study. They were assessed under two different conditions: with background music and without background music. The collected data were analyzed using SPSS statistical software. The results revealed a weak positive correlation ( $r = 0.086$ ) between background music and concentration, which was not statistically significant ( $p = 0.226$ ).

The findings indicate that background music does not have a significant influence on concentration. However, individual differences, type of music, and task complexity may influence outcomes. The study contributes to understanding how environmental factors affect cognitive performance.

## CHAPTER I - INTRODUCTION

Concentration is one of the most important cognitive abilities required for effective learning and performance. It allows individuals to focus their attention on a specific task while ignoring irrelevant distractions. In academic settings, concentration plays a crucial role in determining success, as it directly affects memory, comprehension, and task completion.

In recent years, the use of background music while studying or working has become increasingly common, particularly among young adults. With easy access to music through digital platforms, many individuals incorporate music into their daily routines. Some believe that music helps them relax, reduces anxiety, and enhances focus. Others argue that it divides attention and negatively affects concentration.

The impact of background music on concentration is complex and influenced by multiple factors such as the type of music, volume level, familiarity, and individual personality traits. For example, instrumental music may be less distracting compared to lyrical music. Similarly, individuals who are accustomed to studying with music may perform better in such conditions.

This study aims to provide a deeper understanding of whether background music significantly affects concentration levels among young adults. By comparing performance in controlled conditions—with and without music—the research seeks to offer meaningful insights.

Understanding this relationship is important not only for students but also for professionals who aim to improve productivity. The findings of this study can help individuals make informed decisions about their study and work environments.

## OBJECTIVES

1. To study concentration levels in the presence of background music.
2. To study concentration levels in the absence of background music.
3. To determine the relationship between background music and concentration.

## HYPOTHESIS

H0: There is no significant relationship between background music and concentration.

H1: There is a significant relationship between background music and concentration.

## CHAPTER II - REVIEW OF LITERATURE

Several studies have explored the relationship between background music and concentration, but the findings remain inconsistent. Some researchers suggest that music can enhance cognitive performance by improving mood and reducing stress levels. When individuals feel relaxed, they may be able to concentrate better on tasks.

On the other hand, other studies indicate that music can act as a distraction, especially when it includes lyrics. Lyrics can interfere with language processing tasks, making it difficult to focus on reading or writing activities. Additionally, loud music may overstimulate the brain and reduce concentration. The complexity of the task also plays an important role. Simple and repetitive tasks may benefit from background music, while complex tasks that require deep thinking may be negatively affected. Individual differences further influence the effect of music on concentration. Personality traits such as introversion and extraversion, personal preferences, and familiarity with the music can significantly impact results.

Overall, the literature suggests that the relationship between music and concentration is not straightforward and depends on multiple interacting factors.

## CHAPTER III - METHODOLOGY

The present study adopted a quantitative research design to examine the effect of background music on concentration.

A total of 200 young adults were selected using convenience sampling. The participants were asked to perform tasks under two conditions: with background music and without background music.

Standardized tools were used to measure concentration levels in both conditions. The data collection process was carefully conducted to ensure reliability and accuracy.

The collected data were analyzed using SPSS statistical software. Descriptive statistics such as mean and standard deviation were calculated, and correlation analysis was performed to examine the relationship between variables.

## CHAPTER IV - RESULTS

Condition	Mean	SD	N
With Music	75.74	7.67	200

Without Music	75.49	6.87	200
Variables	R	p	Result
Music & Concentration	0.086	0.226	Not Significant

## CHAPTER V - DISCUSSION

The results of the study indicate that background music does not have a significant effect on concentration among young adults. Although a slight positive correlation was observed, it was not statistically significant.

These findings suggest that the effect of music may vary depending on individual preferences and situational factors. Some individuals may benefit from music, while others may find it distracting. The study highlights the importance of considering multiple factors such as type of music, task complexity, and personal habits when evaluating the impact of music on concentration.

## CONCLUSION

In conclusion, the study found no significant relationship between background music and concentration. While music may create a pleasant environment, it does not necessarily improve concentration in measurable terms.

Individuals can choose whether to study or work with music based on their personal preferences. Further research is recommended to explore different types of music and their effects on various cognitive tasks.

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