

**THE EFFECT OF LISTENING TO MUSIC ON CONCENTRATION AND
ACADEMIC PERFORMANCE OF THE STUDENTS: CROSS-SELECTIONAL ON
ENGLISH EDUCATION COLLEGE STUDENTS**

Meyla Muslimah
Universitas Ibn Khaldun
mellonadio@gmail.com

Wulan Apriani
Universitas Ibn Khaldun
wulanapriani0497@gmail.com

Abstract: The purpose of this research was to observe and analyze the effect of listening to music while studying to student's concentrate and academic performance. The method of this research uses qualitative methodology the data collection by giving a questionnaire interview, and observation. The object in this research was 24 education college students semester 5 in Universitas Ibn Khaldun in the academic year 2019-2020. The result of this research was show that 18 (75%) of 24 students prefer to listening to music while study meanwhile, 6 (25%) students prefer to do not listen to music while studying. 83,3% of students agree that listening to music while studying can keep their mind calm and it can increase their concentration while studying.

Keywords: *Music, Concentrate, Academy, Education*

INTRODUCTION

Students have a different learning strategy to increase their concentration and academic performance while studying. (Sörqvist & Marsh, 2015) in their research believe that people become quiet and less attention while their concentration harder. (Silasi-Mansat, cited in Sju & Lutmer, 2018)) mention that students often do multitask when they are working on an academic project, for example listening to music while studying or doing homework projects. In addition, music is one of the great important things in these people's live (Schäfer, 2016). Music also may help people release anxiety or we can call it an anxiety-reducing measure (Lesiuk, 2005). (Kumar et al., 2016) believe that many students listen to music while studying in this modern era.

As the research by (Kumar et al., 2016) by the title *The Effect of Listening to Music On Concentration and Academic Performance of the Student: Cross-Sectional Study On Medical Undergraduate Students* involved 200 Malaysian students they found 120 students prefer listening music while studying and 80 students were not. However, (Sju & Lutmer, 2018) based on his research titled *The Impact of Music on Studying Ability in College Students* explain if there is no relation between listening to music and the ability to study. The other research by Teresa (Lesiuk, 2005) by titled *The Effect of music listening on work performance* the researcher indicates that the quality of work got lower with no music, that means music to give an effect on work performance.

The writers had done the present cross-sectional study to observe the different effects of listening to different types of music to the concentration students, analyzed student's

perception about listening to music while studying, and understand the effect of listening to music while studying the concentration and performance of the students.

LITELATURE RIVIEW

Students, academic gain and learning performance are affected by numerous factors including gender, age, teaching faculty, student education, father/guardian social economic status, student residential area, school instruction medium, tuition trend, daily study time and accommodation as hostels or day school students (Ali et al., 2013). (Ali et al., 2013) assumed that the students who showed better or higher performance in the starting classes of their studies also performed better in future academic years at degree level. If concentration is lost, attention is focused on background music rather than developing behaviors that disrupt work completely and disrupt others. The student listens to the music briefly, and then returns to focus on the task itself. That hypothesis calls for further study (Hallam et al., 2002) and The music influences the level of concentration with various applications in the everyday practicality of learning. When doing self-study, selecting appropriate music will help improve the performance. Even in a classroom, when it's not a class of lecture style but a class of practice style, it might help students listen to music while solving problems (Mori et al., 2014)

Everyone can be surprised with this assumption if it could be proved scientifically. An important conclusion to draw is that music's effects should be understood in terms of cognitive processes such as anxiety, anticipation, and attention, rather than primarily based on the stimulation or reduction of physiologically-affective responses to musical stimuli. Any variable individual that affects these cognitive processes, i.e. the desire to do the job, the familiarity with the task (Carol and Larry, 1977 cited in Smith & Morris, 1977) and There are various types of music, like jazz, hard rock, contemporary, and instrumental. Overall, lots of people love listening to music. They usually tend to listen to the music based on their mood, opportunities, or favourites. Some students, for example, would not listen to the music in some cases during the study. This is because they want to give a complete concentration without any interruption during the analysis. During the analysis, they can find music listening and can interrupt their focus (Health JR et al. 1999 cited in Antony et al., 2018)

RESEARCH METHODOLOGY

This study was participants by 24 college students semester 5 English education majors at Universitas Ibn Khaldun in the academic year 2019-2020. The research method used in this study was a qualitative methodology, the data were collected by giving a questionnaire, interview, and observation. (Roopa & Rani, 2012) explain that a questionnaire consisted of several questions that were given to find out information about a topic. (Ciesielska et al., 2017) mention that observation is one of the research methods that very important in social science which may be difficult to compare in terms of enactment and anticipated. This term also includes several types, techniques, and approaches.

Participants have been divided into two groups based on their preference to listen or not to listen to music while studying. After divided into two groups the researchers gave different questions and interviewed participants based on their preference. The researcher has researched the students who preferred listening to music while studying the effect of listening to a different kind of music while studying, genre, and also about the reason why they listening

to music while studying. On the other hand, the researchers also research the reason why students were not listening to music while studying.

RESULT AND DISCUSSION

After giving a visionary and interviewed the students the researchers can observe and found some result which will be discussed according to the table below

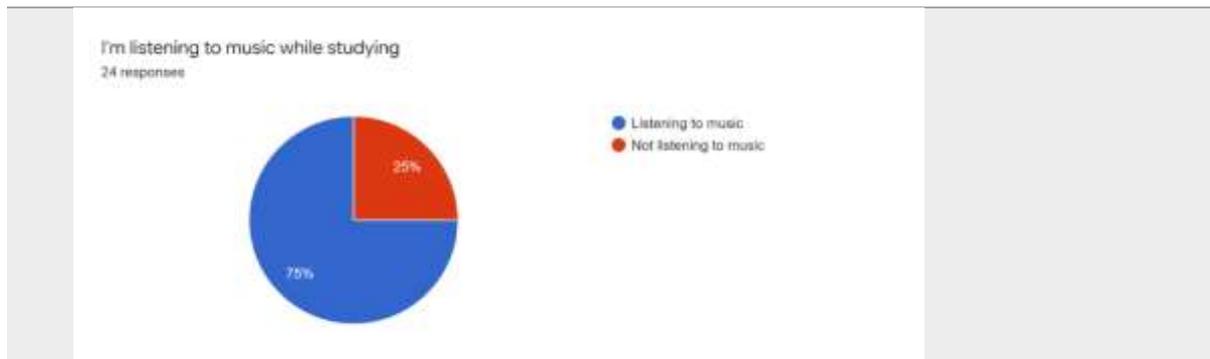


Table 1. Incidence profile of students listening to music while studying

These respondents divide into two groups between students who listen to music while studying and do not listen to music while studying. In table 1 we can see that out of 24 participants, 18 students (75%) prefer to listening to music while studying meanwhile, 6 students (25%) were not.

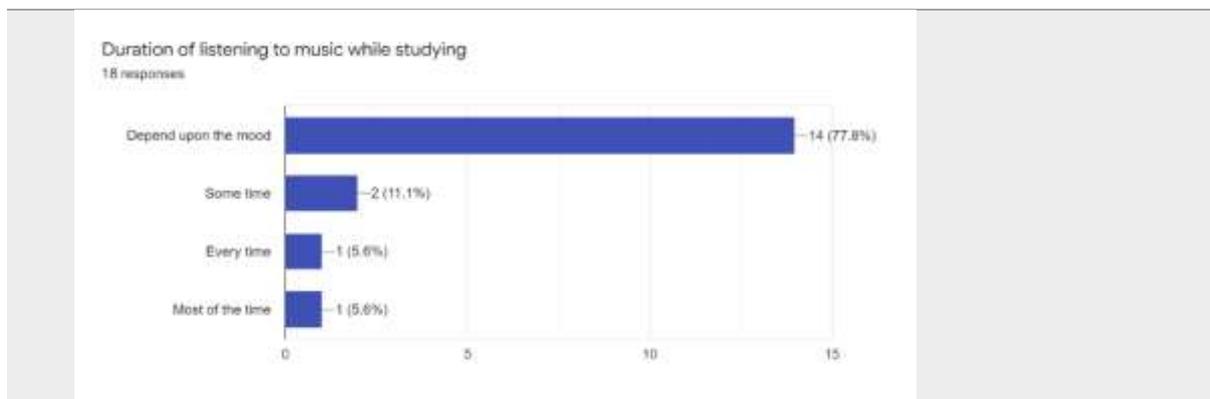


Table 2. Duration of listening to music while studying

Table 2 shows that 14 students (77.8%) who listen to music while studying state that doing this depends upon their mood. 2 students listening to music sometime, only 1 student listening to music all the time and most of the time. The participants claim that listening to music while studying can increase their mood better so it can make them be able to focus while studying.

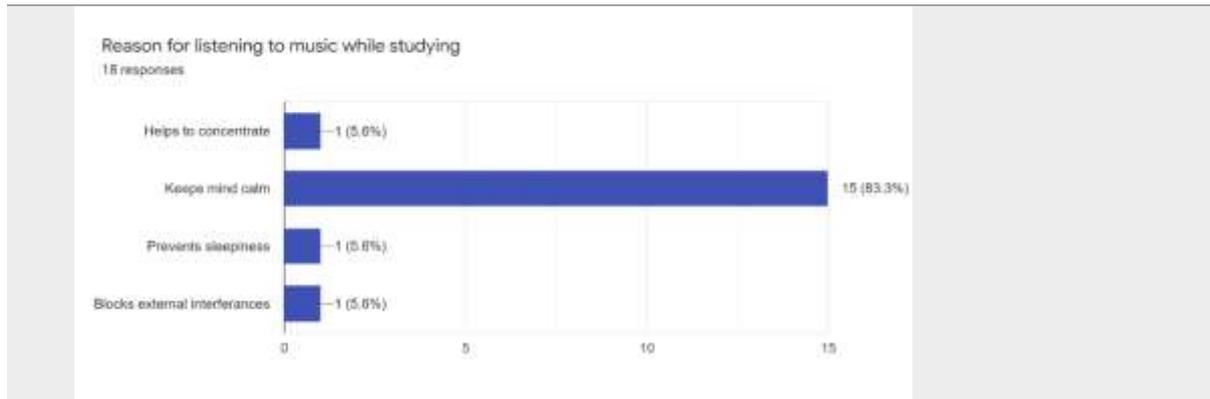


Table 3. Reason for listening to music while studying

We can see in Table 3 the majority of (15 out of 18) students (83,3%) believe that listening to music while studying can keep their mind calm it also can relax their brain and can let go of the stressed out. Listening to music while studying also can give a good atmosphere while doing a task or homework project. The other students (5,5%) believe that listening to music while studying can help them concentrate. (5,5%) also, they believe music can prevent sleepiness and can block external interfaces like noise.

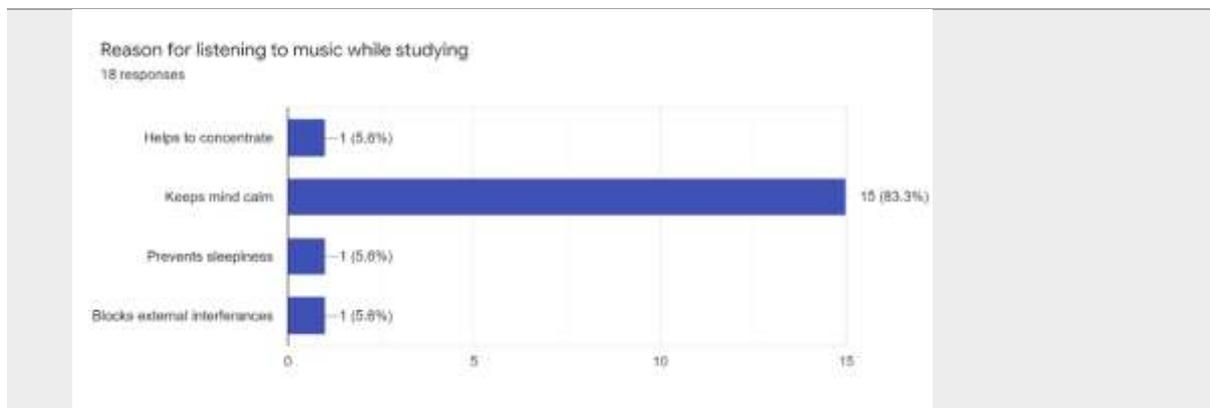


Table 4. Reason for do not listening to music while studying

66,7% of students who do not listen to music while studying explain that the reason why they prefer to do tasks or homework projects without music it's because music can distract their concentration they can not focus on studying because their brain divides into two things. the other one 33,3% of students had another reason. (Table 4)

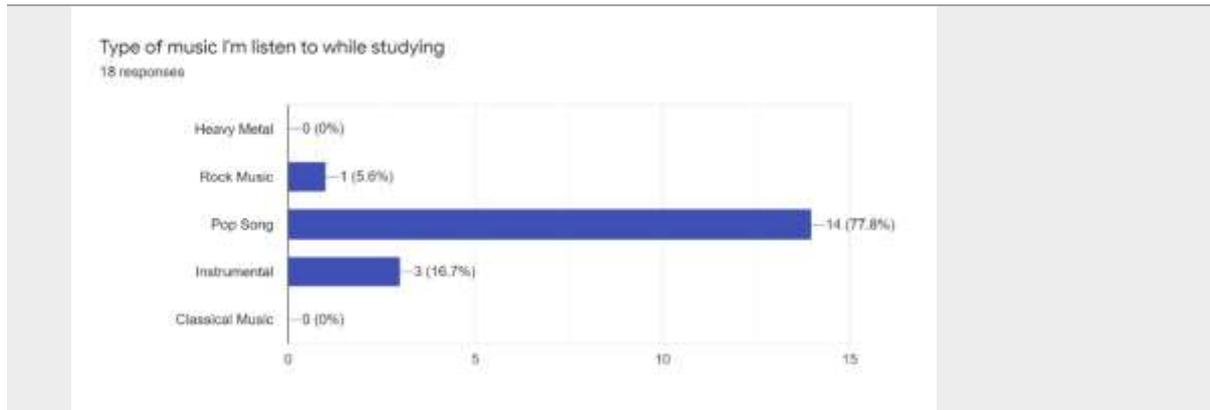


Table 5. Type of music respondents listen to

the type of music students listening to while studying in table 5 show that 14 (77,8%) students listening to pop songs, 3 (16,7%) students prefer to listening instrumental, and 1 student (5,6%) prefer to listening to rock music. researchers found that students like to listen to soft music while studying because it can increase more relaxed and didn't damage concentration.

CONCLUSION

The purpose of this study was to observe the effect of listening to music while studying. Based on the result, many students prefer listening to music while studying. listening to soft music while studying can keep their mind calm and improve concentration better because it can give a good atmosphere while studying. The students' current mood and type of music they listen to also give affect it.

REFERENCES

- Ali, S., Haider, Z., Munir, F., Khan, H., & Ahmed, A. (2013). Factors Contributing to the Students Academic Performance: A Case Study of Islamia University Sub-Campus. *American Journal of Educational Research*, 1(8), 283–289. <https://doi.org/10.12691/education-1-8-3>
- Antony, M., Priya, V. V., & Gayathri, R. (2018). Effect of music on academic performance of college students. *Drug Invention Today*, 10(10), 2093–2096.
- Ciesielska, M., Boström, K. W., & Öhlander, M. (2017). Observation methods. *Qualitative Methodologies in Organization Studies*, 2, 33–52. https://doi.org/10.1007/978-3-319-65442-3_2
- Hallam, S., Price, J., & Katsarou, G. (2002). The effects of background music on primary school pupils' task performance. *Educational Studies*, 28(2), 111–122. <https://doi.org/10.1080/03055690220124551>
- Kumar, N., Wajidi, M. A., Chian, Y. T., Vishroothi, S., Swamy Ravindra, S., & Ashwini Aithal, P. (2016). The effect of listening to music on concentration and academic performance of the student: Cross-sectional study on medical undergraduate students. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*, 7(6), 1190–1195.
- Lesiuk, T. (2005). The effect of music listening on work performance. *Psychology of Music*, 33(2), 173–191. <https://doi.org/10.1177/0305735605050650>
- Mori, F., Naghsh, F. A., & Tezuka, T. (2014). The effect of music on the level of mental concentration and its temporal change. *CSEDU 2014 - Proceedings of the 6th International Conference on Computer Supported Education*, 1, 34–42. <https://doi.org/10.5220/0004791100340042>
- Roopa, S., & Rani, M. (2012). Questionnaire Designing for a Survey. *Journal of Indian Orthodontic Society*, 46(4_suppl1), 273–277. <https://doi.org/10.1177/0974909820120509s>
- Schäfer, T. (2016). The goals and effects of music listening and their relationship to the strength of music preference. *PLoS ONE*, 11(3), 1–15. <https://doi.org/10.1371/journal.pone.0151634>
- Sju, D. C. S. B., & Lutmer, N. T. (2018). *The Impact of Music on Studying Ability in College Students*.
- Smith, C. A., & Morris, L. W. (1977). Differential effects of stimulative and sedative music on anxiety, concentration, and performance. *Psychological Reports*, 41(3 pt. 2), 1047–1053. <https://doi.org/10.2466/pr0.1977.41.3f.1047>
- Sörqvist, P., & Marsh, J. E. (2015). How Concentration Shields Against Distraction. *Current Directions in Psychological Science*, 24(4), 267–272. <https://doi.org/10.1177/0963721415577356>