IS MUSIC GOOD OR BAD FOR STUDYING?

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Students who listened music while studying can have both positive and negative effects depending on the type of music. The effects of music on studying are dependent on the student and their learning style. If a student can easily distract, he/she might avoid music so that they can keep their focus on studying. On the contrary, students who perform with multiple tasks at one time may find that music helps them to concentrate better.

According to IndiaToday.in (2017), there are benefits of listening to music while studying:

1. Music illuminates the parts of our brain.
2. It claimed that it can enhance memory. A theory, The Mozart Effect, imply that listening to the certain type of music can improve mental capabilities enormously.
3. The Mozart Effect give an emphasis that music is a medicine for the body, the mind and the soul.
4. Music that is calming and relaxing can help students to surpass stress or anxiety when studying.

Despite these benefits, studies have shown that music is often times more distracting than it is being helpful. According to Nicky Davis, there are disadvantage of listening to music while studying.

1. Students tend to become less productive and can absorbed less information if they can listen to music with lyrics.
2. Listening to loud music can have untoward effects on reading comprehension and on emotion, doing focus more tough.

3. Students who used music to help them memorize sometimes need to listen to music while taking the test. However, students may find it more difficult to recall the information while the environment is silent.

Eventually, it might not lead to good results if you are a type of person who gets easily distracted or has some difficulties with multitasking. It will be very easy to lose your focus from what you’re studying.

References:

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