THE INFLUENCE OF MUSIC TO THE STUDY HABITS OF THE STUDENTS

by:
Aileen Lumaban
Master Teacher I, Limay National Highschool

Music is a form of art and one of the cultural activities which standard is the organized sound in association with time. It is also conceived as a system of entertainment that coordinates sounds, they are arranged according to the likes and interests of the people. Through music a person may express his emotions because it is an art of expression through harmonic frequencies. There are common fundamentals of music namely pitch, rhythm, dynamics and timbre. Pitch manages melody and synchronization or harmony while rhythm is connected to the perceptions of tempo, meter and articulation. Dynamics is focused on the loudness and softness of the sound and the auditory characteristics of timbre and texture give color to the musical sound. There are different genres of the music and they are played with instruments.

Music has a large influence in the educational system, evidently it is one of the four fundamentals of MAPEH. The M which stands for music, is apparently concerned with all the knowledge about sounds and instruments here in the Philippines and other countries as well.

Music is perceived to be both advantageous and disadvantageous in studying effectively associated with given conditions. Different studies revealed the negative effects of listening to the music while studying, Salamé & Baddeley (1989) claimed that shortfalls in the short term memory of the students were found in different types of music. Songs with lyrics are said to obstruct memorization compared to other form of noise or even silence. In studies conducted by Mayfield & Moss (1989), it is discovered that...
students who were exposed to rock music accomplished their task better than those students who were exposed to slow music.

In 2010, a group of researchers studied college students in Taiwan. The students were exposed to different musical conditions such as hip hop, classical music and no music while reading to test their comprehension ability. The outcome was students performed better in a no music environment, followed by the students who are exposed in classical music and lastly, students who listened to hip hop while reading. The researchers concluded that students perform better if there are distractions in their environment.

However, there are also constructive effects of music to the performance of the students. It is clearly reported that improvement in the students’ reading comprehension while subjected to a background music. Music is also helpful for those students with emotional and behavioural problems, background music helped them to score better in mathematics.

Students are learning differently. Teachers must know their students to help them accomplish their task. It is very important to know the interest and likes of the students for them to perform better and complete their work efficiently.

References: