Music has always been a huge part of human history and evolution. It was part of the raise of civilizations. From worshipping gods and goddesses in Greece and Rome, to a form of entertainment for the Pharaohs of ancient Egypt.

Music used to be an expression of culture but today it has become a culture on its own. Now, music also become associated with increasing the cerebral capacity and believed to actually make people smarter. The Mozart effect is theory which suggest that listening to music while studying can increase intelligence. Although the theory has been wildly rebutted, there are still some truth in it.

Students are dissimilar from one another. There are diverse types of learners. That is maybe why the Mozart theory has been refuted. It can't produce relevant and substantial proof.

For some students, listening to music can actually stimulate the brain thus facilitating better understanding and absorption of information. But there are some “guidelines” with this technique. The music should always be or as much as possible all instrumental and without lyrics. The melody and the rhythmic play of notes are the factor which affect the brain. That is why it is called “the Mozart” theory. Wolfgang Amadeus Mozart is a famous musical genius who composes classical and orchestral music. In his masterpieces, it is noticeable who the tempo and rhythm change every so often.

Music without lyrics are also more relaxing for the brain. Stress is one of the hurdles when it comes to studying since it hinders proper understanding and learning.
The soothing notes can also be helpful in promoting good mood and positive disposition which is great for the brain. There are also students who claim that background music helps with memorization and endurance.

As stated not all musical types are appropriate as study music. The best candidate for the purpose is classical music with all instrumentals. There are many selections out there from Mozart, Beethoven, Brahms, and many others. But if you are not into those classical masterpieces, and students tends to get bored by those kinds of music, the alternative choice can be modern videogame background music. Those rhythmic sounds and tunes played in the background of videogames are intended to increase focus while playing, it stimulates the brain to get the optimal response which also makes it beneficial for studying.

But there are few drawbacks with this study technique if not executed correctly. By using an unideal type of music, something with lyrics or that is too load, the result can be rather counter effective. Instead of building focus and concentration to facilitate learning, the music can act as a distraction, it can make absorption more difficult. For example, loud agitated music like rock can have an adverse effect in reading, instead of understanding the text, the brain will respond more to the noise, thus producing stress signals.

And the major drawback with listening to music while studying is the brain has the tendency to makes association between the words and topics and the music. In these case taking exams in an eerily quite classroom can be more arduous and can lead to mental blocks since there is nothing to stimulate the brain.

So, although there are some justifications in the Mozart theory, it is still best to establish good study habit if a student really wants to have better learning ability. A good study habit is a foolproof way in making sure that the brain can perform in its optimal
level. Having a good study habit is also something that can be carried throughout a lifetime and will be beneficial even beyond studies.

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