

Does Listening to Music Improve Your Performance on Various Tasks?



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Abstract

Do you find that listening to music allows you to focus on your tasks better? Such a question is what we desired to investigate as our research project. This topic came to us due to our interest in listening to music to complete tasks, and so we wished to further delve into this concept to see if our posed inquiry is truly the case. To research this topic, we produced our own set of three different tasks we each were to perform, all of which would be done through four trials: no music, upbeat, classical, and metal. From our many trials, we came to find that while the genre of music you listen to may influence one task, the same doesn't hold true for all tasks, as shown by our unique data. Our research

wonderful music that was used in our trials. We would also like to thank program for this opportunity to conduct and grow our research skills.

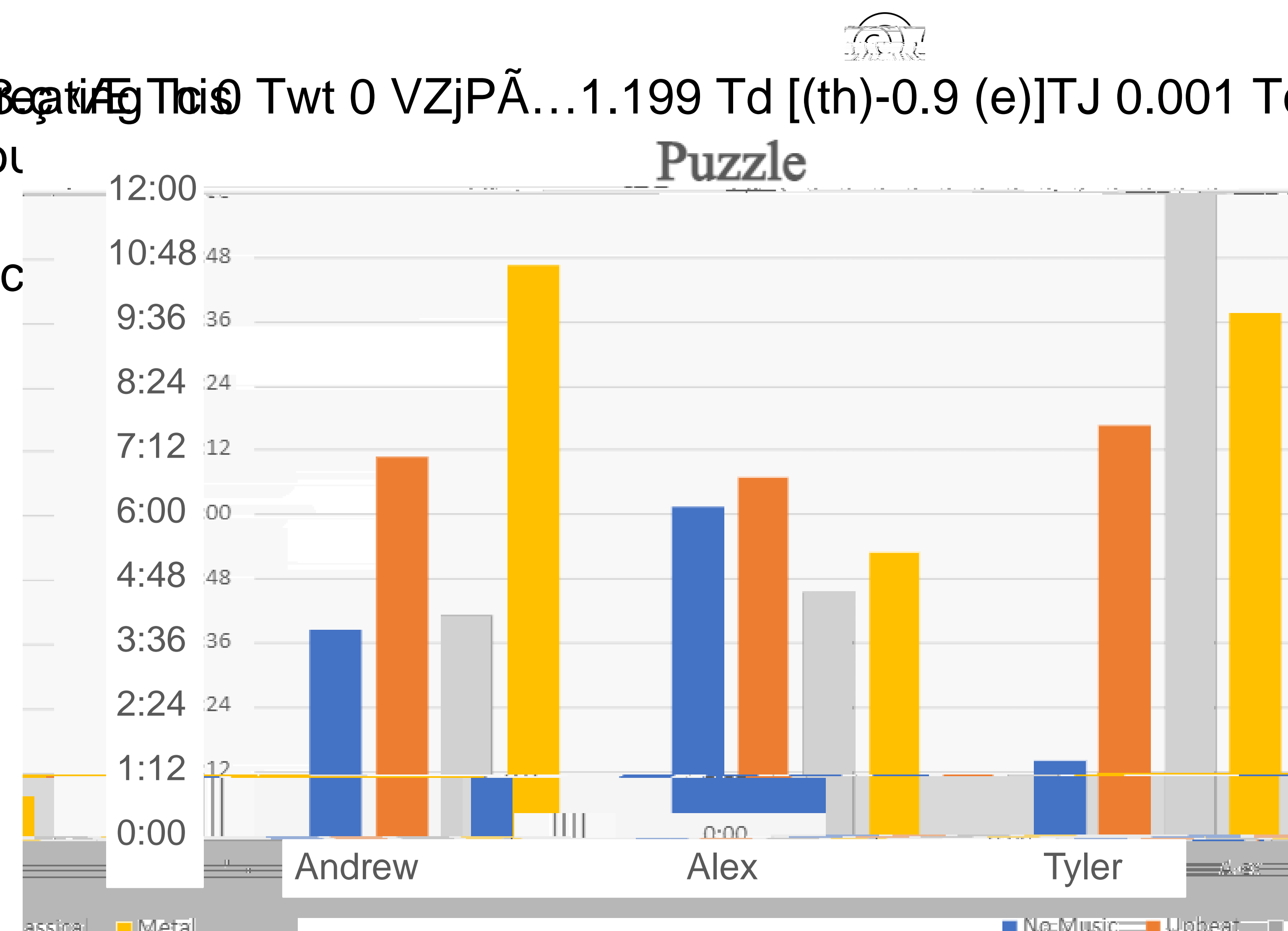
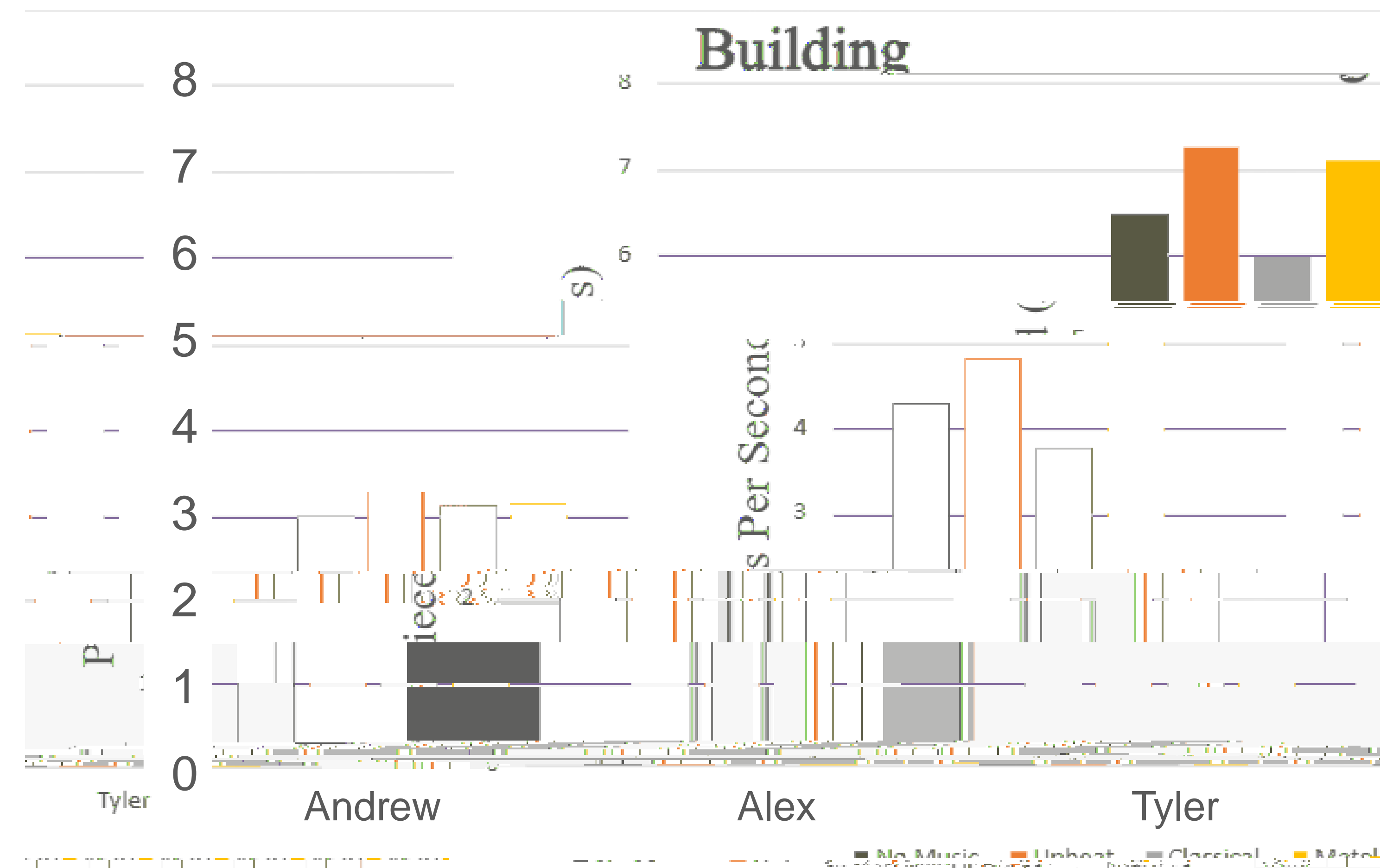


Figure 2: Average times for Tangoes puzzles

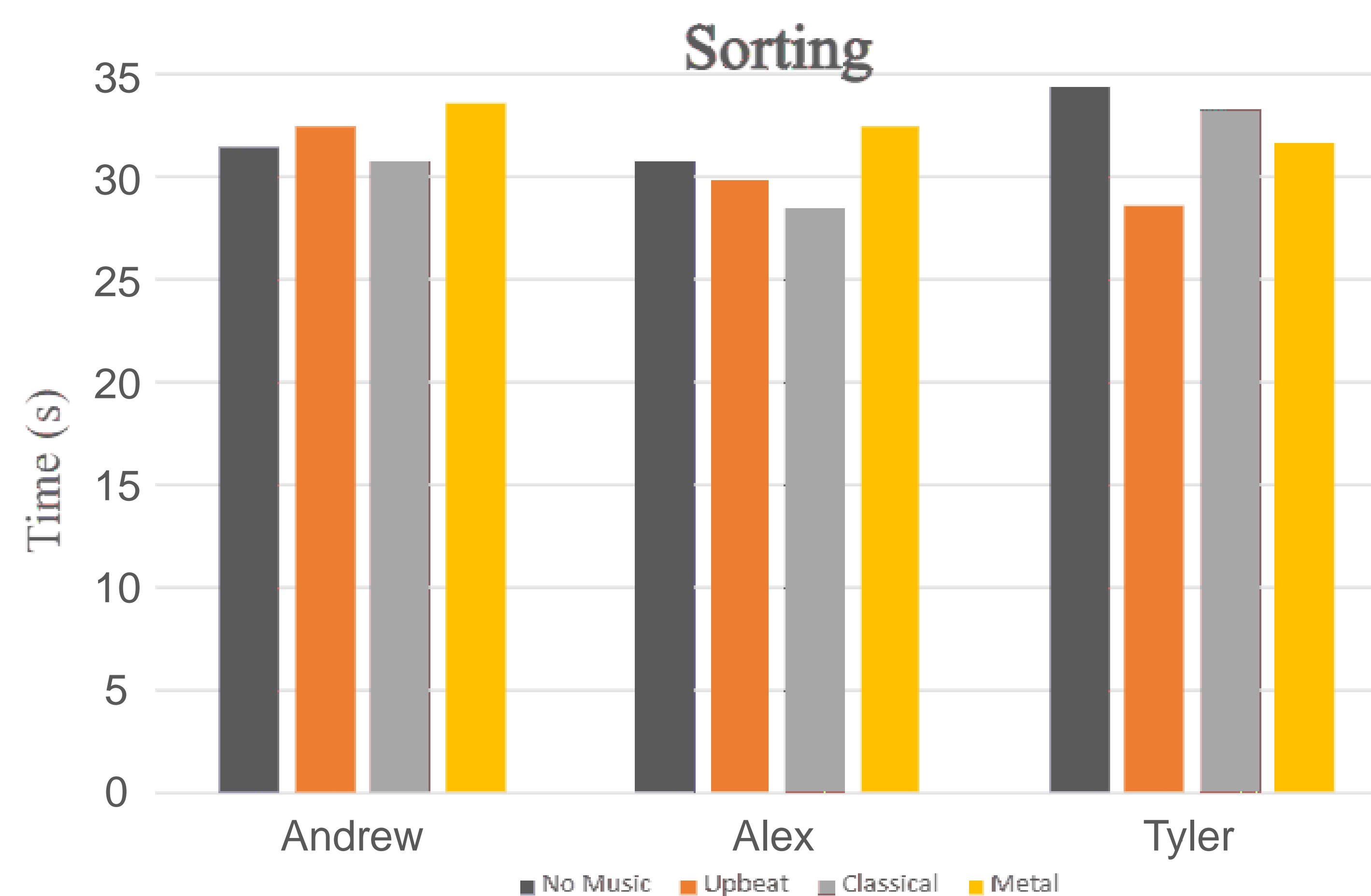


Figure 3: Average times for card suit sorting

Methods

- Listen to one of four different genres of music: no music (control), uk2 music help us perform these tasks

References

- TheFatRat Mix | 2020, <https://www.youtube.com/watch?v=6qwfXPTgP4&list=PL2445>
- Beethoven: String Quartet op.95 'Serioso' - Concertgebouw Chamber Orchestra - Live Classical Music <https://www.youtube.com/watch?v=dqkBw3bSI>
- METAL WORKOUT music, we endeavored to research into finding out if listening to music truly has any effect on our performance on tasks.