Effect of music on academic performance of college students

Monica Antony¹, V. Vishnu Priya², R. Gayathri²

ABSTRACT

Introduction: Music is an art, whose medium is sound organized in time. The common elements of music are pitch, rhythm, dynamics, and the sonic qualities of timbre and texture. Music classes are a vital part of students' academic achievement. The aim of the study was to determine the influence of music on the academic performances of college students. Materials and Methods: The survey was taken among 80 college students. Their opinions to the effect of music on studies and to attain results on whether it had a positive or negative feedback in their grades were analyzed through the questionnaire. The survey was conducted online through survey planet. Results: From the results, it is evident that music plays a major role in the academic performance of college students. 40.5% of the students listen to music while studying. 64% of students who lack concentration while studying in silence tend to have an increased efficiency in studying with the music on. Usually, students with a knowledge in music are more benefited. Conclusion: It is clear from the findings that music has an effective effect on relieving the stress. Especially, since this survey focuses on college students, it proves that they tend to listen to music to relieve them from stress and it also helps them to focus on their studies. KEY WORDS: Academic, College students, Grades, Music, Performance

INTRODUCTION

Music is an art form and cultural activity whose medium is sound organized in time. The common elements of music are pitch, rhythm, dynamics, and the sonic qualities of timbre and texture. Different styles or types of music may emphasize, de-emphasize, or omit some of these elements. Music is performed with a vast range of instruments and vocal techniques ranging from singing to rapping; there are solely instrumental pieces, solely vocal pieces (such as songs without instrumental accompaniment), and pieces that combine singing and instrument. We see the coercive power of music if it is of excessive volume or has an overwhelming beat, at rock concerts, where thousands of people, as one, may be taken over, engulfed, or entrained by the music, just as the beat of war drums can incite extreme martial excitement and solidarity.

Research has shown that a relationship exists between phonological awareness and literacy skills. It has been suggested that a structured program of musical activities can be used to help children develop a multi-sensory awareness and response to sounds. The relationship between musical ability and literacy skills was examined in a study that showed an association between rhythmic ability and reading. A further pilot intervention study showed that training in musical skills is a valuable additional strategy for assisting children with reading difficulties. Music participation, both inside and outside of school, is associated with measures of academic achievement among children and adolescents. Future work should further delineate the relevant processes of music involvement, as well as how background inequalities and music involvement intersect in relation to educational performance. Music involvement has been publicly linked to student achievement programs. Musical learning...
has emerged as a possible intervention due to the similarities between musical learning - a non-verbal language - and verbal language itself. In particular, musical learning can assist in the processing of lexical skills and in improving pitch discrimination abilities in both speech and reading among non-musician children. Cross-sectional studies have shown that the detection of pitch patterns (global structure) is predictive of performance on measures of phonological skills and reading ability. Meanwhile, the structural development of the auditory cortex is influenced by early musical experience. In addition, it has been pointed out that a link exists between musical abilities and phonological skills.

A number of researchers have been interested to a degree in which music aptitude or music experience is related to academic achievement. Moreover, educators contend music education is a means for self-expression that allows students to connect with themselves and others, transform the environment of learning through arts integration products, provide learning opportunities for the adults in the lives of students, provide new challenges for students already considered successful, and connect learning experiences to the world of real work. Most importantly, educators maintain that music education can reach a number of students who are not being reached and in ways that students are not otherwise being reached. The aim of the survey is to determine how much music could increase the efficiency of the students in their academic performances.

**MATERIALS AND METHODS**

The survey was taken among college students and involved 80 students and their opinions to the effect of music on academic performance.

The questionnaire was prepared to come to a conclusion on the impact of music on studies and to attain results on whether it had a positive or negative feedback in their grades. The questions were answered online.

They included questions on their interest in music and how they thought music would increase their efficiency in studying.

**RESULTS**

From the survey, it was evident that the students who listened to music did well in their academic performances. Following are the pie charts of the result.

40.5% of the students listen to music sometimes while studying [Figure 1], and for 64.3% of the students, the efficiency increases [Figure 2]. For 57.1%, music has affected their academic performance in a positive manner [Figure 3]. 73.8% of the parents disagree to allow their children to listen to music while studying [Figure 4], as most of the times, the medium through which they listen to music causes a distraction as for the 64.3% of the students [Figure 5].
DISCUSSION

Most of the students, find it difficult to study with music and prefer silence. It is not a habitual thing to listen to music while studying but most often they do it. It depends on the portions they have to cover and, of course, their mindset and atmosphere. Students who have learned music are more benefitted.[14] The genre of music is most commonly melodies and whether it is instrumental or music with lyrics depends. The parents of these students would not advise their parents to study with music as 64.3% of the students get distracted with the gadgets that they use to listen to music. However, as a whole, music can help relieve stress, help clear the mind, and enable focused studying.[15]

There are different types of music such as jazz, hard rock, contemporary, and instrumental. In general, many people love to listen to music. Usually, they tend to listen to the music based on their mood, occasions, or favorites. However, in some circumstances, for example, during the study, these students would not listen to the music. This is because, during the study, they want to give a full concentration without any interruption. They may find listening to music during the study and may disrupt their concentration.[16] Stress is a matter of perception because not all are equally affected.[17] Music being a form of art may be irritating to some but at the same time may also be beneficial in studies. Most of the students were benefited from music, and it helped them relieve from stress and increase their efficiency in studies.[18] Most of the times, it depends on their moods on the type of music they listen to. Students usually mess up while studying due to their stress, and in case of hostel students, they face difficulty in staying without parents and family.[19] The students need a stress buster from their loads of quota and portions.[20]

The effect of music academics has been researched from many years, and it was so asked to incorporate them with studies as a major subject instead of extracurricular. In the modern world, we have a lot of problems that every individual faces to overcome their day-to-day chores. It is important to spend some time for ourselves. Each individual should first fix their mental stability. Music soothes the mind and, in turn, improves our interests in academics.[21]

CONCLUSION

Stress has been described as a double-edged sword that can either stimulate and motivate the students to peak performance or reduce the students to ineffectiveness. Music helps them relax and in turn increases their efficiency and focus toward academics. The role for empirical research in education is vital. It is integral for policy and curriculum to be rooted in an infrastructure of cause and effect, where visions of change can actualize from hypotheses. Disparity in opportunity arises from systemic inequities related to socioeconomic status, such inequity perpetuated in part through our education system. Closing this opportunity gap is one of the biggest challenges for education policymakers and researchers to face today. Music and arts are by no means the single solution to this but have the potential to facilitate advancement in education contexts. Including music into our daily lives will help each and every individual to have a relaxed mind that will not just benefit in academics but also in our day-to-day lives. Music has a strong positive impact that can change lives for the better.

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