

THE GREAT EFFECT OF MUSIC LISTENING IN STUDYING

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Listening to music during recreation between lessons regenerate children's cognitive performance at different times of day. Some student's studies while listening to light classical music, hip hop, or no music at all. On the other hand, students could perform the reading tasks in silence. Music with a higher intensity like rock songs was more distracting and had a negative effect on concentration and performance task.

Studies have shown that music listening leads to positive changes in mood and increased creativity. In fact, in "music-listening work cultures," which students are certainly part of, there's a psychological withdrawal when the musical stimulus is taken away.

It's somehow difficult to convince students that music doesn't help their concentration. Some students wouldn't be able to concentrate if listening to music and trying to read. However, others feel like music helps them to concentrate deeply and it's easy for them to words on paper. Listening to music in math subject helps. Students could actually be singing along with what their listening to and doing well in math.

We experience and appreciate music in classrooms, in our homes, at a concert, on our phones or radios, and even on the street. Music plays an integral part of our experiences as people, it also serves as a language: to convey our emotional experiences, to communicate and build our cultural identities, and explore our passions. With this transformative potential, there's no wonder that music is being used by teachers around the world to build interesting classroom environments and support learners in their personal as well as academic development.

Engagement in music can impact the way the brain processes some information, enhancing the perception of language and speech, and subsequently improving our

ability to communicate well with others and learn how to read. In some scenarios calming music can reduce aggressive behavior, anxiety, and stress. Teaching students to control emotions in more positive ways can develop their learning potential.

References:

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