

## Candidate A evidence

### How Music Broadens The Mind

For a long time, research has found that music has a positive effect on the brain, as listening to music has been found to help people who are stressed, while studies have found that background music can make studying seem like less of a chore and can make doing homework pass a lot quicker. There are several benefits to listening to music while doing homework, such as improved memory and aided concentration, while classical music has been scientifically proven to have helped students achieve higher grades. Evidence also proves that listening to music boosts creativity within a person and helps them to work faster if given a task to complete, therefore proving music's capability to broaden the mind.

Research has found that music has several benefits when it comes to learning as it has been found that music can aid concentration, boost creativity, reduce stress and anxiety and can even improve memory. Music has even been proven to help make a person become kinder as one study discovered that children as young as fourteen months were more helpful after listening to music. Music's capability to improve learning is supported by findings on the so-called 'Mozart Effect', where a group of students were found to have achieved higher grades and have improved concentration after listening to twenty minutes of a piece of music composed by Mozart. Evidence to support the Mozart effect is backed up by scientists' recommendations that classical music is the best background music to have on while studying, as it has no distracting or aggressive lyrics, overly fast tempos and is often peaceful and relaxing and has been found to increase a person's focus, creative mood and productivity and to aid students with retaining information they have learned, while other studies have found that certain pieces of classical music, including well known pieces such as Beethoven's 'Für Elise' and Vivaldi's 'Spring' from the Four Seasons were the best pieces of classical music to help students with studying. Other types of music found to be best for studying are film soundtracks (due to the lack of distracting lyrics or overly fast tempos and generally consisting of classical music), ambient spa music and New Age or EDM music with either few lyrics or no lyrics at all. Nature sounds, such as birdsong and waterfall sounds, were also found to have helped students study better than those who listened to pop music while studying. Other studies have found that listening to music while studying was actually better than studying in silence, as complete silence can often be more distracting than music while trying to study. However, it is recommended that whatever music students choose to listen to while studying, they play it at a low volume or do not choose music that is overly fast or upbeat so as to not distract them from their studying.

Music has also been found to improve students' memory, as studies show that students who learn musical instruments were found to have better motor control, more superior memories, reading ability, auditory skills and overall achieved

better grades and ultimately went on to have better careers than those who did not learn an instrument. Students who did not play an instrument were still shown to have improved memory, attention and mental math ability due to listening to music before performing a homework task. Music has also been discovered to have a positive effect on elderly people suffering from dementia or Alzheimer's, reinforced by findings from social worker Dan Cohen for the 2014 documentary-film 'Alive Inside', in which he conducted an experiment that had nursing home residents who suffered from dementia listen to music they had previously enjoyed earlier in their life to see if the music had an effect on their behaviour and moods. During the experiment, the elderly patients were reported to have sung and even danced to the music, proving to scientists that music has the ability to metaphorically open doors in the minds of elderly people suffering from Alzheimer's or dementia. In other studies, undertaken in the USA and Japan, elderly people in good health were found to have achieved better results in tests to do with memory and logistics after partaking in exercise classes with accompanying music, reinforcing music's capability to improve a person's learning.

However, a 2010 study by Dr Nick Perham found that music can interfere with students' revision in subjects that involve reading, writing or a lot of memorisation, as they can be distracted by lyrics or notes in the music they are listening to, especially if the song changes tempo rapidly or has distracting or aggressive lyrics. A recent study undertaken by Cardiff Metropolitan University, in which students were assigned in to four groups which involved revising in complete silence, listening to music they liked and did not like and listening to instrumental music. After those participating were tested on what they were studying, the results found that students who studied in silence achieved 60% more in their exam results, while students who listened to music while studying performed worse than those who studied in silence, regardless if they liked the music they were studying to or not. Other studies have found that listening to music while studying is not recommended for people who have difficulty multi-tasking as they will focus more on the song they are listening to instead of their study material.

In conclusion, many scientific studies have discovered the many positive aspects music can have on a person, ranging from helping them achieve higher grades in education due to music ( and in particular classical music )'s ability to improve concentration, memory and mental math ability, to helping to boost creativity in a person. Studies that show that students who learn instruments are more likely to have better memories and reading skills, thus are more likely to get better grades, reinforce scientists' beliefs that music can be used to aid students' learning, as well as just being for their own enjoyment.

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