

Music and Concentration

Question

Does the type of music affect your concentration based on age and sex?

Variables

Independent Variable: The person who is taking the test.

Dependent Variable: The type of music the person who is taking the test will listen to, and the score of jazz, hip hop and no music.

Controlled Variable: The concentration test and music

Hypothesis

My hypothesis is that hip hop will help people, ages 41 and under, to concentrate better. Jazz will help people 42 and over to concentrate better.

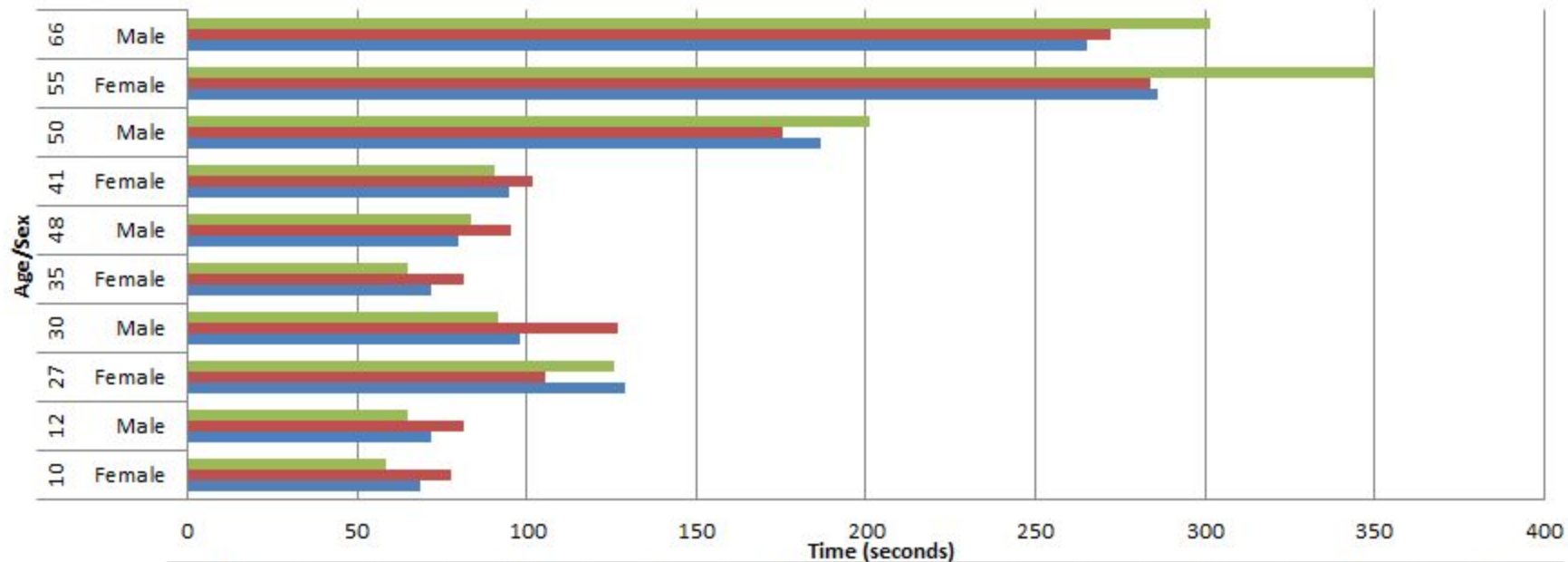
Materials List

1. 10 participants (5 men, 5 women)
2. Phone with Concentration/ Memory App
3. Headphone
4. Music (Hip Hop and Jazz)
5. Paper/ pencil to record results

Procedures

- 1: Gather all the materials.
- 2: Download the Memory Match up app on your phone.
- 3: Pick one hip hop song and one jazz song.
- 4: Play the Memory Match up app once without music.
- 5: Play the Memory Match up app once with the hip hop song you choose.
- 6: Play the Memory Match up app once with the jazz song you choose.
- 7; Record the time, the type, the person, and how many times they took the test on a piece of paper.
- 8: Repeat steps 4-7 with other participants.

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	10	12	27	30	35	48	41	50	55	66
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
With Hip Hop	58.3	64.95	125.71	91.79	64.95	83.45	90.46	201.14	350.06	301.45
With Jazz	77.56	81.25	105.33	126.65	81.25	95.46	101.54	175.62	284.14	272.12
No Music	68.61	72.12	129.26	97.99	72.12	80.15	94.85	186.75	285.98	265.21

Results

According to the data, females the age of 10, 35, and 41 did the concentration test better with hip hop than jazz and no music. For jazz females the age of 27 and 55 concentrate better with jazz than with hip hop and no music. For males people the age of 12, 30, and concentrate better with hip hop than, jazz and no music for jazz males the age of 66, 50, and last but not least males the age of 48 concentrate better with no music, than hip hop and jazz. Reading that data I realized that people concentrate better with hip hop than than jazz and no music.

Conclusion

Does the type of music you listen to affect your concentration? Yes, but other factors need to be looked at. With this project, I looked at age and sex of the participants. Younger people concentrate better with music, unlike older people. Women concentrate better with music, unlike men. When parents tell their children to stop listening to music while they are doing homework they are wrong. The music is helping their children to concentrate more. Which is a good thing.

When I do this project the next time, I will use more participants and try to get all the different age groups. I should have tested my younger sister and brother.