

Working Title: Perceived Effect of Background Music on the Productivity and Focus of Online SHS Students in IPSA

Many studies regarding the topic have shown the positive impact of background music in workplace environments or classroom environments. Studies such as that of Fox & Embrey (1972) showed how music raises efficiency in a workplace that is crowded by machinery noise. Landay & Harms (2019) suggested in their study that music may have a significant role in the workplace, further supporting Fox & Embrey's findings.

Studies have also been done on the effect of background music in the educational environment. Kumar et.al. (2016) showed that music helps students concentrate and especially prevent sleepiness. Boredom is primary factor to this sleepiness, especially in an online environment for classes (Yazdanmehr et.al., 2021). Several studies have supported the theory that music is effective in the background of classes, but each lacking in their own ways such as preciseness, accuracy, and specificity.

The earliest known study in this field concluded that there is no significant change in the concentration levels of students in the addition of background music (Sigman, 2005). The researcher also recommended that further investigation should be done due to lack of information. A later study conducted on elementary students showed that music serves to be effective in the elementary classroom, but due to the research being qualitative in nature, there isn't sufficient details on how effective music is, therefore suggesting that even further investigation must be done.

Recent studies have showed better results than those in the previous decade. Cabanac et.al. (2013) showed in his findings that students that study music have better grades in school. Although this doesn't apply directly to the research being conducted as this study aims to find the effect of background music to students, but this still shows the effect that music has on students. Umuzdas (2015) conducted a thorough and detailed research and showed that there is a significant relationship between the type of music that students listen to and their education levels. This is the first study to explore how factors of music affect students. The study being conducted mainly hovers around this topic.

Author, Year	Title	Notes
Fox & Embrey 1972	Music – an aid to productivity	<ul style="list-style-type: none"> • Music is effective in raising efficiency in work even with the noise of machinery
Blood & Ferriss 1993	Effects of Background Music on Anxiety, Satisfaction with Communication, and Productivity	<ul style="list-style-type: none"> • Hearing background music achieved greater productivity in the major mode.
Landay & Harms 2019	Whilst while you work? A review of the effects of music in the workplace	<ul style="list-style-type: none"> • Evidence suggests that music may potentially have a significant role in the workplace
Cabanac et. al. 2013	Music and academic performance	<ul style="list-style-type: none"> • Students studying music have better grades in all subjects
Kumar et. al. 2016	The effect of listening to music on concentration and academic performance of the students: Cross-sectional study on medical undergraduate students	<ul style="list-style-type: none"> • Music helped students concentrate. • Music prevented sleepiness for some students. • Listening to music might improve the performance of students in their academic perspectives.
White 2007	The effects of background music in the classroom on the productivity, motivation, and behavior of fourth grade students	<ul style="list-style-type: none"> • Implementing background music in an elementary classroom proves to be effective.
Sigman 2005	Using Background Music in the Classroom to Effectively Enhance Concentration Within the Learning Environment	<ul style="list-style-type: none"> • There is no change in concentration levels • Conducting the research again may be needed to show positive results
Umuzdas 2015	An analysis of the academic achievement of the students who listen to music while studying	<ul style="list-style-type: none"> • Significant relationship has been found between the type of music listened to and their education levels
Yazdanmehr et. al. 2021	A process tracing study of the dynamic patterns of boredom in an online L3 course of German during COVID-19 pandemic	<ul style="list-style-type: none"> • Boredom, under-stimulation, and low perceived control over tasks, and attention deficit were the most dominant characteristics observed during the online courses
Galindo 2009	The Importance of Music in Our Society	<ul style="list-style-type: none"> •