**Can background noise levels affect how well we concentrate?**

**Overview**

The topic that I have chosen to research is can background noise levels affect how well we concentrate I have chosen this because I find this interesting.

Individuals all work in different ways and noises levels will have a different impact on each person, I am going to test this by making two tables on different numbers of dots per section and asking a group of people with different skills and different mental abilities in different areas, to work out how many boxes have 2 dots for example and then ask again on another table with ‘detracting’ noises playing in the background I will time each person so I can get an average time and work out how effects them.

**My Goals**

* To Identify the relationship between background noise and concentration
* To find an average time on each table to see how much difference it causes
* To identify a possible relationship between certain types of background noise and increased concentration

**Methodology**

* Create 2 tables with different shapes, numbers and letters
* To use different audio such as road works, lawn mower, baby crying and the sound of rain, three negative sounds and one calming
* Find and research evidence via the Internet and provide references to others’ research
* Talk to the person after the test and ask them if it was challenging to focus or not whilst background noises were played and how they felt while trying to solve it.

**Suppositions and Implications**

Sometimes background noise can help concentration for example listening to music that you enjoy or a tv program this could be related to comfort levels experienced based on if they are familiar with what is heard in the background. If this is the case, I could experiment with ‘creepy’ sounds that would throw off the comfort levels of the user such as creaky floorboards and doors