



Hearing Productivity: Music and Productivity Study

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Research Question

Which music genre increases productivity the most?

Literature Review

- Young and Nolan (2015) found that those who listened to classical music improved their reaction times while completing multi-part tasks compared to the no music group (control).
- Kiss and Linnell (2021) concluded people tended to have a higher attention level on a task when background music was playing compared to when a task was completed in silence.
- Hardin (2009) found music can increase one's productivity in the workplace and decreased workers' fatigue and boredom.

Research Design

Type of Study:

Online using Qualtrics

Research Design:

Repeated-measures design

Independent Variable:

Music genre (R&B, Classical, Latin, Rap)

Dependent Variable:

Number of nonsense words typed in 1 min

Materials

Music

- Instrumental version of R&B, Classical, Latin, and Rap



R&B



Classical



Latin



Rap

Nonsense words

- Four lists of nonsense words comprised of 5 short, 7 medium, and 3 long nonsense words
- Nonsense words generated by Soybomb.com

Implications

- It will help give insight on which music genre will maximize one's productivity in various settings.
- This could help students increase their productivity while studying for classes.
- It could also help productivity in the workplace where music is constantly being played.

References

- Hardin, S. R. (2009). Rhythms of life. *Visions: The Journal of Rogerian Nursing Science*, 16(1), 6-7. <https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=asn&AN=52921039&site=ehost-live&custid=092-800>
- Kiss, L., & Linnell, K. J. (2021). The effect of preferred background music on task-focus in sustained attention. *Psychological Research*, 85(6), 2313-2325. <https://doi.org/10.1007/s00426-020-01400-6>
- Young, E., & Nolan, J. (2015). Effects of music genre on simple and simulated task switching. *International Social Science Review*, 91(2), 1-19. <https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=asn&AN=115260950&site=ehost-live&custid=092-800>



Scan the QR code to hear the audios and see the nonsense word lists