

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.

Hearing Productivity: Music and Productivity Study Sydney Beins

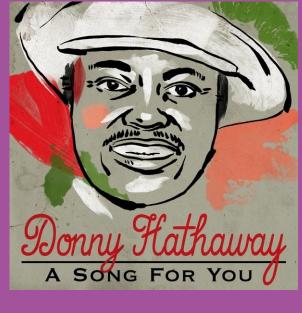
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Research Design

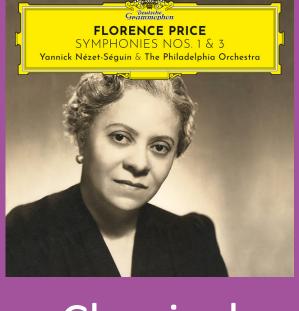
Type of Study: Online using Qualtrics **Research Design:** Repeated-measures design **Independent Variable:** Music genre (R&B, Classical, Latin, Rap) **Dependent Variable:** Number of nonsense words typed in 1 min

Materials

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



R&B





Classical

Nonsense words

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



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



Rap

- classes.
- being played.

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



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

It could also help productivity in the workplace where music is constantly

References