

Effect of Background Music on Task Performance

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ABSTRACT

The purpose of the present study was to see the effect of background music on task performance. The study was pure experimental and followed by randomized matched two group experimental design, where one was experimental group and second was controlled group. 60 persons were participated in experiment (30 Male & 30 Female). Only experimental group was given treatment as instrumental background music was played during performance of the task was two paper pencil maze. Both group were matched by prior maze task result and also matched to reduce socio demographic and other effect. Experiment was performed in Psychology laboratory at department of Psychology, Saurashtra University, and Rajkot. Very tiny mean difference seen between both the groups in the performance but there was no any significant effect of background music seen on the performance of the given task. The result of present study can conclude with that background music is not affecting the task performance.

Keywords: *Background music, Task Performance, Puzzle solving*

According to Wikipedia, Background music refers to the various styles of music or sounds capes primarily intended to be passively listened to. It is not meant to be the main focus of an audience, but rather to supplement that which is meant to be focused upon. Music has provided a “background” for various activities for decades. The development of electronic recording and reproduction systems has enabled background music to become extremely famous in our society whether as part of a planned audio environment or by chance. The term often relates to some type of “mood for “easy listening”, although almost any type of music may serve as a background something else. Musselmen (1974) notes background music is intended to be heard but not actively or purposely listened to. Strictly speaking, music that captures a person's attention is failing to function as truly “background” music and therefore, models and theories incorporating deliberate attention as essential to an aesthetic experience with music or to determining musical preference theoretically cannot apply to background music. There is certainly strong evidence from a variety of sources that people respond differently to stimulative and sedative music (e.g. Merriam, 1964; Gaston, 1968). However, the various factors that may mediate the effects of different kinds of music

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on behaviour and cognition have not been systematically documented or explored. Hector Berlioz's description of his reactions to a piece of music, as reported by Schoen (1940) included increasing blood circulation, violent pulse rate, muscle contractions, trembling, numbness of the feet and hands and partial paralysis of the nerves controlling hearing. Although in Berlioz's case it was and vision. Absorbing the he probably actively listening to the music rather than passively while it is sound the effects on his mechanisms very doubtful that many individuals' physiological mechanisms are affected to the extent that Berlioz claimed, there is objective evidence suggesting that changes in certain physiological rates do in fact accompany affective behaviours.

In the modern western world, where music is readily available to everyone through radio, recordings, television and videos, and where recorded background music is played routinely in many public places, the need to understand the effects of music on behaviour and cognitive processing has become increasingly important.

Task performance can be defined as the effectiveness with given work in exact time limit. Task performance is a term for how a person does on a given task. Task performance is sometimes measured as response time (how long a person takes to respond to a given, timed or untimed stimulus) or it could be measured as accuracy, cleanliness, speed in given work, puzzles etc. Typically task performance is a term for quantifying someone's performance on a task.

Here researcher has tried to see the effect of background music on given task, that whether the music affecting their work or not.

Objectives

1. To see the effect of Background Music on Completion of task performance.
2. To see the effect of Background Music on Speed of Task performance.
3. To see the effect of Background Music on pattern of Task performance.
4. To see the effect of Background Music on to Task performance reference to gender Difference.

METHODOLOGY

In present experiment researcher used randomized matched two group experimental design. Researcher made two same sample's groups where one was experimental group and second was controlled group. 30 Male & 30 Female were participated in this experiment that were from Post-graduate study and their age was between 22 to 25 years. Only experimental group was given treatment as instrumental background music which was instrumental background music Santoor played by Shivkumar Sharma and Tabla played by Zakir Hussain played for half hour during performance of the task, task was two paper pencil maze. Both group were matched by prior maze task result and also matched to reduce socio demographic and other effect. Experiment was performed in Psychology laboratory at department of Psychology, Saurashtra University, Rajkot.

RESULT AND DISCUSSION

Both the groups were experimented at the same time at Psychology laboratory, one with treatment of background music and another was controlled. As depicted in design, researcher administered experiment in laboratory and measured the time in seconds for completion of given task for both the groups.

Table No.1

No.	Group	N	Mean	S.D.	t	Sig.
1	Controlled	30	219.84	74.78	0.95	N.S.
2	Experimental	30	236	76.50		

Here Table No. 1 is showing the calculated ‘t’ table for both the groups and we can see that mean of both the groups for task completion time is respectively 219.84 and 236 which has 16.16 mean difference but the difference was not that much which could lead the significant difference between experimental and controlled group and moreover independent ‘t’ test was also calculated with the help of SPSS and Table 1 is showing the result. The table is depicting that there is no any significant mean difference between both the groups, and it is also clear that Background music is not affecting the task performance in the matter of time for the completion of the task.

Table No.2

No.	Group	N	Mean	S.D.	t	Sig.
1	Controlled Males	15	239	84.38	0.23	N.S.
2	Experimental Males	15	232	84.96		

One another objective of the present research was also to see the effect of Background Music on to Task performance reference to gender. Table No. 2 is telling us that there is no any significant mean difference between males of both the groups mean difference between the groups is 7 but this difference is not as much which brings the result to the significant difference and here we also can see in the Table No. 02 that there is any significant mean difference between males of both the group Males.

Table No.3

No.	Group	N	Mean	S.D.	t	Sig.
1	Controlled Females	15	225	58.1	0.09	N.S.
2	Experimental Females	15	223	62.71		

The same calculation followed for to see the Significant mean difference between Females of both the groups mean difference is 2 which is nearly the same result obtained from both the groups and there was no any significant mean difference seen between females of both the groups.

Moreover the Qualitative analysis was also done to see the difference in the patterns of problem solving (Maze Paths). Researcher has selected the maze which has two right paths

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to achieve the Goal, but it was also nearly same path followed by all the participants, this is also indicating that there is no any difference of patterns reference to task performance.

CONCLUSION

1. There is no any Significant Effect of Background Music on Completion of task performance.
2. There is no any Significant Effect of Background Music on Speed of task performance.
3. There is no any Significant Effect of Background Music on Pattern of task performance.
4. There is no any Significant Effect of Background Music on task performance Reference to gender.

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