

The Effect Of Music On Concentration Heart Rate Blood

The Effects of Music A series of Essays Routledge

The purpose of the research was to investigate the effect of music and noise on a prolonged intellectual task with environmental conditioning. A group of 46 subjects were administered algebra tests under nine treatment conditions consisting of two types of music and two levels of noise with different circumstances of conditioning. Each test was scored on the basis of the number of items attempted and the number of correct items. For each subject these two scores were combined into a measure of effectiveness for each test. These measures of effectiveness for the nine treatments were analysed statistically by means of analysis of variance. The results are discussed. The purpose of this study was to evaluate the effects of music on non-responsive patients in a hospice setting. Non-responsive was defined as those patients who were comatose or whose terminal illness had progressed to the point that the patient did not respond to verbal stimuli. A total of 10 subjects participated in the study on two consecutive days. Data were collected on subject's heart rate and respiration rate at the beginning of each visit, after 10 minutes of silence, and then again after 10 minutes of music. Each subject listened to a classical selection and a new age selection but only one selection was played each day. A two-way repeated measures ANOVA revealed significant differences for both HR and RR across trials but not for type of music. Heart

rate and respiration rate data were also analyzed by day 1 vs. day 2. Again, both physiologic measures were significantly lowered following music with no significant differences by day. Results of this study support the continued use for music therapy with hospice patients who are verbally non-responsive.

Stress management interventions have been shown to be effective adjuncts for the management of medical disorders, and for the prevention and management of occupational stress. Despite their usefulness, it is not completely understood how behavioral stress management techniques exert their effects. Benson (1975) proposed that all relaxation techniques elicit a general "relaxation response." Davidson and Schwartz (1976) suggested that stress management techniques have specific effects. A compromise position suggests that the specific effects of relaxation techniques are superimposed upon a general relaxation response (Lehrer AND Woolfolk, 1993). The cognitive behavioral model of relaxation suggests that relaxation is achieved through hierarchical cognitive and behavioral factors (Smith, 1988), but has not been adequately evaluated experimentally (Lehrer AND Woolfolk, 1993). The present experiment examined relaxation within a framework of the cognitive-behavioral model. Sixty-seven normal volunteers were exposed to a stress manipulation and then to one of two relaxation (Progressive Muscle Relaxation, Music) or control conditions (Attention Control, Silence). Measurements of attention, relaxation, and stress responses were obtained during each phase of the experiment. All four groups

exhibited similar performance on behavioral measures of attention that suggested a reduction in physiological arousal following their relaxation or control condition, as well as decreased heart rate. Progressive Relaxation resulted in the greatest effects on behavioral and self-report measures of relaxation. The Music condition resulted in the lowest biological measures of stress (i.e., heart rate and cortisol responses). This study explores the relationship between music and creativity. Prior research has conflicting results with some finding that music does influence creativity and some reporting no relationship and others finding that music is harmful to creativity. All of these studies, however, have largely focused on the presence vs. absence of music without consideration for the characteristics (i.e., musical key, tempo, etc.) that make up the sound we identify as music and their unique effects on us emotionally, physically, and cognitively. This dissertation contends that different characteristics of music influence different components of creativity (i.e., novelty and usefulness) through their effects on executive functions-working memory and inhibitory control. The hypotheses presented in this dissertation were tested in a 2x2 between-subject lab experiment with two different control groups (i.e., nature sounds and no audio) using 436 undergraduate students. The results provide support for the physiological and affective consequences of musical key and tempo. However, measures of creativity were unrelated with the proposed mediating mechanisms, making any conclusions about the effects of music characteristics on creativity difficult to draw. Reasons for this are discussed. It can be

said, however, that it does appear that music is not harmful creativity as reported by previous studies. Directions for future research are also discussed.

Many people feel music affects human, which means we feel activated or inspired when we hear music tailored to our feelings. This effect has been the basis of music therapy. However, no scientifically systematic approach for investigating the effects of music on human health has been proposed, although a set of analytic methods or apparatuses for evaluating human responses to music has been described. Herein is a new book entitled *Systematic Approach Elucidating Effects of Music on Human Health: Trinity of Medicine, Musicology, and Engineering*, which states and proposes a new systemic approach to elucidate effects of music on human health. This book proposes a concept that supposes humans as a black box and tries to elucidate its behaviors by analyzing the input and output from the black box: the input is music, while output is human reactions. This book then describes two aspects of input analysis that are musicology and engineering, and two aspects of output analysis that are medicine and engineering. After stating the analysis method in detail, this book shows integration processes of these analysis aspects, presenting three research examples. These research examples are *Effects of Ethnic Music on Elderly Dementia Patients*, *the Effect of Music upon Awakening from a Nap*, and *the Effect of Music on Biological Responses during Sports Activities*. Though these research examples may look to focus on different research subjects, a single and robust systemic approach underlies the research. This book is

useful for researchers who have interests in studying the effect of music on human health with some knowledge of musicology, engineering, psychology, and neuroscience. This book proposes a firm systemic methodology for them and helps them to perform further studies of their own. Music therapists, music composers, and music artists also may feel interested in this book.

Can music improve your work life? Can you listen to music and still be productive or even better? The research conducted here investigated the effect of music on work productivity, by measuring the work performance of employees over a period of time. The emphasis was on how productive employees can be with the influence of music. In a world filled with hectic schedules, increased workload and pressure, care must be taken to ensure that there is some way to cope with such issues. This research is a stepping stone that provides an insight into music and work productivity. The dearth of research in this area has prompted investigation, which will hopefully provide for and create a change in the work environment. Introducing music into the work environment should serve to help people and work productivity, rather than become a distraction. It is hoped that there will be more research in this area.

In this literature review, past research on the effects of music on consumer attitudes will be analyzed. More specifically, the effects of music in television

commercials will be examined. Music influences consumer attitudes through many ways, but mostly the effect is subconscious. The main finding of this work is that the influence of music in TV commercials is greatest when there is low cognitive involvement and high affective involvement, since music played in commercials is usually in the background and not the main focus of the advertisement. Furthermore, other factors such as mood, musical congruity, attention, memory and musical structure elements also play a key role on the effect of music in the formation of consumer attitudes.

The purpose of this study was to investigate whether high school track runners who regularly listen to music in competition (regular listeners), and those who do not (non-regular listeners), differentially perceive their pre-performance arousal (i.e., tension, enthusiasm, anxiety, energy) and subjective aspects of their performance (i.e., perceived exertion and pain, and their evaluation of the performance) under different conditions of listening or not listening to self-selected music prior to a maximal running effort. In addition, the coach's evaluation of each athlete's performance was examined. A significant multivariate interaction emerged from the analysis of pre-performance arousal. Disordinal interactions indicated that regular listeners in the No Music condition, and non-regular listeners in the Music condition reported greater anxiety and tension than

their counterparts who were in the condition that reflected their usual music listening preference (e.g., regular listeners in the Music condition). An ordinal interaction indicated that all participants in the Music condition reported greater enthusiasm, however the effect was more pronounced for nonregular listeners. A multivariate analysis of the subjective aspects of performance yielded a main effect for listener group; regular listeners reported less perceived pain during performance than non-regular listeners. A series of correlations was used to examine the relationship between the pre-performance arousal variables and the subjective performance variables for participants in each music intervention condition. For both conditions, higher tension was associated with greater exertion, and also with greater pain. For participants in the No Music condition, higher pre-performance energy was related with less reported pain during performance. For participants in the Music condition, greater tension was associated with higher coach ratings of performance, and higher enthusiasm was related with greater perceived pain. Participant responses to two open-ended questions regarding the effect of music emphasized the benefits of improved mental state through mood, emotion, and focus, and improved physical state by calming nerves or getting pumped up. Overall, the aforementioned findings suggest that listening to music may influence aspects of pre-performance arousal

state and it may also affect the arousal-performance relationship. In addition, it is clear that athlete-participants believed in the positive effects of listening to music. Through music therapy interventions individuals with disabilities are encouraged to increase vocalization and make movements to music. Individuals who have Intellectual Disabilities all have diverse strengths, weaknesses, needs, and personalities. Within a group with a variety of individuals it is clear, however, that there are several marked characteristics and needs, which may be common to many individuals with Intellectual Disabilities. Two difficult commonly faced are in the area of vocalization skills and gross motor skills (Peters 84). Developing vocalization skills can assist individuals with Intellectual Disabilities in being able to communicate within their community more clearly. Vocalization aids in the development of functional communication skills. It also helps individuals with Intellectual Disabilities communicate their specific needs, wants, and wants, and discomforts within the community. Improving gross motor skills would help individuals to increase their personal independence, not only at the day care center but also in the community. In general, both vocalization and gross motors skill development helps to improve the self-help skills of individuals with Intellectual Disabilities, which in-turn increases quality of life. Young adults with disabilities attend daily art and music therapy centered classes aimed at helping to improve daily functioning and increase community integration. A unique and diverse group of students with disabilities attend day programs and communicate by using both verbal and nonverbal communication. Decreased vocalization can make it difficult for some students to clearly express their needs and wants. Limited motor skill decreases participation at a day program, and in home and community

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activities. Music therapy interventions will assist and encourage individuals with disabilities to increase vocalization and make movements to music, which in turn will improve their quality of life.

This book explains what 'music' is, how it is processed by and affects the body, and how it can be applied in a range of physiological and psychological conditions. Rhythm, melody, timbre, harmony, dynamics, form, and their effects are explored, helping practitioners create effective therapy interventions that complement other treatment systems.

"The purpose of this study was to examine if television viewing and music would increase enjoyment and feeling state during aerobic exercise"--Abstract, leaf i.

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