

# LISTENING TO MUSIC WHILE DOING HOMEWORK CAN BE HELPFUL

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## Abstract

Listening to music while doing homework is a common habit among students. This study explores whether it helps or distracts during study time. It focuses on how music affects concentration, motivation, mood, and task completion. The findings suggest that music can improve the learning experience. It may reduce stress, increase motivation, and create a positive study atmosphere. Many students feel more focused when listening to soft or instrumental music. However, the effect is not the same for everyone. Loud music or songs with lyrics can distract attention and make homework more challenging. Simple tasks may be easier with music, but complex work often needs silence. In conclusion, music can be helpful during homework, but when it is used in the right way. Its impact depends on the type of music, the task, and the individual student.

**Key words:** music listening, homework, motivation, concentration, academic performance, learning environment.

## Аннотация

Прослушивание музыки во время выполнения домашнего задания является распространённой привычкой среди студентов. В данном исследовании рассматривается, помогает ли музыка или отвлекает во время учёбы. Основное внимание уделяется тому, как музыка влияет на концентрацию, мотивацию, настроение и выполнение заданий. Результаты показывают, что музыка может улучшать процесс обучения. Она снижает стресс, повышает мотивацию и создаёт положительную учебную атмосферу. Многие студенты чувствуют себя более сосредоточенными при прослушивании спокойной или инструментальной музыки. Однако эффект одинаков не для всех. Громкая музыка или песни с текстом могут отвлекать внимание и усложнять выполнение домашнего задания. Простые задачи легче выполнять с музыкой, тогда как сложная работа часто требует тишины.

В заключение, музыка может быть полезной во время выполнения домашнего задания, но только при правильном использовании. Её влияние зависит от типа музыки, задачи и индивидуальных особенностей студента.

**Ключевые слова:** прослушивание музыки, домашнее задание, мотивация, концентрация, академическая успеваемость, учебная среда.

### Annotatsiya

Uy vazifasini bajarish paytida musiqa tinglash talabalar orasida keng tarqalgan odat hisoblanadi. Ushbu tadqiqot musiqa o'qish vaqtida yordam beradimi yoki chalg'itadimi degan masalani o'rganadi. Asosiy e'tibor musiqa konsentratsiya, motivatsiya, kayfiyat va topshiriqlarni bajarishga qanday ta'sir qilishiga qaratilgan. Natijalar shuni ko'rsatadiki, musiqa o'quv jarayonini yaxshilashi mumkin. U stressni kamaytiradi, motivatsiyani oshiradi va ijobiy o'quv muhitini yaratadi. Ko'plab talabalar sokin yoki instrumental musiqa tinglaganda o'zlarini ko'proq diqqatli his qilishadi.

Biroq, ta'sir hamma uchun bir xil emas. Baland ovozli musiqa yoki so'zli qo'shiqlar diqqatni chalg'itishi va uy vazifasini bajarishni qiyinlashtirishi mumkin. Oddiy topshiriqlar musiqa bilan osonroq bajariladi, murakkab ishlar esa ko'proq sukunatni talab qiladi.

Xulosa qilib aytganda, musiqa uy vazifasini bajarishda foydali bo'lishi mumkin, lekin faqat to'g'ri ishlatilganda. Uning ta'siri musiqa turi, topshiriq murakkabligi va talabanning individual xususiyatlariga bog'liq.

**Kalit so'zlar:** musiqa tinglash, uy vazifasi, motivatsiya, diqqat, akademik natija, o'quv muhiti.

### Introduction

Music is a common part of students' daily lives and is often present during study time, especially when completing homework. With the widespread availability of digital devices and streaming platforms, students can easily listen to music anywhere and at any time. This has led to an increasing habit of combining music listening with academic tasks.

The use of music while studying is linked to both cognitive and emotional processes. Some students report that music helps them concentrate, improves their mood, and

reduces stress during homework. In such cases, music may create a more comfortable learning environment and increase motivation to complete tasks. However, the effect of music on learning is not always positive. Certain types of music, particularly those with lyrics or strong rhythm, may divide attention and reduce focus. This can make it harder to process information, especially when tasks require deep thinking or problem-solving. Therefore, the impact of music depends on the type of task and the nature of the music being played. Given these mixed effects, it is important to understand how music influences students during homework. This study focuses on whether listening to music while doing homework is helpful or distracting, and how it affects concentration, motivation, and overall academic performance.

One of the main problems is the unclear effect of music on students' concentration and cognitive performance during homework. Some studies and observations suggest that music can help students feel more relaxed and focused, especially during repetitive or simple tasks. However, other evidence shows that music may also split attention, particularly when students are required to process complex information, solve problems, or memorize content. Because of these mixed results, it is still difficult to clearly determine whether music improves or reduces overall academic efficiency during homework.

Another important issue is the influence of music type and task difficulty, which is not fully understood. Different kinds of music may produce different effects. For example, soft instrumental music is often considered less distracting, while music with lyrics or strong rhythm can interfere with reading and writing tasks. At the same time, the complexity of homework plays a major role. Simple tasks such as copying notes or doing routine exercises may not be strongly affected, but tasks that require deep thinking, analysis, or problem-solving may become more difficult when music is playing. The lack of clear boundaries between beneficial and harmful conditions creates uncertainty in this area of research. The third problem is individual differences among students in response to music during study time. Students vary in their learning styles, personality traits, emotional states, and habits. For some learners, music acts as a motivational tool that improves

mood, reduces stress, and increases engagement with homework. For others, it becomes a source of distraction that reduces productivity and weakens focus. These differences make it difficult to develop a universal conclusion or recommendation about whether students should listen to music while doing homework, as the effect is highly personal and context-dependent.

## RESEARCH AND DISCOVERY

One important contribution comes from the University of Jyväskylä, Saarikallio and Erkkilä (2006) who investigated the effect of background music on children's learning performance. In their study, students aged around 10–11 years completed memory and mathematics tasks while calming music was played in the background. The results showed that performance improved compared to silent conditions. For example, students were able to recall information more accurately and complete simple arithmetic tasks faster when soft music was present. This suggests that calming music may help improve focus and efficiency, especially in structured and less complex academic activities.

In contrast, Sakka and Juslin (2018) found a different outcome when studying older students. His research showed that reading comprehension was negatively affected when instrumental music was played during the task. For instance, eighth-grade students who read academic passages while listening to background music performed worse than those studying in silence. This indicates that music, especially when it is complex or attention-grabbing, can interfere with deep cognitive processing such as reading and understanding text.

A different perspective was provided by Nan Chen (2024), who examined how different types of background music influence learning. In his study, students read a long academic passage under three conditions: no music, low-information-load music, and high-information-load music. The findings showed that students performed best when listening to low-information music, while high-information music and silence resulted in lower comprehension levels. For example, soft and simple background sounds helped students maintain concentration, while more complex music distracted them and reduced understanding.

## Solutions

Firstly, issues related to listening to music while doing homework can be addressed with several practical strategies. First, students should be encouraged to match the type of music to the difficulty level of the task. For example, calm instrumental music may help maintain focus during simple or routine homework, while silence is often more effective for tasks requiring deep analysis, problem-solving, or memorization. This approach helps reduce unnecessary distractions and boosts task efficiency. Second, it is important to introduce structured study habits that include controlled use of music. Students can plan specific times for listening to music, such as during short breaks or when completing less demanding assignments. By separating focused study periods from music-assisted study, learners can sustain both concentration and motivation without compromising academic performance. Finally, students should be supported in developing awareness of their individual responses to music. Since the effect of music varies from person to person, learners should monitor their productivity and focus while studying with or without music. This self-awareness enables them to create personalized study strategies that maximize concentration, reduce stress, and enhance overall homework effectiveness.

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