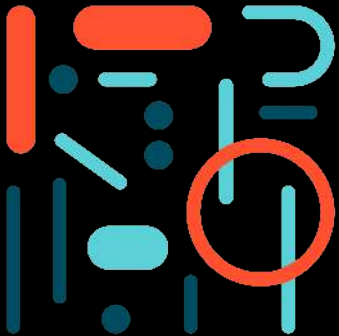
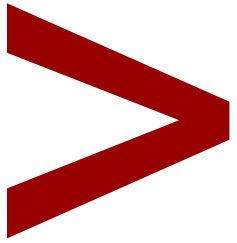




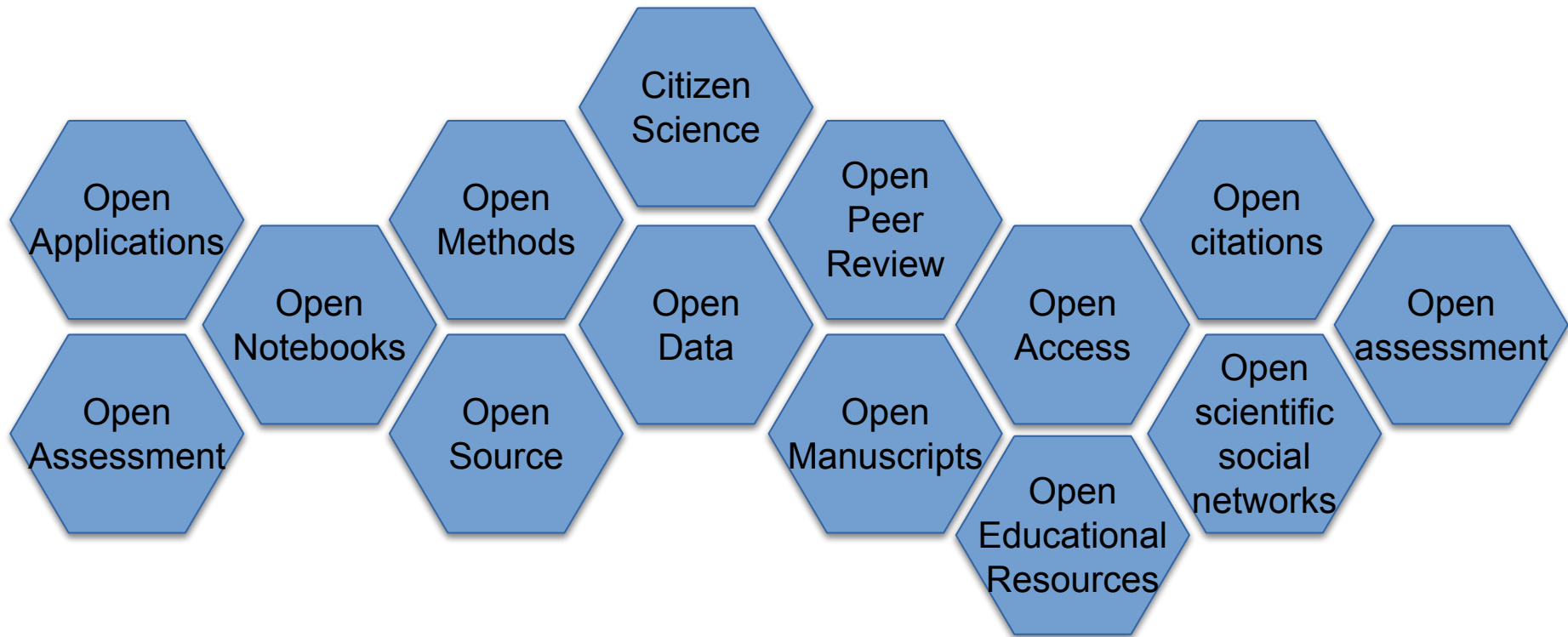
# Responsible Research and Innovation in Sound and Music Computing

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NordicSMC, 12 November 2021





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their situation at the time of review.

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Abstract

**ORIGINAL RESEARCH**  
Front. Psychol., 21 April 2020 | [https://doi.org/10.3389/fpsyg.2020.00698](#)

# Headphones or Speakers? Their Effects on Spontaneous Body Movement to Rhythmic Music

**Agata Zelechowska<sup>1,2</sup> and Victor E. Jensenius<sup>1,2,3</sup>**

<sup>1</sup>RITMO Centre for Interdisciplinary Musicology

<sup>2</sup>Department of Musicology

<sup>3</sup>Department of Psychology

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## Headphones or Speakers? An Exploratory Study of Their Effects on Spontaneous Body Movement to Rhythmic Music

[Zelechowska, Agata](#); [Gonzalez-Sanchez, Victor E.](#); [Laeng, Bruno](#); [Jensenius, Alexander Refsum](#)

**Journal article**; PublishedVersion; Peer reviewed

**Original version**

Frontiers in Psychology. 2020, 11 (698):698, DOI: <https://doi.org/10.3389/fpsyg.2020.00698>

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[Zelechowska\\_et\\_al\\_2020\\_Headphones\\_or\\_Speakers.pdf \(1.691Mb\)](#)

**Abstract**

Previous studies have shown that music may lead to spontaneous body movement, even when people try to stand still. But are spontaneous movement responses to music similar if the stimuli are presented using headphones or speakers? This article presents results from an exploratory study in which 35 participants listened to rhythmic stimuli while standing in a neutral position. The six different stimuli were 45 s each and ranged from a simple pulse to excerpts from electronic dance music (EDM). Each participant listened to all the stimuli using both headphones and speakers. An optical motion capture system was used to calculate their quantity of motion, and a set of questionnaires collected data about music preferences, listening habits, and the experimental sessions. The results show that the participants on average moved more when listening through headphones. The headphones condition was also reported as being more tiresome by the participants. Correlations between participants' demographics, listening habits, and self-reported body motion were observed in both listening conditions. We conclude that the playback method impacts the level of body motion observed when people are listening to music. This should be taken into account when designing embodied music cognition studies.

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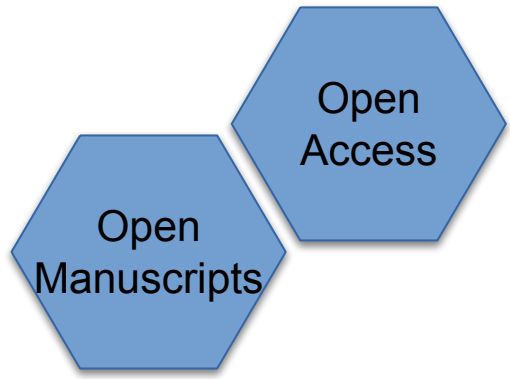
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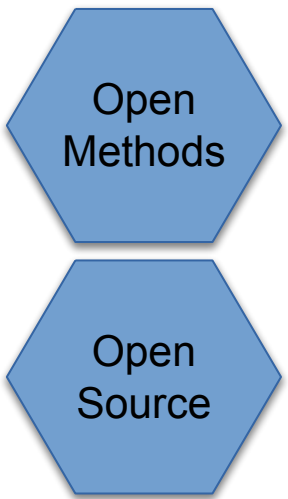
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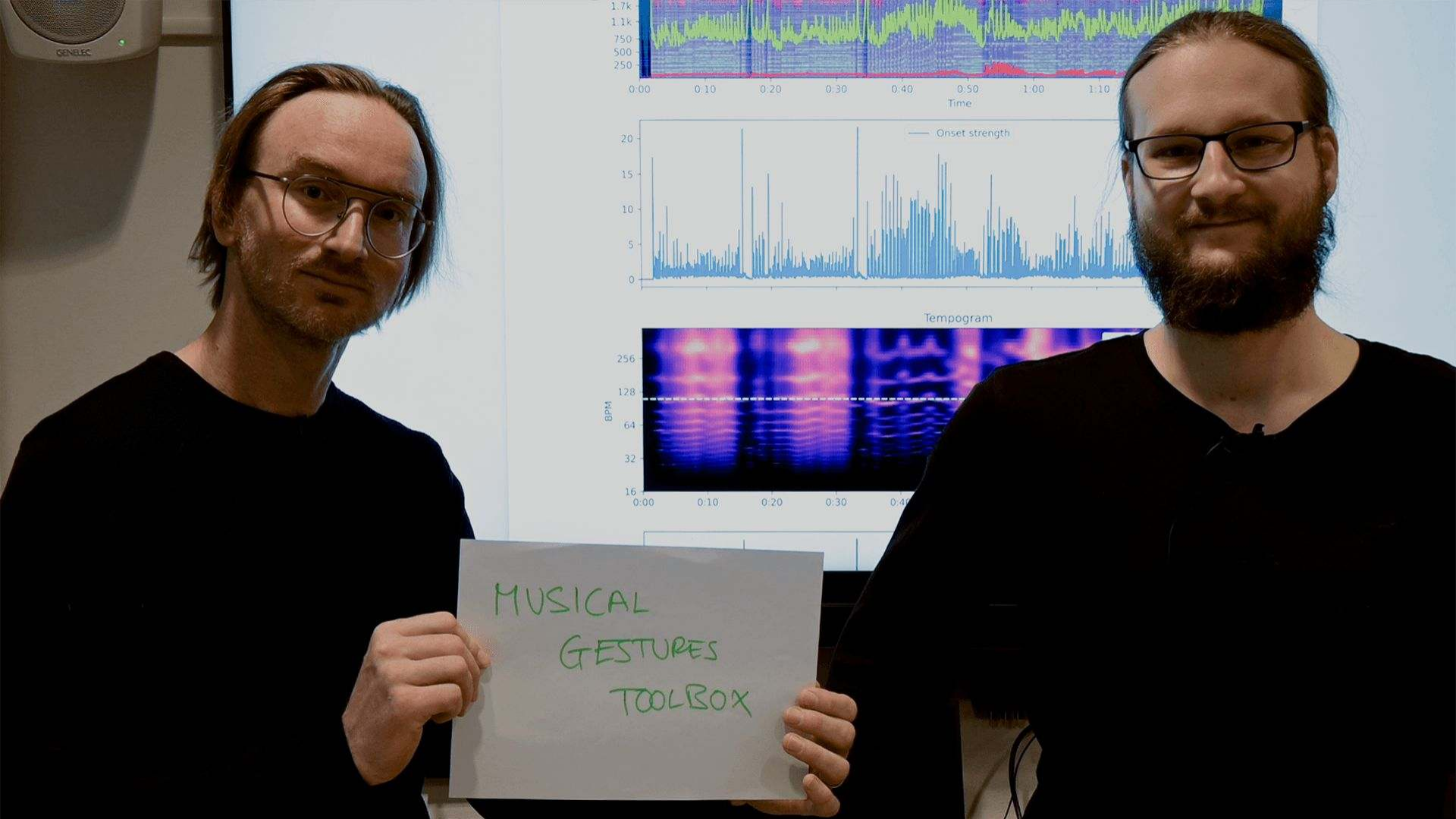
This paper addresses environmental issues around NIME research and practice. We discuss the formulation of an environmental statement for the conference as well as the initiation of a NIME Eco Wiki containing information on environmental concerns related to the creation of new musical instruments. We outline a number of these concerns and by



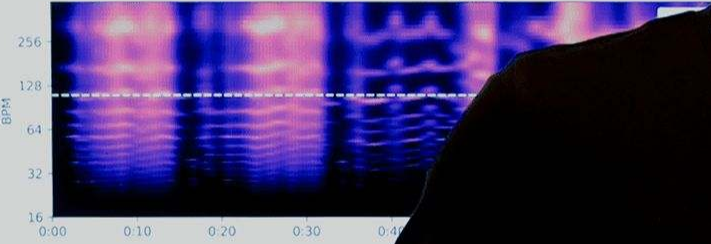
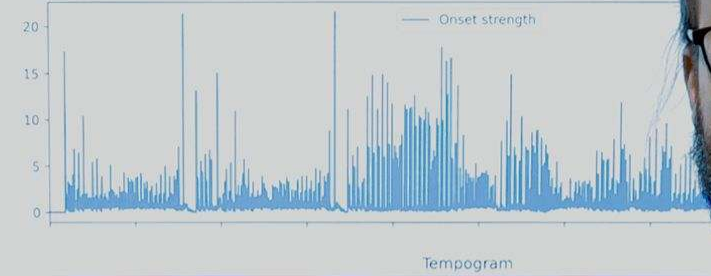
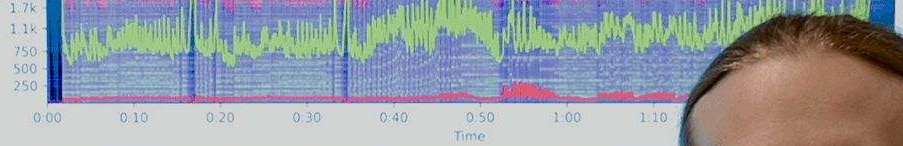
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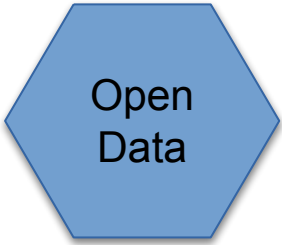
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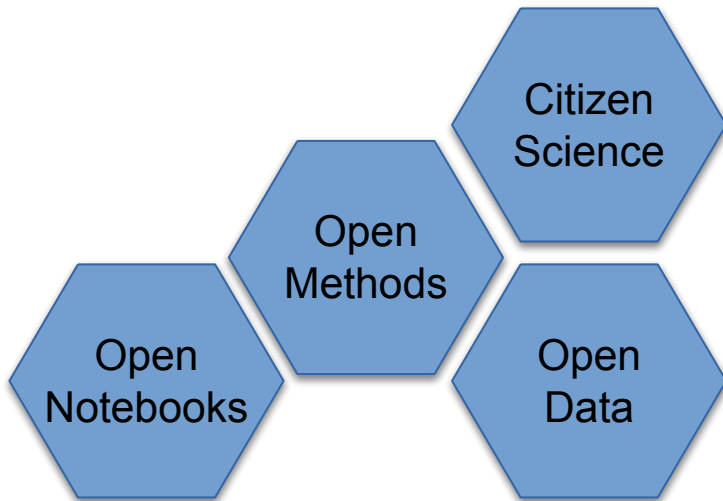
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## Methodology

Contributors: Kayla Burnim, [Alexander Refsum Jensenius](#)

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#### MusicLab App

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#### Logistics and Planning

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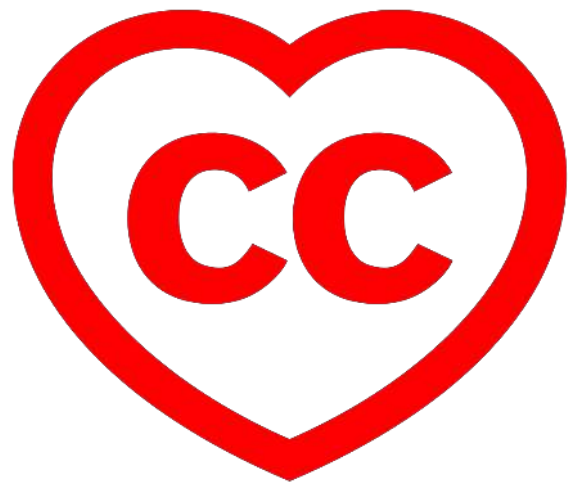


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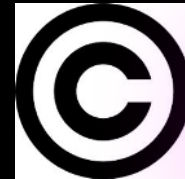
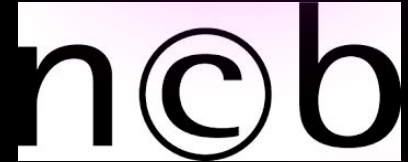
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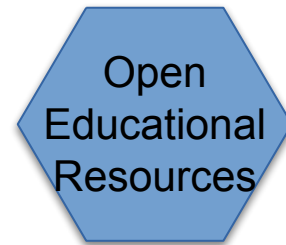
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