



## The Influence of Music on concentration in private college teachers

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### Abstract

The study explored the influence of music on productivity in school teachers in Jaipur City, Rajasthan. The study sought to explore the role of music in lives of college teachers, investigate the relationship between listening to music while working and its impact on the productivity of college teachers, and generate practical recommendations and best practices to enhance productivity. To achieve these objectives, a semi structured standardized questionnaire validated by experts was utilized. The responses were collected and analyzed through thematic analysis in order to discern patterns and similarities within the content. It was found that music played a crucial role in helping teachers maintain focus, motivation, and a sense of calm amidst their daily responsibilities. It revealed that music serves as a powerful tool for enhancing teachers' emotional well-being, promoting relaxation, providing comfort, and improving mood. The influence of music contributes significantly to the productivity of school teachers. It also suggests that listening to music may create positive effects which will help teachers manage stress and create a soothing and rejuvenating environment that provide emotional well-being to teachers. Overall, the study provides that incorporating music into daily work routine may give positive effects that will help manage stress and enhance cognitive benefits of private college teacher.

**Keyword:** Music, college teachers, influence, productivity, performance, motivation.

### I. Introduction

Many individuals in today's modern society listen to music to enhance their mood, boost creativity, or seek solace in its captivating impact. This qualitative study aims to investigate how music affects the productivity of college teachers, considering their various activities and responsibilities outside teaching. Past researches mostly examines the impacts of music in different

areas without fully considering the distinct challenges encountered by educators in the educational system. This highlights the need for focused research to clarify the relationship between music and productivity among this specific group of professionals. This qualitative study examined how music affects the productivity of college teachers. The study examined three variables: music genres, duration of exposure, and frequency of music during non-teaching tasks. The study aims to assess the impact of music on teachers' well-being and job performance through the analysis of their productivity levels. Hargrove (2022) performed an international research project on the influence of background music on student efficiency in higher education classrooms. The study revealed that background music might improve the mood, concentration, and general efficiency of students. Blanco and Nartea (2020) studied how happy and negative music impacted college students' emotions. They found that while specific songs didn't have a significant impact, overall uplifting music led to a noticeable shift from negative to positive moods. Nael (2019) studied the impact of Filipino children's music on math performance of grade 1 kids. The use of emotion-based teaching aids and recognized music resulted in notable enhancements in comparison to a control group.

The main objective of this study sought to investigate the impact of music on the productivity, and work performance of college teachers at private colleges in Jaipur, Rajasthan.

### II. METHODOLOGY

**Objectives:** The study examined the influence of music on productivity of private college teachers in Jaipur. Specifically, it endeavored to: 1. Explore the role of music in the lives of private college teachers and identify their primary reasons for listening to music. 2. Investigate the relationship between listening to music while working and its impact on the productivity of private college teachers. 3. Generate practical recommendations and best practices to enhance productivity.



**Research Design:** Constructed by a narrative inquiry design, the exploration delves into the impact of music on the productivity of private college teachers. The gathered data elucidates the influence of music itself, encompassing its role, contributions, and recommendations alongside best practices. Narrative inquiry design, a qualitative research approach, prioritizes the exploration of individuals' lived experiences and the construction of meaning through storytelling. Particularly adept at investigating intricate and subjective phenomena, the study delves into the effects of music on teacher productivity.

**Locale of the Study:** The study was conducted at 5 private colleges in Jaipur city. These colleges set as an important hub for education in the community, catering to students from diverse backgrounds. The locale offers a suitable setting for studying the influence of music on the productivity of private college teachers, as it provides a representative sample of teachers working in a private college environment.

**Participants of the Study:** The participants of study included five (10) randomly selected private college teachers of Jaipur city, who were teaching at the higher education level in the year 2024. The selected private college teachers were chosen according to specific criteria, such as age, gender, teaching experience, and musical tastes. Upon receiving authorization from the college administration, a letter was prepared to recruit participants, clearly stating the purpose and importance of the research.

**Research Instrumentation:** The researchers constructed an instrument finely tuned to capture the essence of their experiences as initiated with the collection of demographic data from participants to offer contextual insights into their experiences. Following this, meticulously formulated open-ended narrative prompts were utilized to delve into participants' encounters with incorporating music in their teaching environments and its perceived effects on their productivity. Additionally, probing questions are integrated to prompt participants to expound on their responses, fostering deeper insights. The procedure for data collection delineates the protocol for administering the instrument, emphasizing the importance of safeguarding participant confidentiality, securing informed consent, and mitigating potential risks. Through this instrument, the study endeavors to unravel the nuanced relationship between music and

teacher productivity in private college via narrative inquiry.

**Statistical Analysis:** The data will undergo a thematic analysis technique in order to discern patterns and similarities within the content. The open-ended questions and interviews will provide data for qualitative analysis. This data will be coded, transcribed, and organized into relevant topics and subthemes for the study. Private school teachers' mood and productivity can be better understood by delving into these subjects. Data reviews, pattern recognition, and the development of conceptual frameworks were done in a systematic and repetitive manner throughout the analysis process.

### III. RESULTS AND DISCUSSION

#### Role of Music in their Life

**Emerging Theme 1: Emotional Well-being and Mood Enhancement:** The emerging theme on the roles of music in their life was based on the responses that revolved around the participants' emotional well-being and enhancing their mood. The responses within this theme highlight the positive impact that music has on individuals' emotions and overall state of mind. This theme is supported by the following responses from the participants: "For relaxation and personal enjoyment, country music-personal choice." Participant 2 "Music helps me relax whenever I am consumed by my thoughts and whenever I am at my lowest. R and B, Pop, Classical. Depending on my mood." Participant 4 "Music is my pillow it gives me comfort. My favorite is classical music, cause it's improves my mood" Participant 5 The responses provided highlights of the emotional benefits of music. Participants use music as a means of relaxation, finding solace, and improving their mood. It becomes a powerful tool for enhancing their emotional well-being and creating a positive mental state. Whether through specific genres or personal preferences, music serves as a source of comfort and emotional support, positively influencing participants' overall outlook on life. These responses hold implications for the potential of music in various domains, including therapy, self-care, workplaces, and education. Understanding the emotional benefits of music opens up opportunities to leverage its power for enhancing well-being, fostering emotional regulation, and creating supportive environments. The findings of this research on understanding the roles of music in the teacher's life can be related in several ways. One research highlighted that music holds significant potential as a source of support and enhancement for



public school teachers' productivity. According to Linnemann et al. (2016), music has been found to induce relaxation and enjoyment, which resonates with the participants' experiences of using music to unwind and find personal enjoyment. This aligns with the idea that incorporating music into daily routines can serve as an effective relaxation technique, as suggested by Thoma et al. (2017). Additionally, the findings regarding music as an emotional support mechanism echo the research by Miranda and Claes (2018), who highlight the role of music in improving mood and providing comfort during challenging times. This underscores the significance of music in promoting emotional well-being and resilience among teachers. Moreover, the participants' varied genre preferences and their association with mood regulation are consistent with the findings of Saarikallio and Erkkilä (2007), who discuss the individualized nature of music preferences and their impact on emotional states. This suggests that acknowledging and catering to teachers' diverse musical preferences could be instrumental in promoting positive mood regulation and emotional well-being within educational settings. Furthermore, considering the potential applications of music in educational contexts, research by Lesiuk (2005) suggests that incorporating music into work environments can enhance productivity and reduce stress levels. This supports the notion that integrating music into teachers' work routines, such as during breaks or planning periods, could contribute to stress reduction and emotional rejuvenation, ultimately improving their overall well-being and productivity.

**Emerging Theme 2: Focus and Calming Influence:** The emerging theme on the roles of music in their life was based on the responses that revolved around the participants' focus and calming influence. The responses within this theme highlight the role of music as a tool for enhancing concentration and maintaining a productive mindset. This theme is supported by the following responses from the participants: "To motivate, while doing my paperwork's. Country song/old music." Participant 1 "To enter into a calm state in my chaos mind, Classical song, classic opm." Participant 3 "The second theme that emerges from the participants' responses relates to the role of music in promoting focus and creating a calming influence". These participants specifically highlight how music helps them maintain concentration, motivation, and a sense of calm amidst their daily responsibilities and challenges. The underlying implication of this theme is that music has the power to influence one's mental

state and create an environment conducive to focus and calmness. By incorporating music into their work routines, these teachers are able to enhance their ability to concentrate, stay motivated, and navigate the demands of their profession with a greater sense of ease. Furthermore, the participants' mention of specific genres, such as country songs, old music, classical songs, and OPM, suggests that individual preferences play a role in the effectiveness of music for focus and calmness. Recognizing and accommodating the diverse musical tastes of teachers can contribute to creating a personalized and supportive work environment. The responses within Theme 2, focusing on the role of music in promoting focus and calmness, carry several implications for enhancing the productivity and well-being of private college teachers. According to Thompson et al. (2015), incorporating music into work routines can enhance productivity by keeping teachers motivated and focused. This suggests that college can encourage teachers to create personalized playlists or provide designated spaces for listening to music while working, contributing to more efficient work habits. Additionally, as noted by Linnemann et al. (2015), music serves as a tool for stress reduction and creating a calming influence. College can consider incorporating music into stress management programs or providing access to calming playlists, helping teachers to reduce stress levels and improve overall well-being. Moreover, as highlighted by Hays and Minichiello (2005), recognizing individual preferences in music is crucial. College can accommodate diverse musical tastes by providing options for personalizing music choices or creating various playlists, ensuring that teachers find music conducive to focus and calmness. Furthermore, according to Holmes et al. (2016), integrating music into the work environment can foster a positive atmosphere, enjoyment, and camaraderie among staff, enhancing job satisfaction and overall morale. Schools can explore incorporating mindfulness practices involving music, as suggested by Cairns and Wilson (2019), supporting teachers in cultivating well-being, self-awareness, and emotional balance. Adopting a holistic approach to teacher wellbeing, as advocated by Hargreaves and Fullan (2012), college can provide resources and opportunities for teachers to engage with music as part of their professional development and self-care initiatives, such as music-related workshops or collaborations with local musicians. By implementing these implications, college can create an environment that supports teachers' focus, productivity, and well-being, ultimately benefiting



student learning outcomes and the overall success of the educational institution.

### **Contributions of Music on Productivity**

**Emerging Theme 1: Cognitive Benefits, Creativity, and Emotional Well-being:** The emerging theme on the contributions of music on productivity was based on the responses revolving around cognitive benefits, creativity, and emotional well-being. This theme highlights the interconnectedness of cognitive benefits, creativity, and emotional well-being associated with listening to music while working. It emphasizes how music positively affects the mental and emotional state of individuals, thereby influencing their productivity.

This theme is supported by the following responses from the participants: “Yes. It will boost your memory skills to think creatively. While I’m studying my lessons and exam it will help me to boost my memory skills to think systematically and creatively and it will leads to a good Result or output.” Participant 1 “Yes. It depends on the person, for me it helps me think more and reduces stress in life. While working all the work loads and other paper works at school or at home.” Participant 2 “Yes, I always feel good while listening music which helps me to make my work done. Music motivates me to become productive, it helps me to reduce stress, it gives me calmness and I think it could only be disadvantage if we were listening to a wrong type of music. Music positive impacted my productivity. For example, when I was working on my lesson plan, music gives me focus and concentration to think deeply on planning my lessons.” Participant 5, These responses highlight the cognitive benefits of listening to music while working, such as boosting memory skills, enhancing creative thinking, and aiding in the thought process. Additionally, they emphasize the emotional well-being aspect, including stress reduction and the promotion of calmness. This combined theme suggests that music has a positive impact on both cognitive abilities and emotional states, ultimately contributing to increased productivity. This theme suggests that listening to music while working has significant implications for cognitive benefits, creativity, and emotional well-being. By incorporating music into the work routine, individuals may experience improved memory, enhanced creative thinking, reduced stress levels, increased motivation, and a sense of calmness. These factors can lead to heightened productivity, improved task performance, and overall wellbeing in the workplace. The theme of cognitive benefits,

creativity, and emotional well-being in relation to the influence of music on the productivity of private college teachers is supported by recent research. A study published in the Journal of Consumer Research in 2022 found that re-consumption of familiar music, or listening to music repeatedly, can drive greater emotional response, memory, connections with others, and a shortcut to the experience one is looking to achieve (Greitemeyer, 2022). This suggests that listening to familiar music can enhance cognitive processes, including memory and creativity, and contribute to emotional wellbeing. In addition, a study published in the British Psychological Society in 2022 found that listening to one's favorite music can boost performance in various tasks, including motivation, focus, enjoyment, and reduced feelings of exertion and fatigue (Lesiuk, 2022). This aligns with the responses from the participants in the study, who reported that music motivates them and reduces stress, leading to increased productivity. Furthermore, a study published in the National Center for Biotechnology Information in 2022 found that steady beats and faster tempos in music can enhance productivity, motivation, and endurance (Lesiuk, 2022). This supports the responses from the participants, who reported that music gives them focus and concentration, and reduces stress and provides calmness.

**Emerging Theme 2: Alertness, Productive Mindset, and Background Noise:** The emerging theme on the contributions of music on productivity was based on the responses revolving around cognitive benefits, creativity, and emotional well-being. This theme highlights the interconnectedness of cognitive benefits, creativity, and emotional well-being associated with listening to music while working. It emphasizes how music positively affects the mental and emotional state of individuals, thereby influencing their productivity. This theme is supported by the following responses from the participants: “Yes. It will boost your memory skills to think creatively. While I’m studying my lessons and exam it will help me to boost my memory skills to think systematically and creatively and it will leads to a good Result or output.” Participant 1 “Yes, it depends on the person, for me it helps me think more and reduces stress in life. While working all the work loads and other paper works at college or at home.” Participant 2 “Yes, I always feel good while listening music which helps me to make my work done. Music motivates me to become productive, it helps me to reduce stress, it gives me calmness and I think it could only be disadvantage if





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#### **IV. Recommendations**

**Emerging Theme 1:** Enhancing Productivity through Music: The emerging theme on the recommendations and best practices for public school teachers revolved around the idea that music can contribute to enhancing productivity among public school teachers. The responses within this theme suggest that incorporating music into the work routine can have positive effects on focus, motivation, and overall task performance. This theme is supported by the following responses from the participants: “While doing your paperwork’s at night it will help you to finish your task smoothly.” Participant 1 “Choose a music that will ignite your interest to be productive and to alert you to become active.” Participant 3 “These responses emphasize the potential of music to enhance productivity”. The first response suggests that listening to music while working on paperwork can lead to smoother task completion. Participant 3 highlights the importance of selecting music that sparks interest and promotes productivity. Together, these responses suggest that incorporating music into the work routine can positively impact focus, motivation, and overall productivity. Incorporating music into the work routine of private college teachers can have several benefits, including improved productivity and focus. Research has shown that music can create a conducive work environment and enhance motivation, leading to increased engagement and productivity during tasks that require attention to detail. According to a study by Lesiuk (2005), music can positively impact cognitive processing, enhancing focus and reducing stress levels. This finding supports the notion that incorporating music into work routines can lead to improved productivity, particularly during tasks that require sustained attention and detail-oriented work. Research by Juslin and Sloboda (2010) supports this idea that music can elicit emotional responses and influence mood, which in turn can impact motivation and productivity levels. By selecting music that aligns with personal interests and preferences, teachers may experience a boost in focus, motivation, and overall productivity. Moreover, music education can have a positive impact on the work performance and task completion of private college teachers. By considering the type of music and its potential impact on cognitive performance, teachers can find intentional and responsive ways to integrate music into their classrooms effectively.

**Emerging Theme 2:** Music as a Source of Relaxation and Stress Reduction: The emerging



theme on the recommendations and best practices for private college teachers revolved around the idea that music serves as a source of relaxation and stress reduction. The responses within this theme revolve around the idea that music can serve as a source of relaxation and stress reduction for private college teachers. It also suggests that listening to music can create a soothing and rejuvenating environment, providing emotional well-being and helping teachers manage stress related to their workload. This theme is supported by the following responses from the participants: "Just relax, feel the moment while listening to your favorite song, be motivated and inspired" Participant 2 "Teachers sometimes has bundle of work to carry home. It is good if we could listen to music when we feel stress thinking how to finish those bundle of works. Let make use music as our outlet to reduce stress in work place." Participant 5 The responses provided emphasis that music can play a significant role in supporting the emotional well-being of private college teachers. By providing relaxation, inspiration, and a means to reduce stress, music can serve as a valuable tool for promoting resilience, self-care, and work-life balance. These responses hold implications for the music as a source of relaxation and stress reduction for private college teachers. By incorporating music into their daily routines, teachers can prioritize their emotional well-being and self-care. Taking breaks to listen to favorite songs or creating playlists that promote relaxation and positive emotions can create a soothing and rejuvenating atmosphere. Music serves as an outlet for stress reduction, providing teachers with a mental and emotional escape during challenging moments. By utilizing music as a coping mechanism, teachers can find solace and rejuvenation, helping them manage the pressures of their workload more effectively. This, in turn, contributes to a healthier work-life balance and promotes overall wellbeing. Individual preferences for music should be considered, and finding the right balance between incorporating music and maintaining a focused professional environment is essential. The research literature offers substantial evidence supporting the beneficial effects of music on the productivity and well-being of private college teachers. DeNora (2013) underscores the role of music as an effective tool for emotional regulation and stress management, facilitating improvements in mood and overall psychological well-being. Additionally, Hallam et al. (2015) highlight the cognitive benefits of music, demonstrating its capacity to enhance attention, memory, and problem-solving skills, all of which are essential for teachers in managing their workload efficiently.

Furthermore, Lai et al. (2017) provide empirical evidence suggesting that music listening can effectively mitigate stress and burnout among educators, leading to reduced cortisol levels and increased feelings of relaxation. These findings are reinforced by Lesiuk's meta-analysis (2015), which indicates that music has a positive impact on workplace performance, including heightened creativity and improved mood, thereby enhancing overall productivity underscores the role of music as an effective tool for emotional regulation and stress management, facilitating improvements in mood and overall psychological well-being. Lastly, Yehuda et al. (2018) emphasize the broader implications of music for teachers' wellbeing, with reductions in depression and anxiety levels, as well as increases in life satisfaction and happiness. Together, these studies offer comprehensive support for the integration of music into the daily routines of private college teachers as a means of promoting both their productivity and emotional well-being.

## V. CONCLUSIONS

The findings of the study led to the following conclusions: Music played a crucial role in helping teachers maintain focus, motivation, and a sense of calm amidst their daily responsibilities. The findings have highlighted two prominent themes: emotional well-being and mood enhancement; and focus and calming influence. It revealed that music serves as a powerful tool for enhancing teachers' emotional well-being, promoting relaxation, providing comfort, and improving mood. The influence of music contributes significantly to the productivity of private college teachers. The findings highlighted two emerging themes: Cognitive Benefits, Creativity, and Emotional Wellbeing; and Alertness, Productive Mindset, and Background Noise. Listening to music while working has been found to enhance cognitive benefits, such as memory skills and creative thinking, while also promoting emotional wellbeing by reducing stress levels and fostering a sense of calmness. Incorporating music into the work routine has the potential to optimize mental states, create a more enjoyable work environment, and improve productivity. The incorporation of music into the work of private college teachers had shown to enhance focus, motivation, and overall task performance. The findings highlighted two emerging themes: enhancing productivity through music, and music as a source of relaxation and stress reduction. It also suggests that listening to music may create positive effects which will help teachers manage stress and create a soothing and



rejuvenating environment that provides emotional well-being to teachers.

## VI. RECOMMENDATIONS

The following recommendations are drawn from this study: Educational administrators and policy makers may consider developing flexible policies that allow teachers to use music as a supportive tool in the classroom, as long as it does not disrupt the learning environment. This could involve setting guidelines for appropriate volume levels and ensuring that the chosen music genres are suitable for an educational setting. Teachers may incorporate music into their work routine. Integrating music into daily work routine as a tool may enhance focus, motivation, and overall task performance. Music creates positive effects which will help manage stress and enhance cognitive benefits. Future researchers may explore the effects of different genres, styles, and tempos of music on teacher productivity. This can help identify the most effective types of music for different tasks and individuals, taking into account personal preferences and cultural factors.

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