

**UNIVERSITI TEKNOLOGI MARA  
FACULTY OF ADMINISTRATIVE SCIENCE & POLICY  
STUDIES**



**THE EFFECTS OF LISTENING TO MUSIC TOWARDS  
STUDENTS' ACADEMIC PERFORMANCE AMONG  
FACULTY OF ADMINISTRATIVE SCIENCE AND  
POLICY STUDIES STUDENTS  
UITM SARAWAK CAMPUS SAMARAHAN 2**

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## **ABSTRACT**

The goal of this paper is to explain the study on the effects of listening to music toward students' academic performance among Faculty of Administrative Science and Policy Studies, University Teknologi MARA (UiTM) Sarawak Campus Samarahan 2. It investigates how listening to music influences students at the UiTM Sarawak Campus Samarahan 2. Data was obtained from distributed questionnaires. A total of 291 respondents from Faculty of Administrative Science and Policy Studies, University Teknologi MARA (UiTM) Sarawak Campus Samarahan 2 were included in the study. According to the findings, listening to music while studying has the greatest influence on students' academic performance. Anyone interested in learning more about the subject can start with this research study. Furthermore, this research study can educate about the factors why students listen to music while studying, particularly among members of the educational community and the general public. Future researchers will therefore be able to propose solutions to each factor's problems, assisting students in learning more successfully.

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*Clearance for submission of the research report by the Supervisor*

*Declaration*

*Acknowledgement*

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## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 CHAPTER REVIEW**

This chapter focuses on the background of study which is on the effects of listening to music towards university students' academic performance. Section 1.1 discusses on the Chapter Review, Section 1.2 the background of study, Section 1.3 explains the research objectives, Section 1.4 is the Research Problem and Section 1.5 states the research issue and gaps, Section 1.6 is on the significance of study. Section 1.7 additionally is about the scope of research and Section 1.8 explains about the research questions. In addition to that, Section 1.9 states the research hypotheses, Section 1.10 is about the definition of terms and finally Section 1.10 is about the chapter summary.

#### **1.2 BACKGROUND OF STUDY**

Music is a type of art that allows individuals to communicate and transmit their thoughts and feelings through sound by expressing rhythm, melody, and harmony using voices, instruments, or both. Music has a profound impact on everyone's life. It keeps individuals occupied in their spare time and makes their lives more peaceful. Music is a cross-cultural, worldwide phenomena that needs no introduction. (Perlosky, 2012 as cited in Pakeezah, 2018) It is not only generated and consumed by humans, but others in the world of animals as well. Listening to music easily fits into most of our daily routines and schedules as a contemporaneous activity (Schellenberg and Weiss, 2013 as cited in Pakeezah, 2018) individuals are prone to listen to music, a relatively low-engagement activity that usually happens in the background, while simultaneously carrying out other tasks that require more thought and immersion-driving, reading, cooking, socializing, and so on. Music can be used to anchor and relax people, which can improve their psychological well-being.

In our digital age, students plug in their earphones practically constantly (Jain and Gada, 2019). Listening to music is a global hobby, and as technology progresses, more people are able to listen to their favourite music on their smartphones. It should come as no surprise that university students frequently listen to music while studying, possibly not just to make the task more tolerable, but also to keep a calm, positive attitude towards their academic future. (Pakeezah, 2018) Listening

## **CHAPTER 2 LITERATURE REVIEW & CONCEPTUAL FRAMEWORK**

### **2.1 CHAPTER REVIEW**

This chapter focuses on a review of the literature on the effects of listening to music towards university students' academic performance among students of Faculty of Administrative Science and Policy Studies in UiTM Campus Samarahan 2. Essentially, this section begins with music as a motivational tool, music and academic performance, multitasking and music, music's effect on focus. The next section is the conceptual framework, which will be thoroughly discussed in relation to the conceptual definitions.

### **2.2 THEORY USED BY PAST RESEARCHERS**

#### **2.2.1 The Mozart Effect Theory**

The controversy surrounding the Mozart effect arises from the misconception that Mozart's music can enhance general intelligence. While early studies supported this idea, subsequent research has found it difficult to replicate the effect. A meta-analysis of 16 Mozart effect studies found no change in IQ or spatial reasoning ability, but many of the analysed studies used inappropriate tasks and methods. However, a more recent meta-analysis of 36 studies revealed a moderate and robust Mozart effect, limited to specific spatial tasks involving mental rotation. Some studies with children showed no improvement in spatial IQ scores after listening to Mozart, while others found significant improvement regardless of musical background. Different studies also suggested that the positive effects of music on cognitive abilities may be more related to enjoyment and mood rather than the specific influence of Mozart's compositions. Given the contradictory findings, it is advised not to base educational practices solely on the Mozart effect, as few studies included child participants and the effect seems limited to certain tasks and of short duration.