

Can Listening to Music Help People Become More Productive?

VOCABULARY WORDS

1. Background /'bækgraʊnd/ (noun) a less important or noticeable position or function
Example: The store in the historical area was designed to match its background.
2. Regularly /'rɛɡjələrli:/ (adverb) often or usually
Example: The family regularly goes on trips either abroad or domestic.
3. Grade /greɪd/ (noun) a mark or result that you get in a test or exam
Example: She hates comparing her grades with other students.
4. Productive /prə'dʌktɪv/ (adjective) doing a lot or achieving good results
Example: The employees became more productive when they started working from home.
5. Commission /kə'mɪʃn/ (verb) to officially ask someone to write, build, etc. something
Example: The famous singer has been commissioned to write a song for the city's foundation day celebration.



According to a new survey, music may help us work and study better. The survey, done by OnePoll, asked 2,000 Americans about studying or working with sound in the background. Forty-nine percent said they remembered regularly listening to music when they were studying. Sixty percent said sound in the background helped them to study better. And the survey also found that people who said they listened to music while studying were more likely to have had higher grades in university.

But it's difficult to know how much music actually affected their results. Perhaps the way people feel when they're studying is just as important — 81% of those who listened to music said they enjoyed studying more because of it. It's not just students — two out of three people said they listen to music while they work. And 89% of them think that music makes them more productive.

So, what do they listen to? Thirty-one percent of people said they prefer classical music, with 28% enjoying R&B. Others also listen to podcasts or nature sounds. Christina Agvent of Colorado State University Global, which commissioned the research, encouraged people to try working and studying with music — or other sounds — to see if it helps them focus. But some parents will probably still be telling their kids to turn that music off.

DISCUSSION

1. Do you find it surprising that most participants said music in the background helped them study better?
2. Do you like listening to music while working or studying?
3. What types of music help you focus? Are there any types you find distracting?
4. Is there anything that makes you more productive at work?
5. Do you like the same music as most of your friends and family?
6. Are any of your friends or family musicians? What instruments do they play?