

Apr 23rd, 9:15 AM

How Does Music Exposure Impact Cognitive Performance

Leondre Burgess
Northeastern Illinois University

Jennifer Puga-Hernandez
Northeastern Illinois University

Jeo Maldonado Perez
Northeastern Illinois University

Humberto Gonzalez
Northeastern Illinois University

Kelsey Hoffman
Northeastern Illinois University

Follow this and additional works at: <https://neiudc.neiu.edu/srcas>

Burgess, Leondre; Puga-Hernandez, Jennifer; Maldonado Perez, Jeo; Gonzalez, Humberto; and Hoffman, Kelsey, "How Does Music Exposure Impact Cognitive Performance" (2021). *NEIU Student Research and Creative Activities Symposium*. 2.
<https://neiudc.neiu.edu/srcas/2021/s17/2>

This Event is brought to you for free and open access by the Conferences and Symposia at NEIU Digital Commons. It has been accepted for inclusion in NEIU Student Research and Creative Activities Symposium by an authorized administrator of NEIU Digital Commons. For more information, please contact h-owen3@neiu.edu, wallis@neiu.edu.

How Does Music Exposure Impact Cognitive Performance

Leondre Burgess, Jennifer Puga-Hernandez, Jeo Maldonado Perez, Humberto Gonzalez, Kelsey

Hoffman

Department of Psychology

Research has shown that background music can have mixed effects on cognitive performance. Many students listen to music while studying and completing school work. However, is music an effective way to promote cognitive performance while performing tasks? The purpose of the current study is to use an experimental paradigm to explore two factors: (1) background sound (music vs. silence) and (2) cognitive load (time pressure vs. no time pressure). Using a within subject design, undergraduates will perform a series of reasoning problems with music and no music as background conditions during individual Zoom meetings. We will look at reasoning task performance under these conditions. We hypothesize that background music will hinder task performance in comparison to silence, especially when questions are timed. The results from the study will provide insight as to whether music can enhance or hinder a student's cognitive performance in challenging and unchallenging contexts.