

# THE EFFECTS OF MUSIC ON LEARNING AND CONCENTRATION

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**Abstract:** *In times when everything is in constant agitation, the environment and entourage bombard us with information, advertisement, and colours that we are not surprised to find that our thoughts invade, thoughts appear and change in our mind with a dizzying speed. Accelerated thinking is the syndrome resulting from this continuous movement which shakes our peace and life. Among the methods to combat the accelerated thinking syndrome is ambient music. The research aims to highlight the effects of music on the body, on people suffering from accelerated thought syndrome, on the ability to concentrate.*

**Keywords:** *Ambient music; Accelerated Thought Syndrome; Concentration;*

## 1. Introduction

In the century of speed, when time does not reach for all the proposed activities, in which everything moves with unimaginable speed, even thoughts are no longer settled. During the course of a certain activity, the mind goes in completely different parts. Discussions are no longer coherent, there is an invasion of ideas, and there is a desire to discuss those ideas. These manifestations Augusto Cury in the book "Glamorous parents, fascinating teachers" fit them into Accelerated Thinking Syndrome (S.G.A.).

## 2. About Accelerated Thinking Syndrome

Researches in the field have identified the manifestations, causes, and especially the solutions that music proposes to diminish unwanted manifestations and improve the state.

### 2.1. Ways to manifest accelerated thinking

Accelerated thinking may have different ways of manifestation:

- difficulty concentrating attention on a task;
- fatigue even if exercise or exercise is lacking;
- sensitivity, anxiety, high stress;
- affected memory;
- poor management of thoughts and clarity of mind.

### 2.2. Causes of accelerated thinking

Causes of Thinking Syndrome Accelerates may be multiple. Premature birth can be one of them. Babies born prematurely did not have time to "mature", return, start to the cervix, prepare for the trials of life. They are born full of energy and many of them become hyperactive. Hyperactivity is not genetic, but comes from the lack of psycho-emotional adaptation. This occurs when the foetus barely falls into the womb of the mother and he must slow down his movements, relax. On an environmental background that disturbs them, babies born prematurely very easily may become hyperactive.

Another cause is the large number of visual and environmental stimulus. Just because life has become so complex and technology is handier, and there is more and more stimulus.

Excessive information is another cause. Libraries, bookstores, but especially the Internet containing the most information, which in many cases may be useless or wrong.

Advertising psychology, consumer policy (excess colour) is another cause that is wasting energy and concentration. To attract the consumer and make him buy a particular product, to consume it, is packed attractive, as colourful as possible.

In a real way, it's not just a single cause. Usually there is a cumulation of factors, an intertwining of several stimuli that bombard the brain, which consumes a lot of energy just to process thoughts.

### ***2.3. Who's Affecting Accelerated Thinking Syndrome?***

Accelerated Thinking Syndrome affects both children and young people but also adults.

Hyperactive children cannot stand still, do a job, look for an explanation, they get upset, repeat mistakes, they bother around of them. Only then can they calm down, they can calm their own person. Even the reproaches of adult people cannot reassure them. These children concentrate very hard only when something new draws their attention and stimulates their interest for a short time. Smart children, in a little while they manage to concentrate, are able to achieve satisfying school results, a good grade. With maturation they learn to focus and develop stable life projects.

At the adults, there are three forms in which Accelerated Thought Syndrome can compromise mental health:

- the memory of the past - a sense of guilt;
- suffering through anticipation;
- concerns and worries about existential problems.

### **3. How can S.G.A be reduced?**

Accelerated Thinking Syndrome is rather an acquired behaviour than a disease, and any behaviour that any learning has and unlearn. It can be reduced by:

- reducing the time spent on television and in the presence of incentives that favour it;
- control of thoughts;
- reducing and filtering information we receive across channels;
- Emotional involvement of pupils in the teaching-learning process. The more emotional involvement increases, the more concentration and willingness to participate; acts as a barrier to disturbing factors, other stimulus in the mind; which facilitates concentration and favours learning;
- the use of ambient music, calm and produces positive emotions.

### **4. Ambient music in the classroom**

"The objectives of this technique are: to deaccelerate thinking, to calm anxiety, to improve concentration, to develop the pleasure of learning, to educate emotion," says Augusto CURY

If learning is proposed in an environment without emotional involvement, it is very clear that it will not be achieved; transmission of information does not generate anything in the pupil, apart from waste of time and effort.

Ambient music helps mathematics, chemistry, foreign languages or other subjects to be no longer arid, but to have an emotional dimension.

## **5. Advantages of using ambient music**

Consistent use of ambient music during school activities:

- promotes musical and emotional education;
  - creates the pleasure of learning during "less friendly" classes;
  - diminishes SGA, quiet thinking, improves concentration and assimilation of information;
- In everyday life, normally and in general, especially young people, prefers the noisy music, 21st century music, with text and message, according to their thoughts, feelings and emotions. In directed learning activities, to diminish, they can create an environment with ambient, calm, soothing, relaxing music.

The effects of ambient music are somewhat amazing. Ambient music should be used from childhood, even from intrauterine life and listening to become a skill.

## **6. The qualities of music that are recommended for systematic learning activities**

For music to be favourable to the reduction of Accelerated Thinking Syndrome and learning, some features are needed.

Is recommended:

- classical music - Mozart. The Mozart effect was Alfred A. Tomatis's name following experiments and research based on Wolfgang Amadeus Mozart's music. He realized that listening to Mozart's compositions, improving thinking, can increase IQ, in children under the age of three, it actually helps to develop the brain and there are a multitude of positive effects in the body;
- soft and quiet - Music is created out of emotion and in turn, it transmits emotion. If the music is loud and agitated, automatically and the state it induces will be a stir;
- instrumental - Voice music captures the attention even through the text attached to the song. Instead of this relaxation, it puts the brain in motion to decode and process the message of the song.

## **7. Conclusions**

Studies on the effect of music on the state of comfort, tranquillity, learning to learn have had a positive result. Confirmations are therapies for tranquillity, relaxation, concentration based on classical music, music combined with sounds of nature, which bring man closer to his nature and creation.

In a questionnaire handed out to 216 students from Lucian Blaga University in Sibiu, 75% appreciate that the quality of the pedagogical course and seminar considered ambient music used as a learning facilitator.

Certainly, some students do not like musical backgrounds in learning activities, but through systematic exposure, these conditions will change. Augusto CURY argues: "After six months of calm and quiet music, the emotion of students / young people is prepared and stabilized."

If music develops intelligence, IQ increases, silences the human psyche, means that bring the mind and the brain to a state conducive to learning.

Ambient music during classes, through emotional training, diminishes the accelerated thinking syndrome and increases learning efficiency.

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