

# Impact of Music to the Academic Performance of Junior High School Students

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**Abstract:** *The study aims to determine which students are more interested in—music or their studies—and whether music influences students' academic performance or motivates them to study. The researchers hope to determine whether music has a greater impact on students' schoolwork than studying does. To acquire the data required for the research project, the researchers conducted a survey of the students at Northwestern Agusan Colleges. The study examined the association between students' interest in music and their academic performance using a quantitative, method-descriptive survey design. To collect the data and determine the level of interest among respondents (whether they are not interested, somewhat interested, or interested), the researcher employed Cronbach's alpha questionnaire survey. A total of 242 junior high students willingly answered the questionnaire. The researchers employed weighted mean, total, frequency, simple percentage, and lambda to ascertain the pupils' interest in music or academics. Because students are more engaged in class when there is music playing, the results indicate that music tends to influence their studies by 18.6. However, students' music is often influenced by their studies. Overall, incorporating music into studying can have a positive impact on students' learning experience.*

**Keywords—Interest in music and studies**

## 1. INTRODUCTION

Combinations of sounds with predictable patterns make up music. It has a melody to soothe the mind and is a technique to express emotions or decompress on a stressful day. While learning is the capacity to comprehend and deepen one's information, the word "music" has altered over time. In addition, information and new ideas are gained. Students in the area participate in extracurricular activities like music and study at school. Some of the kids are enjoying their studies or their music listening. One of their favorite pastimes is listening to music, according to the students.

Some kids find listening to music calming, thus they are interested in doing so. Students who enjoy music can contemplate and absorb the song's meaning. The pupils' reactions after hearing about their favorite songs were amusing. It is crucial, especially for students who can't concentrate on their studies without listening to music.

Students are also drawn to studying alone. To advance in their lessons, they can read books. It is how they grow their abilities and in some specific situations, the current generation of students wants to listen to music for hours on end.

According to Kotsopoulou and Hallam (2010), during their teenage years, music becomes more significant for most teenagers, who listen to it for an average of three hours per day. Music helps teens feel about how they interpret images to the outside world and satisfies their emotional needs. While others see that pupils who are focused on their studies are more appreciative of it. According to Abrantes, Seabra, and Lages (2016), teachers are more likely to like pupils who enjoy learning and putting effort into their schoolwork. According to research, there are significant links between student interest and dedication and how well they perform in class (Linvell,2014) attended their classes. However, the researcher observed the intense likes of students towards music. The researcher thought of into which direction student

attitudes lead. Thus, the study aims to determine which of the two, interest in music and interest in studies is more prevalent among students.

### INTEREST IN MUSIC

Students in the area participate in extracurricular activities like music and study at school. Some of the kids are enjoying their studies or their music listening. One of their favorite pastimes is listening to music, according to the students. Some kids find listening to music calming, thus they are interested in doing so. Students who enjoy music can contemplate and absorb the song's meaning. The pupils' reactions after hearing about their favorite songs were amusing. According to the World Health Organization (2013) [15], listening to music for an hour each day can significantly minimize the state of being distracted. As a result, music aids in students' concentration, which contributes to their strong academic performance. Rivers claims that listening is a creative skill in Hasyuni (2006:8). This means that we understand the sound that is hitting our ears, and we use the raw materials—words, word combinations, and the rise and fall of the voice—to create meaning.

### MUSIC GENRE

A collection of sounds having predictable patterns is called music. It has a melody to soothe the mind and is a technique to express emotions or decompress on a stressful day. While learning is the capacity to comprehend and deepen one's information, the word "music" has altered over time. In addition, information and new ideas are gained. According to O'Malley (2016) [7], individuals favored pop music because they are catchy and give listeners a sense of familiarity. The same "whoop" sounds familiar to the listener and encourages them to ease into a piece of music when they hear it often.

When compared to light classical music, silence, or no music, hip hop dramatically reduced reading comprehension, according to Tze and Chou's findings from 2010[8].

### ACADEMIC PERFORMANCE

It is a means for them to hone their abilities and enhance their reading comprehension. Students who study can learn additional information that will help them succeed. It is crucial, particularly for pupils who are keeping up their grades. Additionally, it aids in the student's academic advancement. Students who continue to study can be sure to pass every performance evaluation. In some specific situations, the current generation of students wants to listen to music for hours on end. According to Kotsopoulou and Hallam (2010), during their teenage years, music becomes more significant for most teenagers, who listen to it for an average of three hours per day. Music helps teens feel about how they interpret images to the outside world and satisfies their emotional needs. While others see that pupils who are focused on their studies are more appreciative of it. According to Abrantes, Seabra, and Lages (2016), teachers are more

likely to like pupils who enjoy learning and putting effort into their schoolwork. According to research, there are significant links between student interest and dedication and how well they perform in class (Linvell, 2014). Students at their school have demonstrated the correlation between high school music program participation and the formation of social bonds, academic success, and personal values (Kellet, 2016). According to Khan and Ajmal's (2017) study, music boosts pupils' academic performance since it is more energizing than silence.

## 2. METHODOLOGY

### 2.1 Research Questions

1. Why is it important to conduct Music Education of Junior High School students in Northwestern Agusan Colleges (NAC)?

2. Does the researchers and students can comprehend the songs of lyrics, when they are listening?

### 2.2 Research Locale

The study will be conducted at Bayview Hill, Nasipit Agusan del Norte, Northwestern Agusan Colleges in the S.Y 2023-2024.

### 2.3 Statistical Tool

- **Frequency** – the total population of the respondents.
- **Likert scale** - respondents select the choice that most accurately reflects their feelings towards the statement or topic.
- **Mean** – is calculated using the provided data to produce the average number data.
- **Mode** – the most frequent value in a data set.
- **Standard Deviation** - standard deviation is significant, because it aids in comprehending measurements when the data is scattered.

### 2.4 Questionnaires

#### Students Interest in Music

Indicators	3 (high)	2 (average)	1 (low)
1.I listen to music when I'm bored.			
2.I can't live without music.			

- 3. I listen music of any genre/of my favorite genre.
- 4. I love to listen music anytime of the day.
- 5. I prefer to listen music than to chitchat with my friends.
- 6. I listen to music every time I'm in a bad mood.
- 7. I always listen to music when I'm doing something.
- 8. I prefer to listen to music than to argue little things with my classmates.
- 9. I love to listen music when I'm doing my homework.
- 10. I prefer to listen music than any other hobby or activity.

- understand so that it can add my vocabulary.
- 4. I prefer to study than to hang out with my friends.
- 5. I study hard so that I can pass in every assessment that we have.
- 6. Studying can make me knowledgeable.
- 7. I prefer to study than to chitchat with my classmates.
- 8. I always doing advance studies to have more ideas.
- 9. I prefer to study than to ding the household chores.
- 10. I prefer to study than to use the social media or use my gadgets for Facebook, Twitter, Instagram and others.

## 2.5 DATA COLLECTION

The researchers used survey Cronbach's alpha questionnaire, and after seeking permission the researchers were finally allowed to conduct a survey. The first part of the questionnaire is to rate the student's interest, 1 (low), 2 (average), and 3 (high). To compute, add the ratings for each indicator to obtain the respondent's score. The sample size of the males in grade 7 is 28, while the females are 25. The grade 8 males are 35, while the females are 25. The grade 9 males are 27 and the females are 27. The grade 10 males are 37, and the females are also 38.

## 2.6 Data Analysis

The data will be treated by using the frequency, percentage Likert scale, and lambda. The frequency of the student's interest refers to the total of each respondent. One quantity is divided by another, and the resultant is rebased to 100, to obtain percentage statistics. The sign for percentages is %. They are helpful not only for comparisons but also for analyzing differences concerning a baseline or starting value. Likert scale is a rating system used to quantify attitudes, behaviors, and views. Following a statement or a question, there is a set of five or seven answer statements. For nominal variables, the lambda measure of association is used. The

### Student Interest in Studying

Indicators	3 (high)	2 (average)	1 (low)
1. I study hard so that I can get higher grades.			
2. I prefer study in advance and recapitulate what I had study so that I cannot forget it easily.			
3. I like to search more words that I don't			

range of lambda is 0.00 to 1.00. A lambda of 0.00 indicates that there is no correlation between the variables (you could have asked if a respondent's grade point average and having a dog as a child were related).

*Demographic Structure of Participants*

The participants of the study are the students of Northwestern Agusan Colleges. According to the researcher's demographic data that is shown in Table 1.1, there are 127 (52.48%) males and 115 (47.52%) females, for a total of 242 (100%) respondents that are involved in this study.

**Table 2.7**

		Number	%
Gender	Male	127	52.48
	Female	115	47.52
Total		242	100
Grade Level	7	53	21.90
	8	60	24.79
	9	54	22.31
	10	75	30.99
Total		242	100

**3. RESULTS AND DISCUSSION**

*Students Interest in Music*

The student's interest in music is shown in table 3.1. The overall weighted mean of the student's interest has 2.28 out of 10 indicators, and it is interpreted as average. Table 3.1 shows that students always listen to music anytime of the day or when they are bored, because it gives them energy to do their schoolwork, homework, and studying, and when they are in a bad mood, because music helps their brains or minds feel at ease, calm, or relaxed. It shows that the students are averagely more likely to listen to music than to chichat with their friends and averagely more likely to listen to music than to any hobby or activity. Georgieva (2017) expressed that music can develop the individual emotional intelligence of the students because they can deliver their feelings through music. Students listen to any kind of genre, like hip-hop songs, pop songs, rock songs, etc. Chou (2010) mentioned that students have better results in their reading comprehension when they listen to hip-hop music unlike without music. Hogens, Oers, and Diekstra (2014) cited that student who listens to music can concentrate on their studies.

**Table 3.1**

*Student's Interest in Music*

	Indicators	WM	Interpretation
1	I listen to music when I'm bored.	2.58	High
2	I can't live without music.	1.98	Average
3	I listen music of any genre/of my favorite genre.	2.40	High
4	I love to listen music anytime of the day.	2.48	High
5	I prefer to listen music than to chitchat with my friends.	2.21	Average
6	I listen to music every time I'm in a bad mood.	2.33	Average
7	I always listen to music when I'm doing something.	2.42	High
8	I prefer to listen to music than to argue little things with my classmate.	2.12	Average
9	I love to listen music when I'm doing my homework.	2.35	High
10	I prefer to listen music than any other hobby or activity.	1.91	Average
	Overall weighted mean	2.28	Average

*Legend: 1.00-1.66 (low); 1.67-2.34 (average); 2.35-3.00 (high)*

Table 3.2 exhibits the frequency of the student's level of interest in music, 18.6% of respondents said they were just moderately interested in music, and 79.7% of respondents said they were interested in it. It's interesting to note that nobody who answered said they had no interest in music. It revealed that 193 out of 238 are interested in music. Music improves the student's academic performance because it helps them concentrate in their own way. Music has a big impact on the students because some of them listen to music while studying, so in a way, it improves their academic performance. While the study by Khan and Ajmal (2017) said that music improves the student's performance in school because it is more energetic than having no music, Aguirre, Bustinza, and Garvich (2016) explained that music influenced the students. It shows that there are changes from the class with no music to

the class with background music, and most of the students prefer to listen to music while learning English.

**Table 3.2**  
*Interest in Music*

		Frequency	%
valid	Not Interested	0	0
	Moderately Interested	45	18.6
	Interested	193	79.7
Total		238	98.3

Table 3.3 illustrates the student’s interest in their studies; it shows that 10 of the indicators had 3 highest weighted mean: 2.48, 2.40, and 2.43 and the overall weighted mean is 2.24, which is interpreted as average. The table shows that the students are genuine and interested in their studies. They study hard in advance in order to get higher grades, searching for words they don’t understand, and through this, it can help them enhance their knowledge, gain insights, and improve their academic performance. Mabborang-Caban (2016) said that student improves their academic performance when there is music, they learn more because they are interested in music and studies.

**TABLE 3.3**

*Students’ Interest in Studies*

	Indicators	WM	Interpretation
1	I study hard so that I can get higher grades.	2.48	High
2	I prefer study in advance and recapitulate what I had study so that I cannot forget it easily.	2.23	Average
3	I like to search more words that I don't understand so that it can add my vocabulary	2.33	Average

4	I prefer to study than to hang out with my friends.	2.14	Average
5	I study hard so that I can pass in every assessment that we have.	2.40	High
6	Studying can make me knowledgeable	2.43	High
7	I prefer to study than to chitchat with my classmates.	2.15	Average
8	I always doing advance studies to have more ideas.	2.23	Average
9	I prefer to study than to ding the household chores.	1.94	Average
10	I prefer to study than to use the social media or use my gadgets for Facebook, Twitter, Instagram and others	2.06	Average
Overall weighted mean		2.24	Average

*Legend: 1.00-1.66 (low); 1.67-2.34 (average); 2.35-3.00 (high)*

The interest in studies shown in table 3.4 shows a positive indication that the responses of the student respondents indicate that they are qualified to be included in this study. Studies piqued the attention of most respondents (83.06%), however only a lesser percentage (14.88%) said they were only moderately interested. A small fraction of respondents (0.41%) stated they had no interest in studying. It exhibits the frequency of the student’s level of interest in studies, revealing that 201 out of 238 are interested in studies. It is proven that it is possible that the students are active when it comes to academics. Music can help the students clear their minds when they are studying. Anthony, Priya, and Gayathri (2018) mentioned parents would not advise their children to listen to music when they are studying because using gadgets that they used to listen can distract them, however, music can help the students to clear their minds and focus their studies.

**Table 3.4**  
*Interest in Studies*

		Frequency	%
valid	Not Interested	1	0.41
	Moderately Interested	36	14.88
	Interested	201	83.06

Total	238	98.3
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The cross-tabulation of interest in music and studies is shown in Table 3.5, it exhibits that there are 170 interested in music and studies. The concentration of the respondents' ratings is displayed in the table. It shows that music has a positive impact on the student's academic performance, because it helps them concentrate and study when they are listening to music. Some students who don't go to school, when they are listening to music, they can't feel the meaning behind the song what it conveys or expresses.

Even though we all know that it's easy to access on Google or other websites to search, sometimes it's also difficult to understand the meaning even though it displays the definition. It's better to ask the teachers in face to face in order to understand clearly what the difficult word means, that's why music motivates the students to go to school. This table indicates that the data gathered can be considered more ideal, and it creates a meaning that the two variables are more influential in the activities of the students in school.

**Table 3.5:** Interest In Music \* Interest In Studies Cross tabulation

Music	Studies			Total
	1	2	3	
not interested	0	0	0	0
Moderately interested	1	13	31	45
Interested	0	23	170	193
Total	1	36	201	238

**4. CONCLUSION**

The findings of this survey indicate that most students have a moderate interest in both learning and music. Students benefit when they study and listen to music together because it inspires them to complete their assignments and perform well in class.

The participants in the study on junior high school students at Northwestern Agusan Colleges are shown in Table 1. There are a total of 242 student respondents—127 male participants and 115 female participants. The total weighted mean of 2.28 in Table 2 indicates an average degree of interest among the students in music. Students should learn time management skills and strike a balance between academics and music. The frequency of students' interest in music is displayed in Table 3. Notably, 45 students are somewhat interested in music, 193

out of 238 students are interested in music, and 0 students have no interest in music at all. Table 4 displays the data that the researchers collected, demonstrating that the majority of students work hard in their studies. High ratings are indicated by the ratings for questions 1, 5, 2, 3, 6, and 8. Diligent students not only learn more but also develop deeper understanding. Their academic performance can be enhanced if they can increase their knowledge. 201 out of 238 students are engaged in learning, according to Table 5, which shows how frequently students are enthusiastic about their studies. According to Table 6, the majority of student respondents are interested in both studying and music.

Based on this information, the researchers have determined that 242 student respondents have a moderate interest in both studying and music. The results imply that music has an impact on pupils' ability to focus and concentrate on their academics. The World Health Organization (2013) mentioned that listening to music for an hour a day can effectively reduce the state of being out of focus; hence, music helps the students concentrate on their studies which leads to their good academic performance. As they study, listening to music improves their comprehension of the subject matter. Additionally, students show that they can understand song meanings and distinguish between different emotions like happiness and melancholy. When they come across words that are confusing to them, they take the initiative to look up the definitions on Google or other websites. They improve their vocabulary and comprehension with this proactive approach.

**5. RECOMMENDATION**

Students' interest in music and learning is at an average level, some students desire to learn more, thus they want to work harder in their studies. A noteworthy relationship exists between the degree of enthusiasm for learning and music. Student interest in music is a stronger predictor than their interest in academics. Students are more likely to study while they are listening to music. However, pupils tend to lose interest in music when they are studying. Because listening to music improves knowledge and sharpens the intellect, students need to demonstrate their enthusiasm for their studies. Student's minds should be assisted by music while they focus on their work.

Students who listen to music should be inspired to strive for greater academic success in this way. Parents should also assist their children in understanding, particularly about their unique study methods. Parents need to help their children learn how to handle the various aspects of school. When it comes to academic achievement, teachers ought to guide their pupils on how to strike a balance between their interests, such as music, and their academics. The applicants agree that studying and listening to music may both be beneficial learning experiences for pupils. They can encourage students to develop their skills, even if they have different interests in learning.

Also, future researchers, get meaning from the activities of the students, which can help them in their studies. Students may be interested not only in music but also in online games and social media. This can help future researchers expand and include other student interests that will help them learn better.

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