High Music and Concentration

Submitted by

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Date

**Topic**

Listening to music through headphones and concentration issues

**Observation**

If after a rock concert the body needs several days to recover, then with an everyday attack on the ears, there is no longer any time left to put the hearing in order. The auditory system ceases to perceive high frequencies but many times I have observed that why listen to music with high volume through earphone /headphones increases pressure on head and in result low concentration develops.

**Back ground**

The fundamental difference between the earbuds and other types of headphones is that they bring the sound source closer to the inner ear. If such pressure on the eardrum is daily, the person runs the risk of deafness. Loud music strikes the cells responsible for perceiving sound, especially if the attack comes directly from the headphones. Vibration in the subway worsens the situation, which also negatively affects the structure of the ear. In combination, these two factors provoke acute hearing loss (Dolegui, 2013). Its main danger is that it occurs literally overnight, but it is very problematic to cure it. Doctors believe that the quietest sounds that a healthy ear can catch are 10-15 dB. Whispers are estimated at 20 dB, normal conversation - at 30-35 dB. A scream with a sound pressure level of 60 dB already leads to discomfort and sounds with a power of 90 dB or more are really dangerous to hearing. In other words, any pop or rock concert with a level of 100-120 dB is a serious test for the ears (Dalton & Behm, 2007).. The same sound pressure can easily be achieved in any modern headphones. But these studies show the effect of using headphone on ears but not on concentration.

**Research question**

Why listening to music ( one hour or more ) in high volume, through headphone, can affect hearing and concentration?

References

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