



THE INFLUENCE OF BACKGROUND MUSIC ON LANGUAGE LEARNING AND FOCUS

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Abstract. *This article explores the impact of background music on language learning and focus. It examines how different types of music affect concentration, memory retention and cognitive processing during language acquisitions. The paper also discusses potential benefits and drawbacks, providing insights into how learners can optimize their study environment.*

Keywords: *Background music, language learning, focus, cognitive processing, memory retention, study environment, concentration, learning motivation, Instrumental music, verbal processing.*

Annotatsiya. *Ushbu maqolada orqa fonda yangraydigan musiqaning til o'rganish va diqqatga ta'siri o'rganiladi. Unda turli janrdagu musiqalar konsentratsiya, xotira saqlash va til o'rganish jarayonidagi kognitiv ishlov berishga qanday ta'sir qilishi tahlil qilinadi. Shuningdek, maqola bu usulning foydali va zararli jihatlari ko'rib chiqib, o'quvchilar o'zlarining o'rganish muhitini qanday optimallashtirishi mumkinligi haqida tushunchalar beradi.*

Kalit so'zlar: *Fon musiqasi, til o'rganish, diqqat, kognitiv jarayon, xotirani saqlash, o'rganish muhiti, jamlanish(konsentratsiya), o'rganishga motivatsiya, instrumental musiqa, verbal qayta ishlash.*

Introduction. Background music is often used as a tool to enhance productivity and learning. Many students listen to music while studying, believing it helps them concentrate and absorb information more effectively. In the context of language learning, music can influence focus, memory, and overall cognitive performance. This paper explores how background music varies depending on factors such as genre, tempo, and personal preferences. This paper explores how background music affects language learning and focus, highlighting both its advantages and potential downsides.

The Cognitive Effects of Backgroundmusic

Background music is known to have a significant influence on various cognitive processes, including but not limited to attention span, memory retention, and problem-solving abilities. Scientific studies have consistently suggested that instrumental music – particularly classical compositions and ambient soundscapes – can play a vital role in improving focus by minimizing external distractions. This is



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because such types of music lack lyrics, preventing interference with verbal processing and making it easier for individuals to absorb new linguistic information.

On the other hand, when music contains lyrics, it may compete with the brain's language-processing functions, leading to reduced comprehension and retention of new vocabulary and grammatical structures. For instance, listening to music with lyrics in one's native language while studying a foreign language could create cognitive overload, making it challenging to process new information efficiently. Additionally, high-energy music with complex rhythms may disrupt the ability to concentrate, particularly when engaging in tasks that require deep thinking and careful analysis.

Nevertheless, the impact of background music on cognitive functions is not universally fixed. Some learners may experience heightened concentration and improved mental performance when listening to soothing instrumental tracks, while others may find even the most subtle background noise to be a source of distraction. This variability highlights the importance of personalizing study environments according to individual needs and preferences.

Background Music and Memory Retention

Memory plays a pivotal role in the process of acquiring a new language, as learners must continuously store and retrieve information related to vocabulary, pronunciation, and grammatical structures. Studies indicate that certain types of background music, particularly Baroque music with a tempo of approximately 60 beats per minute, can significantly enhance memory retention by creating a calm and focused mental state. This relaxed cognitive state allows for deeper encoding of information, making it easier to recall learned material later.

Conversely, fast-paced or highly dynamic music may have the opposite effect. When the rhythm is too stimulating, it can cause frequent shifts in attention, thereby reducing the brain's ability to effectively encode and store new information. Similarly, music with unpredictable or sudden changes in tempo and volume can be disruptive, making it harder to maintain a steady flow of concentration.

Additionally, the relationship between background music and memory retention is not solely dependent on the type of music but also on the nature of the study task. For example, when learners are engaged in repetitive exercises such as vocabulary drilling or pronunciation practice, background music may be beneficial. However, when tackling more complex cognitive tasks, such as writing essays or analyzing sentence structures, silence or minimal auditory distraction may be preferable.



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The role of Personal Preferences

Background music affects study sessions differently for each person. While some find instrumental or ambient music helpful for focus, others may see it as a distraction. Personal preferences, habits, and past experiences with music shape how it influences cognitive performance.

Some learners concentrate better with soft background music, while others need complete silence. Because of this variation, experimenting with different study conditions is essential to finding the best approach.

Moreover, cultural and psychological factors also play a role. People who have always studied with background music may not find it distracting, while those used to silence might struggle with even the slightest sound.

Music as a Motivational Tool

Aside from cognitive effects, music can boost motivation during study sessions. It helps create a pleasant environment, reduces stress, and makes learning more engaging – especially for language learners who may feel overwhelmed.

Music supports emotional regulation, helping those who experience anxiety while studying. Calming instrumental tracks or nature sounds can make studying feel more enjoyable.

However, relying too much on background music can be problematic. If learners become dependent on it, they may struggle to focus in silent environments, such as exams. Therefore, while music is a useful aid, it is also important to practice studying in silence when needed.

Finding the Right Balance

To maximize the benefits of background music while avoiding distractions, learners should follow these strategies:

Use instrumental or ambient music – Lyrics can interfere with language processing, so classical, or ambient tracks are better options.

Keep the volume moderate – Music should enhance concentration, not overpower it.

Experiment with different styles – Different genres affect people in various ways, so finding the right one is key.

Use music selectively – It may help with vocabulary review or repetitive tasks but could hinder deep analysis and problem-solving.

Conclusion. The impact of background music on learning is highly individual. While instrumental music can enhance focus and memory, music with lyrics or fast



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tempos may be distracting. Personal preference, prior exposure and cultural background all influence its effectiveness.

To maximize benefits, learners should choose suitable music, keep the volume moderate and use it selectively based on the task. With mindful experimentation, background music can become a useful tool for creating a more productive and enjoyable study experience.

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