

**THE EFFECT OF LISTENING TO POP MUSIC ON THE
COGNITIVE PERFORMANCE OF STUDENTS OF THE FACULTY
OF PSYCHOLOGY UIN RADEN FATAH PALEMBANG**

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Abstract

Experimental research was conducted with the aim of knowing whether there was an effect of listening to pop music on the cognitive performance of psychology students at UIN (Islamic State University) Raden Fatah. In this experimental research, the method used is the quantitative method. The research design uses the Beetwee-subject design. The sample in this experimental research was 66 students from the psychology faculty of UIN (State Islamic University) Raden Fatah. The data collection technique for this study used a questionnaire where 33 students were given a questionnaire accompanied by the treatment of listening to pop songs while the other 33 students were not given the treatment of listening to pop songs. Data analysis of this experimental research used statistical methods which produced data with a mean in the group listening to music of 5.64 with a standard deviation of 1.901 while in the group without listening to music with a mean of 5.15 a standard deviation of 2.002. From these results it can be concluded that there is a relationship between the effect of listening to pop music on the cognitive performance of psychology students at UIN (State Islamic University) Raden Fatah.

Keywords: : *Music, Cognitive, Listening*

INTRODUCTION

Music for man already Becomes need, with music our can conditioning self our on level calm soul, where music can entertain and reassuring heart because capable stimulate a feeling of happiness that is sent by brain then accompanied with tick adjusted heart rhythm song so that raises feeling comfortable. Music is very familiar thing inside life human. Invention various artifacts at various cleavage world indicate that man has enjoy music since the stone age . Until moment this music has become “best friends” when

people do activity life everyday, like currently studying, sleeping, cooking, including time work performance cognitive like work task / job house.

As for people listening music in his life because music could give good feeling(*ellingbetter*). Seldom very listen music give rise to a feeling that is not positive. According to experts, feelings more good this appear because relation music with emotions, that is music could make people feel happy, sad, too could give serenity (Sloboda & Justin, 2001; Sloboda & O'Neill, 2001). Those emotions that don't can explained in words can vent through music. With so, there is true that emotion on self man could generated by music (justin London, 2012). Emotion the could make individual feel positive feeling or more feelings ok. Then, emotions could influence cognition. Emotion positive could facilitate various cognitive processes like ability remember, ability solve problem, and ability in using words (Matlin, 1995). With thereby music should could facilitating cognitive processes as well.

In accordance with study Schellenberg, Nakata, Hunter, and Tomoto (2007). They researching about effect listen music to various performance cognitive. From the results their research, they conclude that :

1. Listening Mozart's music can increase various performance cognitive and
2. This thing occur because music is a medium of change circumstances emotion.

Results this also in accordance with Ivanov and Geake (2003) who found exists difference performance significant spatial (paper folding task). Among groups that listened to Mozart and those that didn't. The group that listened to Mozart had more score tall in do a paper folding task.

On research this time writer understand circumstances music in Indonesia the more growing, with development music therapy as learning media. However if music a day heard day by student no always music therapy but most type character music. Writer using music media for researching influence performance cognitive this time because music is the right medium for student.

RESEARCH METHOD

Method study in study this is study experiment with approach quantitative. Study experiment this use between- subject design ie with see

influence variable free to variable bound with count difference score variable bound Among groups given participant different treatment (Seniati, Yulianto, &Setiadi, 2017). Writer will look influence from listen music to performance cognitive student with count difference score Among group experiment and group control.

Variable study is something attribute or nature or score of a person, object, or activities that have variation certain set by researcher for studied and then pulled the conclusion (Sugiyono, 2011). As for variable to be used in study this is two variables, namely :

- 1) Variable bound or the dependent variable (Y) is variable measured research for knowing magnitude effect or influence another variable. Big effect the observed from there is no, arise loss, big shrinking, or change visible variation as consequence change on other variables referred to (Azwar, 2007:62)
- 2) Variable free or independent variable (X) ie something variable variable influence another variable. It can also be said that variable free is variable that influence to variable other want to known.

Identification Variable on study this, namely ;

- 1) Variable free or independent variable (X) : Listening Music
- 2) Variable Bound or variable dependent (Y): Performance cognitive

RESULTS AND DISCUSSION

Influence Results Listen Music to Performance Cognitive

Based on results analysis that has been conducted by researcher related with influence listen music to performance cognitive on subject, got results like contained in a t under this.

As results study after conducted data analysis with use method statistics so could described results study the as following: Testing hypothesis conclude that exists influence listen music to performance cognitive Student Faculty Psychology UIN Raden Fatah Palembang. this showed by results test -t that has conducted on group experiment (listen music) totaling 33 students with average. (mean) of 5.64 and standard Deviation of 1,901. Whereas Group Control (without listen music) totaling 33 students with an average (mean) of 5.15 and standard deviation of 2.002.

- *Results of the X1 Experiment Group While Listening to Music:*

Case Processing Summary			
		N	%
Cases	Valid	33	100.0
	Excluded ^a	0	.0
	Total	33	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.415	.387	10

Scale Statistics			
Mean	Variance	Std. Deviation	N of Items
5.64	3.614	1.901	10

- *Results of the X1 Experiment Group Without Listening to Music:*

Case Processing Summary			
		N	%
Cases	Valid	33	100.0
	Excluded ^a	0	.0
	Total	33	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.448	.454	10

Scale Statistics			
Mean	Variance	Std. Deviation	N of Items
5.15	4.008	2.002	10

Based on connection Among formulated problem with discovered theory so writer submit hypothesis as following :

Ha: There is influence Listen Music To Performance cognitive

Ho: No Influence Listen Music To Performance cognitive

Researcher give pretest on second group that is group experiment and also the control group. On study this there are 66 subjects consisting of 33 groups experiment and 33 as control group. Like in table under this:

Between-Subjects Factors		
	Value Table	N
Kelompok 1	Kelompok Eksperimen	33
Kelompok 2	Kelompok Kontrol	33

Besides it's also deep study obtained results that there is difference on average value subject before and after exists treatment. this show exists change performance cognitive on on subject. On group experimental average value is 5.64. Temporary that on the average control group was 5.15 before and after exists treatment. Comparison enough average value far between both. As stated _ in table under this:

Dependent Variable: Gain			
Kelompok	Mean	Std. Deviation	N
Eksperimen	5.64	1.901	33
Kontrol	5.15	2.002	33
Total	10.79	3.903	66

Researchers also do analysis for see significance between variable x and variable Y. Based on results SPPSS analysis was carried out by researcher. obtained significant results. Score the significance (Sign) obtained is 0.000. Number it 's 0.000 of 0.05. It means there is significant influence Among treatment listen music with performance cognitive. As well as influence other influenced by other variables outside gift music that is not enter in this research variable.

Discussion

Based on data exposure above, can is known that there is influence listen music to performance cognitive on Student Faculty Psychology UIN Raden Fatah Palembang. Where on group experiment post gift treatment get

The average value of 5.64 meanwhile on group control get score of 5.15. Beside that obtained sign value on study this with using SPSS for windows of 0.000 where if sign value < 0.05 then could said that there is

influence from listen to music to performance cognitive on Student Faculty Psychology UIN Raden Fatah Palembang.

Results research this same match with Gallahue (1998) who said that capabilities like synchronic, rhythmic, visual, sequence in movement, more optimized through stimulation with listen music classic. Beats, melodies, and harmony from music classic could is stimulation for increase ability study Student. Through student pop music Becomes easy catch connection Among time, distance and sequence (sequence) which is the skills needed for prowess in problem cognitive student.

On study this the treatment given on Student (group experiment) is with liberate Student listen that music they like for create convenience in work assigned task. It researcher do on base that with music piker pattern could stimulated and Becomes bridge for more thoughts complex. This supported also by Martin Gardiner (1996) in Goleman (1995) the results his research say art and music could make para student more smart, music could help brain focus on another thing that learned. So, there is connection logical Among music and cognitive student.

CONCLUSION

Listening to music is a form of fun activity. This study consisted of a control group and an experimental group which resulted in the findings of the experimental group getting a higher score than the experimental group ($5.64 > 5.15$). Correlation test results also have a significance value of less than 0.05 ($0.000 < 0.05$). Based on the results of this study, it can be analyzed that there is a significant effect of listening to music on cognitive performance in students of the Psychology Faculty of UIN Raden Fatah Palembang. Listening to music improves students' learning abilities because pupils consist of melodies and harmonies coupled with synchronic, rhythmic, visual, and sequencing abilities in the movement of notes. This tone movement can help students to focus on improving learning outcomes.

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