OBJECTIVES.

These days children face so many distractions due to the mass media, influence of the west and various other factors. They are thus not able to concentrate well on their task or activity. This research study aims at helping the student community to excel in their academics though the medium of music and concentration. The following are the objectives of this research study:

(a) To find out how music facilitates concentration.
(b) To investigate how music improves the academic performance of a student.
(c) To examine how concentration enhance academic performance.
(d) To evaluate how music and concentration improve the academic performance of students.

SCOPE.

Music has a wide scope. There are lot many areas where music can help to bring in change in the life of a human being:-

(1) Music helps to enhance self-esteem.
(2) It improves concentration on a certain task.
(3) It enhances academic performance.
(4) Music helps to regulate sleep cycle for insomnia patients.
(5) It can help to regulate sugar levels in the blood and thus control diabetes.
(6) Music helps to stabilise blood pressure and heart rate.
(7) Special pieces of music aid hens in laying more eggs.
(8) It helps cows to yield more milk.
(9) Research has proved that almost all types of music except for rock music facilitates the growth of plants.
(10) It can also be used to cure autism, dementia and alzheimer’s disease.
(11) Mentally retarded children show an improvement in academic performance, when exposed to music.
Pregnant women when exposed to music develop a positive attitude and a relaxed mental state of mind. It also enables the mother to give birth to a brilliant child.

**LIMITATIONS.**

This research study has a few limitations:

1. Only IXth to XIlth grade students (teenagers) were taken as a sample for the study.

2. Only the ‘tanpura’ as a musical instrument was used in the background, during the concentration exercise. No other form of classical music was administered in the study.

**HYPOTHESIS.**

**ALTERNATIVE HYPOTHESIS:**

“Music and concentration together enhance the academic performance of students”.

**NULL HYPOTHESIS.**

“Music and concentration do not enhance the academic performance of students.”