

# **The Effects of Music on the Behavior Distraction Among Middle School Students**

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## **Abstract**

The purpose of this study was to observe effect of music on distraction in middle school students. Four classes totaling 70 students were randomly assigned to three different sound conditions while reading and responding to an essay; the sound conditions were silence, music with words, and music without words. One class served as a control group. There were differences in the frequency of distracted behaviors with the silence group having the least and the music with words group having the most. No significant difference was found in assignment scores between the various sound conditions. A significant difference was found by gender with females scoring higher than males across all sound conditions. Discussion of results includes implications for future research. The author can be reached at [ldunbar@email.arizona.edu](mailto:ldunbar@email.arizona.edu)