



**CALIFORNIA STATE SCIENCE FAIR  
2008 PROJECT SUMMARY**

<b>Name(s)</b> Merle L. Howard	<b>Project Number</b> <b>S0309</b>
<b>Project Title</b> <b>The Effects of Tempo and Language on Human Focus</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> To find how the tempo and spoken lyrics of songs affect a person's cognition.</p> <p><b>Methods/Materials</b> I had subjects individually try to perform a task while providing task-irrelevant music. I recorded how long it took a subject to finish a task and how many errors made while completing the task.</p> <p><b>Results</b> Fast tempo music has no significant effect compared to no music on completion time. Slow music has an inhibiting effect compared to no music on completion time. Language has no significant effect on a person's completion time of a cognitive task. The data for amount errors was inconclusive in all cases.</p> <p><b>Conclusions/Discussion</b> Music of faster tempo should be listened to if you desire music while performing a cognitive task. Music of a slower tempo should not be listened to in a situation where you wish to complete the task faster.</p>	
<b>Summary Statement</b> Speed of music affects a person doing a cognitive task.	
<b>Help Received</b> Mr. Linke revised my writings.	