Reading Books While Listening Music: Case Study To Students Of Universitas Negeri Semarang

Fahri Alfaridzi✉
Universitas Negeri Semarang, Indonesia
Udi Utomo
Universitas Negeri Semarang, Indonesia

Abstract

Researchers conducted a case study on reading while listening music in Universitas Negeri Semarang students. The purpose of this study is to find out and explain what types of music students listen to while reading and to find out and explain how the functions of music that students listen to while reading. This study used Mix Method Research (MMR), which is a research method that combines qualitative and quantitative methods with a phenomenological approach. Data collection techniques used in this study were questionnaires and interviews. Data validity uses source triangulation. The results of this study indicate that the types of music that can be used as a medium to increase students' reading concentration are popular types of music, and also types of music with the same theme as the reading books they are reading.

From the percentage, it can be concluded that music has an influence when it is listened to along with reading activities. The influence felt by respondents when listening to music together with reading activities is that it can make them comfortable, focus, and support the story or book they are reading.

✉Corresponding author:
E-mail: fahri.07@students.unnes.ac.id

INTRODUCING

Listening to music is a fun activity, it is evident that everyone have listened to music and liked music. Listening to music is also an activity that can be done and is much loved by all ages, namely early age, adulthood, and even old age.

Sumarno, Ronny, & Sumarno (2002), has divided the three types of music used, namely diatonic, pentatonic, and contemporary music . Of the three types of music mentioned has an elaboration in its meaning and gives rise to various genres such as; popular music, blues music, rock music, classical music, regional traditional music, computer music.

Listening to music can stimulate or stimulate emotional responses which in therapeutic terms are referred to as active various feelings (Djohan, 2009). Music is a medium in helping a person's self-development, including in helping to increase one's intellect. In addition, music can also help stimulate emotional states in a person. Sometimes the music contains anomatopoeias that reinforce the theme (Wafa, Purwani, & Malik, 2020). Starting from the thing where music can affect and enhance the intelligence of the intellect, the emotions of a person. So music is often used as a medium to support one's learning process, both learning in the context of education in an institution, namely a school, as well as learning in the context of adding knowledge by seeking or as such knowledge.
Music is also often associated with reading activities. Reading is a process of being able to recognize words and combine them into word meanings, into sentences, reading structures (Snow, C. E., & Juel, 2005).

Several previous studies have shown that music can influence reading activities. In research written by Nico (Was, 2017), it shows that various types of music with certain music and volume can make the minds of library visitors calm and more concentrated, so that they can support reading activities because they can also reduce the noise that comes from inside or outside the library.

Therefore, the writer is interested in knowing the types of music and their relation to reading concentration among students. In this study, the authors aim to find out and explain what types and function of music students listen while reading.

METHOD

The research conducted on Universitas Negeri Semarang students used the Mix method Research (MMR) (Timans, Wouters, & Heilbron, 2019), which combines qualitative and quantitative methods with a phenomenological approach . Data collection techniques used were questionnaires and interviews. To test the validity of the data, the authors use a triangulation technique to obtain valid data. The collection of data that has been obtained from the questionnaire and then analyzed by the researcher is dug up again through interviews, submitted to the relevant informant or informant to obtain the truth of the data.

RESULT AND DISCUSSION
Types of Music Listened by Students of Universitas Negeri Semarang

Research that has been conducted to determine the type of music that is most often listened to by Semarang State University students,

as many as 38 respondents who filled out a research questionnaire.

As a result, Pop music is often heard by 22 people; Dangdut is often heard by 9 people; classic and frequent RnB by 6 people each; Jazz, Rock and Folk music are often listened to by 5 people each; 4 people stated that they often listen to all types of music; Ballad and Slow Rock music heard by 3 people each; Hip-hop, Blues, Keroncong, and EDM music are often listened to by 2 people each; and Classic Rock, Hard Rock, Metal, Orchestra, Swing, J-Pop, Reggae, Javanese Classical, Lofi, Kpop, and Country, the music is often heard by 1 person each.

This shows that everyone has different tastes in music. This is in line with the opinion of Zentner, Grandjean, & Scherer (2008), that not all individuals react emotionally to music.

When respondents were asked what kind of music they listened to while reading, the results were different. The music that is listened to the most while reading is Pop music chosen by 12 respondents; then Classical music and Indie Music were selected by 3 respondents each; then Ballad and Poprock music chosen by each of the 2 respondents; and HipHop, JazzPop, Pop Grove, Kpop, Lofi, Keroncong, Style, and Rock music heard by 1 respondent each; while 2 respondents said the music they listened to while reading depended on their mood or desire, and also depended on the story being read; while 5 respondents said they did not listen to music while reading. There are several reasons why certain respondents listen to certain music when reading. For example, respondents who listened to pop music reasoned that pop music is considered

music that is not too noisy and not too complicated so that it does not interfere with concentration when reading, then it can improve mood or feel better than before. Respondents who chose classical music as the right music and influenced their reading activities reasoned that listening to classical music while reading makes the body more relaxed and more comfortable, so they can focus and concentrate on understanding the book they are reading. The same reasons were shared by respondents who listened to jazz music.

Respondents who said listening to Pop Rock music while reading reasoned that poprock music can build emotion or enthusiasm, so they don't get bored and sleepy quickly.

Types of Music and Their Functions as Media to Increase Reading Concentration

As with the type of music, reading activities also have various types. This study shows several types of books read and types of music listened to.

For the type of reading Novels, 6 respondents said reading the book at the same time as listening to Pop music. Then listen to Jazz, Pop Jazz, Lofi, and Indie music by 1 respondent each. Then the type of comic book reading by listening to Anime and Jazz music by 1 respondent each.

Scientific articles are read by listening to Pop music by 1 respondent. Reading books containing knowledge, read and together with Jazz music by 3 respondents. Then the types of reading are historical genres, read while listening to classical music, Javanese classics, swing old, and ballads by 1 respondent each. For

romance genre reading books read by listening to keroncong music by 1 respondent.

Each 1 respondent determines the type of music chosen according to their wishes, and the type of book they are reading. Meanwhile, 3 people listened to a random type of music while reading a book. And 11 respondents did not have a specific type of music to listen to when reading books.

The type of music listened to along with the type of book read by the respondents was chosen because the respondent felt that music that matched the theme of the book being read could make him concentrate and focus on exploring the book better. For example, when you are reading a romance novel and listening to a pop song with the theme of love, it will be suitable which makes you feel comfortable, and you want to continue reading, so that your concentration and focus will certainly be better.

Then related to the type of music listened to when reading and its effect on reading concentration, 38 respondents to this study as many as 25 people or 65.8% music can influence reading activities, then 6 people or 15.8% said it was very influential, then 6 people or 15.8% said it was normal, and 1 person or 2.6% said music had no effect on reading activities.

CONCLUSION

From the result it can be concluded that music has an influence when it is heard together with reading activities. The influence felt by respondents when listening to music together with reading activities is that it can make them comfortable, focus, and support the story or book they are reading. The differences felt by students between reading not simultaneously with listening to music and listening to music when reading, feeling bored and bored quickly reading books, not being able to feel and explore the contents in the reading books to the fullest, and finding it difficult to stay focused on reading and understanding the contents of the reading.

REFERENCES

Djohan. (2009). Kemampuan Musikalitas Sebagai Sarana Pengembangan Keterampilan Sosial. Jurnal Penelitian dan Evaluasi Pendidikan,1, 124-131. *Penelitian Dan Evaluasi Pendidikan*, *1*, 124–131.

Snow, C. E., & Juel, C. (2005). Teaching Children to Read: What Do We Know about How to Do It?

Sumarno, Ronny, & Sumarno, F. (2002). *Bentuk Persaingan Penyediaan Jasa Musik di Surabaya Periode Juli 2000-Juni 2001.* Universitas Kristen Petra Surabaya.

Timans, R., Wouters, P., & Heilbron, J. (2019). Mixed methods research: what it is and what it could be. *Theory and Society*, *48*(2), 193–216. https://doi.org/10.1007/S11186-019-09345-5

Wafa, M. U., Purwani, N., & Malik, A. (2020). Characteristics of Titounis Children Songs: A Study of Songs, Music Instruments and Onomatopoeia. *Harmonia: Journal Of Arts Research And Education*, *20*(2). https://doi.org/https://doi.org/10.15294/harmonia.v20i2.25539

Was, N. (2017). *Pengaruh Musik*

Terhadap Kenyamanan Membaca Mahasiswa Di Perpustakaan ISI Yogyakarta. ISI Yogyakarta.

Zentner, M., Grandjean, D., & Scherer, K. R. (2008). Emotions Evoked by the Sound of Music: Characterization, Classification, and Measurement. *Emotion*, *8*(4), 494–521. https://doi.org/10.1037/1528-3542.8.4.494