

Abstract

Musical activities are related to people since ancient time. In the recent decades, that music becomes individualized, and has been affecting us in different aspects of life. Background music is present in many situations in our daily life. It is of our interest to investigate influence of background music on our everyday functioning. Previous studies on effects of music mainly focus on subjective musical listening experience. Few were done to examine objective criteria evaluating music. In this study, the aim was to explore musical complexity, and the possibility of using criteria evaluating musical complexity as an objective tool to guide music selection. 189 individuals participated this study, completing cognitive tasks in music-listening conditions and silent control condition. Influence of music on task performance observed was significant. Possible mechanisms of mood and arousal regulation were discussed. This study showed promising benefits of music listening on cognitive performance.