

Original Article

Effect of Classical Instrumental Music on Successive Divided Attention Tests in Indian and Malaysian First Year Medical Students – A Randomized Control Trial

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Abstract

In stressful life of medical students, an active coping strategy is must which helps them relax faster and concentrate better. Our study compared the effect of instrumental music on successive divided attention test in 60 Indian and 60 Malaysian first year medical students who were randomised into equal number of music and control group each, creating four subgroups. 3 different forms of SDMT were tested as pre test, during music session and post test, using total, correct and error score. Music group showed significant results for correct ($p=0.02$) and total ($p=0.029$) scores in post test session while errors reduced ($p=0.002$). Malaysian music group performed the best in correct and total score while their control group performed the worst. Indian music group showed decline in their error score in post test session ($p=0.002$). These findings suggest that performance improves with soft music irrespective of nationality, preference and with short duration of music.

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(Received on July 1, 2018)