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Music makes life better in so many ways. It elevates [mood](https://global.oup.com/academic/product/the-social-psychology-of-music-9780198523833?cc=us&lang=en&), reduces [stress](https://www.ncbi.nlm.nih.gov/pubmed/24374731) and eases [pain](https://journals.sagepub.com/doi/10.1177/147470491201000403). Music is [heart-healthy](https://www.nature.com/articles/s41598-018-19418-7) because it can lower [blood pressure](https://academic.oup.com/eurheartj/article/36/44/3043/2293535), reduce heart rate and decrease stress hormones in the blood. It also [connects us with others and enhances social bonds](https://psycnet.apa.org/record/2000-07112-015). Music can even improve [workout endurance](https://www.ncbi.nlm.nih.gov/pubmed/3168978) and increase our [enjoyment of challenging activities](https://psycnet.apa.org/record/2015-24910-003). The fact that music can make a difficult task more tolerable may be why students often choose to listen to it while doing their homework or studying for exams. But is listening to music the smart choice for students who want to optimize their learning?

**Calibri, font size 12, left and right justified, 1.5 spacing paragraph, 250-300 words**. Leave one blank line. ***Do Not Use Symbols, Special Characters, or Math in Paper Title or Abstract****.* Rename your abstract file as **[sub theme]\_[main author]**. For example: **SS\_Y.R Adam**.docx. ***(SS: Social Science, M: Management, ST: Science & Technology)***.

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