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EFFECT OF MUSIC AND NOISE ON HUMAN DRIVING AND ACCIDENT: A SYSTEMATIC REVIEW

N. Pradheep[1*], M. Venkatachalam[2], M. Saroja[2], V. Sivasooriya[3]

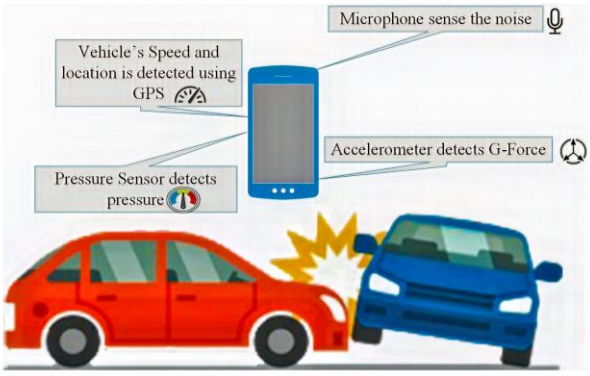
[1]Department of Electronic & Communication, Salem Sowdeswari College, Salem-10.
[2]Associate Professor, Department of Electronics, Erode Arts and Science College, Erode-9.
[3]Research Scholar, Department of Electronics, Erode Arts and Science College, Erode-9.

ABSTRACT: Traffic accidents have developed significant problem for governments, researchers and vehicle industrialists over the last few years. However, accidents are unlucky and repeatedly happen on the road and cause death, damage to infrastructure, and health injuries. Some studies have designated that noise exposure may not disturb simple attention. Despite music's distinct change from noise it too affects human performance negatively and positively. The aim of this research is to analysis the literature to grow an accepting of the effects of noise and music on human performance. The second perseverance was to study the effects of music even though driving. Background noise not only disturbs public health, but it also negatively disturbs human performance. Different features of sound (i.e. volume, type, and tempo) impact human performance differently. It is still unknown which aspect (music or noise) affects task show to a better degree.

Keywords: accident, reduction, Intelligent Transportation System.

1. INTRODUCTION

Background noise is injurious to tasks involving cognition, focus and care [1]. In contrast, music (sound having harmony, melody or rhythm) has been described to be as confusing as noise (unwanted auditory signal or disturbance or simplifying) when it comes to human cautious performance. Hence, does background music enable or detract from driving performance? While driving, many people choose to listen to a radio station or their choice music group. A driving condition is a perfect example in which a driver is compulsory to have great attentiveness and situational awareness, while creation attentive choices. It has been demonstrated that musical stimuli may facilitate one's presentation during driving [2]; however, despite these profits, it may also be an interruption to a driver's care and performance. Studies investigative the effects of music and driving performance have stated equivocal results. The determination of the current review paper was dual. The first resolution was to examine the literature on the things of background noise and music in relation to task performance. Secondly, examine the more exact effects of background sound on driving-related tasks.



2. Noise

Background noise is a interruption as well as a stressor. Rendering to Leather et al. [3] a reduction in ambient noise in the workstation seems to buffer the negative properties of psychosocial job strain. Historically, noise has been careful a nuisance in society and there are a vast number of publications showing the negative side effects of this extraneous, unwanted sound. These detrimental effects not only stem from chronic exposure, but also acute exposure at high volume strengths. Noise not only unfavorably affects human health, but it also influences human performance. It is capable of disturbing not only one's health and lifestyle, but also task performance.

2.1. Noise adversely affects, sleep and task performance

People who live in more populated urban areas tend to report sleep turbulences due to noise. Frequently, these persons live in the vicinity of airports, highways and other main noise sources [1]. A sleeper's exposure to noise may disturb them physiologically and psychologically [4]. Even an individual's performance the next day after exposure to noise during the night is affected. According to Wilkinson, when members were compulsory to perform a simple vigilance exam, it was exposed they completed the exam faster after a relatively silent night. Furthermore, simple response times during the same task were reduced following a night's exposure to noise. The consequences reveal that during a night of sleep interrupted or impeded by noise, the excellence of sleep is poor and task performance the following day may be delayed. Noise is not only harmful to one's sleep, but it also damages vigilant tasks.

3. Music

Music is a standard source of leisure in today's society. It has been established that music disturbs individuals psychologically [5], physiologically [6] as well as publicly [2]. However, the reasoning underlying why an individual returns accordingly during exposure to music is debatable.

3.1. Music facilitates task performance

Earlier studies have shown that reasonable volumes of background music facilitate performance in accomplishments that involve high levels of focus and care [7]. For example, Corhan and Gounard demonstrated that rock music enhanced performance on a signal detection task likened to relaxing instrumental music. Davies et al. establish that during a challenging visual vigilance task, music exposure prevented exposure latencies that were evident during no music. Also, Ferguson et al. studied the effects of listening to music previous to a karate task performance. Regardless of the type of music (fast-tempo, loud versus slow-tempo, soft) mean ratings of trials accomplished were significantly higher compared to performances after white noise. Music facilitates such performance because the stimulus is considered encouraging, in that it increases inspiration, arousal and perception of energy [8].

3.2. Music is distracting

It has been exposed that music is capable of disturbing or discouraging performance of certain tasks [10]. Etaugh and Michals [9] conducted reading understanding tests on 32 college-aged students. Members were exposed to two situations: familiar music or quiet surrounding. Females performed more poorly when visible to the music compared to the quiet scenario. However, male participants performed equally during both situations. Nevertheless, it may not be the preference of the sound type that is the difficult interruption during music exposure. Despite the alterations, noise being defined as an unwanted sound or sound that is unpleasant and may be irritating to the listener and music as containing of sound displaying harmony and rhythm, Furnham and Strbac [11] found that music is as disturbing as noise. The researchers exposed that performance during a reading comprehension task was expressively worse with music in comparison to peace. There was also a significant difference between silence and sound, in which the sound condition presented worse performance. However, there were no significant changes in performance between the sound and music conditions. Thus, music and sound may be considered just as disturbing during a comprehension task.

Otherwise, the tempo of music has been shown to disturb human task performance [12]. Fast tempo music increases the performance speed of an action [15]. For example, McElrea and Standing [54] considered the effects of fast and relaxed music tempo on subjects' period to drink a can of soda. They discovered that the faster pace music reduced drinking time expressively compared to slower music. Further, Kallinen [14] established studied the effects of background noise and music tempo on interpretation efficiency and time. It was demonstrated that slow tempo music reduced reading efficiency, while growing reading time associated to cafeteria noise. There were no differences between a noisy cafeteria and fast tempo music. However, fast tempo music better reading performance compared to slow tempo music. Music definitely has an effect on task performance.

4. DRIVING RELATED TASKS AND BACKGROUND MUSIC

The main technique of moving in today's society is driving an automobile and the common tendency is to turn on the car radio or stereo system upon ingoing the vehicle [16]. Listening to music while driving is an increasingly general practice. Ninety percent (90%) of transport transfers contain musical exposure [17]. Music has the capability to effect driver stress [11], subjective anxiety [12], relaxation [13] and even the speed at which one drives [10]. Further, it has been recommended that listening to hard rock or heavy metal music is connected with negative activities, such as reckless driving and traffic accidents between fresher drivers [18]. Music has the ability to affect driving performance both positively and negatively. Exposure to music has also been shown to facilitate one's performance. It is unclear whether music is helpful to driving and monitoring an automobile. Thus, it is of an increasing fear to study the effects of music on driving and connected tasks.

4.1. Early driving and music studies

Driving investigation in deference to background radio sound is not a new marvel. Early study began in the 1960s [19]. One of the first pioneer readings lead by Brown [20] calculated the properties of background music, silence and speech during light and heavy traffic. Eight subjects were tested on a 2.2-mile average test circuit. Subjects were tested on the use of car controls and period to complete the elected course. It was described that music significantly reduced the frequency in which the accelerator and brake pedals were used in light traffic. Meanwhile, during heavy traffic, the music condition increased the amount of time taken to complete the circuit. Brown [21] described the definitions as music reducing stress on the driver and lowering emotional arousal under trying situations of driving in heavy traffic. The music provided another stimulus in which attention is prevented. However, it was famous that listening to music had unimportant adverse effects on driving performance relating to the research. It was even guessed that listening to music might have a slight useful affect during driving in that it reduces prevention caused by certain stressors (i.e. heavy traffic).

Konz and McDougal [22] complicated 24 automobile drivers. The contributors were requisite to drive on a four-

lane separated highway for 11.5 miles. The circuit was not closed. The contributors were exposed to three separate situations: silence, slow music and Tijuana brass music. Drivers participated in better control actions (i.e. steering wheel movements, accelerator usage and brake usage) during more 'peppy' music or the Tijuana brass music. However, it was described that it was problematic to differentiate whether these control activity changes were negative or positive [23]. Also, both types of music were exposed to increase control activity. A stimulation effect was anissue in the speed increases. During the background music, the driver was more alert and attentive, which led to closer lap times. The investigator determined that greater alertness, would lead to greater development in driving [24]. The earlier studies are the basis of driving study in relative to background music.

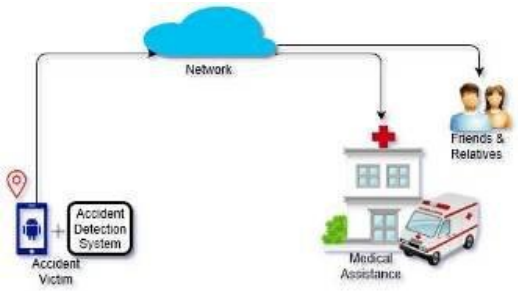
4.2. Background music affects driver stress and anxiety

Auto driving, at times, is particularly stressful and irritating [25]. It may even evoke aggressive behavior [27]. However, a preventive measure to decrease stressful conditions during driving an automobile is to listen to one's most wanted music collection. Musical therapy has been shown to decrease stress [26] and blood pressure as well as enhance moderation, thus alleviating driver stress. According to Wiesenthal et al. [28] music is a significant mechanism in managing with driver stress. Yet, the influence of music is ignored during low traffic congestion situations. The scholars studied commuters in two types of situations: when listening to one's favorite music and when travelling in silence. During both situations driver stress pointedly increased during high congestion traffic related to low. Nevertheless, during the peace situation, driver stress improved significantly more in high crowding traffic as opposed to the music state. During high crowding, music exposure seemed to have a soothing effect on driver stress [29]. The authors take risks that music is alleviating during unwanted conditions by disturbing drivers from frustrating events, such as heavy traffic.

In a survey up study, high blocking traffic had an increasing effect on mild driver aggression [30]. Therefore, music was calculated to govern if it had a similar response on driver aggression as it did on driver strain. Similar results were described. During high jamming traffic, listening to one's favorite music lowered mild aggression. It has been measured that music is capable of confusing peripheral environmental stimuli during reasoning and motor tasks. During music experience, drivers are less aware of potential environmental stressors or trying incidences that would normally increase violence while driving. Hence, musical listening is disturbing towards irritating and annoying driving-related events [31]. Furthermore, familiar music also has a reduction effect on an individual. However, due to the disturbing nature of music during motor vehicle control, the driver's performance is at danger in an effort to decrease aggression and strain.

4.3. Background music tempo and driving performance

Music tempo has disturbed on driving performance. Higher tempos are symbolic of today's general hard rock music. Yet, there is little investigation on tempo of music and driving tasks. A current study exposed that faster music in respect to beats per minute increases both virtual driving speed and one's recognize driving speed [32]. Brodsky establishes that subjects not only drove faster with a faster music tempo, but they also perceived themselves to be driving faster. Moreover, contributors underestimated their faster documented driving speeds by around 45 kilometres per hour less during the faster tempo state. Therefore, drivers participate in more at risk behaviors when listening to higher tempo music. Drivers also had better incidences of crashes, lateral weaving, and ignored red lights, which shows that tempo of the music causes rhythmic contagion or even entrainment. It is safe to state that music tempo plays a part in the inspiration [33]. Faster-paced background music affects drivers' performance, but there have been contradictory results on whether or not music simplifies or disturbs a driver's ability to perform vehicular monitoring tasks.



4.4. Background music and driving performance: Equivocal results

Music has been exposed to facilitate presentation during driving connected activities [34]. Relaxed or reasonable intensities of background musical stimuli increase one's performance when contribution in driving-related tasks. As described by Spinney, quiet music played at 55 DBA offers for optimal driving situations when compared to silence and loud music of 85 DBA. Listening to the quieter music state will increase reaction time and consciousness to avoid hazards. Developed performance and alertness is associated to music exposure matching one's comfort level. Turner et al. established that reaction and total reply times to unexpected external stimuli are a U-shaped function of music amplitude. Moderate music (70 DBA) developed response time to a randomly started red light in comparison to quiet music (60 DBA) and loud music (80 DBA). However, drive time was not affected. Moderate intensities of background music stimulate driver awareness.

The exciting nature of hard rock music may lead to the supposition that loud rock music has the ability to improve reaction times or speed one's awareness or

recognition of unexpected hazards during certain situations [35]. Matthews et al. discovered that response times to cued stimuli were significantly developed when the subjects were exposed to rock music. The scholars determined that loud rock music has a tendency to enhance energy and keep interest in a specific task during stressful and non-stressful situations. The results somewhat varied from Wiesenthal et al., who claimed that music only enhances attentiveness towards driving during high crowded traffic. Nevertheless, Matthews et al. did show that moderate intensity rock music facilitates driving performance in both irritating and non-irritating situations, but not during loud rock music (strength only ranged between 70–90 DBA). Further, Beh and Hirst [36] found that during high-demanding states loud music (85 DBA) facilitates performance of vigilance when signals are centrally situated. Under certain circumstances, louder volume music is even greater to lower volumes (55 DBA) for facilitating attention effort to vigilant presentation. High intensity music may demonstrate beneficial to performance under high arousal conditions.

The works is inconsistent in reporting the outcomes of music and its effects on driving related-tasks. Even though music has been exposed to facilitate driving performance and behavior, it is still careful a major interruption and detrimental to one's careful driving abilities according to some studies [37]. Beh and Hirst concluded that music did not simplify performance during simple tracking tasks, which necessary continuous motor participation and vasomotor organization. And loud music did not interfere with tracking presentation. Yet, loud music significantly affected reply time to peripheral stimuli, which counter-balances the facilitation effect of the investigators findings connected to centrally located stimuli. Moderate intensity music facilitated performance necessitating a wide attentional span, whereas loud background music lessened performance under related conditions [38].

Moreover, high arousal music contests for preventive processing space within the cortex [39]. Greater cognitive space is required during high arousal motivation, to process the external information. North and Hargreaves established that high arousing music, improved lap times and impaired performance during simulated driving. Hence, higher arousing levels of music will in turn impair reasoning or driving related performance [40]. More recently, Dalton et al. studied the effects of sound type and volume on driving associated tasks. The journalists found that regardless of sound type (noise, hard rock, or classical music), loud intensities (95 DBA) impaired simulated driving and simple vigilance performance as associated to quiet intensities (53 DBA). Thus, different types, intensities and tempos of sounds may have different effects on driving performance.

5. CONCLUSIONS AND FUTURE SCOPE

We are showing to music and noise in several situations: at work, while driving, during relaxation activities. Thus, it is significant to recognize the effects that these stimuli have on human and task performance.

Noise interrupts a well-rested night's sleep and damages human performance on vigilance tasks the following day. Acute and nonstop noise adversely upsets caution and comprehension. Music results are equivocal. Music may simplify performance concerning high levels of concentration and attention. Conversely, music has also been shown to be as disturbing as noise during comprehension tasks. Fast music tempo growths the speed at which one completes a specific task. However, a fast music tempo also increases the number of errors during that task. Music is distracting towards peripheral stimuli during frustrating states (i.e. heavy traffic congestion). Thus, music can decrease stress and mild aggression. However, the distracting nature may impede simple vigilance performance during these states (i.e. manoeuvring to avoid another vehicle or pedestrian). A moderate level of music is optimal for activities requiring careful attention and concentration (i.e. driving) because it closely resembles one's comfort level. However, the determination of a moderate level is subjective to the listener. Finally, irrespective of sound type, loud volume intensities impair human performance during simple vigilance and simulated driving tasks.

The effects of noise and music on varying tasks, including driving, play both a facilitating and disturbing role. Further study in this area is needed to distinguish the ideal background stimulus to enhance human and task performance.

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