

## The effect of ambient music on the time to quiet rest among preschool children

Action research is used to solve an immediate, specific problem led by individuals working with others to improve the way they address issues and solve problems that are situated within a specific location. Administration at a University Child Care Center will work together with a team of researchers to understand issues related to the use of recorded music in preschool classes at the Center.

The purpose of this research project is to examine the effects of ambient music on the amount of time it takes preschool children to achieve a quiet resting state at naptime. Individuals who teach preschool classes at a University Child Care Center involving students between the ages of 2 and 4 will participate in the study.

The study will incorporate a Single-Subjects Reversal Design. As baseline data, researchers will record the amount of time it currently takes for the entire class to reach a quiet state of rest using the teacher-selected music (approximately 5 days). The treatment will be the introduction of ambient music in place of the regular music selected by the teacher (approximately 10 days). During the treatment phase, the researchers will continue to record the amount of time it takes for the children to reach a state of quiet rest.

After the treatment period, the music previously used by the teacher will be reintroduced for the reversal stage of the design (approximately 5 days). Results will contribute to a deeper understanding of how music may be used to facilitate naptime in preschool classrooms