

How do songs enhance memory?

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Abstract: The present study investigated the roles of songs in memory. In Experiment 1, we examined whether or not listening to a series of the nonsense syllables as a familiar song could be effective in remembering them. The results showed that the participants who were presented with the stimuli both visually and auditorily as a song recalled more syllables than those who were presented only visually. In Experiment 2, we examined the effects of singing on memory. The results showed that the participants who sang the stimuli did not perform better than those in the control condition, but those who read aloud the stimuli did. Combining the data in the two experiments, we examined the effects of the articulatory movement and of the melody on memory. Based on the results, we concluded that listening to the stimuli as a song can enhance memory.