

The Effects of a Bestselling Children's Naptime Recording on the Time to Rest Among Preschool Children Enrolled in a University Child Care Center

Abstract

Action research fosters joint collaboration among groups of people using ethical frameworks to solve organizational or community problems (Patton, 1990). In this action research project, the administration at a university child care center worked together with a team of researchers from a university department of music education to understand issues related to the use of recorded music in preschool classes at the center. The purpose of this research was to examine the effects of a bestselling children's naptime recording on the amount of time it takes preschool children to achieve a quiet resting state at naptime. The study incorporated a single-subjects reversal design (ABA). As baseline data, researchers recorded the amount of time it took children to reach a quiet state of rest using the teacher-selected music. The treatment phase involved the replacement of the music typically used by the teacher with a bestselling children's naptime recording. Following the treatment phase, the music previously used by the teacher was reintroduced. Data analysis revealed no significant difference between the two baseline and treatment phases. The discovery of a significant difference between the first baseline phase and the second baseline phase suggests support for the finding that music selection within the lullaby genre does not impact the time to rest for children during naptime. Implications of the study and suggestions for future research are discussed.