

A Systematic Literature Review of EEG Studies Investigating the Effects of Music on Individuals

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Abstract

Music as an environmental stimulus influences individuals activating their brains. Even though music is the most researched stimuli, inconsistencies and ambiguities in the extant literature remain. Employing consumer neuroscience and integrating the results of multiple studies seem to be the way forward. In this paper the results of all existing electroencephalographic (EEG) studies focusing on the effect of music on individuals were systematically synthesized. Overall, this review showcases that music and its dimensions affects various EEG components related to individual' attention, memory, emotional arousal, and emotional states, providing thus significant academic, methodological, managerial, and societal implications.

Keywords: *Musicscapes, Electroencephalography (EEG), Systematic Literature Review (SLR)*