

Title	多様な音環境による心理的影響と作業パフォーマンスへの影響の関連性
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Abstract

Relationship between psychological effects of various sound environments and their effects on work performance.

With the recent diversification of work environments such as remote work and workcations, an era has arrived in which it is possible and necessary for each worker to tune their work environment to a work-friendly environment that is suitable for them (and only for them). It has been pointed out that productivity changes depending on the sound environment in the workplace, and the comfort of the sound environment is emphasized as an environment that is easy to work in. In recent years, applications that play pleasant environmental sounds are gaining popularity. However, it is not clear whether the sound environment selected based on individual preferences is the same as the “favorable sound environment in the workplace” that leads to improved productivity. Therefore, in this thesis, I evaluated and measured the psychological effects of various sound environments and verified the relationship between them and work performance. As a result, it was confirmed that the tendency of comfort (relaxation) and comfort (cheerfulness) to improve productivity (number of problems) can be derived by grouping according to the feeling when listening to the sound. In addition, from the correlation between the measurement results and the interview results, it was confirmed that whether an individual's preference leads to an improvement in productivity depends on the characteristics of the person's feelings.