

<https://www.youtube.com/watch?v=nAHRAKQMfzA>

Arguments for and against walking with earphones

for...

soundtrack
rhythm
atmosphere
motivation
relieves the boredom
can be soothing
makes the day feel bigger
can encourage you to walk more

against...

isolation
selfie indulgence
more likely to have accidents
unfriendly
can lead to you getting mugged
you miss out on the fun of street life
walk-dancing may look silly to passers-by, who cannot hear your tunes

conclusion

it depends on the music, but we prefer engagement than atomisation