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ARBITRON Form 4										
May 26, 200	14 UNITED	STATES					NGE	COMMISSIC		APPROVAL 3235-0287
Washington, D.C. 20549Check this box if no longer subject to Section 16.STATEMENT OF CHANGES IN BENEFICIAL OWNERSH SECURITIESForm 4 or Form 5 obligations 							ige Act of 1934 of 1935 or Sect	Estimated burden ho response	ours per	
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> PERLMAN LAWRENCE			2. Issuer Name and Ticker or Trading Symbol			g	5. Relationship of Reporting Person(s) to Issuer			
			ARBITRON INC [ARB]					(Check all applicable)		
(Last) (First) (Middle) 142 WEST 57TH STREET			3. Date of Earliest Transaction(Month/Day/Year)05/24/2005				X_ Director 10% Owner Officer (give title Other (specify below) below)			
Fi			4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
	RK, NY 10019							Person		toporting.
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securit	ties A	cquired, Disposed	l of, or Benefici	ally Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3,	(A) or of (D) 4 and 5) (A) or	Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirec (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Reminder: Re	port on a separate line	e for each cla	ass of sec	urities bene	Perso	ons who	o res	r indirectly. pond to the coll ained in this for		SEC 1474 (9-02)

information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	orDerivative	Expiration Date	Underlying Secur
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A)		

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	Derivative Security			or Disposed of (D) (Instr. 3, 4, and 5)				
			Code V	/ (A) (D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Non-Qualified Stock Option (right to buy)	\$ 41.02	05/24/2005	А	7,000	05/24/2005	05/24/2015	Common Stock	7,
Non-Qualified Stock Option (right to buy)	\$ 41.02	05/24/2005	А	10,000	05/24/2005	05/24/2015	Common Stock	10

Reporting Owners

Reporting Owner Name / Address		Relationsh		
	Director	10% Owner	Officer	Other
PERLMAN LAWRENCE 142 WEST 57TH STREET NEW YORK, NY 10019	Х			
Signatures				
/s/ Dolores L. Cody, Attorney i Perlman		05/26/2005		
<u>**</u> Signature of Repor		Date		

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.