

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS AND COMPARISON BETWEEN
LISTENING TO AL-QURAN AND CONTROL
GROUP ON ARCHERY PERFORMANCE**

By

MUHAMMAD TAUFIQ BIN MOHD SHAHARI

**Research Project Report submitted in partial fulfilment of the
requirements for the Degree of Bachelor of Sports Science (Hons.)**

Faculty of Sports Science and Recreation

July 2016

DECLARATION

BACHELOR OF SPORTS SCIENCE

FACULTY OF SPORTS SCIENCE AND RECREATION

UNIVERSITI TEKNOLOGI MARA

I am Muhammad Taufiq Bin Mohd Shahari (I/C Number: 930306-14-6629) hereby declare that: This work has not previously been accepted in substances of any degree, locally or overseas and is not being concurrently submitted for any other degrees.

This project is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and faculty of Sports Science and Recreation from any blames as result of my work.

All verbatim extracts have been distinguishes by quotations marks and sources of my information have been specifically acknowledged.

Signature : _____
(MUHAMMAD TAUFIQ BIN MOHD SHAHARI)

IC NO. : 930306-14-6629

UiTM ID : 2014495766

Date : _____

ABSTRACT

Al-Quran is the central religious book for Muslims which it is believed that it have the power beyond the content. The purpose of this study was to analyse the effect of listening to Al-Quran in archery performance and to investigate the differences between listening to Al-Quran and Music. A total of 57 subjects were chose in these study and were divided into two groups which were experimental group and control group, 29 for experimental group and 28 for control group. Before the experimental procedure starts, the participants were explained about the aim of the study. They were given 6 bows of arrows to shoot for pre score. Then they will listen to the Al-Quran for experimental group and music for control group. They will listen to Al-Quran and music for 15 minutes of Surah Yaseen and music of Pachelbel's Canon D major. After that, the subjects will go for post shooting score with 6 bows of arrows immediately after listening to the Al-Quran and music. The results shows the archers that listen to Al-Quran have higher mean score with 46.3448 points compare to music with 36.5357. It is possible that the archers listening to Al-Quran contribute in better accuracy performance compare to listening to music.

Keywords: *Al-Quran, Archery, Accuracy, Performance, Score.*

TABLE OF CONTENT

	PAGE
ACKNOWLEDGEMENT	ii
TABLE OF CONTENT	iii
DECLARATION	v
LIST OF TABLES	vi
LIST OF FIGURES	vii
ABSTRACT	viii
CHAPTERS	
1 INTRODUCTION	1
1.1 Background of the Study	1
1.2 Statement of the problem	3
1.3 Research Questions	3
1.4 Research Objective	4
1.5 Research Hypothesis	4
1.6 Significance of the Study	4
1.7 Delimitations	5
1.8 Limitations	6
2 LITERATURE REVIEW	7
2.1 Introduction	7
2.2 Sound Therapy	8
2.3 Al-Quran as a Therapy	10
2.4 Archery	11
3 RESEARCH METHODOLOGY	12
3.1 Introduction	12
3.2 Research Design	12
3.3 Sampling	13
3.4 Instrumentation	13
3.4.1 Mp3 Player	13
3.4.2 Beats By Dr. Dre Headphones	13
3.5 Data Collection Procedures	14
3.5.1 Experimental Group	15
3.5.2 Control Group	15
3.6 Data Analysis	15

4	RESULTS	16
4.1	Introduction	16
4.2	Descriptive Statistics	16
4.3	Paired T-test	18
4.4	Independent T-test	20
	4.4.1 Test of Normality	20
	4.4.2 Independent T-test	21
5	DISCUSSION	22
5.1	Introduction	22
5.2	Discussion	22
	5.2.1 Limitations of the Research	25
5.3	Recommendation	26
5.4	Conclusion	28
	REFERENCES	29
	APPENDICES	31