

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF MUSIC DURING WARM UP
ON ANAEROBIC PERFORMANCE AMONG
PLAYERS OF DRB HICOM FC 2**

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requirements for the degree of
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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification

I, hereby, acknowledge that I have been supplied with Academic Rules and Regulations for Post Graduate, Univerisiti Teknologi MARA, regulating the conduct of my study and research

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ABSTRACT

Music been used generally as a powerful tools to enhance athlete's performance based on psychological variables. However, there are some issues about music effect on anaerobic performance in performance enhancement. The objective of this study is to investigate the effect of fast tempo music during warm up and short-term maximal performance on football players. This study involves of 24 players form DRB Hicom FC 2 from Kuala Lumpur Division 1 League. They needs to do both of the test which is with and without music. Heart rate before and after warm up, RPE, peak power, mean power and fatigue index were measured. Mixed factorial ANOVA was used to investigate the effect of music on heart rate, while independent t-test were used on RPE, peak power, mean power and fatigue index. Results indicates some significant interaction of music to variables listed, $p < 0.05$ across the experimental session. In conclusion, there is a significant effect of music on heart rate and fatigue index on warm up and short-term maximal of football players.

Key Words : *Warm-up Exercise, Running Anaerobic Sprint Test, Music*

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