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Influence of Different Music Genres on Sport Activity Experience Among Marathon Runners in Klang Valley

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I. INTRODUCTION

The application of music in sports has evolved from entertainment to a potent ergogenic aid capable of enhancing performance [1]. Theoretical frameworks suggest that music influences athletes through rhythm response, musicality, and cultural impact, as well as by diverting attention from fatigue [2]. However, existing literature has predominantly focused on music tempo rather than the distinct structural characteristics of music genre [3]. This study aimed to identify the music genres commonly listened to by runners in Klang Valley and examine the influence of genres on their sport activity experience, specifically motivation, physical strength and performance, and psychological endurance.

II. METHODS

This study employed a quantitative, non-experimental research design using a cross-sectional survey. The population consisted of active marathon runners in Klang Valley, with a final sample size of $n = 417$ recruited through purposive sampling. Inclusion criteria required participants to be aged 18 to 40 years and to have completed at least one marathon event. The research instrument was the Impact of Music on Sportive Activities Scale (IMSAS), a validated questionnaire. Data were analysed using descriptive analysis to identify genre prevalence and one-way ANOVA to determine differences in experience scores between genres.

III. RESULTS AND DISCUSSION

Descriptive analysis revealed that Rock/Alternative (36.0%) and Hip-Hop/Rap (33.1%) were the most preferred genres, while Pop/Mainstream and EDM were less common. The one-way ANOVA results (Table I) indicated significant differences in sport activity experience based on music genre. A significant difference was found ($p = .043$). Post hoc analysis revealed that Hip-Hop/Rap scored significantly higher than Pop/Mainstream. This aligns with the theory that Hip-Hop lyrics contain themes of struggle and triumph, acting as verbal persuasion to enhance self-belief [4]. A significant difference was observed ($p = .021$). Hip-Hop/Rap participants perceived higher physical strength compared with the Pop group. This

supports the concept of auditory-motor synchronisation, where the strong, consistent bass beats of Hip-Hop (80 to 100 BPM) facilitate metabolic efficiency. No significant difference was found ($p = .051$). This suggests that, at high levels of fatigue, physiological feedback overrides the dissociative effects of music regardless of genre [2].

TABLE I
DIFFERENCE IN SPORT ACTIVITY DIMENSIONS BASED ON MUSIC GENRE

Dimension	EDM	Hip-Hop	Pop	Rock	F	p
Motivation	3.78	3.98	3.63	3.91	2.74	.043
Physical Strength	3.73	3.97	3.56	3.91	3.27	.021
Psychological Endurance	3.82	3.98	3.64	3.95	2.62	.051

IV. CONCLUSIONS

This study confirms that music genre significantly influences motivation and perceived physical strength among marathon runners in Klang Valley. Hip-Hop/Rap was identified as the most effective genre for these dimensions, likely because of its rhythmic assertiveness and lyrical content. However, music genre has limited capacity to influence deep psychological endurance during high-fatigue activities. Runners are recommended to curate playlists with Hip-Hop or Rock tracks to optimise training intensity and motivation.

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