

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF ADDING MUSIC DURING
IMAGERY TRAINING IN ENHANCING THE
PERFORMANCE OF KELANTAN TENPIN
BOWLING PLAYERS**

By

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**Research Project Report submitted in partial fulfillment of the
requirements for the**

Degree of Bachelor of Sport Science (Hons.)

Faculty of Sport Science and Recreation

January 2016

DECLARATION

BACHELOR OF SPORT SCIENCE
FACULTY OF SPORT SCIENCE AND RECREATION
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I, Siti Nur Syafiqah Bt Rosli (I/C Number: 930221-03-5858) hereby declare that:

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This project is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport 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.

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ABSTRACT

Numerous studies found music has strong relationship with athletes' sporting performance. Thus, this study is conducted to determine the effectiveness of adding music during imagery training in enhancing the performance of Kelantan tenpin bowling player. Total of 14 subjects consists of 10 male and 4 female is selected for this study. Subjects were needed to listen to imagery training audio for 12 session and following with 1 week of washout period. Then, continued with imagery training audio adding with music for the same session. Subjects were required to perform pre and post-session of bowling shots before and after imagery training session. Results shows that there were significant difference between pre and post session of bowling shots for both imagery training ($p < 0.05$) where mean for imagery training with music is slightly higher rather than imagery training without music. Based on the result obtained, it can be concluded that in the present study, by adding music to the imagery training, the subjects' performance is greater.

Keywords: imagery training, music, tenpin bowling

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