

UNIVERSITI TEKNOLOGI MARA

THE EFFECT OF MUSIC PREFERENCES ON  
2.4KM TIME TRIAL AND RATING OF  
PERCEIVED EXERTION AMONG UITM  
PAHANG MALE SPORT SCIENCE STUDENTS

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Thesis submitted in partial fulfillment  
of the requirements for the degree of  
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**Faculty of Sport Science and Recreation**

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# DECLARATION

## BACHELOR OF SPORT SCIENCE FACULTY OF SPORT SCIENCE AND RECREATION UNIVERSITI TEKNOLOGI MARA

I, Ahmad Waqi Bin Wizi (I/C Number: 950115-06-5517) hereby declare that:

This work has not previously been accepted in substances of any degree, locally or for any others degree.

This project paper is the overseas and is not being concurrently submitted 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 my results of my work.

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

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# ABSTRACT

## Abstract

This study was set up in order to identify the effect of music preferences on performance time in a 2.4km running time trial and also how music preferences would have significant effect on rating of perceived exertion during 2.4km time trial. Thirty male participants aged between 18 to 19 years old of University Teknologi Mara sport science undergraduate student participated in this study. Participant runs two sessions of 2.4km running time trial. This study uses one group pretest posttest design. The first was pretest session where participant completed 2.4km time trial in no music condition. The second was posttest session where participant completed 2.4km time trial with music preferences condition. The posttest session results were examined 5 days from the initial session. The result from this study indicated that each participant completed 2.4km time trial faster in music preferences condition and also rated lower perception in rating of perceived exertion rather than no music condition. Listening to music preferences can actually improve time to completion in 2.4km time trial as well as lowering perception of pain and distract an individual from the intensity of the task being performed during 2.4km time trial.

Keywords: *Music preferences, time trial, rating of perceived exertion,*

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