

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF 15 MINUTES POWER NAP ON
MUSCULAR POWER PERFORMANCE AMONG
PENCAK SILAT UNIVERSITY ATHLETES**

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Thesis submitted in partial
fulfilment of the requirement 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 the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The purpose of this study was to measure the effect of 15 minutes power nap on muscular power performance among Pencak Silat university athletes. Thirty one athletes (N=31) from University Technology MARA (UiTM), University Malaya (UM), and University Pendidikan Sultan Idris (UPSI) were selected purposely to participate for current study. A pre-post pre experimental design was utilized in this study to measure the power nap effect in muscular power performance. All samples were required to get 15 minutes of power nap before they were tested on adopted Standing Broad Jump to measure the muscular power. This study result has showed 15 minutes of power naps has significant contributed to a positive changes in muscular power performance which is the t value is $t(30) = -2.74$, $p < 0.05$ ($p < 0.01$). Thus, this study suggested that a short naps, 15 minutes can enhance muscular power performance in amateur Pencak Silat university athletes. Considering these finding for future studies, the researcher can increase the sample size to gain more validity, reliability, and normality in the study and also should use an electronic device to provide athletes' sleeping patterns in potentially reasoning for the quality of naps. Future researchers also may monitor sleeping patters night before the test as it has an effect on subsequent sleep quality and quantity and focus on various durations of naps to determining the optimal duration for the performance.

Keywords: 15 minutes power naps, muscular power

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