

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECTS OF LISTENING TO  
DIFFERENCE TYPES OF MUSIC ON PRONE  
BRIDGE ABILITY AMONG UITM PAHANG  
FOOTBALL PLAYERS**

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## ABSTRACT

Listening to music during exercise sessions can enhance an athletes' performance. The purpose of this study was to compare the effectiveness between listening to slow and fast tempo music on prone bridge performance of football players. The study compared the differences between prone bridge performances in pre-test (without music) and post-test (with music). The study used twenty football players (N=20) as the subjects and was divided into 2 groups. The first 10 subjects were listening to slow tempo music and the other 10 subjects were listening to fast tempo music as their duration on performing prone bridge were determined. The data were analysed using sample paired T-test. Based on the result, the study also found that there are improved between duration of prone bridge in pre-test without music (M=2.68, SD=1.19) and post-test with music (M=4.21, SD=2.32). The duration of on performing prone bridge was significantly improved football players' performance by listening to difference types of music which is slow and fast tempo music in post-test ( $p=0.001$ ). As a conclusion, listening to music during exercise positively effect on the performances among UiTM Pahang football players.

Keywords: *Slow Tempo Music, Fast Tempo Music, Duration of Prone Bridge*