



**UNIVERSITI TEKNOLOGI MARA PAHANG**

**THE EFFECT OF MUSIC TYPE ON AEROBIC  
PERFORMANCE AND HEART RATE OF TRACK  
ATHLETES**

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**JANUARY 2015**

## ACKNOWLEDGEMENT

I would like to express the extremely thankful to my committee chair and also a supervisor, Sir Mohd. Zulkhairi Bin Mohd Azam as Head Center in Faculty of Sport Science and Recreation who has the best attitude and the give a lot of brilliant ideas to complete my research. He also constantly and convincingly gives a support and guide me for every moment during to complete this research, and an excitement in regard to teaching. Without his guidance and tenacious help, I would not be able to finish this dissertation at the given time. Thank you very much for every thing that you willing to help and I'm appreciating it.

I would like to thank to my coach, Sir Zulkifli and Sir Jan who guide me and help to collect and to find the subjects in the area of Selangor universities. My special thanks to Coach Mohd Munir, who willing to help and assist to collect the data during the experiment towards subject that's been participated in this research. Without him, it is hard for me to work alone to finish this dissertation and I'm very thankful to have a generous man that could able to helping hand and spend his time to help for my dissertation.

I also thank to all the lecturer in Faculty of Sports Science and Recreation. I am deeply thankful and indebted to all the lecturers for their expert, genius, sincere and guidance and also motivate me to finish this dissertation. I would like to take this opportunity with sincere grateful to all the faculty members, especially to my batch BOSS 3.0 in Faculty of Sports Science and Recreation for their help and knowledge and encourage me to finish this dissertation. I also thank to my parents for their motivation and encouragement.

# **THE EFFECT OF MUSIC TYPE ON AEROBIC PERFORMANCE AND HEART RATE OF TRACK ATHLETES**

## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 Background of study**

Music is currently used to accompany all the types of activities (e.g., Cooking, exercising, driving, washing, relaxing, sleeping, cleaning), whether the music is to disrupt attention, energize, motivate or to provide a rhythmic cue for the listener. In exercise and sport settings, the use of music to sports has become considerably widespread for all the athletes. The using of music would probably can enhance the performance and rising the ranges of physiological and psychological responses of the athletes. (Sanchez, X., et al. 2013). Music had become one of the important for entire life of many aspectation of human life, including a dancing (an organizer of early human social life) and hunting and warfare (precursors of sport). People believe that by using music to sport may deed to arise the exercise of intensity by arising arousals (heart rate, power output), masking fatigue (increase exercise duration), or allow the entertainment during a rhythmic activity, with all of this would contribute to enhance the performances of the athletes. (Hagen, J. et al. 2013). Music encourages people to sustain effort and used to separate from the exertive sensations due from their bodies (Karageorghis, C. I., et al. 2001) for a review. It affects perceived exertions and exertions tolerance through the several mechanisms. One

is that music synchronizes the exercise paces, tempos, and rhythms (Abernethy, S. & Batma, Q., et al. 1999). Another mechanism is that music enhances arousal (Becker, I. et al. 1996), particularly when it has personal meaning for the individual (Blumenstein, R. S., et al. 1997).

Music is a part of the tool to guide the athletes motivate, accomplish, celebrate their awards, or either help maintain their pacing steps. For example, the competitions in the Panathenaic games in a boat racing (Brown, J.R, 2004). The techniques and skills that been required for the competition was the same that being utilized by oarsmen in earlier Greek warships. These slim boats were thrust by oarsmen seated in three banks on each position angle (Brown, J.R, 2004). Furthermore, each boat had a captain or a boat leader and boatswain, or keleustes is the work as to give the beats to the oarsmen. The oarsmen using a skill or technique rowing by listening to the beat are an example the function of music or rhythms to elevate the competent during competitions (Brown, J.R, 2004). Even in earlier times, people knew the music would help the athletes by motivated and influenced them. In modern years, there have been studies produced to come up more wisely, understanding of how music and athletics can work together. Today, the presence of music and athletes go hand-in-hand. The basketball game is one of the sport that used music to motivate and encourage players and it's not going to be excited to watch a basketball game without music because the music can also stimulate the crowds. Another example like observing the athletics in track and field events, tennis, or badminton competitions, the athletes usually can be observed or be seen using a headphone that could help the athletes to focus their concentration to the sport on their incoming events.

(Brown, J.R, 2004), in a research of cyclists in a week bicycle game, discover that the moderate cycling times were greater when a music was played comparing when the music was quiet. In a research by (Brown, J.R, 2004), the effects of dissimilar kind of music on the physical activity were investigated. Two kinds of music were shown when participant were being evaluated; fast and slow music. The monitors of the research, such as: 1) performance on a striving toward motor device, 2) hand grip strength, 3) vertical jump, 4) reaction time, 5) performance on a reflect trace device, 6) bench press to measure arm and shoulder strength, and 7) motion time. The results specified that reaction of time result were notably faster or greater for the fast music compared to the slow music groups. Furthermore, there were reported with music managed by basketball varsity players. Yanisch (Brown, J.R, 2004), said that Yanisch a basketball university coach, convinced that methods, drills skills sets to favorite music generated a stronger attentiveness or attention among the basketball players. Yanisch believed music assist to help the basketball players to initiate deeper effectiveness in control the ball. In addition, there were few speculations where examiners have described that music had been an effective element in the favorable outcome of groups. (Brown, J.R, 2004) described that music creates a valuable part in the favorable outcome of the Pittsburgh pirate themes and st. Louis cardinal teams.

Because the music can probably bring down the stress and stabilize the emotion. It is notion to have a psychological or an intellectual influences and is therefore put in for clinically. One study has discovered that music can probably will reduce the rate of perceived exertion (RPE) during training at average intensity. Besides that, (Yamashita, S. et al, 2006) establish that rating of perceived exertion (RPE) did not contrast with in any case of the absence or existence of music throughout training with 75% VO<sub>2</sub>max. On the other hand, (Yamashita, S. et al, 2006) described that rating of perceived exertion (RPE) will reduce while