

**UNIVERSITI TEKNOLOGI MARA**

**RELATIONSHIP OF MUSIC TO MOOD,  
EXPERIENCE VALUE AND BEHAVIORAL  
INTENTIONS DURING EXERCISE**

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Dissertation submitted in partial fulfillment of the requirements  
for the degree of  
**Master of Sports Science**

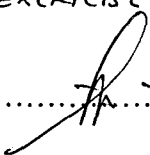
**Faculty of Sports Science and Recreation**

**May 2011**

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I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work unless otherwise indicated and acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any other degree and qualification.

In the event that my dissertation be found to violate the conditions mentioned above. I voluntarily waive the right of conferment of my degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

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## ABSTRACT

The aim of this study was to examine the relationship of music to the mood, experience value and behavioural intentions during exercise. Which means this study want to discover is there any relationship when exercise with music to the positive mood, positive experience value and behavioural intentions during exercise. 200 questionnaires were distributed to the respondents. Basically, by the result from the collected questionnaires, the output results confirms that there is a significant positive relationship exists between mood, experience value and behavioural intentions ( $r = 0.716$ ,  $p < 0.05$ ). Therefore, respondent's mood and experience value are associated with higher behavioural intention when exercise with music. Based on the finding, the conclusions were formulated where the positive mood and positive experience value that experienced by the respondents during exercise with music also influences the behavioural intentions of the respondents. So that, to gain a positive influence to the mood, experience value and behavioural intention during exercise, each people should have an exercise with music or join the aerobic dance classes.

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## TABLE OF CONTENTS

Declaration	i
Approval	ii
Abstract	iii
Acknowledgement	iv
Table of contents	v
List of figures	ix
List of tables	x
References	84
List of appendix	91