

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF MUSIC ON
PHYSIOLOGICAL AND PSYCHOLOGICAL
VARIABLES IN FOOTBALL PLAYERS**

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AUTHOR'S DECLARATION

I declare that the work in this research project 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 Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research

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ABSTRACT

Nowadays, music is generally used to increase performance of athletes. However, there is some issue that concerning the effect of music on athletes. This study examined the effect of music on physiological and psychological variables in football players. This study involves 30 footballers from UITM Shah Alam. They were divided into 2 groups (control and intervention). Heart rate, Rating of Perceived Exertion (RPE), Brunel Mood Scale (BRUMS) and time to exhaustion were measured. Mixed factorial ANOVA was used to examine the effect of music on heart rate, RPE, BRUMS and time to exhaustion across the experimental session. Result indicates significant interaction of music on all variables listed, $p < 0.05$ across the experimental session. In conclusion, there is a significant effect of music on physiological and psychological variables in football players.

Keywords: *music, physiological variables, psychological variables*

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