

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF LISTENING MUSIC ON
MUSCULAR ENDURANCE AND
POWER AMONG NETBALL PLAYER**

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Research Project submitted in partial fulfillment of
the requirements for the degree of bachelor of sports
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AUTHOR'S DECLARATION

I, declare that the work in thesis/dissertation was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and the results are fully on 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 Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

A study that investigated the effect of listening music during on selected performance of component fitness such as muscular endurance and power. The purpose of this study the effect of listening music during muscular endurance and power performance among netball players (without music or with music) among netball players. A total of 20 player (n=20) who aged 13 – 16 years old participated in this study. Researcher was used purposive sampling technique due to meet the specific characteristic for this study. The entire player had performed all three fitness component which 1 minutes push up, 1 minutes push – up and vertical jump test with different condition to evaluate which best condition give results. A subject had been done all fitness tests with different condition which is with music and follow by without music. While doing test, all subject must be free from any injury that may occur during test. A condition test with listening music, subject used wireless headphone which direct to subject. The instruments that being used is 1 minute push – up, 1 minute sit – up, and vertical jump test. The results were determined by using Independent – T test for muscular endurance, 1 minute sit up showed there are no significance effect ($p=0.134$) while for 1 minute push – up there is significance difference effect ($p=0.00$). For the power performance, vertical jump test ($p=0.756$) there is no significance difference. These results showed every component fitness had that best push up with music are suitable; coach or athlete should choose the best ways to apply during training session to enhance performance. Lastly results of this study are important to the coach and physical trainers to prepare their athletes for enhance performance to increase the volume of training.

Keywords: Music, Muscular Endurance, Power

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