

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF MUSIC DURING
EXERCISE ON HEART RATE AND
RPE AMONG HANDBALL PLAYERS
IN UITM SEREMBAN 3**

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Research Project submitted in partial fulfillment of the
requirements for the degree of
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Faculty of Sports Science and Recreation

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result is fully on my own work, unless otherwise indicates or acknowledge as references work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree of qualification.

I, hereby, acknowledge that have been supplied with Academic Rules and Regulation for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Music therapy is increasingly used in sports for enhancing sport performance. This present study examined the effect of music during exercise on heart rate and RPE among handball players. In this study we tested the effect of music on submaximal exercise with and without music. 10 handball players aged from 18 to 24 years old were recruited for the study. The reading of heart rate is recorded each minutes meanwhile the RPE scales has been taken for every 3 minutes. The submaximal test is walk-jog-run test where they run every 4 minutes for speed 4mph, 6mph and more than 6mph until they reached their 75% of maximum heart rate. Data was statistically analyzed using one way repeated measure ANOVA and 0.005 level of significance was set prior to the study. The result showed that the p value of heart rate for both group : with and without music is 0.0938 which is greater than alpha level 0.005. However, the p value for RPE for both group is 0.002 which is less than alpha level. Therefore, we can conclude that there is no significant effect of music towards heart rate but on the other hand there is a significant effect of music towards RPE among handball players UiTM Seremban 3.

Keywords: *Music, heart rate, RPE*

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