

**CONFERENCE ON SPORT SCIENCE IN THE HEART OF
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23-26 NOVEMBER 2012

**ENCIK NURUL AZUAR HAMZAH
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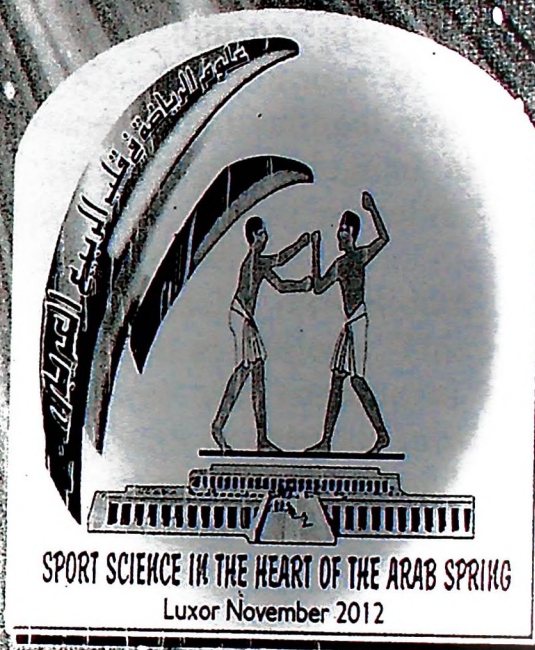
Egypt

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Abstracts

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Effects of Motivational Music on Selected Physiological and Psychological Measurements during Moderate Intensity Running

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Motivational music appears to improve affective states and reduce perceptions of effort during sub maximal exercise (Karageorghis & Jones, 2000). The purpose of this study was to examine the effects of listening to motivational music during running at moderate intensity on selected physiological and psychological measurements including heart rate, rate of perceived exertion (RPE), exercise duration and post-exercise feeling.

A total of ten healthy male recreational runners (mean age=22.6±0.7 years) were recruited as subjects. This research is cross over design which involved three test conditions; a) running with motivational music, b) running with oudeterous music and c) running with no-music. Prior to the experiment, motivational quality of twenty Malay songs were rated by using Brunel Motivational Rating Inventory-2. Ten songs with higher scores on BMRI-2 were chosen and used in this study. Running speed at 65% of $\dot{V}O_2$ max was considered as exercise intensity. Heart rate and RPE were recorded during tests while recovery time, exercise duration and feeling were assessed after the test completed.

During exercise, low perception of effort (RPE) was recorded for exercising with motivational music. A one-way analysis of variance revealed a significantly longer exercise duration and higher positive engagement (feeling score) when running with motivational music compared to oudeterous and no music conditions.

Motivational music facilitates exerciser in sustaining effort and stay in longer duration of exercise.

The present research supported the previous findings on the positive effects of music especially on physiological and psychological changes and performance in exercise.