



MUSIC AND SPORTS – A PSYCHOPHYSICAL EFFECT

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Abstract: The use of music at sporting events is a practice that is thousands of years old, but has recently had resurgence as a noted phenomenon. Some sports have specific traditions with respect to pieces of music played at particular intervals. Others have made the presentation of music very specific to the team—even to particular players. Music may be used to build the energy of the fans, and music may also be introduced in ways that are less directly connected with the action in a sporting event. researcher in the field of music in sport and exercise, has primarily explored the psychological, psychophysical, psychophysiological, and ergogenic effects of music: The Psychological effects refer to how music influences mood, affect, emotion, attitudes, cognition and behaviour. Music is present in many sport and exercise situations, but empirical investigations on the motives for listening to music in sports remain scarce listening to music during pre-event preparations, warm-up, and training sessions; and the most common motives for listening to music were to increase pre-event activation, positive effect, motivation, performance levels and to experience flow. The athletes experienced positive affective states (e.g., happiness, alertness, confidence, relaxation) in relation to music in sports, and also reported on their beliefs about the causes of the musical emotion episodes in sports.

Introduction:

Are you one of those people who plug into their iPod when they are on the exercise bike or treadmill? Most people who listen to music while exercising do so because it takes their mind off of the pain that usually accompanies hard workouts. Go to your local fitness center and it's likely you'll hear all kinds of music, from the thump-thump beats of the step-aerobics classes, to the heart-pounding rhythms emanating from the spinning classes, to Metallica screaming from the headphones of the guys banging the free-weights around. People instinctively use music to help them with their workouts, and it turns out there's plenty of scientific evidence to back the practice up. It wasn't that long ago that music and sports were separate worlds -- and crossovers from one sphere to the other were rare. Not anymore. Sports are part of music -- especially rap music -- and music is increasingly part of sports. "Hip-hop and athlete go hand in hand. When they come together, it's a win, not just for your business brand but also for culture. I always use the word 'culture,' because that's first -- everything else falls behind it. When they see that this guy loves rap the

way he does, and this guy loves basketball like he does, the business is gonna flow behind it. The beneficial effect of using music in sport and exercise contexts has a long history and a strong intuitive appeal. Music has the capacity to capture attention, lift spirits, generate emotion, change or regulate mood, evoke memories, increase work output, reduce inhibitions, and encourage rhythmic movement – all of which have potential applications in sport and exercise

The benefits of Sports

Participating in a sports program gets your child more active and healthier! The activity helps reduce the risk of obesity, type 2diabetes, and heart disease. Think about these other important benefits: Improving physical skills like coordination and balance, Learning teamwork, Learning discipline, Learning to focus on a goal, Experiencing the rewards of participation, Having fun

The benefits of Music

Participating in a music program provides many of the same benefits as participating in sports. Teamwork, discipline, focus, and

fun are just some of them. A music program will also improve your child's thinking skills and physical coordination. Other important benefits include: Learning creative thinking, Learning to express feelings and emotions, Improving language and reasoning skills. Some studies show music programs can raise intelligence. Music can also improve something called spatial intelligence. This important ability helps with seeing the world and making sense out of what is seen. children who took music increased their IQ it may be because of the focused attention, memorization, and concentration skills needed to study music.

Music and Sports: A Complete Education

Your child needs more than the basics to be successful. A full and productive life also requires social skills, discipline, cooperation, and creative thinking. These are all learned from the training that sports and music programs offer. And there is 1 more benefit of sports and music. They can really be fun, not just for your child, but also for the whole family.

The Psychological effects refer to how music influences mood, affect, emotion, attitudes, cognition and behaviour.

- The psychophysical effects of music involve sensory responses to physiological processes. In music related research, this involves the perceptions of physical effort and is most often measured via the ratings of perceived exertion (RPE) scale.
- The psychophysiological effects of music relate to the influence of music on a range of physiological factors, such as heart rate and respiration rate.
- Music exerts an ergogenic effect when it improves physical performance by either delaying fatigue or increasing work capacity. This often results in higher than expected levels of endurance, power, productivity, or strength.

When accompanying training and workouts with music, a wide selection of familiar tracks that meet the six criteria in order to achieve benefits to performance: (a) strong, energising rhythm (b) positive lyrics having associations with movement (c) rhythmic

pattern well matched to movement patterns of the athletic activity (d) uplifting melodies and harmonies (e) associations with sport, exercise, triumph, or overcoming adversity and (f) a musical style or idiom suited to an athlete's taste and cultural upbringing. Choose tracks with different tempi, to coincide with alternate low-, medium-, and high-intensity training.

Music: How to effectively use it before, during, and after activity. Music plays an influential role in our society and the world of sport and exercise is no exception. Advances in technology have made music more accessible and more prevalent than ever making it a part of our daily lives.

Pre-Task Music-

Music is often used by athletes before an event, game, or match. Michael Phelps is a prime example of this as he has often been shown with his headphones on before swimming each of his Olympic races. Phelps has stated that before he swims he listens to music that motivates him and that has lyrics he can relate to. These are just a couple of the reasons why athletes use pre-task music. Other motives for using music before an event are to increase pre-event activation, positive affect, motivation, performance levels, and to experience flow. This is evidence that music can be beneficial to a pre-performance routine as far as preparing the body for its upcoming sport. However, it is important to note that pre-task music is not as relevant in an exercise context as it is in a sport context because people do not generally get too anxious about exercising like they do sport performance. Music can also be used as a tool to regulate pre-competitive emotions.

In-Task Music-

using music in sport and exercise has been focused on the use of background music, while training or exercising. It is best used when the goal is to either enhance mood or distract attention away from a monotonous or repetitive drill, such as gym workouts or when practicing specific skills. Several discussions have been conducted on the effects of music during endurance tasks, and the general consensus is that music

does increase endurance it was found that muscular endurance lasted longer when the participants were listening to music than when they were not. It was found that the participants' endurance was greater while listening to the motivational music than the drumbeat.

Post-Task-

Post-task music is something that is still in the early stages of research. sedative music yields the fastest recovery time from exhaustive exercise, compared to stimulative music or no music. Sedative music aids in lowering of heart beat and blood pressure as well as perceived exhaustion.

The Effects of Music on Athletic Performance

In the age of technological gadgets, music has become more than just background noise at a party. For those that exercise, music is a way to distract oneself from the physical activity they are enduring and to try to lessen their consciousness of fatigue. It has been suggested that the correct type of music can heighten an athlete's performance by up to twenty percent. Music played at a faster tempo and a loud volume may be preferable when higher arousal and increased work output are required. The rhythmicity of music heard is also highly motivating. A track with a strong rhythm whose tempo is similar to that of the activity we are performing can enhance sprint performance, by diverting attention towards maintenance of stride rate. when listening to a fast, strongly rhythmic yet discordant track, explosive performance may be enhanced.

Psychophysical effects of music in the sport and exercise

Principal benefits of music are – improved mood, arousal control, reduced perceived exertion, enhanced work output, improved skill acquisition, flow states, dissociation from feelings of pain and fatigue – are determined by the four factors of rhythm response, musicality, cultural impact, and extra-musical associations. A simple example involves the tendency for humans

to respond to the rhythmical qualities of music by synchronising movement patterns to tempo. Synchronous music has been reliably shown to produce an ergogenic effect. Therefore, if athletes or exercisers work in time to music, they will likely work harder for longer. Responses to asynchronous, or background, music are less predictable and beneficial effects are less reliable, although considerable potential remains if certain principles are followed. An example is that fast, upbeat music produces a stimulative effect whereas slow, soft music produces a sedative effect. Several evidence-based examples are presented of how music has been used effectively in our work as applied practitioners with groups ranging from exercise participants to elite athletes.

Conclusion:

The fact that some really good music can actually improve your enjoyment and performance in a sport or activity. As we're about to find out, it's true! Maybe it's your performance or perhaps your client's, but regardless, listening to music before, during, or even after sport and activity can contribute to motivation, performance, and skill learning in a very broad way. Yes, music can enhance athletic performance! Time to open up your ears, let me show you. Music evokes emotions that enrich your enjoyment Music can boost internal motivation by triggering good emotions, helping you experience much greater pleasure from the activity. This is magnified when a piece of music reminds you of an aspect of your life that is emotionally significant. With that said, building up a good playlist of workout music is certainly advisable, if a trainer or athlete wishes to take their skills and to the next level.

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