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The Effects of Music Genre on Cardiovascular Performance and Enjoyment in Young Adults

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Music is a tool used not only to relieve stress, but to also motivate individuals and enhance performance in everyday tasks, both physically and mentally. Depending on how much an individual enjoys listening to a specific genre of music, it could affect both their enjoyment and level of performance during exercise. **PURPOSE:** To determine the effectiveness of music genre on cardiovascular performance in young adults. **METHODS:** Ten subjects (two males, eight females) participated in this study. Subjects completed 20-minutes of cycling on three separate testing days, each day listening to a different music genre (control (no music), pop, or classical). Resting heart rate and blood pressure were taken prior to the cycling session. Heart rate (HR) and blood pressure (BP) were measured during the cycling every 2 minutes and rating of perceived exertion (RPE) was measured every 10 minutes using Borg's RPE Rating Scale. At the end of every session, final HR, BP, and distance traveled were recorded. Participants also filled out a level of enjoyment questionnaire after completing each cycling session. **RESULTS:** To test the effects of music on performance, a repeated measures ANOVA was conducted, which was not statistically significant, $F(2,18)=1.25, p>.05$, meaning that distance pedaled was the same. An additional repeated measures ANOVA was conducted with enjoyment. The results were statistically significant, $F(1.76,15.87)=6.27, p<.05$. Post-hoc tests indicated that participants' levels of enjoyment were significantly better when listening to pop music ($M=5.50$ $SD=.45$) compared to the no music at all condition ($M=4.10$ $SD=.59$). **CONCLUSION:** Music genre did not affect distance traveled among groups, but it did influence enjoyment levels. Limitations of this study include a small sample size as well as shuffling the music instead of keeping it in a consistent order. Music influences enjoyment of individuals during cardiovascular activity, so further research should explore the same ideas with other forms of exercise and also for maintaining an exercise program.