

ABSTRACT

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Music's Influence to Rate of Perceived Exertion and Treadmill Endurance; Dr. Monty Satiadarma, MS/AT, MCP/MFCC; Undergraduate Program in Psychology, Tarumanagara University, (i-xi; 47 pages, R1-R4, Appdx 1-33)

Music often used to accompany running activity either indoor or outdoor because it can give influence to important psychological factors in sport and exercise. One of those factors is rate of perceived exertion, it's a subjective intensity of effort, strain, discomfort and fatigue that felt during exercise (Haile, Gallagher & Robertson, 2015). The aim of this research is to examine the effectiveness of listening to motivational music and preferred music in lowering RPE during exercise and increasing exercise duration. This research uses experimental method that using within subject experimental design which each participant have to do treadmill in different conditions. The participants will be asked to walk on the treadmill machine while listening to motivational music, preferred music, and without music.. Each participant will be asked to walk on treadmill machine until exhaustion, and their RPE will be recorded during treadmill. The result of this research shown that both motivational music and preferred music influences RPE and exercise duration significantly compared to no music condition.. Motivational music and preferred music influences RPE and duration equally.

Keywords: motivational music, preferred music, rate of perceived exertion, and endurance.