

Word Count: 3515 words

3.6 Data Collection

In this qualitative study, four participants were selected from various sports disciplines, each of whom had different experiences on the use of music pre-, during, and post-training. The selection of the participants was done in a way that includes sports of various types and athletes of different ages and levels of experiences to garner a holistic look at how music impact a sporting event or particular psychological states.

The participants of the study were 20 years old basketball player with 5 years of experience (P1), 21 years old bodybuilder and 3 years of experience (P2), 22 years old swimmer with 4 years of experience (P3) and 21 years old track and field athlete with 6 years of playing experience (P4). This diverse group helps understand the effect of music between different types of sports whether group or solo, and influence of the degree of experience of the participants on the utilization of music as a motivational and focusing factor.

Table 1: Demographic Statistics

Participant ID	Age	Gender	Sport	Years of Experience
P1	20	Male	Basketball	5
P2	21	Male	Bodybuilding	3
P3	22	Male	Swimming	4
P4	21	Female	Track and Field	6

3.7 Data Ethical Consideration

While undertaking this study, particular regard was paid to ethical consideration in order to safeguard participants' rights, autonomy, and welfare. Each participant' s consent was sought and volunteered having been explained to them the purpose, nature and procedure of this study as well as the rights of the participant including the right to withdraw from the study at any one time without explanation. All the information obtained from the participants was ensured of confidentiality; the data collected was kept anonymous to prevent identification of the concerned individuals. Also, much attention was paid to the analysis of the research design in order to avoid the possibilities of risks or psychological discomfort for the

participants during the interviews. These measures have shown the ethical measures in conducting the research to align with the highest of ethics in conducting the research (Sanjari et al., 2014).

Chapter 4: Findings & Conclusion

4.0 Introduction

Thematic analysis (TA) was used to analyze the data comprising interview transcriptions of four participants in a bid to yield codes that served to generate patterns and overarching themes, all of which were developed into concrete and programmatic phenomena that not only answer the research questions but also expand upon the rawness of the research question, yielding nuanced, rich accounts regarding the research topic, as is what TA entails (Braun & Clarke, 2022). The subsequent findings validate the performance enhancing effects of different types of music during different phases of the training among the participants.

4.1 Data Analysis

The method of data analysis for this study involved use of NVivo 14, a software for analysis of qualitative data, for data sorting and analysis of interview transcriptions. The raw data included audio files from semi-structured interviews conducted online. All interviews were conducted with the participants' permission, and the interviews were audiotaped and transcribed verbatim to eliminate distortion in the analysis of the data.

The first data analysis procedure that was followed in this study was the data familiarization, essentially a preliminary reading of the interview transcription. Following preliminary reading, the process of open coding was conducted while annotations were made to facilitate the process of axial coding that ensued. Besides, the advanced feature of NVivo 14 (i.e., word cloud) was also used to aid the initial coding process, as can be seen in the Figure 1.1.

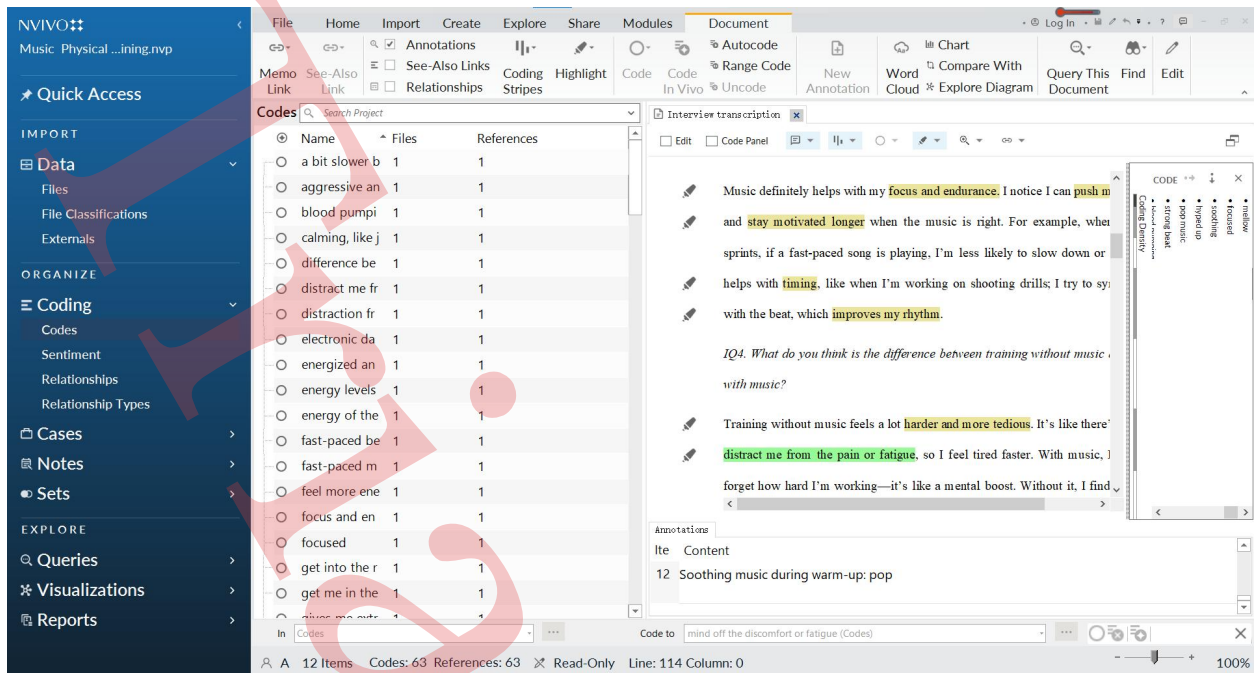


Figure 1.2 Open Coding

Following open coding, axial coding was then carried out, identifying relationships and correlations between individual codes. Individual codes were then categorized using phrases that addressed several aspects, including the features of music during different phases of training, performance enhancement, mental arousal, motivation, and so on, as can be seen in figures 1.3 and 1.4.

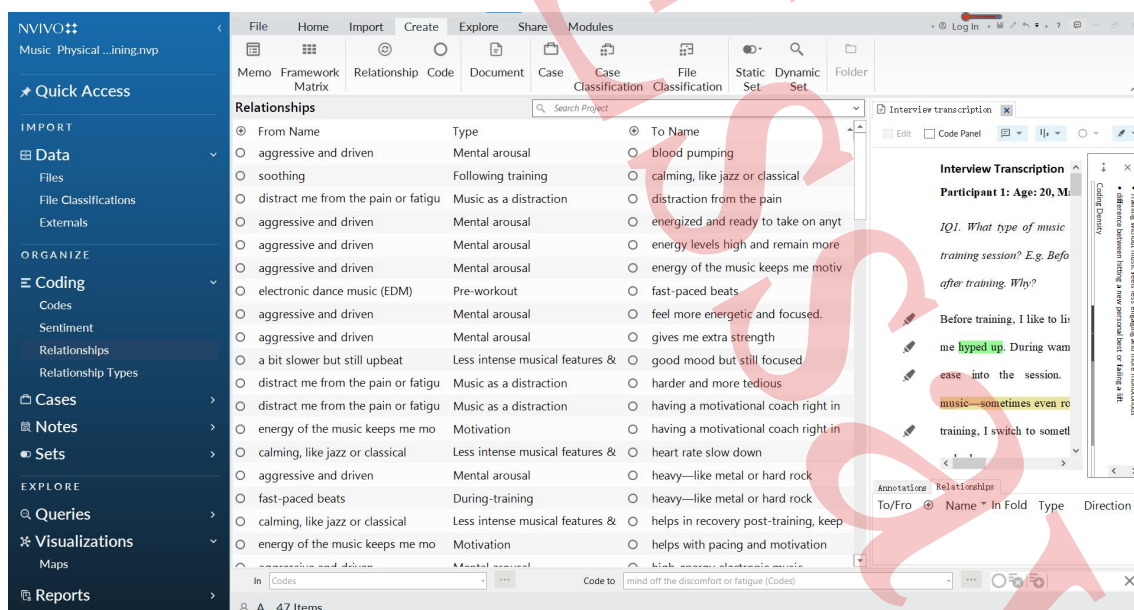


Figure 1.3 Axial Coding

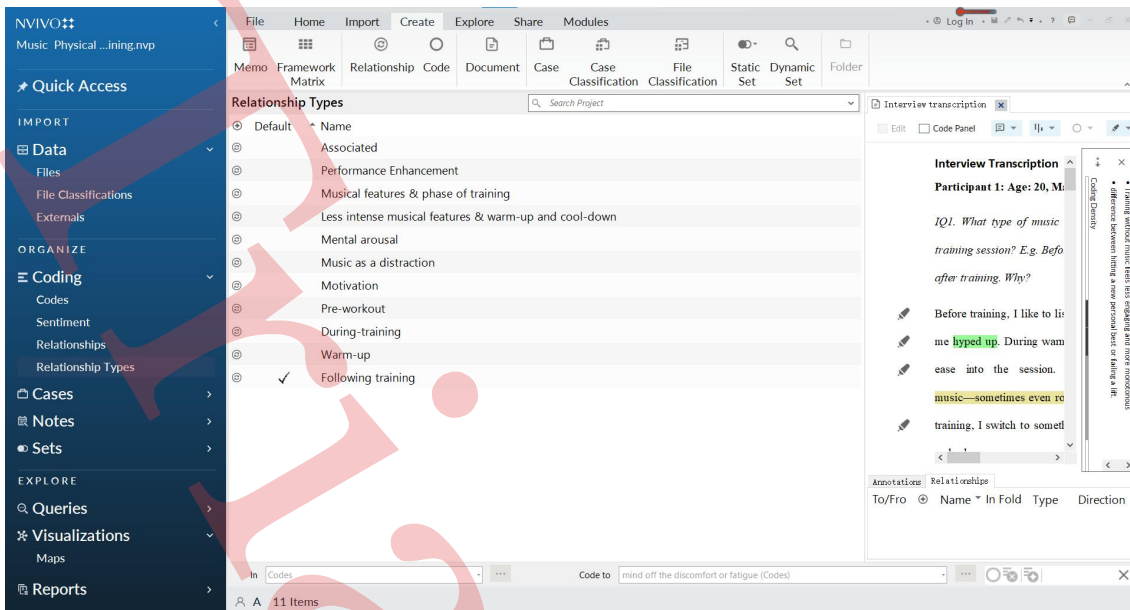


Figure 1.4 Axial Coding (cont.)

It is worth a moment's attention that while the previous open coding process paid specific attention to aspects such as mood, rest, and concentration, the axial coding process eventually abandoned some of the terms used in the open coding process in order to optimize the codes in a way that is facilitating to the forming of overarching, repeated themes pertaining to the core research questions. Such a process exemplifies the tenet, or rather, the back-and-forth nature of the coding process often involved in thematic analysis (Naeem et al., 2023).

After axial coding, the process of selective coding was conducted. One of the central components: identifying how frequent codes appear in different cases, was done using the chart feature, as can be seen in figure 1.5.

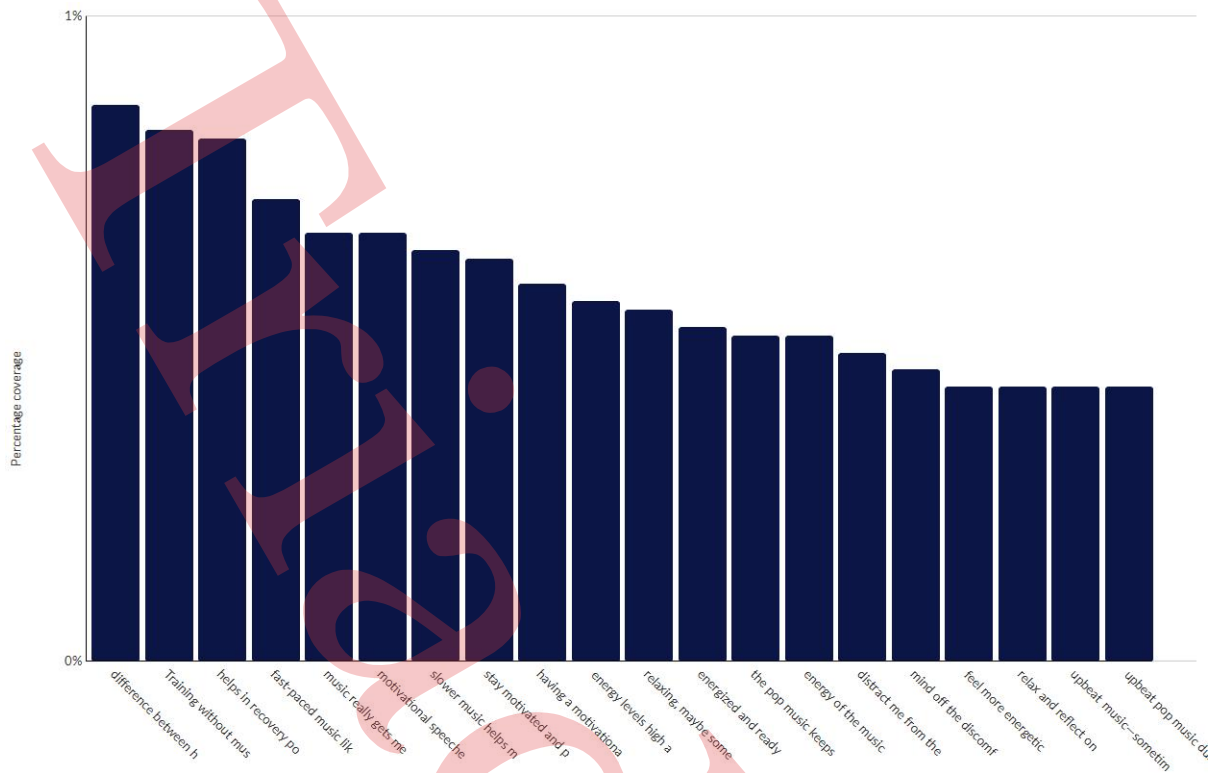


Figure 1.4 Selective Coding

Based on the patterns and themes that emerged from the preceding processes, variables regarding the features of the music listened to during different phases of training all exert respective effects on each participant, which are, notably, similar and beneficial. Eventually, the saturation was reached wherein the participating researchers underwent scrutinizing and cross-examining the extractions again to ensure that no additional details, codes, and themes could be generated (Naeem et al., 2024).

4.2 Findings

RQ1: The effects of different genres of music on the mental state of the college athlete

4.2.1 Pre-Training Music Preferences

The selection of music before training is not just a matter of preference, but rather is also an attempt to use music in order to make a shift in the state of mind possible. Pre-training musical preferences show participants prefer music genres that create excitement and set pre-exercise mental stimuli. Some of the musicians preferred by many athletes before undertaking their exercises are hip-hop, rap, and electronic dance music (EDM). For instance, among the musicians, one said he enjoyed hip-hop or rap and especially stated that the strong beat of the music would reach him in that it would help ‘hype him up’ for the session ahead.

Likewise, another participant identified their pre-training preferred music genre as EDM and stated that it ‘ ‘ makes me pumped up’ ’ in regard to energy.

4.2.2 Warm-Up Music Preferences

In the warm-up stage, there exist music preferences that are associated with the move from the pre-training high-energy state to the training mode in anticipation of the workout phase. Often, athletes select the tracks that are calmer in comparison with what they listened during training, which helps the body to ease up the energy. A particular participant said, “ For the warm-up, I would rather choose something less intensive, maybe R&B to prepare the body for the exercise ” that points towards the fact that R&B music is appropriate during the warm-up because of its relaxing and pulsing nature.

Other participants preferred popular or soft rock music before a warm up exercise citing the fact that because of the soft nature of these styles they enjoyed listening to them. One participant said in warm up, they prefer something more quite, maybe pop or soft rock because such genre do not put the athlete in an extreme mood yet. Another stated the same in his version of warm up music saying, “ During warm up I go for something a little slower than normal but still lively, I prefer pop music.” This choice is in an attempt to have a fast but positive background feeling to provide a comfortable medium between warm-up and training.

4.2.3 Training Music Preferences

During the main training, the beats and intensities of the music tend to increase. All four participants disclosed that they listen to intense, fast-beat, heavy music during training. For instance, the participant one said: “during the actual training, I go back to upbeat music-sometimes even rock-because it helps me maintain my energy levels”. Same trends are observed in the case of the other three participants wherein the choice of music during main training is marked by features including “heavy” (participant two), “high-energy” (participant three), and “fast-paced” (participant four).

4.2.4 Post-Training Music Preferences

After the exercise participants favor music, which assists them in the process of cooling down the body, meaning music that is relaxing. Some common selections include easing from severe genre such as metal, rock or pop to perhaps jazz or classical in order to assist the body switch off from training. Such soothing musical genres as jazz and classical are utilized after training that helps to cool down and relax, according to one participant.

Likewise, other participants have something acoustic and indie for its relaxation effect, which forms the Snooze after the training part. For instance, one of the participants said: “After the training, I want something soft like acoustic/indie music for a relaxation.” Few participants also reported that they needed gentle sounds that they can listen to get rested. However, one of the participants cited, “After training, I listen to something relaxing, maybe some slow pop or ballads”, indicating how tunes with a slow tempo help in relaying the participants back to normalcy. These choices demonstrate why it is effective in choosing music that assists in the healing of the mind and the body, enabling athletes to free their minds, and to think about their training session.

4.2.5 Various Musical Features in Relation to the Phases of Training

It is apparent that the features of the music that the participants listen to during different phases of training bear commonality in terms of beats, genres, and rhythm. In general, the beats and intensity of the music chosen throughout the training session exhibits an almost double U-shaped trend, in which the intensity decreases from pre-training to warm-up, increases into the main training, and eventually decreases following training. To put it into perspective, participant one reports listening to hip-hop or rap before training, music that has strong beat, which is akin to what the participant two chooses: electronic dance music that “gets my blood pumping”. Although it remains unknown as to what the participant three listens to before training, participant four choosing high-energy music such as techno pre-training, which coincides with the first two participants’ choices, demonstrates the overall strong leaning toward fast-beat music pre-training.

Following pre-training into warm-up, participant one, two, and three tend to choose music that are slower and less intense. This is evidenced by the participant one’s statement: “During warm-up, I prefer something a bit more mellow, like R&B...”, the participant two’s statement: “During warm-up, I go for something less intense, may pop or soft rock.”, and participant four’s statement of “During warm-up, I go for something a bit slower but still upbeat, like pop music.”. During the main training, the beats and intensities of the music generally increase. All four participants disclosed that they listen to intense, fast-beat, heavy music during training. For instance, the participant one said: “during the actual training, I go back to upbeat music-sometimes even rock-because it helps me maintain my energy levels”. Same trends are observed in the case of the other three participants wherein the choice of music during main training is marked by features including “heavy” (participant two), “high-energy” (participant three), and “fast-paced” (participant four). Lastly, the musics that each participant

listens to post-training are featured by adjective words such as “calming” (participant one), “soothing” (participant two), and “relaxing” (participant four).

4.3 RQ2: The effects of music on the performance of the college athlete in sports training

4.3.1 Music’ s Influence on Attention and Concentration

Music is important in self-regulation in terms of attention and focus during the training sessions. The data revealed that selection of the right type of music is able to improve concentration and reduce distractions, thereby improving performance. For instance, participant one said, “during warm-up, the R&B keeps me focused but not too tense”, which demonstrates how certain music genres can facilitate relaxation while improving focus.

The third participant was even more explicit about the impact of music: “I believe music helps me maintain concentration,”, which exemplifies the dual benefits of focus enhancement and concentration maintenance. Participant said: “Music is essential for my focus” which is another proof of how music benefits. This collective realization highlights that music has various benefits when it comes to modifying athletes’ training experiences for the better, in so far as encouraging better focus and concentration throughout the various phases a session entails.

4.3.2 Music’ s Impact on Energy and Motivation

Music is effective for increasing energy levels as well as the motivation of the participants during training sessions. All participants commented on how certain types of music dramatically enhance motivation and tenacity, particularly in high arousal stages. For example, one participant said, “When I switch to rock during training, I feel more aggressive and driveN”. This shows how rock pushes aggression and motivation that enhances performance during the training.

On similar grounds, another participant observed: “When I’ m lifting to metal or hard rock, I feel powerful.” Such perception conveys how metal or hard rock music boosts strength while exercising. Further, the effect of fast-paced music on endurance was described by the statement, “ When I’ m running, the fast-paced music makes me feel like I can keep going forever ” . This suggests the endurance enhancing effects of fast-paced music. Altogether, these observations are indicative of music’ s importance in maintaining trainees’ energy and motivation.

4.3.3 Music as a Distraction from Fatigue and Pain

Music is therefore more or less a form of manipulation that has the ability to distract the athletes from the physical aches and pains as they exercise. Listening to music allow the participants to reduce the rating of perceived exertion and therefore their perceived pain during their training sessions. An athlete said, “With music, I can almost forget how hard I’m working—it’s like a mental boost,” further making a point on how music acts as an avenue where the mind is elated from the physical straining exercised during training.

Other participant said, “The music acts as a distraction from the pain and gives me something to focus on”, stressing on how music takes one’s concentration away from agony or dulls the sensitivity of the pain that occurred during training. Incorporated in the statement “With music, I can keep my energy levels high and remain more focused throughout the session” shows that by listening to music, the mind is engaged and more focused thus diminishing the feeling of getting tired. These finding expose that music can enrich workout experiences by reducing mental stress caused by exercising.

4.3.4 Music’s Role in Timing and Rhythm

It is for this reason that music is helpful for an athlete to assist in the tracking of time, rhythm and pacing especially when training in activities that require synchronization (Vathagavorakul et al., 2023). Again, music is characterized by beats whereby individuals are able to follow one beat with the other hence increasing on performance and accuracy level. For example, one of the participants said, “I try to sync my shots with the beat, which improves my rhythm”, showing how there is definitely a relationship between rhythm and tempo and the execution of different activities.

In a similar manner athletes discover that music is effective in maintaining pace or tempo that allows them to remain constant throughout the monotonous exercises and calisthenics. Another participant specialized in bodybuilding said, “The rhythm also helps me maintain a steady pace during sets”, which shows how the beat interpreted will in a way give them signals as to when to begin a set and how often. Similarly, another track athlete participant said, “When I’m running, the beat of the music helps me maintain a steady pace,”, supporting the use of music in pacing, especially during cardiovascular activities such as running.

4.3.5 Post-Training Recovery and Relaxation Aided by Music

Music occupies a central stage especially for the athletes in the process of healing following training. Some forms of music are relaxing and help in the reduction of signs that reflect physiological state like heart rate and breath rate that are imperative for recovery. One

participant for instance said: “the jazz helps me unwind—I can literally feel my heart rate slow down.” This shows how one can propose with much force that music can be useful in restoring the normal state of rest.

Besides, certain music are also helpful in the aspect of mental relaxation. According to the current athletes this period can be used to ponder on the training session and that through the use of music the right mood is created. Participant two underlined this by saying: “the acoustic tunes help me relax and reflect on the session; it’s a nice transition back to normal life”. Moreover, participant three said: “...it also helps in recovery post-training, keeping me calm and relaxed”, which coincides with participant four saying: “After training, the slower music helps me relax and stretch properly, which is crucial for recovery”, collectively illustrating the recovery and relaxation benefits of music.

4.4 : Conclusion

The results of the study corroborate the findings in other studies regarding the application of music in the enhancement of performances and attitude into exercising. It emerged that music that is played before, during and after training serve as an effective self-regulatory approach in enhancing the participants’ psychological state and physical performance during training. For example, they pointed out that genres like hip-hop, EDM and rock music enhances their motivation and energy levels and this is in line with the Emotional Arousal Regulation Theory as it pointed out that the type of music affects preparation and arousal (Bishop et al. , 2007; Karageorghis & Priest, 2008). The addition of motivational speeches along with music also supports the contribution of music in a psychological way as stressed in Fletcher and Sarkar (2013) in an effective way by improving concentration and thereby doomsday during the training sessions.

Also, the study points out that there is need to include music into the recovery process following the training. For this reason, favorite genres were reported to be jazz, classical, and acoustic rock; participants using music to self soothe and bring about changes in arousal levels. It also supports Juslin and Västfjäll (2008) developmental view of music in specific in the capacity where it helps in the stage of recovery from stress through slowing down the heart rate and bringing relaxation. The results also highlight the benefits of attention, concentration, and synchronization when listening to music while performing physical activities that align with Hammami et al. ‘s (2021) work on the positive effects of music on performance in coordinated and repetitive movements in sports training. Additionally, the distraction effect of music on athletes fatigue and pain because makes the athletes to ‘stay

focused' during training sessions arguing that music is both a motivator and a performance booster.

There is indication of the purposeful use of music in training regime for college athletes and the positive effects it has on performance enhancement, mood control, as well as recovery. In response to the first question, genres that are fast-paced and rhythmic, such as rap and hard rock or metal, tend to elicit an energetic feeling among college athletes pre- and during training, whereas genres that are soothing and less intense, including pop and jazz music, produce relaxing effects post-training and an enhanced level of focus during warm-up. Additionally, regardless of the genre of music, music in general enhances training performance among college athletes with an extra benefit of improved recovery and relaxation following training.

When the participants listened to the selected music tracks, depending on the rhythm, genre, tempo of the selected pieces, they reported increased energy levels and better concentration levels, which posed music as not only a tool that has psychologically beneficial implications but also performance enhancing benefits for the athletes to use during practice. It was also discovered that music is more useful in the recovery period as athletes tend to use slow tempo music in order to reduce physical and more so mental fatigue hence leading to burning out. This implies that music is advised to be used in training as well as in the phases of recovery, and there is an important and critical call for athletes and coaches to work with experts specialized in composition and programming of music who will help in the selection of the right music for different types of training. Further, the research deepened knowledge of how the training tempo and rhythm are affected by or influence the kind of music that should be used; how music helps to foster the desirable psychological state and physical performance during exercise; and studies showing that the use of music can reduce fatigue and pain during training hence increasing the training time and intensity.

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Appendix 1: Interview Transcription

Participant 1: Age: 20, Male, 5 years' experience, Basketball Player

IQ1. What type of music do you usually listen to during different stages of each training session? E.g. Before going to training, during warm-up, during training, and after training. Why?

Before training, I like to listen to hip-hop or rap, something with a strong beat to get me hyped up. During warm-up, I prefer something a bit more mellow, like R&B, to ease into the session. During the actual training, I go back to upbeat music—sometimes even rock—because it helps me maintain my energy levels. After training, I switch to something calming, like jazz or classical, to help me cool down and relax.

IQ2. What are your feelings during each stage of training with these types of music? Can you give me some examples?

The hip-hop before training really gets me in the zone; it's like I'm mentally preparing for battle. During warm-up, the R&B keeps me focused but not too tense. When I switch to rock during training, I feel more aggressive and driven, which helps me push through tough drills. Afterward, the jazz helps me unwind—I can literally feel my heart rate slow down.

IQ3. How do you feel that music enhances your training performance? What are the specific aspects?

Music definitely helps with my focus and endurance. I notice I can push myself harder and stay motivated longer when the music is right. For example, when I'm doing sprints, if a fast-paced song is playing, I'm less likely to slow down or stop. It also helps with timing, like when I'm working on shooting drills; I try to sync my shots with the beat, which improves my rhythm.

IQ4. What do you think is the difference between training without music and training with music?

Training without music feels a lot harder and more tedious. It's like there's nothing to distract me from the pain or fatigue, so I feel tired faster. With music, I can almost forget how hard I'm working—it's like a mental boost. Without it, I find it harder to stay motivated, and I sometimes lose my rhythm during drills.

Participant 2: Age: 21, Female, 3 years' experience, Bodybuilder

IQ1. What type of music do you usually listen to during different stages of each training session? E.g. Before going to training, during warm-up, during training, and after training. Why?

I start with electronic dance music (EDM) before training because it gets my blood pumping. During warm-up, I go for something less intense, maybe pop or soft rock. During training,

especially when lifting, I need something heavy—like metal or hard rock—it really drives me. After training, I prefer something soothing, like acoustic or indie music, to help me wind down.

IQ2. What are your feelings during each stage of training with these types of music? Can you give me some examples?

EDM before training makes me feel energized and ready to take on anything. During warm-up, the pop music keeps me in a good mood but still focused. When I'm lifting to metal or hard rock, I feel powerful—it's like the music gives me extra strength. After training, the acoustic tunes help me relax and reflect on the session; it's a nice transition back to normal life.

IQ3. How do you feel that music enhances your training performance? What are the specific aspects?

Music is essential for my focus and intensity. When I'm lifting heavy, the right track can make the difference between hitting a new personal best or failing a lift. The rhythm also helps me maintain a steady pace during sets, and the energy from the music helps me push through when I'm fatigued.

IQ4. What do you think is the difference between training without music and training with music?

Training without music feels like a slog. Without it, I'm more aware of how tired I am, and it's harder to push myself. The music acts as a distraction from the pain and gives me something to focus on. Without music, I tend to give up quicker or take longer breaks because there's nothing driving me forward.

Participant 3: Age: 22, Male, 4 years' experience, Tennis

IQ1. What type of music do you usually listen to during different stages of each training session? E.g. Before going to training, during warm-up, during training, and after training. Why?

I prefer listening to upbeat pop music during warm-ups and high-energy electronic music during training sessions. The fast-paced beats help me get into the rhythm, especially when I'm working on quick reflexes and speed.

IQ2. What are your feelings during each stage of training with these types of music? Can you give me some examples?

The music really gets me pumped up before the training, making me feel more energetic and focused. During intense training sessions, it helps me stay motivated and pushes me to perform better, especially when I start feeling tired.

IQ3. How do you feel that music enhances your training performance? What are the specific aspects?

I believe music helps me maintain concentration and improves my agility. The right playlist makes a huge difference in how I feel during practice, and it also helps in recovery post-training, keeping me calm and relaxed.

IQ4. What do you think is the difference between training without music and training with music?

Training without music feels less engaging and more monotonous. With music, I can keep my energy levels high and remain more focused throughout the session. It's like having a motivational coach right in my ears.

Participant 4: Age: 23, Female, 6 years' experience, Track and Field Athlete

IQ1. What type of music do you usually listen to during different stages of each training session? E.g. Before going to training, during warm-up, during training, and after training. Why?

Before training, I listen to motivational speeches mixed with high-energy music, like techno or house. During warm-up, I go for something a bit slower but still upbeat, like pop music. During the main training session, especially when running, I stick to fast-paced music like drum and bass or hardcore techno. After training, I listen to something relaxing, maybe some slow pop or ballads.

IQ2. What are your feelings during each stage of training with these types of music? Can you give me some examples?

The motivational speeches before training really get me in the right mindset; they remind me why I'm training and what I'm working towards. During warm-up, the pop music keeps me light and agile, ready for the session ahead. When I'm running, the fast-paced music makes me feel like I can keep going forever—it's like the music drives my legs. After training, the slower music helps me relax and stretch properly, which is crucial for recovery.

IQ3. How do you feel that music enhances your training performance? What are the specific aspects?

Music helps with pacing and motivation. When I'm running, the beat of the music helps me maintain a steady pace, and the energy of the music keeps me motivated, especially during long or intense sessions. The motivational speeches before training help set the tone and push me to go harder, while the relaxing music afterward helps me recover faster.

IQ4. What do you think is the difference between training without music and training with music?

Training without music feels longer and more exhausting. I find myself getting tired more quickly and losing motivation. Music helps me stay in the zone and keeps my mind off the discomfort or fatigue. Without it, I'm more likely to slow down or quit earlier, and the training feels less effective overall.

Dr. P. A. S. V.

Appendix 2: Informed Consent

Informed Consent Form

Study Title:

Application of Music in Sports Training: Influence on College Athletes' Psychological States and Performance

Purpose of the Study:

Specifically, this study is meant to delve into the types of music that influence mental state and performance of college athletes during sports training, hence giving useful references to coaches and athletes. It is hoped to be able to discover through the study the application effect of music in different stages of sports training, hence putting forward practical proposals to help coaches and college athletes use music better to improve training effects and mental health.

Procedures:

You will be required to be interviewed in the research with the interview taking about 20 – 30 minutes. In the course of the interview there will be questions asked covering your use of music during training sessions, personal preferences for music and the perceived effects as well as any outcome. The interview may be face-to-face, or conducted via online depending on the preference of the individual. If possible, the session will be recorded to audio in order to capture all the data diligently.

Voluntary Participation:

It is important for you to note that you are free to participate in this study. You also have the right to refuse to participate or withdraw from the study at any time without compromising your entitlement to any rights or privileges in the study. However, if you decide to pull out any data gathered from you in the process up to withdrawal shall be anonymized and excluded from the analysis.

Risks and Benefits:

To the best of our ability, no foreseeable risk is seen to be associated with your participation in this study. However, if a participant has any discomfort at any one time during the period of the interview, the participant is free to express this to the researcher and the interview should be stopped, or paused depending on the consent of the participant. The advantages that participants receive in exchange for participating in this study are to help people develop the awareness and understanding of how music helps in athletic training and performance.

Confidentiality:

All the data gathered in this research will be used subject to the terms of strict and complete confidentiality. All your responses will be anonymous, and no individual take part identification details will be used in any report or publication. The audio recordings will also be kept in the researchers' devices and will not be shared with any other person without the participants' consent. These recordings will be erased after the completion of data analysis on the recordings.

Acknowledgment of Participation:

Through completing this form, you state and confirm that you have read the information stated above, that you have been given a chance to ask questions and get sufficient clarifications and you are willing to participate in this study.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Investigator's Name: _____

Investigator's Signature: _____

Date: _____

Appendix 3: Pictures of the interview session