

## INFLUENCE OF MUSIC ON SPORTS

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### Abstract:

*Music is an art of life, and every human being is surrender by the music. It is used as recreation of everyone and not restricted by the religion, cast, poor, rich and region etc "Music is the wine that fills the cup of silence"-Robert Fripp. Earlier many of the sportsman use the music as recreation. But today some coaches, trainers and team managers to adopt the music in training program as stress relaxer.*

*Music and sports are natural complements to one another the way suits and ties are to Justin Timberlake. The relationship between the two is so tight that it's no surprise to see how music has become engrained in the tradition of many sports events. Music is helps to sportsman to develop their concentration and performance and So many researches had to be conducted on this topic and they prove it. Example Atkinson G, Wilson D and Priest and colleagues etc. This paper is attempted to construe the knowledge about influence of music on sports field.*

### KEYWORDS:

Music, concentration, exercise and relaxation.

### INTRODUCTION

Earlier Music and Sports are developed as independent disciplines. When the researchers are going to be conduct the research work, at that time they found the result is there is relation between the music and sports performance. The use of music at sporting events is a practice that is thousands of years old, but has recently had rebirth 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

### Statement of the topic:

"Influence of music on sports"

### Definition of music:

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."— Plato

"The only truth is music."— Jack Kerouac

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### History of music in sporting event:

The ancient Greeks intently tied the performance of music to sporting events, particularly at their quadrennial Olympic games. "The extent to which cultural elements were included in the Pan-Hellenic games is enlightening. At several festivals, including Delphi, Isthmia and Athens, music played a prominent role in the athletic contests."

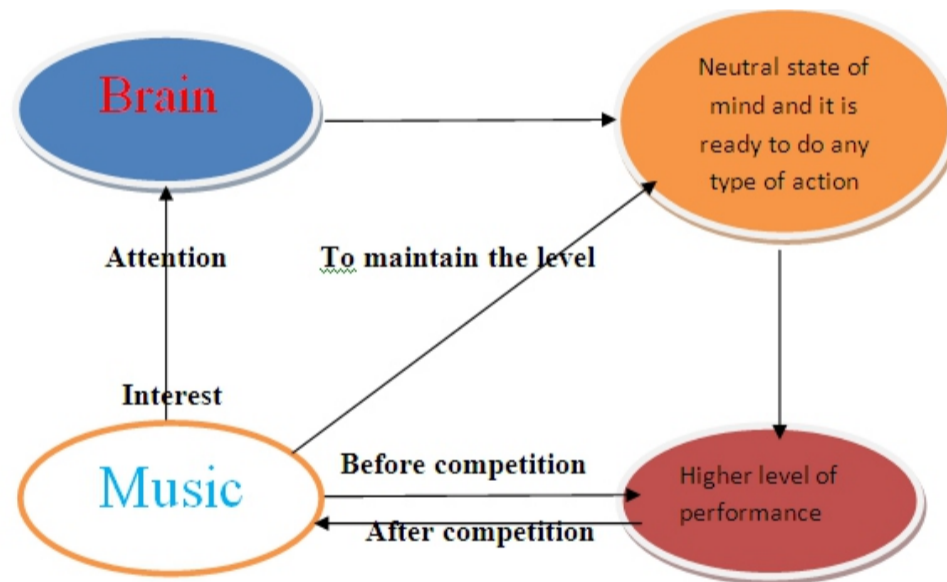
The revival of the Olympic Games in 1896 also incorporated music into the festivities surrounding the competitions. On March 25 of that year, "the Philharmonic Orchestra played the National Anthem and the first Olympic Hymn, written by poet Kostis Palamas and set to music by the well-known Greek composer Spyridon Samaras."

### Music and sports performance:

"Endurance is the ability do the exercise for a long time without undue fatigue" Brunel University's School of Sport and Education today reveals that, according to Dr Costas Karageorghis's latest research, carefully selected music can significantly increase a person's physical endurance(2008) and make the experience of cardiovascular exercise far more positive(03).UK researcher Dr. Costas Karageorghis, of Brunel University recently published a study that shows that using the right music before and during a workout can boost your performance(2010) by as much as 20 percen(04)t. Mohmmad ghaderi, mohmmad ali and rehimimi had to conduct the research and to prove that listening relaxation music reduces physiological and psychological arousal during aerobic performance(06).

Studies investigating the effects of music on exercise performance have revealed inconsistent data. Music accompaniment has been shown to improve muscular endurance in the performance of junior high students doing sit-ups (Chipman, 1966) and college women doing push-ups (Koschak, 1975), while it did not enhance the running speed of female youth (Leslie, 1967). In contrast, college-aged males and females were able to walk farther and with less effort when exercising to music as compared to no music (Beckett, 1990)

### How the Music cycle influence on sports performance



Cycle starts from the music. When music started a sportsman gives his interest on it. By getting interest he enhances his attention towards his lovely music before listening any music in every brain may have some negative, positive or complex thoughts. When the sportsman listens music negative thoughts about competition which he has will ward off. As influence continues, brain returns into neutral state means having no prejudice in mind or Brain. Then brain takes stimulus by the music and starts to think of competition. In relaxed manner. Now sportsman goes into actual competition with music mood. Surely this kind of process helps sportsman to show the higher level performance. After finishing his competition once again he listens music for relaxation for his mind. It helps him or her to come out from the outcomes of the

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competition. Whatever it may be. Thus eventually music influences on a sportsman.

### **What type of music prefer for the sportsman?**

Music's are having different types and every man having different tastes. These two factors are also impact on the field. Example Motivational Music, Simulative Music, Emotional Music and Romantic Music

### **CONCLUSION:**

Music and sports are the two different disciplines but today sportsman adopting the music as relaxer techniques. So in this way music is influence on the sports and exercises. This research is very complicated. But so many researchers are fight to this topic and they find results. This purpose we are pleasure to them.

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