# THE SOUND OF MOTIVATION: INFLUENCE OF MUSIC ON THE PERFORMANCE OF TAEKWONDO ATHLETES IN OBAFEMI AWOLOWO UNIVERSITY, ILE-IFE, NIGERIA

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**Abstract**
*This study examines the psychological and motivational aspects of music's impact on Obafemi Awolowo University Taekwondo athletes, with a particular focus on how music influences their training sessions and overall performance. Investigating how music might improve psychological preparedness, motivation, and focus during training sessions was the goal. Fifty Taekwondo players participated in a quantitative survey to provide information on how they felt music affected their emotional and performance states. According to the findings, 70% of participants had a favourable opinion of music's impact, and 40% agreed that it increases energy and reduces weariness during training. Furthermore, seventy percent of respondents thought that their psychological preparation for competition is greatly improved by the fit between their favorite musical genres and the music played in the gym. Individual variations were observed, though, as 34% of respondents said that music had no effect on their motivation, demonstrating how preferences and training environments affect how athletes react to music. In conclusion, while music is an important motivational element for many athletes, its usefulness differs among individuals. Training programs should create customized music playlists, include a variety of musical genres, include feedback systems, inform athletes on the impacts of music, and offer adaptable training spaces that can accommodate different hearing preferences. These techniques can enhance athletes' mental states and boost their performance in competitive environments.*
**Keywords:** ***Psychology, Motivation, Athletes, Music, and Genre***

## Introduction

Music has a profound effect on people's emotions, behaviors, and bodily reactions. Music is known to improve physical performance and motivation in a variety of activities, including physical activities and sports (Karageorghis & Priest, 2012). It is possible to link the psychological effects of music on athletes to concepts like mood enhancement, arousal regulation, and detachment from exhaustion. Taekwondo and other martial arts need concentration, flexibility, and endurance, so it's important to know how music may inspire athletes and improve their performance.

As sports psychologists and researchers have studied the relationship between music and athletic performance over time, they have discovered that rhythmic beats can synchronize with an athlete's motions, improving performance and lowering effort (Bishop et al., 2007). Furthermore, it has been demonstrated that the tempo, melody, and lyrics of motivational music have a good effect on an athlete's psychological condition and mood, improving their performance in general. However, individual psychological aspects like personality, taste, and emotional state during a performance often influence how much of an impact music has on athletes.

Taekwondo is a competitive sport at Obafemi Awolowo University that calls for players to have a high degree of both physical and mental endurance. There is a growing collection of study on the effects of music on sports performance in general, but little is known about how music specifically influences Taekwondo athletes' motivation and physical performance. Investigating these athletes' perceptions and responses to music during practice and competition is crucial because their experiences may disclose significant psychological dynamics that affect their performance.

The gap in the research concerning the particular psychological variables that mediate the impact of music on the physical performance and motivation of Obafemi Awolowo University Taekwondo athletes is the issue this study aims to solve. Although prior research has indicated broad patterns regarding the influence of music on physical activities, more targeted studies are required to examine specific sports, particularly martial arts, where dexterity, willpower, and mental toughness are crucial (Jovanov, 2011).

The purpose of this study is to investigate the effects of motivational music on these athletes' psychological states, including perceived exertion, emotional control, and focus. By doing this, it will advance our knowledge of how psychological variables influence music's ability to improve physical performance and offer insightful advice to coaches, sports psychologists, and athletes.

This research could lead to more efficient training methods that use music as a tool to boost athletes' motivation and performance in physically demanding sports like Taekwondo. It does this by thoroughly examining the connection between psychology, music, and athletic performance.

**Literature review**

Athletes commonly employ music to boost their motivation and enhance their anaerobic/aerobic efficiency (Hammad et al., 2019). Research has indicated that music might serve as a useful tool for athletes to increase motivation by relieving stress (Gacar, 2021). In addition, studies on the impact of music on performance have revealed that the kind of music, the kind of exercise, the timing, and the athlete's fitness level may influence the athlete's performance reaction to music, with inconsistent findings (Eliakim et al., 2013). Numerous studies have been conducted on the impact of music on various aspects of human health and behavior, including the relationship between music and anger and psychological symptoms (Sezer, 2011), the place and importance of music in wrestling matches (Altınölçek, 2010), the effect of different tempo music on young women's aerobic performance (Böcekci, 2019), and the impact of music on cognitive functions of the brain (Akkuş, 2007). When undertaking physical

activity or competing, music regulates an athlete's emotional state with excitement, helping them feel safe and motivated.

Studies on its impact on speed, agility, and balancing ability have been conducted, though. In a study by Ferguson et al. (1994), music with positive and negative effects was played to karate players to examine the scores they recorded in the competition setting. Karate players' performance significantly increased when listening to music with positive effects, while athletes' performance decreased when listening to music with negative effects. Well-selected music supports favorable impact, even at high volumes, according to Hutchinson et al. (2011). Sports motivation and performance are influenced by many things. A significant role for music plays in the aspects that influence an athlete's performance. According to studies, most athletes use music as a coping mechanism to change their mood (Stevens & Lane, 2001).

**Methodology**

The psychological and motivational effects of music on the Taekwondo performance of Obafemi Awolowo University athletes were investigated in this study using a quantitative survey. Participating athletes, fifty in all, self-reported information about how music impacted their training-related emotional states and performance. By employing structured questions to elicit comments regarding the impact of music on psychological readiness, motivation, and focus, the survey sought to assess how the athletes perceived the effects of music throughout their training sessions. The collected information was then examined to find patterns and individual variances in the ways that music affects participants' levels of energy, exhaustion, and mental preparedness for competition.

**Results and Discussion**

This study investigates how psychological elements regulate music's impact on the motivation and physical output of Obafemi Awolowo University Taekwondo players. Music's power to alter emotions, actions, and performance is fundamental to the research. This research aims to uncover how various musical components, such as genre and pace, affect athletes' focus, mood, and general drive by investigating the psychological and motivational aspects of musical influence. By doing so, it provides insights into how to maximize performance through music.

**Psychological and Motivational Dimensions of Musical Influence**

**Table 1**

Listening to music during Taekwondo training helps me maintain focus and concentration.

| Response Category | Frequency | Percent | Valid % | Cumulative % |
|---|---|---|---|---|
| Strongly Disagree | 6 | 12 | 12 | 12 |
| Disagree | 3 | 6 | 6 | 18 |
| Neutral | 1 | 2 | 2 | 20 |
| Agree | 30 | 60 | 60 | 80 |
| Strongly Agree | 10 | 20 | 20 | 100 |
| Total | 50 | 100 | 100 | |

The statement regarding the importance of music in sustaining focus and concentration during training received responses from fifty Taekwondo athletes from Obafemi

Awolowo University. This is in line with the larger goal of investigating the psychological and motivational aspects of musical influence.

Six athletes, or 12% of the participants, strongly disagreed, indicating that they do not think music helps them focus during Taekwondo practice. This answer sheds light on individual variations in the psychological effects of music on sports performance and advances our knowledge of how music can either help or impede focus during training. The present study, entitled "The Sound of Motivation: Investigating Psychological Factors in Musical Influence on Obafemi Awolowo University Taekwondo Athletes," explores the intricate connection between music and motivation, specifically regarding the cognitive and affective dimensions of physical performance.

**Table 2**
The tempo and rhythm of the music I listen to significantly affect my level of motivation during training sessions.

| Response | Frequency | Percent | Valid % | Cumulative % |
|---|---|---|---|---|
| Strongly Disagree | 3 | 6.00 | 6.00 | 6.00 |
| Disagree | 17 | 34.00 | 34.00 | 40.00 |
| Neutral | 6 | 12.00 | 12.00 | 52.00 |
| Agree | 20 | 40.00 | 40.00 | 92.00 |
| Strongly Agree | 4 | 8.00 | 8.00 | 100.00 |
| Total | 50 | | 100 | 100 |

The information in the table shows that 48% of Taekwondo athletes agree (40%) or strongly agree (8%), depending on how much their level of motivation during training is affected by the tempo and rhythm of the music they listen to. This shows that nearly half of the participants consider music a vital element of their training regimen, reflecting its psychological and motivational influence. The large number of athletes (40%) who answered "Agree" suggests that music plays a significant impact in improving motivation, energy regulation, mental engagement, and performance enhancement. This result is consistent with studies that demonstrate how music can elicit emotional reactions, which in turn enhance physical performance by preserving an ideal state of mind.

34% of the athletes, however, disagree with the assertion, suggesting that music does not, for a sizable fraction of the participants, increase motivation and may even be distracting. This shows that there may be individual variances in the ways that music influences performance, which may be influenced by personality, training intensity, or musical tastes. Faster-paced music, for instance, could invigorate athletes during rigorous training, but it might be ineffective or even harmful during slower, more concentrated workouts, like technical drills.

The 12% of participants who gave neutral answers might represent a group that believes music can be motivating in certain circumstances but not always. Instead of depending on outside stimuli like music to encourage them, these athletes could be driven by internal causes like personal aspirations.
Six percent of participants strongly disagreed with the response, implying that they felt music was superfluous or distracting during exercising. For example, when it comes to activities requiring technical accuracy or concentration, these athletes might do better

in a more subdued environment or with other kinds of auditory stimulation, such natural noises or quiet.

**Using Music to Motivate People**

The 48% of respondents who agree or strongly agree that music has a motivational effect highlight the importance of pace and rhythm in encouraging athletes to overcome obstacles and enjoy their training. This illustrates the mutually beneficial relationship between music and physical performance, supporting the psychological aspect of musical influence that was investigated in the study. These athletes' motivation is probably increased by the rhythm that music helps them generate. This rhythm makes their actions feel more effortless and pleasurable.

**Individual and Cultural Factors**

Individual and cultural musical preferences may also be linked to the difference in reactions. Certain genres or tempos (e.g., energetic rock, lively pop) may be associated by athletes who view music as motivating with increased drive and focus, whereas others may find that quiet or less exciting aural surroundings are better for concentration. Investigating these cultural correlations may lead to a better understanding of the ways in which various musical genres influence performance and motivation in a variety of contexts.

Music's influence on Motivation vs. Distraction: According to the 34% of respondents who don't think that listening to music makes them more motivated, there may not always be a favorable correlation between music and performance. When these athletes are engaged in high-focus pursuits, music may serve as more of a distraction than a motivator. This demonstrates the complex psychological aspects of music's influence, as depending on the circumstances of an athlete's training, music may either improve or worsen their capacity for concentration.

Furthermore, music is not a universally applicable motivator, even though it is an essential one for many Taekwondo athletes. Individual differences in musical preferences, training kinds, and personality features determine how music promotes motivation and performance, exposing both the psychological and motivational elements of musical influence. The study expands on our knowledge of music's impact on sports performance by offering insightful information about the various ways that athletes react to it.

**Table 3**

Music improves my mood, which enhances my physical performance during Taekwondo practice.

| Response | Frequency | Percent | Valid % | Cumulative % |
|---|---|---|---|---|
| Strongly Disagree | 7 | 14.0 | 14.0 | 14.0 |
| Disagree | 10 | 20.0 | 20.0 | 34.0 |
| Neutral | 10 | 20.0 | 20.0 | 54.0 |
| Agree | 20 | 40.0 | 40.0 | 94.0 |
| Strongly Agree | 3 | 6.0 | 6.0 | 100.0 |
| Total | 50 | 100.0 | 100.0 | |

A total of 46% of Taekwondo athletes strongly agree (6%), agree (40%) or agree (6%), think listening to music while practice lifts their spirits and helps their physical

performance. This suggests that almost 50% of participants believe that music has a major role in shaping their emotional experience, which has a favorable effect on how satisfied they are with their training sessions overall.

The 40% of respondents who concur express the belief that music is essential for fostering an enjoyable and stimulating environment, which is consistent with the goal of comprehending the psychological and motivational aspects of musical influence.

Furthermore, 20% of participants have no opinion, indicating that music does not considerably improve or diminish their training experience. This neutrality suggests that other motivators, such individual fitness objectives, social contact, or the caliber of training gear, may provide athletes with a sense of fulfillment from their practice.
Conversely, a noteworthy 34% of participants express disagreement (20%) or extreme disagreement (14%), respectively, with the claim that music enhances their mood and performance. This sizable percentage might believe that music does not suit their tastes or perhaps gets in the way of their ability to concentrate when working out. Some participants may find that music does not suit their emotional demands in the Taekwondo setting, or it may make it difficult for them to focus or unwind during training.

**Music as a Mood and Performance Enhancer**
The beneficial effects of music on emotional health and physical performance are highlighted by the 46% of respondents who agree or strongly agree with the statement. For some people, music probably creates a positive, upbeat environment that increases their overall training satisfaction. This confirms results from other studies showing that music can improve mood and enjoyment of physical activity by creating an atmosphere that encourages motivation and happy feelings. It's possible that music's rhythmic components help practice sessions feel more fluid and enjoyable.

**Individual Differences in Response to Music**
Individual variations in the ways that music affects training experiences are important to note, as seen by the 34% of participants who strongly disagree or disagree. The music chosen may not suit this group's tastes or may take attention away from performance and technique. The fact that a sizable portion of participants were indifferent or disagreed emphasizes the fact that, although music improves training environments for many, it is not always beneficial. Athletes' perceptions of the benefits of music on mood and performance are greatly influenced by various factors, including music type, workout intensity, and personal preferences.

**Implications for Taekwondo Training Environments**
These findings suggest that training facilities should think about customizing the music they play for athletes who find it helpful, while still offering options for athletes who would rather be left in silence or listen to their own music. Employing diverse musical genres or employing certain playlists in various training sessions may augment the general contentment of a wider spectrum of attendees, thereby cultivating a more customized and pleasurable training milieu.

Although, 46% of Taekwondo athletes report that music really improves their training experience, music is not a universal component for increased mood or performance. Music has a symbiotic relationship with training, which emphasizes its impact on the

mental and physical components of practice. Training facilities should, however, continue to be aware of the wide range of tastes among participants and take into account adaptable choices to accommodate those for whom music does not significantly contribute to their level of happiness during training.

**Table 4**
I feel less fatigued and more energized when listening to music while engaging in Taekwondo activities

| Response Category | Frequency | Percent % | Valid % | Cumulative % |
|---|---|---|---|---|
| Strongly Disagree | 5 | 10 | 10 | 10 |
| Disagree | 3 | 6 | 6 | 16 |
| Neutral | 7 | 14 | 14 | 30 |
| Agree | 20 | 40 | 40 | 70 |
| Strongly Agree | 15 | 30 | 30 | 100 |
| Total | 50 | 100 | 100 | |

A small percentage of Taekwondo athletes (5 participants, 10%) strongly disagreed with the assertion that they feel less weary and more energized when listening to music during training, showing that they do not believe music favourably improves their performance. Three participants (6%) disagreed with the statement, indicating a low level of opposition to the notion that music improves the training environment. A small percentage of athletes (7 participants, or 14%) took a neutral position, indicating that they were not very concerned about the impact of music on their activity.

In contrast, a substantial portion of respondents (20 participants, 40%) agreed with the statement, suggesting that many athletes believe music might help them feel less tired and more energized while practicing Taekwondo. Furthermore, a large number of participants (15 athletes, 30%) highly agreed, validating the view that music plays a major role in enriching their training environment and overall experience.

The result shows that 70% of respondents who agreed and strongly agreed feel favorably about the impact that music has on their training, emphasizing the role that music plays as a motivator in improving their exercise experience. On the other hand, just 16% of respondents—that is, the combination of those who disagreed and those who strongly disagreed—do not hold this viewpoint, while 14% are neutral.

**Table** 5
The type of music I listen to has a noticeable impact on my psychological readiness before competitions

| Response Category | Frequency | Percent | Valid % | Cumulative % |
|---|---|---|---|---|
| Strongly Disagree | 5 | 10 | 10 | 10 |
| Disagree | 3 | 6 | 6 | 16 |
| Neutral | 7 | 14 | 14 | 30 |
| Agree | 20 | 40 | 40 | 70 |
| Strongly Agree | 15 | 30 | 30 | 100 |
| Total | 50 | 100 | 100 | |

Fifty Taekwondo competitors in all reacted to the statement about how music affected their mental preparation for games. Only 5 athletes (10%) strongly disagreed, meaning

they don't think their psychological readiness is impacted by the fit between their favourite musical genres and the music played in the gym. The notion that music alignment influences athletes' preparedness for competition was met with little opposition from the even smaller group of three athletes (6%), who disagreed with the proposition. A small percentage of athletes (7 individuals, or14%) took a neutral position, indicating that they were unsure or indifferent to the impact of music on their psychological preparedness.

However, a sizable percentage of responders (20 athletes, or 40%) concurred that listening to music that suits their tastes had a good impact on their psychological preparedness and dedication to their training regimens. Furthermore, a sizable portion of participants (15 athletes, or 30%) strongly concurred, supporting the idea that music alignment plays a crucial role in improving athletes' psychological readiness prior to games.

Additionally, 70% of respondents—those who agreed and strongly agreed—think that their psychological preparation for competition is greatly impacted by the fit between their favourite musical genres and the music played in the gym. Merely 16% (which includes both highly disagreed and disagreed respondents) do not see this relationship, with 14% remaining neutral. The study highlights how important music selection is in the Taekwondo training environment. It suggests that participants are more likely to feel psychologically prepared and dedicated to their exercise routines when their musical preferences match what is played. These results demonstrate the psychological and motivational aspects of musical influence, suggesting that athletes' performance and preparedness for competitive environments can be improved by customized musical experiences. Training plans can assist athletes in optimizing their psychological state before events by taking into account individual preferences.

**Summary**

The survey of 50 Taekwondo athletes at Obafemi Awolowo University reveals varied perceptions regarding the psychological influence of music on training and competition readiness. While 70% of participants agree that music helps alleviate fatigue and enhances their energy during practice, indicating its motivational impact (40% agree and 30% strongly agree), a small minority (16%) disagrees, suggesting that music may not benefit everyone. Furthermore, 70% believe that aligning preferred musical genres with the gym's music selection positively affects their psychological readiness for competition, which underscores music's potential role in optimizing performance (40% agree and 30% strongly agree). However, 34% of respondents express indifference or disagreement with the notion that music enhances their training motivation, highlighting individual differences in music's psychological effects. These findings align with previous research indicating that music can serve as a motivational driver but may also be perceived differently based on personal preferences and training contexts (Karageorghis & Jones, 2010).

In conclusion, while music significantly influences the psychological and motivational aspects of training for many Taekwondo athletes, its effects are not universal. Recognizing individual differences in musical preferences is essential for maximizing the benefits of music in athletic training. Tailoring music selections to accommodate various preferences can enhance overall training effectiveness and athletes' competitive readiness.

**Recommendations**

To enhance the psychological and motivational dimensions of musical influence for Taekwondo athletes, several recommendations can be implemented. Developing individualized music playlists that align with athletes' preferences will enhance their motivation and psychological readiness during training and competitions, while incorporating a diverse range of musical genres and tempos will cater to different preferences and match the intensity of various training exercises. Additionally, implementing a system for athletes to provide feedback on music selections will allow for adjustments based on their perceptions of music's impact on focus and performance, and offering workshops or seminars on how different types of music can influence psychological states will enable athletes to make informed choices about their auditory environment during training. Finally, creating options for athletes to train in environments with varied auditory stimuli, including silence or alternative soundscapes, will accommodate those who may find music distracting during focused practice.

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