

The effect of music on the heart rate indexes, lactate, rate of pressure exertion (RPE), and two time free style records with different distances

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The effect of music on Heart Rate, lactate and rate of pressure exertion indexes and two turns record of free style swimming with different distances. Aim: assessment of the effect of music on Heart Rate Index, lactate, rate of pressure exertion and record of child swimmers in free style swimming with two different free style swimming times. Method: statistical sample of this study was consisted of 12 swimmers the age group of 10 to 14 years old who were members of the swimming team of Lasht e Nesha City. After completing the consent paper and questionnaire and personal informations, they participated in the research. According to determined protocol, measurements of heart rate, blood pressure and blood lactate were detected after warm up. these measurements were also performed after 40 m and 100 m swimming turns. Also, records and understanding of work hardness were evaluated. such protocols were recorded in two different days (two days apart) with and without listening to music during warm up, and between two turns of 40 meters and 100 meters swimming. Results: The statistical method of variance analysis with repeated measurements, independent t and 0.5 p 0.05). Also, there was no significant difference between the studied variables and the record of swimmers before and after swimming of 40 and 100 m between two turns with and without music ($p > 0.05$). Conclusion: According to the results, it seems that listening to favorite music may reduce the difficulty of swimming for swimmers, but does not have any significant effect on the record and other physiological indicators

Keywords : Heart rate ,blood pressure, lactate, pressure exertion, child swimmers

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