

ABSTRACT

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Title: The Effect of Music on Muscular Strength Gains During a 6-Week Resistance Training Program in College-Aged Young Adults

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For years, the effects of music on aerobic endurance, muscular strength, power, and endurance, and rating of perceived exertion (RPE) have been examined, but little to no research has investigated the effects of music on muscular strength during a resistance training program. The purpose of this study was to examine if listening to music influences muscular strength gains in college-aged males and females over the course of a six-week resistance training program. Six (6) male and two (2) female participants were randomly assigned to either a control group (no music during training) or experimental group (listened to music during training). While performing the resistance training exercises, the control group listened to a metronome with a tempo of 60 bpm and the experimental group listened to music with a tempo of 60 bpm. Prior to and at the completion of the six-week resistance training program, the participants were tested for 3-repetition maximum (3-RM) strength in the bench press and back squat exercises. Muscular strength gains were calculated as the difference in 3-RM strength values between the pre- and post-tests. There were no significant differences between the music and no music groups in 3-RM strength values for both the bench press and back squat exercises ($p > 0.05$). Therefore, it does not appear that listening to music during a six-week resistance training program enhances muscular strength gains by altering the physiological response to training.