



ABSTRACT

Name of Institution : De La Salle University – Dasmariñas

Address : Dasmariñas, Cavite

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Respondents : UPHR–Molino Basketball Varsity Students SY. 2003-2004

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Date Started : September 2003 **Date Completed:** March 2004

Objectives of the Study:

A. General

To know if music has an effect on sports among the basketball players of University of Perpetual Help Rizal-Molino.

B. Specific

To find out if RnB Music affect the overall performance of the basketball players of University of Perpetual Help Rizal-Molino Campus.

Scope and Coverage:

This study was conducted to determine the effect of RnB music on the overall basketball performance as perceived by University of Perpetual Help Rizal-Molino varsity students SY. 2003-2004. This study was done at the UPHR-Molino campus



The researchers asked permission to the players if it is ok to be the researchers' respondents. Then after asking permission and allowing the researchers to be their respondents the researchers set dates for the actual interview.

The researchers came back to conduct the interview and they interviewed the nine players one by one. They used a cassette tape recorder to record the interview.

Methodology

The researchers used the Descriptive Research Method particularly Case Study. This aims to describe the nature of a situation as it exists at the time of the study and to explore the causes of a particular phenomenon. The UPHR-Molino varsity students were the participants of the researchers. Convenience sampling technique was used in gathering responses from the participants. There were twelve players in the team and the researchers got only nine out of the twelve players.

Major Findings

1. Music really affects people physically, emotionally and mentally.
2. Physically, majority of the respondents perceived that they developed their movements, they increase their energy level and they become more active when they listen to RnB music before and during the game. Emotionally, they become more aggressive and motivated. Intellectually, they become more creative and can easily think of a nice play before and during the game.



3. Some athletes use music as their tool to enhance their performance which is a key to success. Music can really affect performance.

Conclusion

1. All of the respondents agreed that RnB music has an effect to their basketball performance physically, emotionally, and intellectually.
2. All of the effects have been proven by the literature of the study..

Recommendations

1. The researchers recommend that the players listen to RnB music to have a nice performance inside the court, either before, during or after a game.
2. The researchers recommend further study to be done by focusing on the effects of RnB music on the overall performance of a non-varsity player not exposed to RnB music. After which, this study can be compared to the study done by other researchers and determine the effects of RnB music to a varsity player and a non varsity player not exposed to RnB music.
3. The researchers recommend that a program similar to the study conducted be sponsored by the school for the players to be more efficient in their performance during a game.