

The impact of music on athletes' motivation

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Abstract

The link between physical exercise and desirable ergogenic and psychological outcomes on one hand, and listening to music while exercising on the other is well explored in the extant literature on music and exercise. It seems clear that listening to music while exercising has many benefits through multiple different mechanisms, with music tempo, familiarity and preference emerging as significant variables influencing exercise outcomes. One such mechanism influenced seems to be motivation for physical exercise, as a construct describing a person's drive to perform exercise. Therefore, the aim of this thesis was examining music tempo, familiarity and preference as predictors of motivation for physical exercise in a regression model, utilizing a survey research design. The results presented fail to determine either tempo, familiarity or preference as statistically significant predictors of motivation for physical exercise, but nevertheless present a valuable addition to the body of work on the association between music and motivation for physical exercise, providing important context and direction for future research on the same topic.