

C 345426 : MAJOR MENTAL HEALTH

KEY WORD : MUSIC / ANXIETY / ATHLETES

SARARUD VUTHIARPA : EFFECT OF LISTENING MUSIC ON ANXIETY LEVEL OF ATHLETES.

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The purpose of this experimental research was to explore the effect of Listening music on anxiety level of Athletes. Samples were 24 boys and girls who were studying in Bangkok Physical College. Athletes were purposive sampling into 2 groups, each containing 12 athletes to form a control group and an experimental group. The experimental group received music on 5 weeks (2 times/week) whereas the control group did not received music. The CSAI-2 (Competitive Sport Anxiety Inventory-2) was administered to both groups prior to the start to the five-week period and at the end of the period. Data were analyzed to determine by mean (\bar{x}), variance (S^2) and t-test.

Conclusion of this research are :

1. The anxiety level of experimental group are lower than control group significantly. ($P = 0.05$)
2. The anxiety level of experimental group after the experiment are lower than before the experiment significantly. ($P=0.01$)