Motivational Video vs Self-Selected Song as a Pre-Task Prime for Maximal Anaerobic Performance

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Introduction

Music and video are widely used in pre-performance routines as motivational tools. Our study seeks to investigate if priming with a motivational video in comparison to priming with music will result in a greater anaerobic performance.

Purpose

To determine which of the two primes, music or a motivational video, presented prior to a 30-second maximal Wingate test, will result in a greater anaerobic capacity, anaerobic power and lower fatigue index.

Procedure

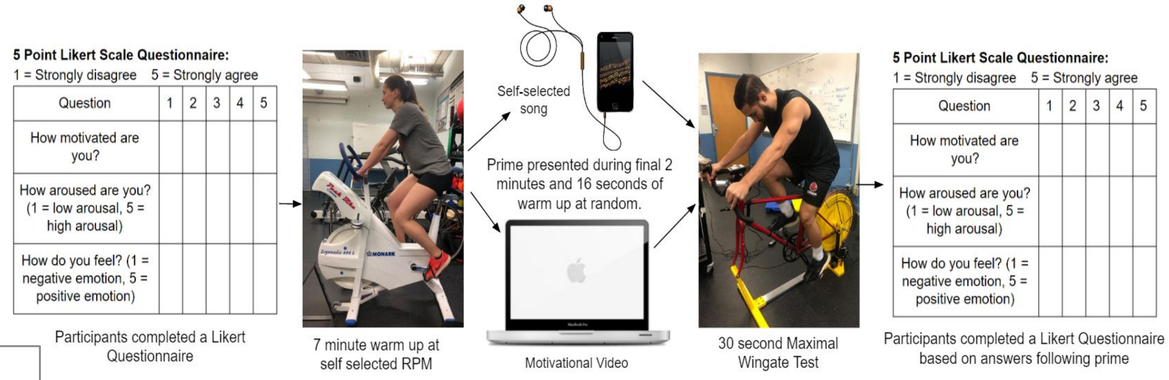

Figure 1.1 *Our methods consisted of 2 conditions, a motivational video and a self-selected song used as pre-task motivational primes.*

Results

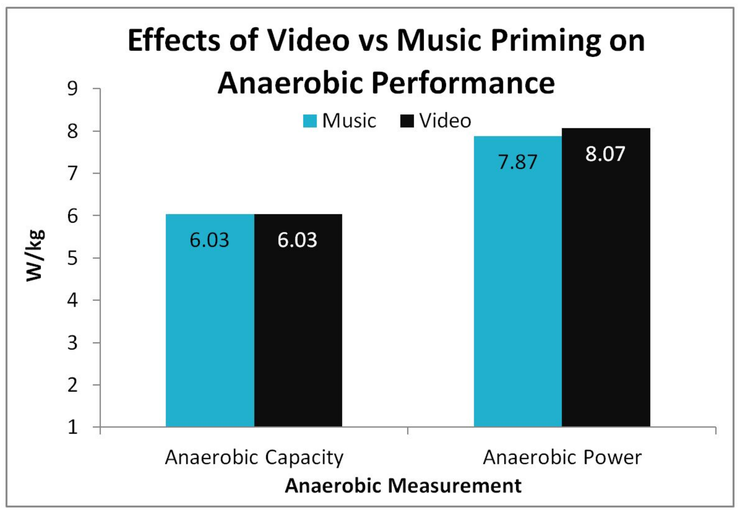

Figure 2.1 *An insignificant difference was found between physiological results following video and music priming. P-values: anaerobic capacity: 1, anaerobic power: 0.73.*

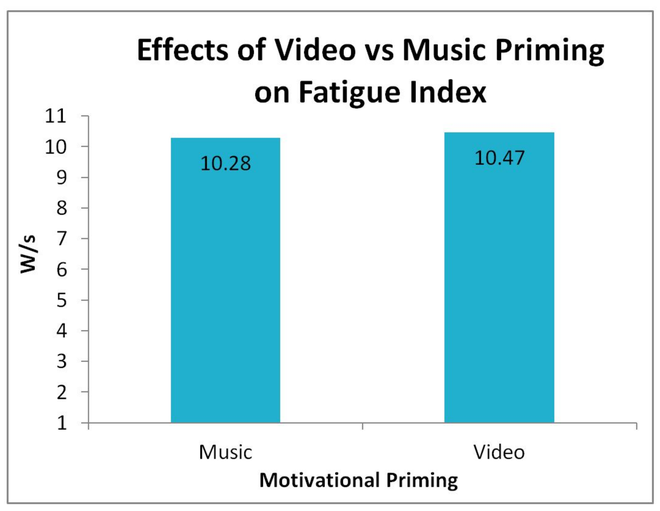

Figure 2.2 *An insignificant difference was found for fatigue index following video and music priming. P-value: 0.91.*

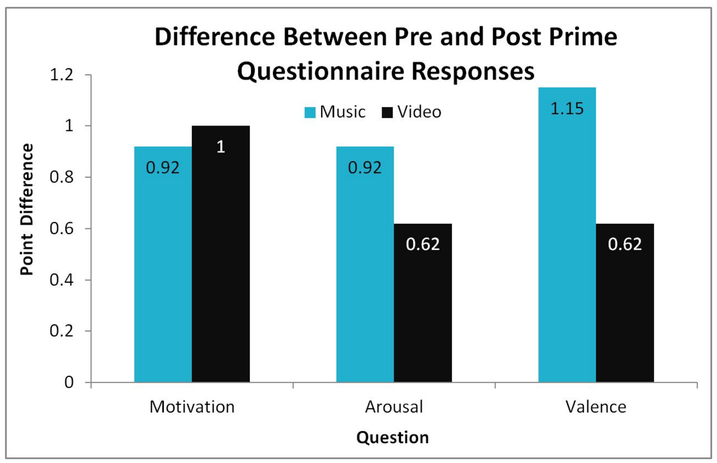

Figure 3.1 *The difference between pre and post prime questionnaire answers on a 5 point Likert Scale. P-values comparing music and video results were insignificant: motivation: 0.85, arousal: 0.58, valence 0.24.*
**Valence is a term which encompasses positive and negative emotion.*

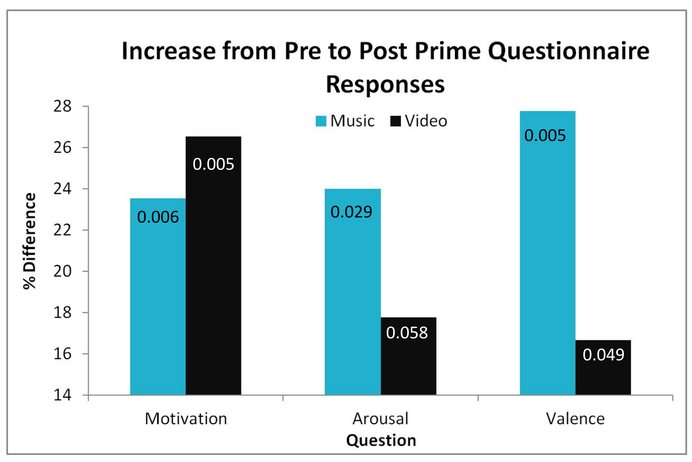

Figure 4.1 *Music significantly increased perceived motivation, arousal and valence, but video only significantly increased motivation and valence. P-values are numbered in the bars above.*

Discussion

- Neither of the motivational primes had a significantly greater anaerobic capacity, anaerobic power or a lower fatigue index.
- Music significantly increased perceived motivation, arousal and valence, but video only significantly increased motivation and valence.
- Video and music did not have a significant difference compared to each other for increasing perceived motivation, arousal and valence.

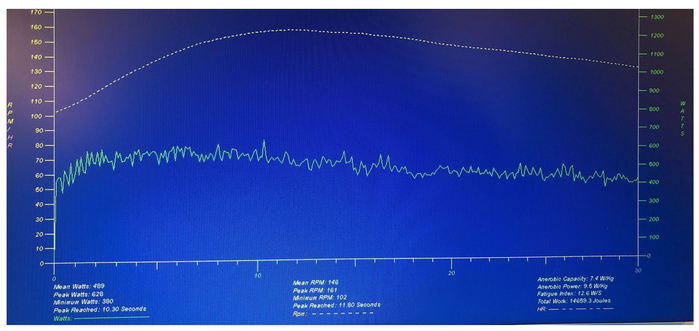

Figure 5.1 *30 second maximal Wingate test was used to collect anaerobic capacity, anaerobic power and fatigue index.*

Conclusion

Video and music used as a pre-performance motivational prime have no significant difference on maximal anaerobic performance and perceived motivation.

Work Cited

Loizou, G., & Karageorghis, C. I. (2015). Effects of psychological priming, video, and music on anaerobic exercise performance. *Scandinavian Journal of Medicine & Science in Sports*, *25*(6), 909–920. Retrieved from https://0-search-ebscohost-com.orca.douglascollege.ca/login.aspx?direct=true&db=s3h&AN=111115473&site=ehost-live&scope=site