Study on the Influence of Different Music Rhythms towards Stepper Users

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ABSTRACT

With regard to the current exercise behavior, many exercisers like to listen to music while exercising. A lot of gymnasiums also include different music rhythms into the planning of stepper courses to extend the exercising time of exercisers and improve their coordination. However, the music type and rhythm are played randomly for the exercisers to listen, namely the exercisers are passive listeners; different music rhythms or different fitness equipment would not be the factors that influence the music types. Therefore, this study regards stepper as the experimental exercising equipment and attempts to discuss under different " music rhythms ", whether the ratings of perceived exertion, feeling scale, heartbeat rate, and stepping frequency of exercisers would be influenced and differed when the exercisers are exercising on the stepper. This study uses the design of subject experiment and 18 subjects (with six males and twelve females) have been selected. Music rhythms are used as the experimental targets, and there are four different situations in total. Also, there are four different kinds of music rhythms, including non-music, slow music rhythm, music rhythm with normal speed, and fast music rhythm. The physical and psychological changes of subjects under different music rhythms are observed. The result shows the following findings: In the music rhythm with normal speed situation, the subjects have better physical and psychological states when exercising. And, most of the subjects indicate that the music rhythms will influence their exercise behaviors, namely the faster the rhythm, the more the stepping times. The heartbeat rates of subjects would not have changes because of the change of music rhythms. Time change is the main factor that influences the heartbeat rates of subjects, but not the music rhythm.

Keywords : Music rhythm, ratings of perceived exertion, feeling scale, heartbeat rate, stepping frequency

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