

**Centennial Honors College  
Thomas E. Helm Undergraduate Research Day 2024**

**ABSTRACT**

Major: Exercise Science

Poster

Faculty Mentor(s): Tamara Bories

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**Effects of Music Preference on Level of  
Motivation During Aerobic Exercise**

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Music is a common form of entertainment often paired with exercise to facilitate motivation, provide distraction, and even enhance overall enjoyment. Music varies by genre and tempo which impacts a person's preference. During exercise, most individuals will choose to listen to their preferred music to aid them and provide positive psychological effects. The effect of non-preferred vs. preferred music on motivation levels and aerobic exercise performance was tested. Motivation was collected using a 1-100 pt. scale while cycling to preferred and non-preferred music genres. The t-test statistics were significant demonstrating greater music enjoyment, motivation, and overall distance traveled when listening to the preferred music genre. Effect sizes were all large. Since volume was not a controlled variable in this study, further research could focus on the volume of music and how that affects motivational levels of an individual.