

**UNIVERSITI SAINS MALAYSIA
GERAN PENYELIDIKAN UNIVERSITI PENYELIDIKAN
LAPORAN AKHIR**

**NEURO-PSYCHOPHYSIOLOGICAL PARAMETERS ON
IMAGERY, MUSIC AND SPORTING PERFORMANCE**

PENYELIDIK

DR. GARRY KUAN PEI ERN

2018

Project Progress : 100.00%

Budget Used : 67.76%

Human Capital :100.00%

Current Outcome

Type	Number
Activities	6
Publication	9
Exhibition	1
Intellectual Property	0
Product	0

Milestone

No.	Description	Project Completion Contribution	Expected Completion Date	Completed Percentage	Actual Completion Date	Contributed Progress
1	Completion of Study 1	25	31/01/2015	100	02/02/2014	25.00%
2	Completion of Study 2	25	31/08/2015	100	16/07/2015	25.00%
3	Completion of Study 3	25	30/04/2016	100	30/10/2016	25.00%
4	Publish research data	25	31/12/2016	100	08/04/2017	25.00%
Overall Progress						100.00%

Research Abstract

The research had been conducted smoothly as scheduled. The study 1 and Study 2 had received ethical clearance from Human Research Ethics Committee, USM (HREC) with the JEPeM code: USM/JEPeM/1403120. Study 1's data collected had completed on the 2nd February 2015. The literature review of the study was presented to as Keynote speaker at the 3rd National Conference on Sport Pedagogy, University of Philippines, Manila, from 7th-9th November 2014, and 2 "Invited speaker" at the International Congress of Sports Psychology, at Sir Shenkar Lal Hall, University of Delhi, India, from 15th-18th October 2014, the 1st International Seminar in Physical and Mental Health, Ramkhamhaeng University, Thailand on the 16th December 2014. The preliminary results from study 1 was presented at the 7th Asian South Pacific Association of Sport Psychology International Congress, 7th – 10th August, 2014 : Tokyo, Japan, and 10th International Sports Science Conference, 25-27th August 2014; Kota Bharu, Malaysia. Completed Study 3. Two long abstract published at the 4th International Seminar on Sport and Exercise Psychology, which student Luke Nikol won best presenter at the seminar. One journal paper submitted to coaching journal, and one paper published at Plos One - Impact factor 3.234 (Q1). Another Paper entitled: Effects of relaxing and arousing music during imagery training on dart-throwing performance, physiological arousal indices, and competitive state anxiety, had published at Frontier of Psychology - Impact factor 2.321 (Q1).

Summary of Research Findings

From the Study 1, we found that Malaysian archers showed significant improvement using traditional Malay music during imagery compared to Western's classical music and no music. The finding from Study 2 showed that elite weightlifters prefer using relaxing classical music compared to other music. The biofeedback equipment had arrived, and completed Study 2. Study found that runners prefer to use synchronous compared to asynchronous music (Won best oral presenter). One paper published at Plos One - Impact factor 3.234 (Q1), and another Paper entitled: Effects of relaxing and arousing music during imagery training on dart-throwing performance, physiological arousal indices, and competitive state anxiety, had published at Frontier of Psychology - Impact factor 2.321 (Q1).

Problems/Constrains if Any

Equipment arrived and Study 2 completed. The PhD student had some delay and only could arrived on September 2015 due to working commitment from her university in Thailand. Thus, three master students completed the study.

Recommendation By Project Leader

The study is progressing very well, with already 3 peer reviewed journal papers published, 2 published at International conferences, 1 keynote, 2 invited speakers, and 1 seminar. This means that the public is interested in this research and is waiting to see more outcome from the findings of the research. From this research, 2 master students completed, and 4 undergraduate students completed.

Overview

Project Title

Neuro-Psychophysiological Parameters on Imagery, Music and Sporting Performance

Progress Report Details

Report Number	Submission Date	Submission Date to KPT	Project Completion Rate	Status

Selected Grant

FRGS 2014-1

Cluster

Main Cluster	Sub Cluster
Social Sciences	Psychology

Project Duration

Start	End