

Effects of listening slow music and cool water immersion on recovery after exercise to exhaustion of male futsal athletes

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#### ABSTRACT

**Purpose** This research studied and compared the effects of slow music and cool water immersion on recovery and physical performance after exercise to exhaustion of male futsal athletes.

**Methods** Fourteen male futsal players Kasem Bundit University team participated in this study. Each participant underwent Incremental Running Test in four conditions at the same time until they exhausted over four consecutive weeks. After exhaustion, the participants were sat, immersed shin level in the cold water at 10 - 15°C for 5 minutes, listened to slow music and listened to slow music and cold water immersion. Heart rate, blood pressure, ear temperature, blood lactate and moods state (vigor and fatigue) were recorded.

**Results** The findings indicated that heart rate, ear temperature and blood lactate concentrations were lower in listening to slow music + cold water immersion than sitting, immersing in cold water and listening to slow music at ( $p < 0.001$ ). Vigor was higher and fatigue was lower in listening to slow music and cold water immersion than sitting, cold water immersion and listening to slow music at ( $p < 0.001$ ).

**Conclusion** The findings indicated that after five minutes of immersing shin level in cold water at 10-15°C and listening to slow music (72 – 90 bpm) was effective in helping to recover and relax the body and mind. Therefore, this research suggested for athletes to use during half time before continue to competitive or after the race.

**KEY WORDS:** cold water immersion, listening to slow music, male futsal player, recovery