

The influence of motivational aspects in the Affective Response after a maximum effort test

Abstract

Seven subjects underwent three exercise protocols with identical loads progress to the maximum voluntary exhaustion under conditions of verbal encouragement, Music and Silence to investigate their affective responses. In all protocols, the volunteers answered to the following instruments: BRUMS; VAMS, STAI and SEES in different time-course: baseline (prior to the exercise protocol), immediately after each exercise protocols, 30' and 60' after the end of the protocol. Changes have been evident in the groups related to time course particularly in psychobiological variables (mood and well-being), but there were no changes in physiological variables. Thus, we can conclude that the psychobiological aspects seem to be more sensitive to changes than physiological variables in maximum exercise.

Keywords: Mood; Motivation; Physical Exercise; Music.