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## Impact of drumbeats on the performance of dragon boat players in India

**Parveen Kumar and Dr. Sandeep Bhalla**

### Abstract

It is an undeniable fact that elucidating Music has a largely awe-inspiring, long lasting impact on the brain and the body of an individual. Though researches have already been conducted on music's centrality to everyday life of an individual but when it comes to Dragon Boat racing, music adds a soul to the racing activity. It not only increases exercise performance, retarding fatigue but also increases the overall endurance, power and strength of an athlete.

Being Professionalized in Sports is all about a personnel getting a larger share of societal respect and reward by playing well on an Unambiguous level.

The present investigation has been conducted with an objective to address answer to the question that does beats significantly affect the performance of Dragon Boat Players and if yes, to what extent can music change the hedonic experience of Dragon Boat players uplifting their performance to a better level.

The Research has been carried out at a holistic level to highlight the artistic and impressive potential of Music in boosting the enthusiasm among the players and enhancing their performance in Dragon Boat Racing.

**Keywords:** Music, drumbeats, dragon boat racing, cadence, performance

### Introduction

#### Music is to the soul what words are to the mind

There have been carried out many studies wrapped up around the central idea of direct influence of music on the cognitive development of an individual in overall task performance. But only a few studies have addressed to the highly magnificent impacts of music on the physical performance of a player. This has been significantly evident as we look into one of the most zealous water sport which is Dragon Boat Racing. The drumbeats during the festival are referred to as the Pulse of Dragon Boat Racing and inspires happy mood setting a major key in the group dynamics, along with an increased corporation which in turn synchronized hand movements which is an important aspect of performance in Dragon Boat Racing.

Active drumming not just boosts the enthusiasm among the crew members but also results in rhythm-induced cadence increasing the rate of paddling and improvising the performance among the teams. The Chinese Instrumental Music used in Dragon Boat Festival has a high tempo and ambient beats making the boat racing an adrenaline-pumping activity, consequently leading to highly competent, productive and coordinated performance among the Dragon Boat Racers.

This qualitative study has been carried out to highlight the impact and importance of music, or Drumbeats on the performance of Dragon Boat Players and to enlighten the fact that how the drumbeats directly cheer up and elevate the paddling performance of the players of Dragon Boat Racing. Here, we tend to explore to the depth of this statement, its impact on young Indian Male basket ball players by analyzing the changes brought into their lives by adopting their game as their profession.

### Methodology

A close reading of Literature and qualitative studying were used as a research tool in order to proceed with the research work. A proficient study was done to acknowledge the tremendous and prodigious changes brought about by the use of Drum beats in Dragon Boat Racing. A descriptive research was done that also included a detailed analysis of the previous researches referring to the importance of music on physical as well as psychological aspects of an individual.

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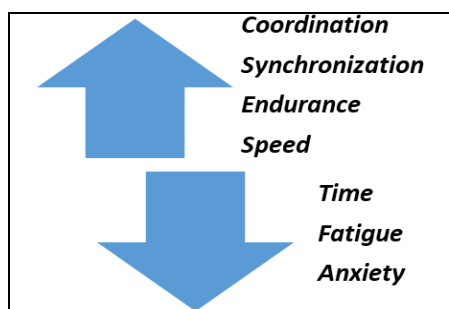
The study was carried in the light of the observation made at the 9<sup>th</sup> Senior National Dragon Boat Racing Championship held by Dragon Boat Federation of India from 31<sup>st</sup> August to 2<sup>nd</sup> September 2019 at Darbhanga, Bihar organized and hosted by Dragon Boat Federation of India (DBFI). An observational study of male dragon boat racers was done who participated in 200 Meter (Senior Men) competition were chosen as the subject of study and their speed was tested by the time taken down the racecourse with differed patterns and tones of music. The most significant factor that forms a basis of this comparative study is Coordination. It is quite evident from the present investigation that the music "Yu Zhou Chang Wan" played during dragon boat racing has a calm peaceful impact on the minds of the racers which increases harmonic coordination among the players, ultimately leading to decreased course time and efficient paddling. The article published online entitled 'Effect of Music and Rhythm on Physical Performance' talks about the effect of music on synchronized body movement and the ability to endure a physical task.

The subjects of the referred research were exposed to 3 distinct conditions – an environment with rhythmic movement-to-music, background music condition and a no-music condition, after which a t-test was conducted to validate the significant difference in the physical work capacity in both the genders in the presence of music as a pushing force.

Combining the observation made by both the research tools, it has now been evident that the drumbeats used in Dragon Boat Racing are the pulse of the water sport. The rhythmic drumbeats add soul to the Dragon Boat Racing, leading to increased coordination, synchronization and consequently a high speed of paddlers during the racing championships.

### Result & Discussions

Observational study reveals that the tempo, pace and rhythm of the Drumbeats in Dragon Boat Racing have a direct influence on the physical endurance and rhythmic coordination among the players which proportionally increases their cadence decreasing the race coursed time. Here, for reference we looked upon the former researches that reveal the advantageous effects of drumbeats on the psychological as well as the physical domains of an athlete, consequently leading to an overall improved task performance. Background beats synchronized with the paddling speed appears to prolong performance speed, as compared to other conditions.



**Fig 1:** Impact of Drumbeats on the Performance of Dragon Boat players

The growth of the performance is unquestionably tremendous in the presence of excelling drumbeats, leading to a greater enthusiasm, zestful energy, coordination, and

physical endurance among the paddlers and decreasing the factors like fatigue, stress or anxiety among the players.

### Conclusion

Based on the study the following conclusions have been drawn: - Though Drumbeats have always been considered as the heartbeat of Dragon Boat Racing, but there's a room still which needs to bring into light the importance of drumbeats, its style and pace which is directly proportional to the overall performers of the paddlers.

### Acknowledgement

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