The question of whether exercisers would select music for exercise based on perceived ergogenic effects and non-exercisers would select music based on a general preference for a certain style was tested using χ 2 and φ analyses. The assumptions for chi square are: The null and alternative hypotheses are:

Examination of participants’ reasons for selecting a particular preferred music style revealed four recurring themes: (a) it helps *(n* = 5), (b) it’s motivating and energizing (*n* = 9), (c) I like the beat (*n* = 8), and (d) it takes my mind off the exercise (*n* = 8). χ 2 analysis revealed a significant relationship between exercise group and reasons for selecting a music style, χ2(3, *N =* 30) = 11.000, φ = .606, p = .012 (See Table 2). Further examination of cell values revealed that no non-exercisers indicated, “it helps,” and only one exerciser reported, “it takes my mind off the exercise” as a determinant of preferred music style. The reasons reported by exercisers (i.e., “it helps,” “it’s motivating and energizing”) indicate a performance orientation, while the reasons given by non-exercisers (i.e., “I like the beat,” “it takes my mind off the exercise”) indicate an enjoyment orientation.

Table 2

χ2 *Analysis of Reasons for Selecting Preferred Music Style by Exercise Group*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Exercise Group |  | Reasons | | | |  |
|  |  |  |  |  |  |  |
|  |  | 1 | 2 | 3 | 4 | Total |
| Regular Exerciser |  | 5 | 6 | 3 | 1 | 15 |
| (n = 15) |  | (33.3%) | (40%) | (20%) | (6.67%) | (100%) |
| Non-Exerciser |  | 0 | 3 | 5 | 7 | 15 |
| (n = 15) |  | (0%) | (20%) | (33.3%) | (46.67%) | (100%) |

χ2 = 11.00, p = .012, φ = .606

Reasons: (1) it helps (2) it’s motivating (3) I like the beat (4) it takes my mind off the exercise