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## The impact of jump rope exercises on the stress of 12 to 16 years school children

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### Abstract

The main aim of this study is to find the effect of jump-rope exercise on the Stress of 12 to 16 years school children. Considering the mentioned objective, 40 students of B.I.P.S Bagalkot, Karnataka State are selected as cases for this study and they are randomly divided into training group and controlling group. The first group, participated in Jump Rope Exercise training process continued 8 weeks, while; the latter group did not participate in any exercise programs and continued with their daily activities.

**Keywords:** Jump rope exercise, stress

### Introduction

Jump Rope Exercise is a low-cost physical activity, thus; its impact on the physical fitness is being studied by various researchers. Jump Rope Exercise involves the muscles in arms and legs, and it also improves cardiovascular function and metabolism. Rope is a portable tool and Jump Rope Exercise requires minimum space. On the other hand, Jump Rope Exercise is incredibly cheap compared to the other sports. In an earlier research the effect of jump-rope training on children with mental and visual disorders is being studied. The results have illustrated that Jump Rope Exercise improves their balance significantly. Current researches have also suggested that physical activity including Jump Rope Exercise, an improvement of stress management.

### Meaning of Jump Rope Exercise

A Jump rope is a tool used in the sport of skipping/jump rope where one or more participants jump over a rope swung so that it passes under their feet and over their heads. This activity, game or exercise in which a person must jump, bounce or skip repeatedly while a length of rope is swung over and under, both ends held in the hands of the jumper, or alternately, held by two other participants. Often used for a schoolchildren

### Meaning of Stress

Everybody has to overcome stresses. Every time there is a stress situation. A mature individual mobilizes the available resource and utilize. Then to best of his ability to overcome the stress. a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

### The aim of this study

The aim of this study is to find the effect of 8 weeks of Jump Rope Exercise on the Stress of 12 to 16 years school children.

### Method

#### Study sample

Study participants were recruited from the class of B.I.P.S Bagalkot, Karnataka, State. The purposeful sampling method was used to select 40 students aged between 12 to 16 years. Then, the random sampling method was adopted to divide students into the experimental (N=20) and control (N=20) groups.

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### Study methods and procedures

The study was conducted between 2/06/2018. To 2/ 08/ 2018. Every Monday to Friday, the jump rope training was administered from 5; 00p.m to 6.00p.m. The random sampling method helped to divide students into the experimental (N=20) and control (N=20) groups, and all students went through a pre-test of Stress. Students in the experimental group were then provided with 8 weeks of jump rope training, and those in the control group were asked to keep regular hours. A post-test of Stress was performed after the 8-week training intervention.

### Training prescriptions in the experimental group

#### Exercise pattern

Jump rope was the primary activity in this experimental study. Students had the rope go around once per jump and did 8 skills in every training session. A skills was composed 15 jumps of jump rope and 2 minutes of rest, 3 minutes endurance 2 repetition, 30 second speed 2 repetition which took approximately 35 minutes. In addition, the students performed warm-up and relaxation stretching exercises, which included stretches of the neck, arms, waist, leg muscles, ankles, and wrists. Both warm-up and relaxation stretches took 5 minutes, leading to a total of 45 minutes per training session.

### Exercise duration and frequency

Students in the experimental group were provided with a 8 - week jump rope training program, delivered 6 times a week, for 45 minutes each time. Students performed 10 skills of training in each session, where a skills was composed of 2 minutes of jump rope and 2 minutes of rest.

### Data management and analysis

Test results were analyzed using SPSS 17.0 for Windows. Statistical methods included:

1. Using paired t-test to compare the health-related physical fitness between pre-test and post-test of the experimental group
2. The significance level of statistical analyses was set at  $\alpha = .05$ .

### Results

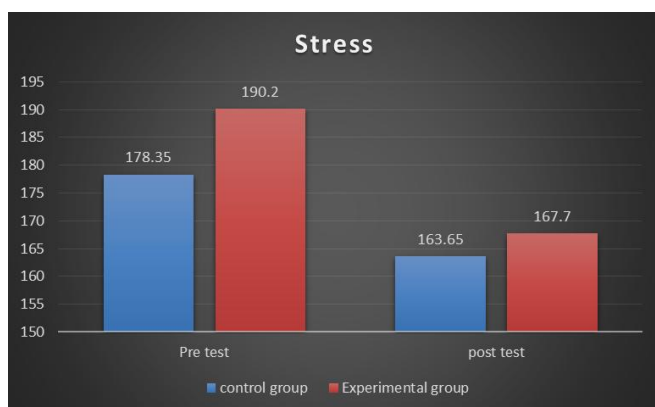
In order to gather the required data, 40 students between 12 to 16 years old of Bagalkot are selected. After calls in all B.I.P.S Bagalkot, Karnataka State, some families have accepted to participate in the study. The selected cases are divided into two groups (20 for each) which are training and controlling groups. The demographic characteristics of the subjects are presented in Table. The results of t-test have shown that the two groups have homogeneous age, height, weight and stress.

**Table 1:** Analysis of mean Standard deviation and 't'- value for Stress among control and experimental group of Jump rope exercise groups

Variable	Group	No	Mean		Std. deviation		df	t-value	Sig.
			Pre test	Post test	Pre test	Post test			
Stress	Control	20	178.35	163.65	15.52	16.78	19	3.125	.006
	Experimental	20	190.20	167.70	13.45	10.41	19	11.889	.000

Significant at 0.05 level, df=19, 't' 0.05=2.09

From the above table is clearly indicates that there was a highly significance difference in Stress between pretest and post test among Experimental group of school children as calculated t-value 11.88 > table value 2.09 at 0.05 level, in control group also shows there was slight significance stress index in Pretest and post test among control group as calculated t-value 3.12>table value 2.09 at 0.05 group of jump rope training.



**Fig 1:** Bar graph representation of the mean values of Stress of the Control and Experimental groups in pretest and post test of jump exercise group

### Discussion

Based on the findings of this study, 8 weeks of Jump Rope Exercise improves the stress of 12 to 16 years school children. This study also confirms the findings of the effect of Jump Rope Exercise on these stress measurements were conducted 8 weeks after the experiment concluded. The experimental

group and control group showed significant differences in Stress. Therefore, the results of this study suggest that jump rope exercise is effective for the improvement in management stress, and this exercise can help maintain the physical fitness. However, this study has some limitations: The research subjects included only school children, and the experiment was implemented using only jump rope exercise.

### Conclusion

This study indicates that there was a highly significance difference in Stress between pretest and post test among Experimental group of school children as calculated t-value 11.88 > table value 2.09 at 0.05 level, in control group also shows there was slight significance stress index in Pretest and post test among control group as calculated t-value 3.12>table value 2.09 at 0.05 group of jump rope training. According to the obtained results, it is concluded that, Jump Rope Exercise can management the stress of 12 to 16 years school children.

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