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Dr. P Kumaravelu
Assistant Professor,
Department of Physical
Education, Tamil Nadu Physical
Education and Sports
University, Chennai, Tamil
Nadu, India

Dr. C Vairavasundaram
Assistant Professor
Alagappa University College of
Physical Education
Karaikudi, Tamil Nadu, India

Dr. C Lakshmanan
Assistant Professor,
Department of Physical
Education, Tamil Nadu Physical
Education and Sports
University, Chennai, Tamil
Nadu, India

Correspondence
Dr. P Kumaravelu
Assistant Professor,
Department of Physical
Education, Tamil Nadu Physical
Education and Sports
University, Chennai, Tamil
Nadu, India

Effect of walking programme on selected physiological variables among middle aged women

Dr. P Kumaravelu, Dr. C Vairavasundaram and Dr. C Lakshmanan

Abstract

The purpose of this study was to investigate the effect of walking programme on selected physiological variables among middle aged women. To fulfill these aim thirty subjects were selected from virudhunagar district. The selected subjects were aged between 45 to 55 years. The subjects were given only walking exercise for six weeks. The selection of the subject was made at random. For the present study the following dependent variables were selected as physiological variables such as blood pressure and body fat. Walking exercise was selected as independent variable. To find out any significant difference, the dependent 't' ratio was used. The result of the study showed that the training program has resulted in to bring about desirable and significant changes in blood pressure and decrease of the percentage of body fat of middle aged women.

Keywords: Walking programme, blood pressure body fat, middle aged women

Introduction

Today middle aged women are so busy that they cannot take even healthy food. Now a days middle aged women have no time to relax their body and mind. They don't have the awareness of their body and health. They don't have awareness and knowledge about food how to take and when to take and where to take and also they have no ideas how to maintain the body.

They have no relaxed mind in their working sites that leads to blood pressure and diabetes. The percentage of body fat-reduce treatment benefits of obese individuals. Obese patient which risk factors for coronary heart disease should fat-reduce programme.

Walking is a common exercise to all the people at various stage. It needs no coaching and equipment's. They can walk at any safety and leveled area. Walking as examined by scientific investigations and a wealth of experience. It is a sporting event which promotes good health and can be enjoyed by everyone. Walking is ideally suited to the demands of our modern society in the civilized world similarly known for its lack of movement.

In middle age the muscles gradually weaken, stiffen bones become more brittle, arteries harden and lung capacity is reduced. The good news is that some regular exercise every day will build up maintain muscle strength and tone, improve circulation and lung capacity and keep joint flexible. Walking recommended for people over the age 45.

Walking Benefits for Middle Aged Women

What happens when middle aged women walking thirty to sixty minutes per day. Increase cardiovascular system and pulmonary normal function. Reduce risk of heart disease, stroke, hypertension or high blood pressure, high cholesterol, joint pain, muscular pain or stiffness, diabetes, reduce body fat extremely benefits for middle aged women.

Middle aged women should know that the body creates chemical changes the longer walk. Once they should realize this benefit. They would be inspired to walk more. When they have start walk 1 to 5 minutes. They're body will release energy producing chemicals to fire up for the walk their heart rate will increase from 70 to 100 beats per minute. This beneficial change warms the muscles and boosts blood flow and find that their stiffness reduces, and all things to lubricating fluid that their joints produce these helps move more easily. At the time 6 to 10 minutes, their heart beats goes all the way from 100 to 140 beats per minutes. And they are start burning up to six calories per minutes. Walk more they're heart and cardiovascular

system will have what it takes to maintain resiliency, and them blood pressure lowers in the long walk. The period of 11 to 20 minutes. They are body temperature increase and that is a good thing. Primarily because their body begin to sweat and the blood vessels near the skin expand to release heat. They walk becomes more intense, they'll burn up to seven calories per minutes and breath level deeper than before. At the time two hormone rise to fuel them muscles such as epinephrine and glucagon. For the most part epinephrine is an adrenaline hormone that provides relief to asthma attacks and allergic reaction it's actually sold in drug stores.

The good news is they can get it for free after a 20 minutes' walk. The period of 21 to 45 minutes. Their body releases more tension and relaxes. This typically happens as a result of the release of endorphines in them brain. The good result is they are get to burn more fat at this stage and insulin levels drop significantly. This is great for middle aged women looking sled excess weight. The period of 46 to 60 minutes they are exceeding all previous benefits for longer boosting blood flow, burning more calories and oxygenating them body. It's also good to know that they are also fortifying them heart, losing on healthy fat, strengthening them immune system increasing vitamin D levels.

Methodology

The purpose of this study was investigate the influence of waling programme on selected physiological variables among middle aged women. To fulfill these aim thirty subjects were selected from Virudhunagar district. The selected subjects were aged between 45 to 55 years. The selection of the subjects was made at random. For the present study the following dependent variables were selected as physiological variables such as blood pressure and body fat. Walking exercise was selected as independent variable. The initial and final measurements of the systolic blood pressure, diastolic blood pressure and percentage of body fat were collected. After the initial test, the experimental group was given walking exercises for a period of six weeks. After six weeks duration, the final test was taken every training session lasted for 45 to 60 minutes approximately.

Analysis and Interpretation of The Data

Single group design was used for the study. The following statistical procedures were used to analyze the obtained data. To find out whether there was any significant difference between the pre-test and post-test means the dependent 't' radio was used. To test the level of significant of difference between the means 0.05 level of confidence was fixed.

Table 1: Computation of Analysis of Dependent 'T' Test of Pre Test and Post Test of Diastolic Blood Pressure

Group	Number	Mean	S.D	Obtained 't' radio
Pre test	30	88	5.41	4.06*
Post test	30	83	5.04	

*Significant at 0.05 level of confidence

The table value is 2.04 at 0.05 levels and obtained value 4.06. Since the obtained value is greater than the table value for the degrees of freedom 30 the difference is significant. The hypothesis of the investigator that the walking programme had definite effect on diastolic pressure to bring about desirable and significant changes was accepted.

Table 2: Computation of Analysis of Dependent 'T' Test of Pre Test and Post Test of Systolic Blood Pressure

Group	Number	Mean	S.D	Obtained 't' radio
Pre test	30	129.66	29.92	5.78*
Post test	30	125.33	60.59	

*Significant at 0.05 level of confidence

The table value is 2.04 at 0.05 levels and obtained value 5.78. Since the obtained value is greater than the table value for the degrees of freedom 30 the difference is significant. The hypothesis of the investigator that the walking programme had definite effect on systolic pressure to bring about desirable and significant changes was accepted.

Table 3: Computation of Analysis of Dependent 'T' Test of Pre Test and Post Test of Body Fat

Group	Number	Mean	S.D	Obtained 't' radio
Pre test	30	1.47	5.89	2.43*
Post test	30	0.36	0.53	

*Significant at 0.05 level of confidence

The table value is 2.04 at 0.05 levels and obtained value 2.43. Since the obtained value is greater than the table value for the degrees of freedom 30 the difference is significant. The hypothesis of the investigator that the walking programme had definite effect on body fat to bring about desirable and significant changes was accepted.

Conclusion

On the basis of the interpretation of the data, the following conclusion were drawn. Walking programme has a significant effect in the improvement of the diastolic blood pressure among middle aged women they have undergone 6 weeks of training. Walking programme has a significant effect in the improvement of the systolic blood pressure among the middle women they have undergone 6 weeks of training. Walking programme has a significant effect in decrease of the percentage of body fat after the practices of the walking programme for 6 weeks.

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