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The effect of aerobic exercises on stress variables of women college students

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Abstract

The main aim of this study is to find Aerobic Exercises on Stress Variables of Women. Considering the mentioned objective, 20 students of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India are selected as cases for this study and they are randomly taken into training group. The group has participated in Aerobic Exercises training process continued 12 weeks, with their daily activities.

Keywords: aerobic exercises, stress

Introduction

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug—alluding to the wide variety of proven benefits that it provides

Aerobic Exercise Meaning

Aerobic exercise is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body.

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 12 weeks of Aerobics Exercise on the Stress of women's college students.

Method

Study sample

Study participants were recruited from the class of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India. The purposeful sampling method was used to select 20 students aged between 16 to 22 years. Then, the random sampling method was adopted to students in the experimental (N=20) groups.

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Study Methods and Procedures

The study was conducted Every Monday to Friday, the Aerobics Exercise training was administered from 5;00 p.m to 6.00p.m. The random sampling method helped to students in the experimental (N=20) groups, and all students went through a pre-test of Stress. Students in the experimental group were then provided with 12 weeks of Aerobics Exercise training. A post-test of Stress was performed after the 12-week training intervention.

Training Prescriptions in the Experimental Group

Exercise pattern

Aerobic exercise includes increasing the duration of sessions 5 to 10 minutes every 1-2 weeks for the first 4-6 weeks, Second 6-8 weeks, Third 8-12 weeks. Frequency and intensity can be tolerated as progressed. Overall volume should be monitored for adverse effects decreased if necessary. Aerobics was the primary activity in this experimental study. Students had done some Aerobic exercise in every training session. 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 12 - week Aerobics training program, delivered 6 times a week, for 45 minutes each time.

Data management and analysis

Test results were analyzed using SPSS 17.0 for Windows.

Statistical methods included

The significance was fixed at 0.05 levels to test the ‘F’ ratio obtained by analysis of covariance.

Results

In order to gather the required data, 20 students between 16 to 22 years old of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India. Some families have accepted to participate in the study. The selected cases has taken in one groups (20 for each) which are training groups. The demographic characteristics of the subjects are presented in Table. The results has shown that the pre test and post test significance differences in Stress

Table 1: Table is Shows the Mean, Standard Deviation and ‘t’- value of Pre-test and Post–test for Aerobic Exercise training Experimental Group on Stress performance.

Variable	Test	N	Mean	SD	t- Value
Stress	Pre-test	20	66.0000	18.45050	7.549
	Post-test	20	38.8000	10.88021	

The level of significant 0.05=Table value =2.000

Table indicates that the t value is more than the table value that is 2.000, hence it is significant. The pre-test mean value is 66.0000 and the post-test mean value 38.8000. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Stress performance of women owing to the twelve weeks Aerobic Exercise training the same as displayed in the figure

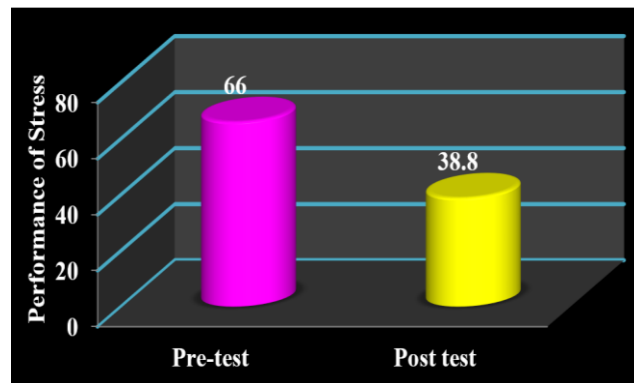


Fig 1: Figure is Showing the Mean, Standard Deviation and ‘t’- value of Pre-test and Post–test for Aerobic Exercise training Experimental Group on Stress Performance.

The above figure is clearly indicates that the twelve weeks Aerobic Exercise training performance is drastically improved the Stress of the subjects.

Conclusion

This study indicates that there was a highly significance difference in stress between pretest and post test among Experimental group of B.A.J.S.S. Arts and Commerce College for women athletes Ranebennur, Haveri District of Karnataka state, India. According to the obtained results, it is concluded that, Aerobics Exercise can management in the stress of 16 to 22 years college students

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