

# THE IMPACT OF FITNESS QUALITIES AND AEROBICS EXERCISES ON PSYCHOLOGICAL VARIABLES AMONG WOMEN CRICKET PLAYERS

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## Abstract

**Back ground:** Study On Fitness Qualities and Aerobics Exercises on Psychological Variables on Cricket Players of Bengaluru North District of Karnataka State.

Human bodies are designed for regular Physical activity. The sedentary nature of much of modern life probably plays a significant role in the epidemic incidence of depression today. Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication. The study was to find out the effect of aerobics exercises on selected 150 students of women players, aging 21 to 28 are randomly selected Control group 50 subjects Experimental group-1(Aerobics exercise) 50 subjects Experimental group-2(Motor qualities) 50 subjects. Psychological Variables Anxiety and Aggression.

Hence, the Researcher has selected women players for this particular research work. In these study women players has given various aerobics exercises. On the effect of aerobics exercises finally researcher has succeeded on get the result in this particular study. Mainly in this study the researcher has taken women players hence the physiological condition will change in this age then also the researcher has given the particular training and he has got improvement in the particular psychological variables.

**Key words:** Impact, Aerobics Exercises, Motor qualities, Psychological variables.

## INTRODUCTION

In this modern generation women players are exposing in every events, sports and games. It is the golden time for the women cricket players of Indian team. After recent women world cup the importance of women cricket has doubled. The women cricketers of India have to increase their standard of physical fitness, motor fitness, and skill development to compete in International level competition. Therefore, the impact of aerobics exercise have been taken into consider to develop their Physical condition. Even the psychological variables also had great exposure at international matches to attend the pressure situation of match. Hence, this study will contribute to develop the fitness qualities and aerobics exercises on psychological variables among women cricket players.

Now A days more number of women oriented sports and games are setting for promoting health and wellness through various correlated areas such as physical Education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can

provide a strategic means of children's health, self-esteem, life skills and behavior. In this context Blanc and Dikson quote Roberts who says 'Sports can affect a child's development of self-esteem and self-worth.'

It is well established fact that participation in Physical Education and Sports activities is highly beneficial to one's health and leads to improved performance by students in schools, in addition to helping them in developing many life skills.

## **METHODOLOGY :**

### **SELECTION OF THE SUBJECTS:**

The study was to find out the effect of aerobics exercises on selected 150 students of women players, aging 21 to 28 are randomly selected Control group 50 subjects Experimental group-1(Aerobics exercise) 50 subjects Experimental group-2(Motor qualities) 50 subjects. Psychological Variables Anxiety and Aggression

### **SELECTION OF THE VARIABLES:**

The researcher reviewed the available scientific literature pertaining to the problem under study from books, journals, magazines, and research paper and also taking into consideration of the feasibility criteria of the availability were selected.

### **Psychological Variables Anxiety and Aggression**

### **RESULT AND STATISTICAL TECHNIQUES:**

The collected data was examined with static procedure. In this study the statistically used what the research work required and hence the study was used t value for this study. In this study 'f' ratio was used to determine the psychological variables among the women players. It was used to determine any significant difference among the independent variables. According to Clarke the t ratio is the ratio for the difference between mean and standard error of difference. In all the cases to test the significance at 0.05 level of confidence was used.

**TABLE- I**

Anxiety mean differences of control group (A), Experimental group 1(B)( Aerobics Exercise) And experimental group 2(C) (Motor qualities).

GROUP	M1	M2	Diff
Group C & E1	12.983	11.047	1.936
Group C & E2	12.983	10.936	2.047
Group E1 & E2	11.047	10.936	0.111

### **Discussion and findings of Anxiety Behaviour**

When we refer above TABLE reveals that computed F ratio was greater than the table Value and data was employed to find-out the adjusted paired means that was also significant. From the statistical analysis of the data, it was found that Aerobics exercise has improved Anxiety behaviour than their counter part (Motor qualities and control group). It may be due to the reason that Aerobics exercise are going to develop

harmonious between mind and body. So this idea was also supported by the great quotation “Sound Mind in a Sound body” Expressed by the great Philosopher Plato. In addition to that different techniques of yoga are going develops confidence, positive attitudes, characters and behaviour of the practitioner.

Hence,study reveals that various personality factors could be improved by the regular practice of Aerobics exercise. And formulated hypothesis there would be significant difference in their anxiety behaviour between yoga and motor qualities is statistically proved and hypothesis is accepted.

**TABLE-II**

**Computation of Covariance of Aggressive Behaviour of control Group, Experimental group 1(Aerobics Exercises) and Experimental group 2 (Motor qualities) of Women players.**

Source Variance	df	Sum of the Square	Mean square	Remarks
Between the group	2	7149.44	3574.72	13.9714
Within the group	146	37509.36	256.913	

**Significant at 0.05 level**

**TABLE- III**

Aggressive Behaviour mean differences of control group (A), Experimental group 1(B)( Airobics Exercise) and experimental group 2(C)(Motor qualities).

GROUP	M1	M2	Diff
Group C & E1	193.81	175.980	17.83
Group C & E2	193.81	186.842	6.968
Group E1 & E2	175.980	186.842	10.862

### **Discussion and findings of Aggressive Behaviour**

When we refer TABLE reveals that computed F ratio was greater than the table value and data was employed to find-out the adjusted paired means that was also significant. From the statistical analysis of the data, it was found that Aerobics exercise has improved Aggressive behaviour than their counter part (Motor qualities and control group). It may be due to the reason that Aerobics exercise are going to develop harmonious between mind and body. So this idea was also supported by the great quotation “Sound Mind in a Sound body” Expressed by the great Philosopher Plato. In addition to that different techniques of yoga are going develops confidence, positive attitudes, characters and behaviour of the practitioner.

Hence study reveals that various personality factors could be improved by the regular practice of Aerobics exercise.

### **Conclusion:**

In the light of the study undertaken with certain limitation imposed by experimental condition, the follo

wing conclusion were drawn

1. The twelve week aerobics exercises training has significantly and positive influence on the physiological variable such as vital capacity, resting pulse among Experimental group I of women players.
2. There is effect of twelve week aerobics exercise training in decreasing and maintaining normal status in blood pressure of systolic and diastolic among the yoga practitioners group
3. There is effect of twelve motor qualities training in improving cardiovascular endurance and decreasing body fat percentage of physical; exercise group.
4. The yoga exercise has significantly influenced on developing agility performance among the aerobics exercise group of women players.
5. There is a significant effect of Motor qualities on developing leg explosive power among the experimental II group comparing their counterpart.
6. There is effect of motor qualities on developing speed ability among the motor qualities (Experimental group II) comparing to their counterpart.
7. The yoga exercise training has effect on the psychological variables such as Anxiety among the yoga group (Experimental group I) comparing to their counterpart.
8. There is effect of yoga exercises on Emotional Intelligence variables of aerobics group than comparing to their counterpart.
9. There is effect of motor qualities on releasing and controlling Aggressive behaviour among the motor qualities (Experimental group II) comparing to their counterpart.
10. There is effect of both physical and aerobics exercise in cultivating and developing social maturity behaviour among the (E.group I) and (E.group II) comparing to control group.

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