

EFFECT OF BRISK WALKING ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE WOMEN STUDENTS

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ABSTRACT

The purpose of the study was to find out the effect of brisk walking and nutrition supplementation on selected psychological variables among obese women. Fifteen obese women studying from Annai Velankanni College of Arts and Science, Tholayavattam were selected as subjects. The age of the subjects ranged from 18 to 25 years. The selected subjects were subjected to brisk walk and nutrition supplementation. The experimental group (brisk walk & nutrition supplementation) was subjected to the brisk walking and nutrition supplementation for five days for up to four weeks. The brisk walking and nutrition supplementation was selected as independent variable and the criterion variables aggression, anxiety and mood status were selected as dependent variables. The selected dependent variables were assessed by the standardized test items. Aggression, anxiety and mood status was assessed by aggressiveness in sport & business, Hamilton Anxiety Rating Scale and psychological & life style questionnaire and the unit of measurement in numbers. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject using questionnaire and statistically analyzed by using dependent 't' test. It was found that there was a significant improvement and significant difference exist due to the effect of brisk walking and nutrition supplementation on aggression, anxiety and mood status.

KEYWORDS: Brisk Walking & Nutrition Supplementation, Aggression, Anxiety and Mood Status.

INTRODUCTION

Brisk walking is one of the most ignored types of exercise in the world of fitness. Its effectiveness is always neglected and underestimated. However, brisk walking offers many benefits to the body beyond expectation. Brisk walking can be described as a type of exercise that involves walking faster in order to boost the heart rate and keeping the body in shape. An American Journal titled "Arteriosclerosis, Thrombosis, and Vascular Biology" showed that walking and running help lessen your risk of Diabetes, High cholesterol, High blood pressure. However, walking is proved to be more preferable by many people. (www.ayurhelp.com)

Brisk walking can be an excellent way to improve physical fitness and lose weight for overall body health. It is one of the best physical exercises for elderly, people who are obese, and as well as those people that have not exercised their body for a long time. Another plus to brisk walking is that it involves minimal equipment as it can be done at your pace and at any time of day. To enjoy the benefits of brisk walking, it has to be done in the correct way. Are you doing it correctly? Everything will be covered in this article. Let's look at elements of a correct brisk walking. (www.ayurhelp.com)

Brisk walking can do more than exercising your body in many ways by improving your overall health. It benefits your overall health by efficiently increasing your breathing and heart rate in an easy way. Studies have shown those 30 minutes of brisk walking for five or more days in a week offer health benefits. Brisk walk helps to strengthen the heart by increasing the heart beat to the required levels, thereby reduces the chances of cardiovascular diseases and as well as improves lungs and muscles health. This has helped to lessen the rate of heart attack and other related heart diseases. Brisk walk also assists in pumping blood required for the body and as well helps shed bad body fats. Brisk walk has been studied to reduce diabetes as well as hypertension by cutting the level of high blood pressure, enhancing BMI, burning the unwanted fats, and helping the muscle cells to use more glucose; thereby aids the body to perform optimally. The studies further show those 30 minutes brisk walking promotes blood sugar regulation and manages insulin in type 2 diabetes as well as minimizes the chances of overweight. Scientists have shown that 30-40 minutes of brisk walk helps lower the blood pressure for ten hours. It does this by strengthening the heart to control blood pressure. Brisk walk aids triacylglycerol level reduction; thereby improves state in hypertension. Healthy blood pressure also assists smooth functioning of essential organs such as heart, liver, kidney, and much more. Thirty minutes brisk walk at 2mph helps you burn about 75 calories while at 3mph and 4mph, you tend to burn about 99 calories and 150 calories respectively. Are you ready to shed unwanted weight? Take up a brisk walk and burn the fat faster than you could think. (www.ayurhelp.com)

BRISK WALKING ON THE SAND

Walking on the sand is great exercise and requires more exertion than walking on a hard surface. Tendons, ligaments and muscles all must work harder when walking in the sand. If people walk too far barefoot on the sand, they can even get shin splints, painful tendons and sore feet. There are exercises that can be done to make walking on the sand easier. They are simple and some of them can even be done in the sand.

So walking on the sand is a good way to prepare our body to walk on the sand. Walking slowly on the sand requires more effort than walking quickly or jogging, according to DiscoverWalking.com. The website states that "walking in the sand requires 2.1 to 2.7 times more energy than walking on a hard surface" and "jogging in sand uses 1.6 times more energy than jogging on hard surfaces". (**Becky Miller, 2011**)

HONEY SUPPLEMENTATION

Honey contains sugar. But unlike refined sugar, honey contains vitamins and minerals too. Normally, to digest sugar, the vitamins and minerals stored in body are utilized, rendering the body devoid of these nutrients. These nutrients are essential to dissolve fats and cholesterol. Thus when we eat too much sugar you tend to increase weight not just because of the calories but due to lack of vitamins and minerals. On the contrary, honey being a good source of nutrients helps you in reducing weight.

When the body digests sugars it enlists the help of and uses up stored vitamins and minerals. These same vitamins and minerals are essential in breaking down fat in the body. Too much sugar in the diet will cause weight gain not only because of the calories they carry but also by depriving the body of what it needs to dissolve fat naturally. It is true that honey contains sugars but it is also packed with many nutrients that replace instantly any used up in its digestion.

EFFECT OF GREEN TEA ON OBESITY

Obesity and type 2 diabetes are major public health issues worldwide, contributing to increased cardiovascular morbidity and mortality. The proportions of people with obesity and/ or type 2 diabetes have increased and recently reaching epidemic levels in Asia]. Although pharmacologic modality is the mainstay treatment of diabetes, remedies using plants (e.g., garlic, psyllium, and green tea) have stimulated a new interest in research. Green tea (*Camellia sinensis*) is one of the world's most popular beverages, especially in Asian countries including Korea, China, and Japan. Because of the high rate of green tea consumption in these populations, even small effects on an individual basis could have a large public health impact.

ROLE OF INGREDIENTS IN LEMON WATER ON OBESITY

The key ingredient here is the water- Recent research shows that drinking 400 ml of water as soon as you wake up in the morning raises your metabolic level significantly. Water also has significant health benefits. The other key ingredient Lemon which is packed with Vitamin C and antioxidants. Vitamin C is said to have potent weight loss properties. An article published in the 'Journal of American College of Nutrition' in 2005, says that Vitamin C is inversely related to your body mass.

METHODOLOGY

To achieve the purpose, fifteen obese women studying from Annai Velankanni College of Arts and Science, Tholayavattam were selected as subjects. The age of the subjects ranged from 18 to 25 years. The experimental group was subjected to the brisk walk and nutrition supplementation during morning hours for five days. The brisk walk and nutrition supplementation was selected as independent variable. The criterion variables aggression, anxiety and mood status were selected as dependent variables and the selected dependent variable were assessed by the standardized test items. Aggression, anxiety and mood status was assessed by aggressiveness in sport & business, Hamilton Anxiety Rating Scale and psychological & life style questionnaire

and the unit of measurement in numbers. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test.

RESULTS AND DISCUSSIONS

The data pertaining to the variables in this study were examined by using dependent 't' test at 0.05 level of significance. The analysis of dependent 't' test on data obtained for aggression, anxiety and mood status of the pre and posttest means of experimental have been analyzed and presented in Table I.

TABLE- I
MEAN AND DEPENDENT 't' TEST OF EXPERIMENTAL GROUP

	Test	Number	Mean	Standard Deviation
Aggression	Pre test	15	26.93	4.89
	Post test	15	31.93	5.11
	't'-test		-18.11	
Anxiety	Pre test	15	22.27	5.55
	Post test	15	26.80	5.20
	't'-test		-11.31	
Mood Status	Pre test	15	25.33	3.94
	Post test	15	29.60	4.29
	't'-test		-11.49	

*Significant at .05 level. (The table value required for .05 level of significance with df 14 is 2.09)

The table I shows that the Aggression pre and post test mean values of experimental group 26.93 and 31.93 respectively and the obtained dependent 't'-ratio values between the Aggression pre and post test means of experimental group was 18.11. The table value required for significant difference with df 14 at .05 level is 2.09. Since, the obtained 't' ratio value of experimental group are greater than the table value, it is understood that the brisk walking has made the significant positive changes on agility among college women. It Shows that the obtained Anxiety pre and posttest mean values of experimental group was 22.27 and 26.80 respectively and the obtained dependent 't'-ratio values between the Anxiety pre and posttest means of experimental group was 11.31. The table value required for significant difference with df 14 at .05 level is 2.09. Since, the obtained 't' ratio value of experimental group are greater than the table value, it is understood that the brisk walking has made the significant positive changes on flexibility among college women. It Shows that the obtained Mood Status pre and posttest mean values of experimental group was 25.33 and 29.60 respectively and the obtained dependent 't'-ratio values between the Mood Status pre and posttest means of experimental group was 11.49. The table value required for significant difference with df 14 at .05 level is 2.09. Since, the obtained 't' ratio value of experimental group are greater than the table value, it is understood that the brisk walking has made the significant positive changes on flexibility among college women.

The brisk walk training influences the significance improvement on agility and flexibility.

CONCLUSIONS

1. The brisk walk and nutrition supplementation had significantly improved on aggressiveness.
2. The brisk walk and nutrition supplementation had significantly improved on anxiety.

3. The brisk walk and nutrition supplementation had significantly improved on mood status.

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