



EFFECT OF PHYSICAL EXERCISES ON STRESS OF WOMEN

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Abstract

The purpose of the present study was to find out the Effect of Physical Exercises on Stress of Women. For this purpose, 40 subjects from Karnataka State Akkamahadevi Women's University, Vijayapura, District, from Karnataka were selected as subjects and they were divided in to two equal groups with 20 each as experimental and control group. Experimental group underwent selected Physical Exercises daily morning 60- minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 6 weeks in a schedule of 5 days in a week. The pre and post test were conducted prior and after the training programme on Stress. The mean, standard deviation and t-value were assessed both experimental and control group separately and thereby significant level were analyzed. The significant level was fixed at 0.05 levels. The result of the study revealed that the experimental group shown the significant improvement in selected variable where as in Stress and the Control group were not shown any improvement. The results revealed the Effect of Physical Exercises on Stress of Women.

Keywords: Physical Exercises, Stress, Women

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 (Stampfer et al. 2000).

Physical conditioning programme provides an opportunity for the development and maintenance of physical fitness. It offers an opportunity for the facilitation of normal growth of a child and prevents the reversal factors of the performance such as strength, endurance, flexibility, speed. By undergoing a physical conditioning programme, one experiences a number of changes that make better performance and faster recovery possible. Through repeated muscular 10 works, strength is gained and as a result one can produce more power as there is a faster contraction, which means, gain in both power and speed. Conditioning the body through regular exercise enables an individual to meet emergencies more effectively.

The exercise intensity of an activity or movement indicates how much power or force is used in performing that exercise. The intensity of an activity determines how much and what type of fuel is needed to provide the energy required for that exercise. Any activity that burns 3.5 to 7 kcal 8/min or the equal end of 3 to 6 metabolic equivalents and results in achieving 60 to 73 percent of peak heart rate. An estimate of a person's peak heart can be obtained by subtracting the person's age $100m/220$. Example moderate physical activities include walking briskly moving the lawn, dancing, swimming, or bicycling a level terrain. A person should be some excretion but should be able to carry and a conversation comfortably during the activity. Any activity that burns more than 7kcal/min or the equivalent of 6 or more metabolic 11 equivalent and results in achieving 74 to 88 percent of peak heart rate. An estimate of person's peak heart rate can be obtained by subtracting the person's ages obtained by subtracting the person's age from 220. Example of vigorous physical activity includes jogging moving. The lawn with a no motorized push mover, chopping wood, participating in high impact aerobic dancing, swimming continuous laps, or bicycling uphill. Vigorous intensity physical activity may be intense enough to represent a substantial challenge to an individual and results in a significant increase in heart and breathing rate. Vigorous activity full of physical or mental strength or active force carried out forcefully and energetically. (Mc Donald & Pamela, 2010)

Objectives of the study

The core aim of the present study was to find out the Effect of Physical Exercises on Stress of Women.

Methodology

For the purpose of this study 40 college Women students were selected as subjects from a Karnataka State Akkamahadevi Women's University, Vijayapura, District, from Karnataka. The subjects were divided in to two groups equally with 20 each as experimental and control group. Experimental group underwent Sixty minute in the morning Physical Exercises included 10 minutes of warm-up before the Physical Exercises. The one hour Physical Exercises includes ten Physical Exercises. The Physical Exercises are On the spot running, Alternate toe touch ,Trunk bending, Stepping, Two count jumping jack, Sit ups, Pushups, Leg Thrust, Half squat and Vertical jump

Duck the knee. The tests were carried out with standardized procedure. The tests were carried out with standardized procedure. The pre and post-test were conducted on Stress. The Psychological parameters were assessed through standardized questionnaire Developed by Z.Akthar.

Statistical procedure

The collected data of experimental and control groups were statistically analyzed by using mean standard deviation and t- test and presented in Table 1. The level of significance was fixed at 0 .05 level of confidence with the table value of 2.02. The t-values of 2.02 and above were considered significant in this study. In the tables it was denoted by star (*) which indicates 0.05 significant level.

Results and Discussions

Table No.1.Shows the Mean, Standard Deviation and't'- value of Pre-test and Post-test for Physical Exercises Experimental Group and Control Group on Stress performance.

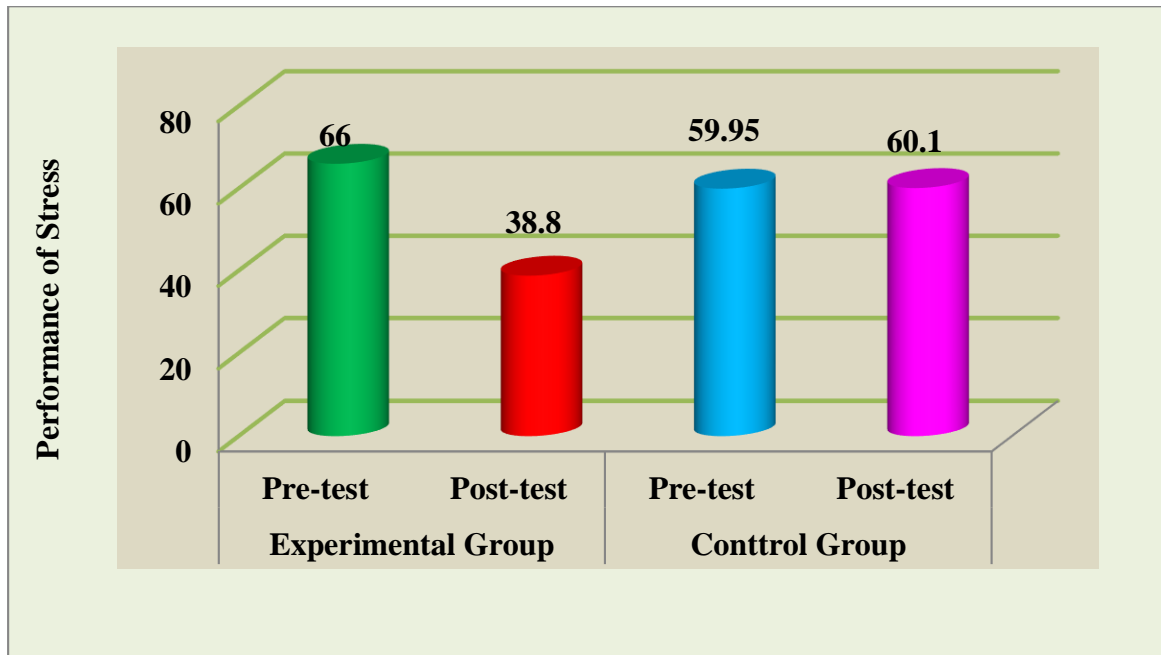
Variable	Group	Test	Mean	SD	t- Value
Stress	Experimental Group	Pre-test	66.0000	18.45050	7.549*
		Post-test	38.8000	10.88021	
	Control Group	Pre-test	59.9500	15.74292	-.029
		Post-test	60.1000	15.96674	

The level of significant 0.05=Table value =2.02

Table No 1. Indicates that the't'- value is more than the table value that is 2.02, hence it is significant.

The pre-test mean value is 66.0000and 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 female owing to the Six weeks Physical Exercises. The pre-test mean value is 59.9500 and the Post-test mean value 60.1000. The post-test mean value is more than the pre-test mean value. It is shows no improvement in the Stress performance of Women subjects control group did not undergo any kind of training Programme the same as displayed in the figure 1. (a)

Figure No.1.The Pre-test and Post-test for Physical Exercises Experimental Group and Control Group on Stress performance.



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Stress and also the post-test values of Stress were less than the pre- test values due to 6 weeks of Physical Exercises. The Control group pre- test and post- test performance of Stress shows no improvement.

Conclusions

The results of the present study indicate the Effect of Physical Exercises on Stress of Postgraduate Women Students. In the experimental group the selected variables were significantly improved in the teach us that Physical Exercises is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too. Further the control group post test means score indicates that the Physical Exercises not improvement.

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