



The Effects of Aerobic Dance on Selected Psychological Variabl of College Women

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The purpose of the study was to find out the effects of aerobic dance on selected psychological variables among college women. To achieve this purpose of the study, thirty (N=30) women studying various colleges in Karnataka state were randomly selected as subjects. Their age ranged from 18 to 21 years. The subjects were divided at random into two groups of fifteen in each (n=15) namely Aerobic Dance group and Control group. Group-I underwent Aerobic Dance and group-II acted as the Control group. The experimental group underwent the Aerobic Dance for 12 weeks duration and the number of the session was restricted to five. Among various psychological parameters anxiety and stress only selected for this research study. Anxiety was assessed by SCAT Questionnaire and stress was measured through Everly and Girdano's Psychological Stress Scale. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables. The data obtained from the aerobic dance group before and after the experimental period were statistically analyzed with dependent t- test. The level of confidence was fixed at 0.05 level for all the cases. The results of the study showed that aerobic dance group has been found to be better than Control group in controlling anxiety and stress.

Keywords: Aerobic Dance, Anxiety, Stress

INTRODUCTION

Sport has a very prominent role in modern society. It is important to an individual, a group, a nation-indeed the world. Sport has over reflected developments in society. Sport is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and external rewards earned through participation. Sport is competitive activity. The essential component of sport is competition, the striving to achieve a prescribed goal. This competition must be under rules and under standardized conditions. It is not sport if you challenge another person to run across the playground, or take kicks at a soccer goal.

Sports psychology science is the investigation of how brain research impacts sports, athletic execution, work out, and physical action. A few games analysts work with proficient competitors and mentors to improve execution and increment inspiration. Different experts use exercise and sports to improve individuals' lives and prosperity all through the whole life expectancy. Elite athletics therapists frequently assist competitors with adapting to the extraordinary weight that originates from rivalry and conquer issues with center and inspiration. They likewise work with competitors to improve execution and recuperate from wounds. In any case, sports analysts don't simply work with first class and expert competitors. They likewise assist customary with peopling figure out how to appreciate sports and figure out how to adhere to an activity program.

Anxiety disorders are becoming one of the most common mental health problems on college campuses worldwide. It is estimated that 1 in 13 people suffer from anxiety. Newly admitted college students are more anxious due to their transition to a new environment and a probable lack of proficiency in technology. Stress and anxiety are notably woven into nursing student's educational experience internationally and has an impact on their health as well as their academic and clinical performance (Ratanasiripong et al., 2015). A student nurse's first year of professional experience lays the foundation for long-term professional satisfaction. Many nursing students move away from home for the first time, leaving all previously learned support systems and have difficulties in adjusting to more academic expectations such as fear of failure due to language problems and differing cultures and beliefs which provoke anxiety (Silwal et al., 2019).

Aerobic dance movement therapy (ADMT) is a smoother exercise program that combines physiological activity with psychological components that has positive effects on health-related psychological outcomes (Koch et al., 2019). Aerobic exercise in form of dance is most beneficial in improving social relationship among individuals and boosting up mood. Research shows that regular exercise of 30 min for 3–5 days a week can alleviate anxiety as much as anxiety medications and effects of exercise may last longer than those of drugs. During exercise adrenaline is expelled, muscles relax and heartbeat slows down all of which are associated with a sense of well-being and reduction in anxiety (Guszkowska, 2004), Thus Aerobic exercise is a powerful tool to enhance physical and mental health.

METHODOLOGY

The purpose of the study was to find out the effects of aerobic dance on selected psychological variables among college women. To achieve this purpose of the study, thirty (N=30) women studying various colleges in Karnataka state were randomly selected as subjects. Their age ranged from 18 to 21 years. The subjects were divided at random into two groups of fifteen in each (n=15) namely Aerobic Dance group and control group. Group-I underwent Aerobic Dance and group-II acted as the Control group. The experimental groups underwent the Aerobic Dance for 12 weeks duration and the number of the session was restricted to five. Among various psychological parameters anxiety and stress only selected for this research study. Anxiety was assessed by SCAT Questionnaire and stress was measured through Everly and Girnado's Psychological Stress Scale. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables.

ANALYSIS OF THE DATA

The data obtained from the aerobic dance group before and after the experimental period were statistically analyzed with dependent t- test. The level of confidence was fixed at 0.05 level for all the cases.

To determined the significance differences among Aerobic Dance group and Control group on selected dependent variables t- test was applied and it was presented in the Table-1.

a) Anxiety

Table – 1

Summary of Mean, Standard Deviation and dependent 't' test for the pre and post tests on Anxiety of Experimental group and Control group

Test	Descriptive Statistics	Aerobic Dance Group	Control Group
Pre Test	Mean	24.33	24.67
	SD (±)	1.74	2.24
Post Test	Mean	17.73	24.47
	SD (±)	0.26	1.86
"t" Test		12.75*	0.27

* Significant at 0.05 level.

The table value required for 0.05 level of significance with df 14 is 2.15.

Table-1 shows that the pre-test mean and standard deviation of anxiety of aerobic dance group and control group are 24.33 ± 1.74 , and 24.67 ± 2.24 respectively. The post-test mean and standard deviation are 17.73 ± 0.26 , and 24.47 ± 1.86 respectively.

The obtained dependent t-ratio values between the pre and post test means on anxiety of aerobic dance group and control group are 12.75 and 0.27 respectively. The table value required for significant difference with df 14 at 0.05 level is 2.15.

It was concluded that aerobic dance group had registered significant decrease in Anxiety.

The pre and post test mean values of aerobic dance group and control group on Anxiety are graphically represented in the figure -1.

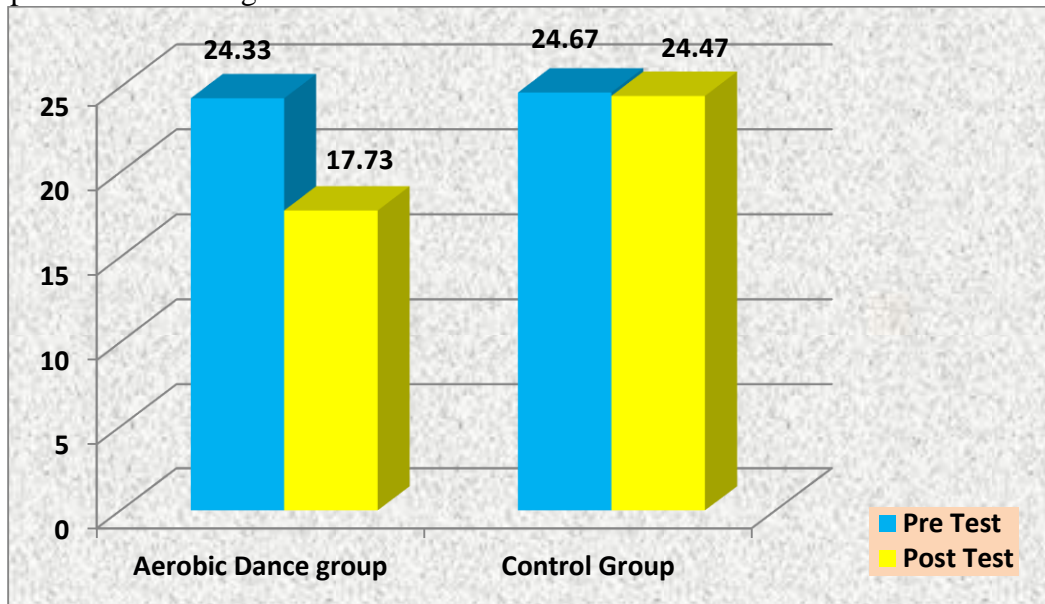


Figure-1: The Pre and Post test Mean values of Aerobic Dance group and Control group on Anxiety

b) Stress

Table – 2

Summary of Mean, Standard Deviation and dependent ‘t’ test for the pre and post tests on Stress of Experimental group and Control group

Test	Descriptive Statistics	Aerobic Dance Group	Control Group
Pre Test	Mean	43.93	42.93
	SD (±)	4.33	3.26
Post Test	Mean	32.00	43.07
	SD (±)	3.60	3.17
“t” Test		8.21*	0.11

* Significant at 0.05 level.

The table value required for 0.05 level of significance with df 14 is 2.15.

Table-2 shows that the pre-test mean and standard deviation of Stress of Aerobic dance group and control group are 43.93±4.33, and 42.93±3.26 respectively. The post-test mean and standard deviation are 32.00±3.60, and 43.07±3.17 respectively.

The obtained dependent t-ratio values between the pre and post test means on Stress of Aerobic Dance group and control group are 8.21, and 0.11 respectively. The table value required for significant difference with df 14 at 0.05 level is 2.15.

It was concluded that Aerobic dance group had registered significant decrease in Stress.

The pre and post test mean values of Aerobic dance group and Control on Stress are graphically represented in the figure -2.

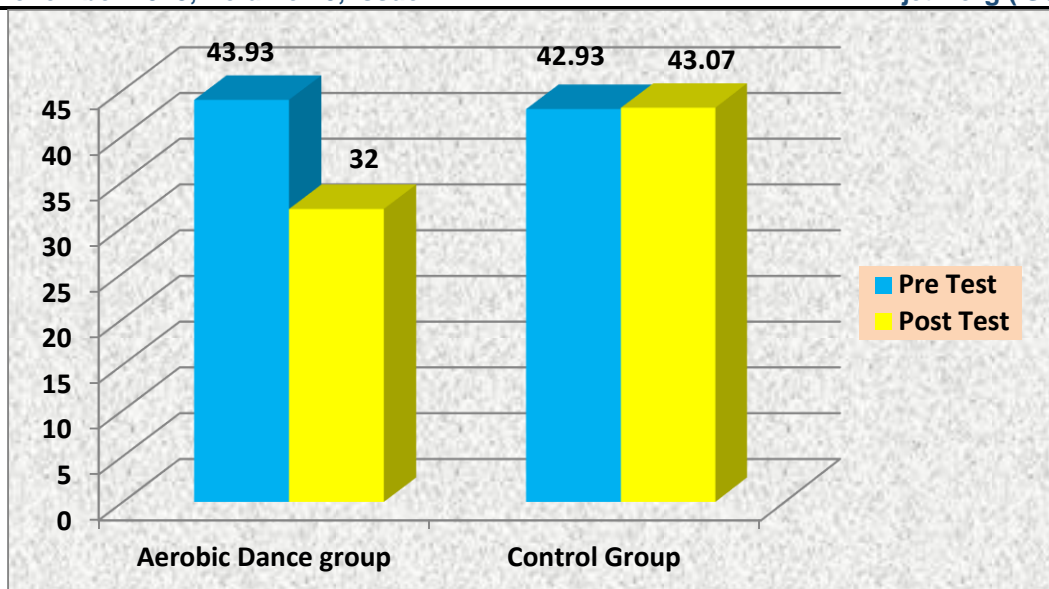


Figure-2: The Pre and Post test Aerobic Dance Group and Control group on Stress

CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

1. The results of the study showed Aerobic Dance Group had registered significant improvement on Anxiety. When compared to the control group, aerobic dance group found greater impact to reduce anxiety.
2. The results of the study showed Aerobic Dance Group had registered significant improvement on Stress. When compared to the control group, aerobic dance group found greater impact to reduce stress.

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