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## Effects of wellness training programme on selected physical fitness components among paramilitary professionals

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### Abstract

**Aim:** The purpose of this study was to find out the effects of wellness training programme on selected physical fitness components among paramilitary professionals.

**Methodology:** For the purpose of the study 40 Police Professionals were selected from Police training College, Coimbatore, Tamilnadu. They were randomly selected as subjects and divided in two equal groups. Their age ranged from 30 to 45 years.

**Statistical Tool:** The collected data were statistically analyzed with paired sample 't' test to find out the significant improvement between two groups. The groups during the analysis period between Experimental group and Control group the criterion measure were tested for significance by applying paired sample 't' test at 0.05 level it was considered as sufficient for the present study.

**Procedures:** The Physical fitness variables were determined for the study.

**Discussion:** Physical Fitness variables were found to be significantly.

**Conclusion:** These data indicate that the effects of wellness training programme on selected physical fitness components among paramilitary professionals as a program executed under stable conditions for analysis cardio respiratory endurance, muscular strength endurance and flexibility. The subjects were free to withdraw their consent in case of feeling any discomfort during the period of their participation but there were no drop outs during the study.

**Keywords:** Physical fitness component, cardio respiratory endurance, muscular strength endurance and flexibility

### Introduction

Physical wellness promotes proper care of our bodies for optimal health and functioning. There are many elements of physical wellness that all must be cared for together. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition. A program intended to improve and promote health and fitness that's usually offered through the work place, although insurance plans can offer them directly to their enrollees. Some examples of wellness programs include programs to help you stop smoking, diabetes management programs, weight loss programs, and preventative health screenings. Wellness is much more than physical health; it addresses mental, emotional, spiritual, occupational, social and physical aspects of a person, as well as the relationships among these dimensions (Golanty, 1999). The term wellness implies an all-inclusive umbrella composed of a variety of activities aimed at helping individuals recognize components of lifestyle that are detrimental to their health, and then implement principles and programs to change their behavior so as to improve the quality of life and achieve total well-being. This new concept goes far beyond absence of disease and optimal physical fitness. Wellness incorporates such aspects as adequate fitness, proper nutrition, spirituality, smoking cessation, stress management, substance abuse control, disease prevention and risk reduction, physical examination, health education, and environmental support.

### Methodology

To achieve this purpose 40 Police Professionals from Police training College, Coimbatore, Tamil Nadu were randomly selected as subjects. Their age ranged from 30 to 45 years. Only

the Para military professionals who were willing to participate in the experimental study were included in this study. The selected subjects were segregated into two equal groups consisting of 20 each by adopting random procedure. The investigator did not made any attempt to equate the groups. The experimental group was treated with wellness training programme for three days per week for a period of eight weeks and control group were not engaged in any training programme other than their regular work. A qualified physician examined the subjects and declared that they were medically and physically fit to participate in the training programme.

Both the groups were tested on selected criterion variables and the readings were recorded in their respective units, as pre-test scores. After pre-test Experimental group (EG) was treated with wellness training programme for a period of eight weeks. After eight weeks of training both the groups were tested again on the selected criterion variables and the scores were recorded in their respective units as post test scores. The pre and

posttest were taken for analysis.

**Criterion Variable and Test Item**

| S. No | Variables                    | Test items                   | Criterion measurements |
|-------|------------------------------|------------------------------|------------------------|
| 1.    | Cardio Respiratory Endurance | 12 min run/ walk Cooper test | In Meters              |
| 2.    | Muscular Strength Endurance  | Sit-ups                      | In Counts              |
| 3.    | Flexibility                  | Sit and Reach                | In Centimeters         |

**Results and Discussion**

The data collected on Paramilitary professionals were statistically processed and discussed on the effects of wellness training programme on selected physical fitness components among paramilitary professionals were statistically processed and discussed.

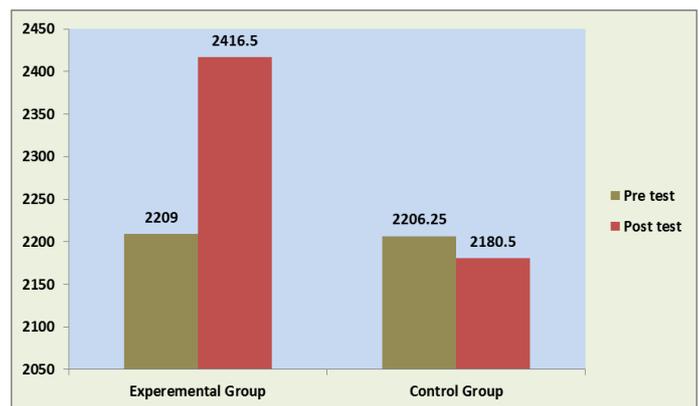
**Table I:** Computation of ‘T’ Ratio between Pre and Post Test Means Of Experimental Group and Control Group on Cardio Respiratory Endurance

| Group              | Pre Test |        |       | Post Test |        |       | Mean Diff | ‘t’ Ratio |
|--------------------|----------|--------|-------|-----------|--------|-------|-----------|-----------|
|                    | Mean     | SD     | SEM   | Mean      | SD     | SEM   |           |           |
| Experimental Group | 2209.00  | 178.67 | 39.95 | 2416.50   | 177.06 | 39.59 | -207.50   | 3.68*     |
| Control Group      | 2206.25  | 153.16 | 34.24 | 2180.50   | 195.24 | 43.65 | 25.75     | .75       |

\*Significant 0.05 level of confidence (2.04)

The analysis of the table-I clearly reveals that the obtained ‘t’ ratio of experimental group and control group, the calculated t-value was 3.68\* and .75 respectively. It had a significant effect in improving Cardio respiratory endurance at 0.05 levels. The increase in Cardio respiratory endurance from pre to post training for the Wellness training programme were significantly higher than the control group. ‘t’ ratio required to be significant at 0.05 level was 2.04.

**Graphical Representation Showing the Pre Test and Post Test Mean Values of Experimental Group and Control Group on Cardio Respiratory Endurance among Paramilitary Professionals**



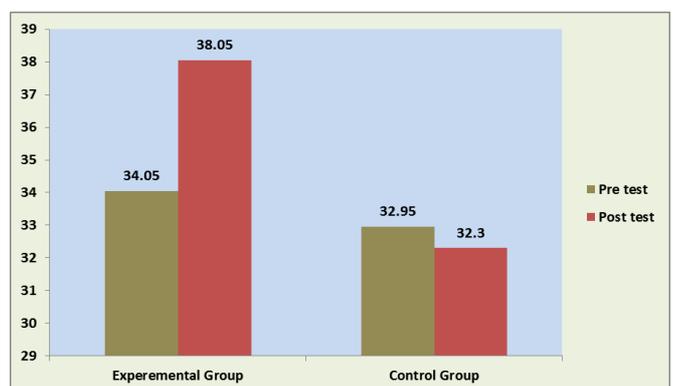
**Table II:** Computation of ‘T’ Ratio between Pre and Post Test Means of Experimental Group and Control Group on Muscular Strength Endurance

| Group              | Pre Test |      |     | Post Test |      |     | Mean Diff | ‘t’ Ratio |
|--------------------|----------|------|-----|-----------|------|-----|-----------|-----------|
|                    | Mean     | SD   | SEM | Mean      | SD   | SEM |           |           |
| Experimental Group | 34.05    | 2.81 | .63 | 38.05     | 1.98 | .44 | -4.00     | 8.50*     |
| Control Group      | 32.95    | 3.84 | .86 | 32.30     | 3.40 | .76 | .65       | 1.12      |

\*Significant 0.05 level of confidence (2.04)

The analysis of the table-II clearly reveals that the obtained ‘t’ ratio of experimental group and control group, the calculated t-value was 8.50\* and 1.12 respectively. It had a significant effect in improving Muscular strength endurance at 0.05 levels. It increases in Muscular strength endurance from pre to post training for the Wellness training programme was significantly higher than the control group. ‘t’ ratio required to be significant at 0.05 level was 2.04.

**Graphical Representation Showing the Pre Test and Post Test Mean Values of Experimental Group and Control Group on Muscular Strength Endurance among Paramilitary Professionals**



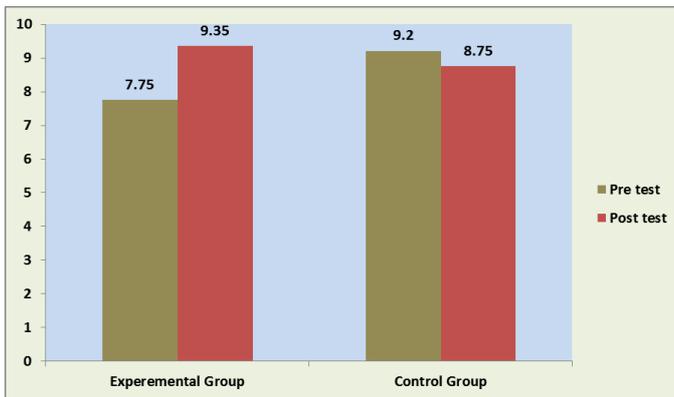
**Table III:** Computation Of 'T' Ratio Between Pre And Post Test Means Of Experimental Group And Control Group On Flexibility

| Group              | Pre Test |      |     | Post Test |      |     | Mean Diff | 't' Ratio |
|--------------------|----------|------|-----|-----------|------|-----|-----------|-----------|
|                    | Mean     | SD   | SEM | Mean      | SD   | SEM |           |           |
| Experimental Group | 7.75     | 2.31 | .51 | 9.35      | 2.25 | .50 | -1.60     | 4.66*     |
| Control Group      | 9.20     | 2.83 | .63 | 8.75      | 2.53 | .56 | .45       | 1.69      |

\*Significant 0.05 level of confidence (2.04)

The analysis of the table-III clearly reveals that the obtained 't' ratio of experimental group and control group, the calculated t-value was 4.66\* and 1.69 respectively. It had a significant effect in improving Flexibility at 0.05 levels. The increase in Flexibility from pre to post training for the Wellness training programme were significantly higher than the control group. 't' ratio required to be significant at 0.05 level was 2.04.

#### Graphical Representation Showing the Pre Test and Post Test Mean Values of Experimental Group and Control Group on Flexibility among Paramilitary Professionals



#### Discussions on Findings

The present study experimented that the effects of wellness training programme on selected physical fitness components among paramilitary professionals. The result of this study indicated that the wellness training programme improves the Physical fitness variables such as Cardio respiratory endurance, Muscular strength endurance and Flexibility. The findings of the present study had similarity with the findings of the investigations referred in this study.

#### Conclusion

From the results of this study, the following conclusions were drawn

1. It was concluded that there was a significant mean difference on Wellness training programme on Cardio respiratory endurance of Paramilitary professionals.
2. It was concluded that there was a significant mean difference on Wellness training programme on Muscular strength endurance of Paramilitary professionals.
3. It was concluded that there was a significant mean difference on Wellness training programme on Flexibility of Paramilitary professionals.

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