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Influence of Varied Intensity of Walking on Selected Body Fat Variable among Middle Aged Men

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Abstract

The purpose of this study was to find out the influence of varied intensity of walking on selected Body Fat variable among middle aged men. The subjects were restricted to a minimum number of Sixty subjects consisting of Twenty men subjects would serve as control group and the remaining Forty would undergo systematic walking training and among forty, twenty for Low intensity walking group (LIWG) and remaining twenty for High intensity walking group (HIWG) at The M.D.T Hindu College, Tirunelveli, Tamilnadu under the supervision of researcher. The subjects were selected from Tirunelveli city, Tamilnadu and their age were from 35 to 45 years as per the school records. The study was formulated as a random group design. The score were compared by using (ANCOVA) The level of significant chosen was 0.05 level. High intensity walking group (HIWG) showed better result on the variables Body Fat for middle aged men.

Keywords: Walking, Body Fat, High Intensity walking, Low intensity walking and skin fold calipers.

1. Introduction

Various works might have been done about walking. Particularly this study expresses about low intensity and high intensity walking so this study is needed. In the modern world, people have no time to take care about their health that's why the study is needed. Many theses have been done only about walking, but my area focuses walking on selected Body Fat variable among middle aged men. I can state that middle aged men can never do hard exercise. They can do simple exercises like jogging and walking. Middle aged men are affected by some disease like diabetics they being middle aged men, it is difficult for them to undertake hard exercise so the study is needed.

2. Purpose of the Study

Most of the people do not know the need of walking, walking is the simplest exercise. Middle aged men are ready to run fast at the age of 37 even though they are ready to run they don't know the benefits of walking. Without knowing the benefits of walking they run so the study is needed.

3. Methodology

The purpose of the study was to find out the influence of varied intensity of walking on selected Body Fat variable among middle aged men. To achieve this purpose, sixty men subjects who were not involved in any vigorous physical training programme at the age ranging from 35 to 45 years were selected from in and around Tirunelveli city. The selected subjects were divided into three groups at random with 20 each. In the experimental groups twenty men subjects would serve as control group and the remaining Twenty would undergo systematic walking training, under the supervision of researcher. The control group did not undergo any special training programme. The selected subjects were medically examined by a qualified medical person for undergoing the training programme. The training groups underwent 12weeks training programs regularly from 6 a. m to 7 a.m. in the morning session Weekly 6 days.

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4. Results

Table 1: Means, Standard Deviations and Adjusted Means among Experimental and Control Groups on Body Fat

Criterion Variable	High Intensity Walking Group				Low Intensity Walking Group				Control group			
	Pre test	Post test	Adjusted post test means	t test	Pre test	Post test	Adjusted post test means	t test	Pre test	Post test	Adjusted post test means	t test
Body Fat	Body Fat 23.650	20.500	20.618	20.618	20.618	24.000	22.100	22.053	22.053	24.050	23.600	23.529
		0.745	0.827			0.725	0.641			0.686	1.465	

*Significant at .05 level. The table value required for .05 level of significance with df 19 is 1.729.

The table I show that the obtained dependent t-ratio values between the pre and post test means on Body Fat of HIWG, LIWG and control groups are 20.618, 22.053 respectively. The table value required for significant difference with df 19 at .05 level is 1.729. Since, the obtained 't' ratio value of experimental groups are greater than the table value, it is understood that training programmes had significantly improved the performance of muscular strength. However, the control group has not improved significantly as the obtained 't' value is less than the table value, because they were not subjected to any specific training

Table 2: Analysis of Covariance of High Intensity Walking Group, Low Intensity Walking Group and control groups on Body Fat

Criterion Variable		Sources of Variance	Sum of Squares	df	Mean Squares	F-Ratio
Body Fat	Pre test	Between	1.900	2	0.950	1.836
		Within	29.500	57	0.518	
	Post test	Between	96.133	2	48.067	44.477*
		Within	61.600	57	1.081	
	Adjusted Post test	Between	80.487	2	40.243	40.937*
		Within	55.051	56	0.983	

*significant at .05 level of confidence. (the table value required for significance at .05 level with df 2 and 57 and 2 and 56 are 3.162 and 3.166, 3.162 and 3.166, 3.162 and 3.166respectively

From the table II, the obtained F-ratio for pre test is 1.836 which is greater than the table value of 3.162 and 3.166 with df 1 and 56 required for significance at 0.05 level of confidence. The result of the study indicates that there was significant difference among the pre test means of HIWG, LIWG and control groups on Body Fat. Table II also shows that the obtained F-ratio value is 40.937* which is higher than the table value 3.162 and 3.166 with df 2 and 56 required for significance at .05 level. Since the value of F-ratio is higher than the table value, it indicates that there is a significant difference among the adjusted post-test means of HIWG, LIWG and control groups. To find out which of the three paired means had a significant difference, the Scheffe's post-hoc test was applied and the results are presented in Table III

Table 3: Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Body Fat

Criterion Variable	Adjusted Post Test Mean			Mean Differences	C.I. Value	Result at 5% Level
	High Intensity Walking Group	Low Intensity Walking Group	Control Group			
Body Fat	20.618	22.053		1.435	0.789	Sig
	20.618		23.529	2.912	0.789	Sig
		22.053	23.529	1.476	0.789	Sig

*Significant at .05 level.

Table III shows that the adjusted post test means differences in Body Fat between the high intensity walking group, low intensity walking group; high intensity walking group and control group; low intensity walking group and control group were 6.16, 7.60 and 13.76 respectively. The values are greater than the confidence interval value 15.61, which shows significant difference at .05 level of confidence.

5. Discussion

It was clear that both the groups showed improvement in body fat when compared with control group when compare the improvement between the HIWG and the LIWG, the HIWG showed better improvement than the LIWG.

6. Conclusions

1. It was found that the High intensity walking group (HIWG) showed better result on the variables Body Fat for middle aged men.

7. Reference

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