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Effects of aerobic dance and yogasana practice on selected psychological variables among school girls

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Abstract

The purpose of the study was to find out the effects of combination of aerobic dance and yogasana on selected psychological variables among school girls. The study was formulated as pre and posttest random group design. The selected subjects were the participants of the school girls in the trichy district Tamil Nadu. The age of the subjects for the study was ranged in between 14 to 18 years. They were divided in to two equal groups group consisting of 15 subjects, totally 30 subjects. The subjects were randomly selected into two equal groups - Group I aerobic dance with yogasana and Group II control group. The selected subjects were initially tested on the criterion variables are anxiety, stress and self esteem used in the study and it is considered as the pre-test. After assessing the pre-test, the subjects belonging to the group I treated aerobic dance with yogasana and the group II control group was not given specific training. Before and after training the pre-test and the post test was conducted for the two groups. Subjects in the experimental groups were treated with the respective treatment for five days a week for the duration of 12 weeks. After completion of the treatment period all the subjects were again tested on the criterion variables and considered as the post test. The collected data were statistically analyzed with a paired (sample) 't' test to find out the significant improvement between pre and post-test of all the groups for the applying 't' test at 0.05 levels. It was concluded that the group I aerobic dance with yogasana after 12 weeks training showed a significant improvements on the selected psychology variables.

Keywords: Aerobic dance, yogasana, stress, anxiety, self-esteem

Introduction

Health, recreation, and dance are frequently referred to as allied fields of physical education, exercise science and sport. These fields share many purposes with physical education exercise science and sport, namely the development of the total individual and concern for quality of life. Health education concerns itself with total well-being of the individual, encompassing physical, mental, social, emotional and spiritual health. Teachers need to take into consideration that the brain has parallel processes. While one side of the brain is used for more creative thinking and artistic expression, the other is more analytical and logical. Although these processes occur in different parts of the brain, when students learn, they need to be able to access and use both processes simultaneously. The needs of each student are very different and knowledge of how they learn is crucial to developing activities and lessons that will allow them to attain knowledge. In order to meet the needs of all learners, teachers need to use a plethora of methodologies. By incorporating a variety of methods, the brain is able to find patterns in seemingly random information. This helps to make information more logical and meaningful (Reardon, 1999). One method that has been strongly tied to increasing student learning is incorporating movement the total quality of life. Physical fitness is associated with a person's ability to work effectively, enjoy leisure time, be healthy, resist hypo kinetic diseases, and meet emergency situations. It is related to, but different from, health and wellness. Although the development of physical fitness is the result of many things, optimal physical fitness is not possible without regular physical activity. The five components of health-related physical fitness are body composition, cardiovascular fitness, flexibility, muscular endurance and strength. Each health related fitness characteristic has direct relationship to good health and reduced risk of hypo-kinetic diseases.

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Aerobic dance

Aerobic dance is a fitness sport that combines the health and figure benefits of jogging with the fun of dancing. Aerobic dancing is a fun way to get fit. It combines fat burning aerobic movements, muscle building exercises and stretching into routines that are performed according to music. It is a series of callisthenic exercise otherwise she is going beyond her safe limits. At this rate conversation is easy performing an aerobic activity (Virginia, 2002).

Aerobic activities include walking, jogging, bicycling, dancing and swimming etc. anything that involves the large muscle groups, which sustains for thirty minutes or longer, is considered aerobic. It should be done a minimum of five days a week for at least thirty minutes each session. Aerobic exercise is the exercise that involves or improves oxygen consumption by the body. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. They are several kinds of aerobic exercise which are performed at moderate levels of intensity for extended periods of time. To obtain the best results, an aerobic exercise session involves a warming up period, followed by at least 20 minutes of moderate to intense exercise, involving large muscle groups, and a cooling down period at the end.

Yogasana

Yoga means to "yoke" to "unite" to bind to "link" to connect or to "merge". As yoke joins two bulls together; the yoga unites body and mind together. The merger of soul with God, and the experience of oneness with him is yoga. It is possible only through the control over sense organs and through continued practice and detachment. According to the great Sage Patanjali the withdrawal of sense organs from their worldly objects and their control is yoga.

The aim of man's life is to get rid of the worries, anxieties and sufferings of the world and to achieve peace and bliss. To get rid of the tempting delusions, sorrows and pains of the world, there are different paths of yoga namely Bhakti yoga, Karma yoga, Dhyana yoga, Jnana yoga, Hatha yoga and other yogas. The paths may be different but the ultimate aim is the same. Our body has been called the temple of the God. According to Shankracharya we can see the image of God in our own body if maintained purity and free from disease. Just as spotless mirror gives clear reflection, the body and mind if maintained purity and health can lead up to success. Yoga is a science of physical and mental control. It is a system of self-renewal of mind and body. It is a means of acquiring a slim supple and healthy body. It can be a way to achieve inner tranquility. It is also a path to great spiritual attainment. Our ancient Rishis

and sages have given eight stages of yoga. They are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Statement of the problem

The purpose of the study was to find out the effects of combination of aerobic dance and Yogasana on selected Psychological variables among school girls.

Hypothesis

The hypothesis formulated in the present study is as follows
It was hypothesized that there would be significant improvement on selected variables due to Aerobic dance with Yogasana among high school girls.

Methodology

The selected subjects were the participants of the school girls in the Trichy District. The age of the subjects for the study was ranged in between 14 to 18 years. The subjects were randomly selected and divided into two equal groups namely Experimental group-I, Aerobic dance with Yogasana (ADWYG) and Group-II, Control Group (CG) each consisting of 15 subjects. The selected subjects were initially tested on the criterion variables used in the study and it was considered as the pre-test. After assessing the pre-test, the subjects belonging to the subjects belonging to the experimental group-I were treated with the aerobic dance with Yogasana. As far as the subjects in the group II - Control Group (CG) was concerned they were not given any specific training. Subjects in the experimental groups I were treated with their respective treatments for five days a week and for a duration of 12 weeks. After completion of the treatment period, all the subjects were again tested on the criterion variables and considered as the post test.

Psychological variables

1. Anxiety
2. Stress
3. Self esteem

Independent variables

The investigator understand the values of Aerobic dance and Yogasana which was interested to find whether the combination of Aerobic dance and Yogasana will bring out positive changes in selected psychological variables among high school girls. Hence, in this study of Aerobic dance with Yogasana is selected as independent variable. Aerobic Dance with Yogasana (ADWYTG).

Table 1: Training programme for experimental groups

| S. No | Name of the group | Duration | Frequency | Sessions |
|-------|--|----------|--------------------|----------|
| 1. | Experimental group-III Aerobic Dance with Yoga Training Group (ADWYTG) | 12weeks | Five days per week | one |

Analysis of data and results of the study

The data collected on selected psychological variables of school girls it was statistically processed and discussed. Thirty women schoolgirls were divided into two groups namely, Experimental GroupI-Aerobic dance with Yoga Training Group (ADWYTG) and group II- Control Group

(CG).Each group consists of 15subjects. To test the significant change made from the base line to post-test on all the group individually, the 't' ratio was applied. The significance of the means of the obtained test results was tested at 0.05levelofconfidence. It was considered as sufficient for the present study.

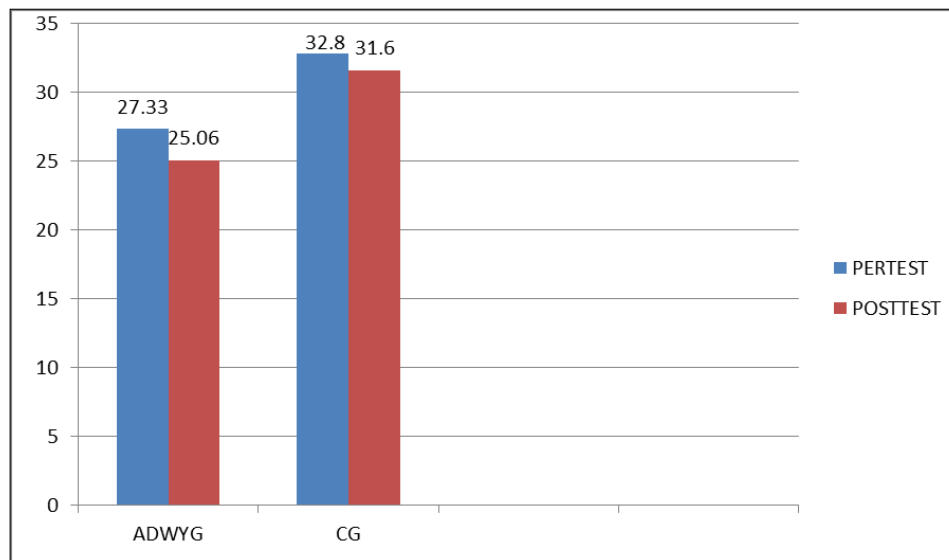
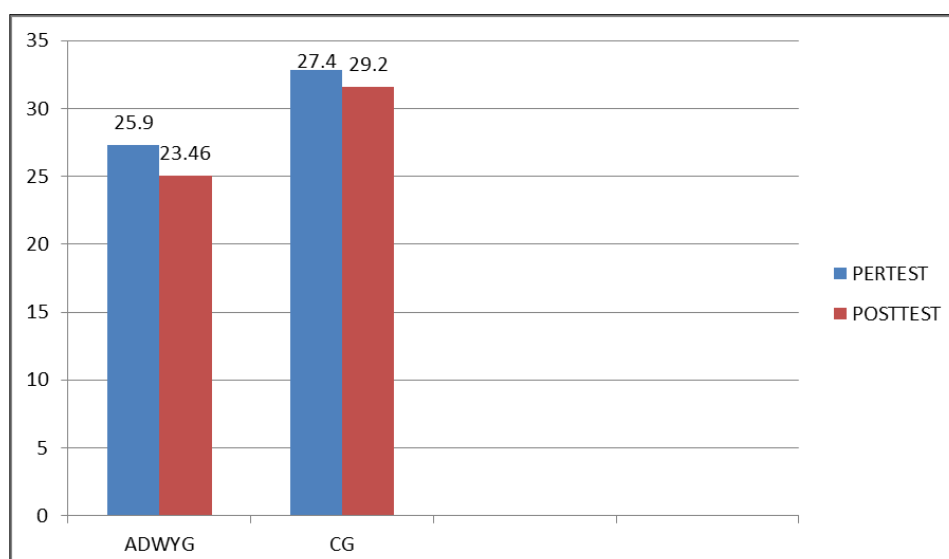
Table 2: Pre-Test and post-test mean values of aerobic dance with yoga training group on selected psychological variables among school girls

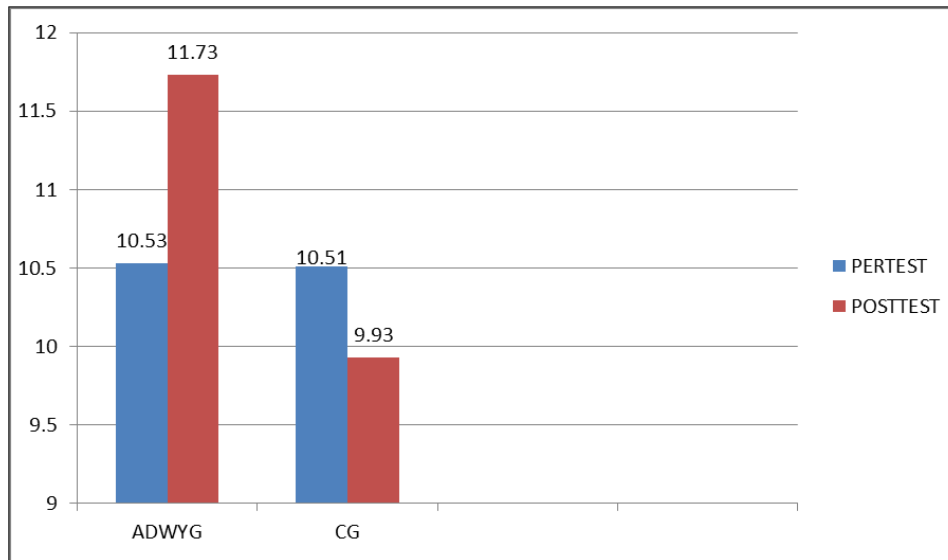
| Group | Variables | Pre- Test | Post- Test | Md | Sd | Sem | t-ratio |
|---------|-------------|-----------|------------|------|------|------|---------|
| ADWYTG | Anxiety | 27.33 | 25.06 | 2.26 | 0.59 | 0.15 | 14.78* |
| Control | | 32.81 | 31.6 | 0.40 | 1.12 | 0.28 | 1.38 |
| ATWYTG | Stress | 25.9 | 23.46 | 2.46 | 0.51 | 0.13 | 18.50* |
| Control | | 27.4 | 29.2 | 1.80 | 2.48 | 0.64 | 1.80 |
| ADWYTG | Self esteem | 10.53 | 11.73 | 1.20 | 0.56 | 0.14 | 8.29* |
| Control | | 10.51 | 9.93 | 0.60 | 0.98 | 0.25 | 1.35 |

The Table-I reveals that the pre and posttest values of combination of aerobic group with Yogasana group and control group on selected psychological variables namely anxiety, stress and self-esteem. The pre-test mean values of anxiety, stress and self-esteem of combination of aerobic dance with Yogasana group are 27.33, 25.9 and 10.53 respectively. The pre-test mean values of control group are 32, 27.4 and 10.43 respectively.

The post-test mean values of combination of aerobic dance with Yogasana group are 25.06, 23.46 and 11.73 respectively. The post-test mean values of control group are 31.6, 29.2 and 9.93 respectively.

The obtained t-values of aerobic dance with Yogasana group for anxiety, stress and self-esteem are, 14.78, 18.50 and 8.29 respectively. The required table value was 2.02. Since the obtained t-ratios are greater than the required table value at 0.05 level of confidence there were significant difference, between pre and posttest values of psychological variable among school girls. The obtained t-values of control group are 1.38, 1.80 and 1.35 respectively. The required table value was 2.02. Since the obtained t-ratios are lesser than the required table value at 0.05 level of confidence there were insignificant differences, between pre and post-test values of psychological variable among school girls.

**Graph 1:** Graphical representation shows the pre-test and post-test mean values of experimental groups and control group on anxiety**Graph 2:** Graphical representation shows the pre-test and post-test mean values of experimental groups and control group on stress



Graph 3: Graphical representation shows the pre-test and post-test mean values of experimental groups and control group on stress

Discussion on Findings

Having such salient features the investigator has intended to varied combination of aerobic dance, brain gym and Yogasana on selected psychological variables among school girls. It was tested under two different forms namely experimental group-I Aerobic dance with Yogasana (ADYG) and group II CONTROL GROUP. Aerobic dance with Yogasana (ADYG).and control group (CG- group-III) on criterion variables from their base line to post treatment, the treatment groups I, II produced significant effects.

- The result of the study showed that the Aerobic dance with Yogasana group would have significant improvement on selected psychological variables namely stress, self-esteem and anxiety of schoolgirls.

Conclusions

- In light of the above findings of the present study the following conclusions have been made. It was concluding that the aerobic dance with Yogasana produced a significant improvement on selected psychological variable namely anxiety, stress and self-esteem school girls.
- It was concluded that the aerobic dance with Yogasana may be included in training for the improvement of psychological fitness among school girls.

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