

EFFECT OF AEROBICS DANCE ON STRESS

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ABSTRACT

Stress the inevitable effect of modern push button lifestyle can never be destroyed but only diminished through some positive channelization. This study aimed at to find out the effect of Aerobics dance Training on stress among the girl students. Samples of 30 girl students ranging between 14-16 years were selected randomly. The program continued for six weeks in the summer, scheduled three days in a week in the evening, having a 1 hour session each day. The program consisted of an integral Aerobics dance practice which included warm-up, stretching, simple Aerobics stepping with music. Participants completed the standard self-reported Stress Index Test before and after the training program through stress inventory questionnaire by Miller and Allen. The present study was designed by three separate parts as Pre-test, The specific training program and the Post-test. To determine the significance of difference between the Status of Stress of pre and post Aerobic dance treatment, "t" test was applied. From the result it has found that participants of the specific training program experienced a significant reduction of stress. It may be concluded that Aerobic dance has a highly positive impact in the management of stress and its related problems.

Keywords: Stress, Aerobics and Aerobics Dance.

INTRODUCTION:

Stress is the nonspecific response of the body to any demand upon it. Stress is the most prevalent mental disorders which are affecting overall fitness of the society. We find that most of us have some sort of health problems which make our life medicine oriented. We must take the responsibility on ourselves to keep healthy. To keep well, by being confident, and to the extent possible being in control of our own little world.

The word aerobic means "with oxygen" but aerobics usually refers to any kind of activities that raises the heart rate and encourages better use of oxygen. Aerobic dancing involves any kind of exercise put to music and can include everything from country music line dance aerobics to hip-hop dancing. According to the American Heart Association, performing aerobics regularly is good for the heart, lungs and circulation, and also helps maintain good physical fitness.

In modern scenario, the Aerobics dance may be an important tool to maintaining health and improving quality of life. Aerobics dance is one type of Aerobic exercise. It is defined as continuous and rhythmic movement with or without music. It introduced by Jacky Sorenson in 1969. Very soon, it has become one of the fastest growing leisure activities in United States.

The stress that damages our health – that we experience can be avoided or minimized with the use of organization techniques, time management, relationship skills and other healthy lifestyle choices. We may say that if you handle your stress now, you can quickly be on road to a healthier, happier life.

The purpose of the study was to determine the effect of Aerobics training on stress of the female student ranging between 12 to 15 years of age.

METHODOLOGY:

Thirty female students ranging between 14-16 years studying at Deshbandhu Vidyalaya Girls (Bengali Medium), Chittaranjan, West Bengal were selected randomly. The subjects were asked to respond to the stress inventory questionnaire by Miller & Allen to measure stress level. Scores were obtained by summing up of the number of questions answered "yes" by subjects.

The study was designed by three separate parts as Pre-test, the specific training program and the Post-test. The program continued for six weeks in the summer, scheduled three days a week in the evening, having a 1 hour session each day. The training program scheduled as follows

	1 st Week	2nd Week	3rd Week	4 th Week	5 th Week	6 th Week
Warm-Up	05 min	05 min	05 min	05 min	05 min	05 min
Stretching	05 Min	05 Min	05 Min	05 Min	05 Min	05 Min
Basic Step Aerobics	25 Min	25 Min	15 Min	05 Min	-----	-----
Advance Step Aerobics	-----	-----	10 Min	20 Min	20Min	05 Min
Combination Aerobics					05 Min	20 Min
Cool Down	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min

To determine the significance of difference between the Stress of before and after Aerobics training “t” test was applied.

RESULTS AND DISCUSSION:

Mean, Standard Deviation and t-test of scores before and after the training shown here.

Stress	Before training		After training		t-test
	Mean	SD	Mean	SD	
	12.167	2.949	10.233	2.305	2.832*

*Significance at 0.05 level, Tab-T 0.05=2.000

From the above table it is clear that the computed t-Value (2.832) is higher than the tabulated value (2.000) at 0.05 level of confidence. So, we can say that Yoga has a significantly positive impact on Stress.

In considering the result, it may be argued that this change must be attributed mainly to the Aerobics dance practices. All these were practiced with music and in gradually increased

intensity, Of course, practicing of Aerobics dance has been shown to improve and sustain physical as well as mental efficiency.

CONCLUSION:

It may be concluded that practicing Aerobic dance has a highly positive impact in the management of stress related problems. The strong need is that the various aspects of Aerobics dance may suitably be embraced as a part of regular training particularly among the school going children.

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