



## IMPACT OF AEROBIC DANCE ON STRESS MANAGEMENT

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### ABSTRACT

*This paper evaluated the comparison between Physical exercises and Aerobic dance of students. some valid point of inference have been noted and drawn to indicate that sports activities in earlier age of individual has significant impact on big traits in the later part i.e. professional life of a person reducing unnecessary stress due to external criteria happening around when they cross e.g even in to understand their some subjects at college while preparing for their exam. Grooming in the society with sports activities especially at education levels of schooling at College level. It concluded that is Aerobic dance it helps to lifting their mindset up in good condition when compared to without training group students.*



### KEYWORDS :

*Openness to the problem, Aerobic dance, Physical Exercises, Stress.*

### INTRODUCTION

Regular aerobic exercise will bring remarkable changes to body, metabolism spirits. It has a unique capacity to exhilarate and relax, Aerobic exercise is key for head –toe, just may not agree at first; indeed, in the beginning, the first steps are the hardest, and exercise will be more work than fun. By providing stimulation, calm, to counter depression and dissipate stress. But as get into new shape, begin to the level of tolerate by exercise, and then enjoy

it, and at last depend on it.

### Statement of the Problem

To examine the Impact of aerobic dance on stress management control among College students.

### Objectives of the Study

As Under the objectives are present in this study. To study on stress management the impact of Aerobic dance among college students.

To analyze on stress management the influence of Aerobic dance among college students.

### Hypothesis of the Study

There may be a significant on stress management due to an

impact of Aerobic dance among college students. There would be significant changes by reduction on stress management influence of aerobic dance among college students.

### MATERIALS AND METHODS

#### Sample

This study reports and concluding were depended upon randomly selected 31 male students from pre and post design, a sample of 31 respondents with various demographic background was drawn from different of GPTC, Tamilnadu. Attempts were done to select the respondents subjects do not practice Aerobic dance acclimatized. The subjects were guided to determine the level of stress test. after, they were subjected to practice Aerobic dance six weeks training for one group another group act as control group did not gone any training programme, as quickly subsequently 6 weeks the stress level

was measured once again.

**DESIGN AND METHODS TECHNIQUES:**

In this Bio-Data tools used for test, in which tool was used to gather information from the subjects with regard to demographic aspects. This valuable facts may help to divide the sample depends on their chronological age, gender, Aerobic dance, physical exercises etc.

**Test for Stress style** origin by **D.Goleman** (1988). It consists of fourteen items exhibit both of the manual. An individual is evaluated in terms of the test scores acquired.

**Statistical tool:** To compare the differences between the sample sub groups the related oriented statistical method like mean, Standard Deviation and t-test are used.

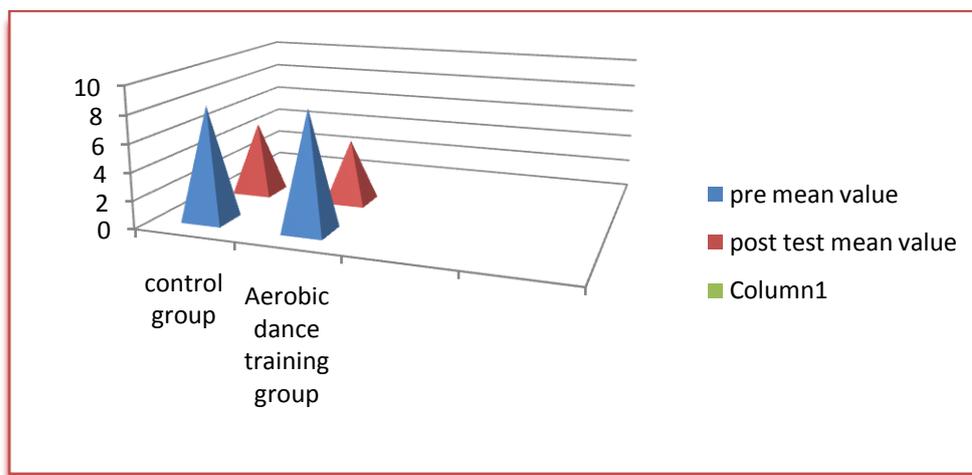
**FINDINGS OF THE STUDY AND DISCUSSION**

The table shows results of this study. The table displayed the data of stress. The variation between before test mean and after training test means and 't' value also presented in the table. Below the table indicated that the groups had significant difference between the before training test and the after training test means for both the parameters. at 0.01 level of significance for stress. This study organizes the result that, the Aerobic dance training, control group for the subjects amplify and managing the stress level.

**Impact of Aerobic dance on stress scores in before and after Training programme**

S.NO	Groups	Pre Mean	$\sigma$	Post Mean	$\sigma$	No of subjects	t-values
1	Control group	8.02	1.46	5.30	1.81	31	4.26**
2	Aerobic Training group	8.56	0.79	4.61	1.22	31	10.77**

**THE GRAPHICAL VALUES SHOWS THE STRESS LEVEL BETWEEN AEROBIC DANCE TRAINING GROUP AND CONTROL GROUP**



**Masturajohar and his friends 2012**, in Their intervention With respect to health psychologically, team had a vast refinement in total stress level at the last of the twelve-week training than the control group. The victory of the low-impact dance routine training in the present study was literally considering to the application of visible movement forms (a form of somatic movement), martial arts, breathing Arts and Dance forms potential use of local dance music, for the treatment group

**Karageorghis and Terry 2001** Flow involves an modified state of awareness during physical activity in which the mind and body metabolism on “auto-pilot” with minimal conscious effort and it is almost trance-like (semi-conscious state, in which the ability to function is willingly draped). Flow has been associated along with optimal psychological states and represents absolute Happiness of and submerging in physical activity of exercises

**Kern and Baker 2007** examined in the effect on women of using a mind/body approach in teaching aerobics classes versus a conventional approach on the following variables: general self-esteem, physical self-esteem, and state-trait anxiety in 68 female college students. Whilst in the study there were no significant changes in general self-esteem as a result of the 7-week exercise sessions, have shown good improvements in stress, aerobics exercise studies extends in duration from 12 weeks to 1 year training programmes.

**Zilonka 1999** described about reasonable referred that the statement of psychological health of the participants in the current study may have betterment because of the effect of music programming, The findings proved that music does impact of stride frequency. The knowledge of Schwart zmilller corroborates the results.

**Matthew 2014** Physical activity and Psychological stress are worth proven to be reciprocally related, comparatively all over the majority of the literature analyzed that the experience of stress impairs efforts to be physically active. And showed the results in reduced of stress on Physical Activity behaviors.

**Lutz and their team 2010-2012** , in analyzed to address the bi-directional relationship of stress and exercise in psychological Association, However in every review synthesize the manifold examining effects of exercise on stress is less, important impediment of stress ones individual, in physical activity supports to manage the good performance. Health aspects promotion, occupational health and among other areas, determined that the relationship was strengthen in the reducing direction often studied; indicating the notion that stress degenerate this healthful attitude.

**Gottlieb with his team and Gardell with their team mates 1976-1979** the inventions yielded a total of one hundred sixty eight papers interested in the impact of stress on Physical Activity. 5 studies were issued in the 1980s, thirty seven in the 1990s, eighty six in the 2000s, and forty from 2010 to 8<sup>th</sup> month of 2012 .The first witness in the scientific reviews literature of the link between physical activity and mental stress was determined in the early 1980s (mentioned to Gardell et al. for an previous research described in Swedish).

**Valarmathi 2016** studies examined the effectiveness of aerobic dance movement therapy on academic stress among adolescents after 3/6 month - one year training. The study revealed the results produced therapy was effective in controlling the stress among adolescents in academic wise of the high school students.

**Dinesha DeMesa - Simpson 2014**, determined in movement classes/dance between disruptive behavior relationship. The results proved that dance classes can an interference to exhibit behavior ,lowered stress.

**2007 by Randal Beaton** prescribed by survey method of the relationship between stress level and academic achievement concluding showed that high stress in thirty percentage, fifty percentage in medium stress, student’s experienced reduced the stress.

## CONCLUSION

The subjects seriously participated invested their valuable time in sports rather than for Waste of their own activities. For healthy grooming, physical activities play a major role of child to become good

citizen in upcoming and their personal life. This study is referred that needed good condition of sports facilities, it showed significant improvement in controlling the stress. Learning Sports education and sanctioning approval in colleges is very poor. Throughout efforts in various governments college levels are made to improve these sports facilities normally is very essential especially in polytechnic colleges also. The motivation is start sports educational as teaching subject to college level as subject by the government is must.

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