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# EFFECTS OF BOX AEROBICS ON CARDIO- VASCULAR ENDURANCE OF COLLEGE GIRLS

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## ABSTRACT

*Aerobic exercises are much more beneficial for the development of the Cardio Vascular Endurance. Increasing oxygen uptake capacity is very much important in this covid-19 pandemic situation. The purpose of this study was to find out the effects of Box aerobics on Cardio Vascular Endurance of the college girls. 40 girls of B.P.Ed. course from Degree College of Physical Education, Amravati were selected as the subjects. Their age was ranged from 20 to 25 years. Analysis of the data revealed that there was a significant difference in the mean scores of Cardio Vascular Endurance.Box Aerobics group revealed the significant differences in the said variables since calculated value for the same was greater than the tabulated 't' value i.e., 5.085> 2.024 tabulated value. Box Aerobics group showed the consistency throughout.*

**KEY WORDS:** *Aerobics, Box, Dance, Cardio Vascular Endurance, Fat Reduction, Skin Fold.*

## INTRODUCTION

In this pandemic situation of Covid-19, exercise have become the major aspect of increasing and maintaining the immune system of the body. Proper exercise and diet are very much important for the optimum health and immunity. In the field of sports and physical education health plays an important role of the better performance, in which cardio-vascular endurance and obesity are the major aspects, especially in the female athletes. Considering this the researcher experimented the problem stated as, “Effects of box aerobics on cardio-vascular endurance of college girls”. The purpose of this study was to find out the effects of Box aerobics on Cardio-vascular endurance of the college girls. 40 girls of B.P.Ed. course from Degree College of Physical Education, Amravati were selected as the subjects. Their age was ranged from 20 to 25 years.

## METHODOLOGY

Two groups were formed i.e., control and experimental. Box aerobic group (experimental) were given 8 weeks trainingprogramme and there was no treatment for control group. After 8 weeks training programme, Post-test scores were collected. To collect the raw data Cooper 12 minutes Run/Walk was administered. The raw scores data were converted into standard scores following the effects of the concerned training on the said variables between the groups and were assessed by employing independent sample 't'test. The score within the group was analysed by dependent ‘t’ test.

The analysis of within the group revealed that Analysis of the data revealed that there was a significant difference in the mean scores of Cardio-vascular endurancesofthe subjects (between

groups). Also the analysis of the data within the group revealed that there were significant differences between pre and post-test of control and experimental group.

## RESULT

**Table 1**
**Paired Samples Statistics**

| Groups | | Mean | N | Std. Deviation | Std. Error Mean | 't' value |
|---|---|---|---|---|---|---|
| Control | Pre-test | 1880.60 | 20 | 126.852 | 28.365 | 4.355 |
| | Post-test | 1847.50 | 20 | 125.168 | 27.988 | |
| Experimental | Pre-test | 1875.55 | 20 | 201.067 | 44.960 | 12.011 |
| | Post-test | 1628.60 | 20 | 146.270 | 32.707 | |

*Significant at 0.05 level of confidence Tabulated value $t_{0.05}(19)$-2.093

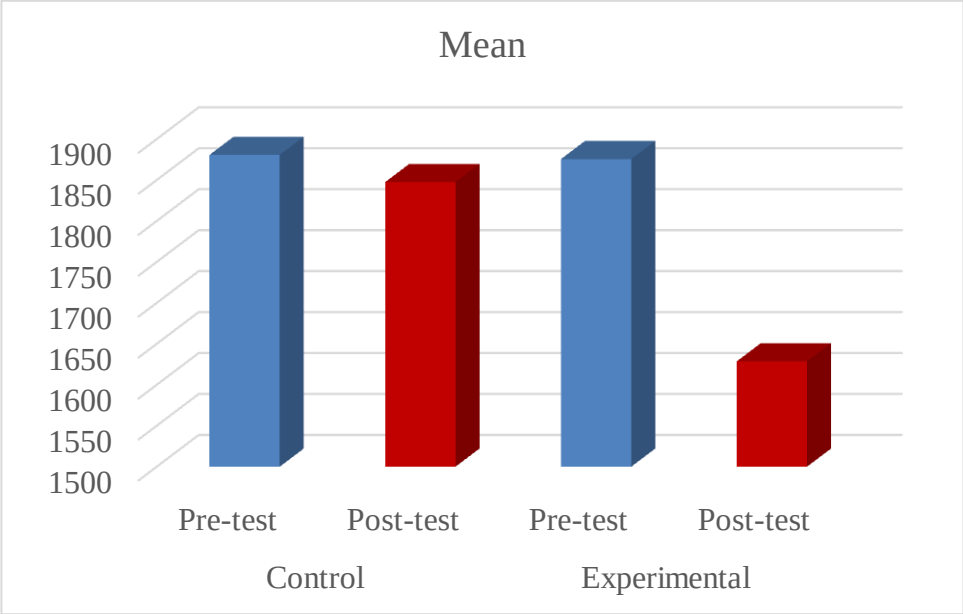


**Table 2**
**Analysis of Cardio vascular Endurance between Pre-test and Post-test of Control and Experimental Group**

| Test | Mean Difference | Std. Error Difference | Significance | 't' value |
|---|---|---|---|---|
| Pre-test | 5.050 | 53.160 | 0.925 | 0.095 |
| Post-test | 218.90 | 43.048 | 0.000 | 5.085 |

*Significant at 0.05 level of confidence Tabulated value $t_{0.05}(38)$-2.024

Table 1 reveals that there was a significant difference observedof pre and post-test of control and experimental when the within the group analysis was done. As there was a huge difference between 't' value of control and experimental group, it can clearly state that the experimental group is highly significant as compared to control group with the dependent 't' values 4.355(control) and 12.011 (experimental).

Observation of the table 2 shows that Box Aerobics groups revealed the significant differences in the said variables since calculated value 5.050 for the same was greater than the tabulated independent 't' value i.e.,2.024. Dance group showed the consistency throughout the study.

## CONCLUSION:

1. Box Aerobics shows significant difference as compare to control group, where the experiment of Box aerobics is highly significant for the development of cardio vascular endurance.
2. The another analysis of the data of the post test scores of both the groups reveals that the Box Aerobics shows significant effect on experimental group (Box group) as compared to control group.

## RECOMMENDATIONS:

On the basis of the conclusion of the study the following recommendations are made:
1. The study may be done on lower/higher age groups athletes of any sex.
2. Different types of exercise may be adopted for training purpose and different variables can be studied.
3. Many other physiological components may be undertaken.
4. No of subjects may be large for the study.
5. The study can further be done to find out cause-effect relationship.
6. Sports persons of different levels may be undertaken assubjects.

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