

## EFFECT OF AEROBIC EXERCISES ON ATTITUDE TOWARDS PARTICIPATION IN SPORTS

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### ABSTRACT

The aim of the study is to assess the effect of Aerobic exercises on Attitude towards participation in sports. A group of 60 high school girls aged 13-16 years. They were randomly assigned into Aerobic and control group .n=30 each. The Aerobic group were subjected to 12-week aerobic dance training consisting of the workout choreographies also contained various combinations of steps with hand motions and body motions so as to increase the intensity of the exercise. The duration of Aerobic was 45 minutes. To analyze the effect of Aerobic exercises on Attitude towards participation in sports under experimental methods and Descriptive methods. There was significant improvement in Attitude towards participation in sports was revealed due to the training programme of selected exercises. Attitude towards participation of team sports are the first choice Individual sports second and dual game sport third. These findings might to the influence of the following factors.

**Keywords-:** Aerobic Exercise, Aerobic Dance, Attitude.

### INTRODUCTION

Physical activity and physical fitness have been linked to health and longevity since ancient times. Aerobic endurance is the most significant segment of fitness according to the aspect of health preservation. Adolescents should develop aerobic endurance more than any other skill, one of the possible ways of doing this is training music. There are many different aerobics programme, like dance/floor aerobics Hi-lo, step/ bench aerobics, Aqua aerobics, Muscle aerobics. Tae bo etc. The practice of leads towards changes in muscle shaping. Aerobics is a form of Tae Bo and presents dynamic activity which uses specific techniques of martial arts, element and steps from hi-lo and step aerobics and specific exercises of strength and endurance, coordination and flexibility.

Aerobic Dance help in maintaining the all round fitness and also turns out to be a delightful experience. The first essential ingredient of an aerobics class is music .Which is one reason that dance aerobics has enjoyed a such a long run of popularity in the united states .A typical aerobics class involves warm up, stretches, approximately 20 to 30 minutes of exercise to raise the heart rate to a desired range {depending on health age} then a cool down with stretching.

Today's women are suffered from many common and severe ailments due to lack of exercise, healthy and nutritious food and hygiene. Exercise and physical activity have been used synonymously in the past, but more recently, exercise has been used to denote a subcategory has been used to denote a subcategory of physical activity. Exercise is physical activity that is planned, structured, repetitive and purposive in the sense that improvement or maintenance of

one or more components of physical fitness is the objective. One of the most popular physical activities for women today is aerobic dance. However only a few studies have examined aerobic as a social – cultural phenomenon. Over the past three decades the fitness activity known as Aerobics has evolved from its rough and ready beginnings into one of the most popular and widely used forms of exercise in the world.

The purpose of the researcher was to investigate attitude towards participation in sports of 13 to 16 years age group of high school girl's. Attitudes are born from beliefs that shape our behaviors in countless ways and determine our involvement in activities, the goals that we set and those we decide to abandon. In physical education, gaining insight into student beliefs is a critical source for understanding their attitudes and their interests and involvement towards the curriculum. studies of student attitude toward physical education at the secondary level are informative content was the most influential factor in the development of positive and negative attitudes towards physical education, regardless of gender or whether students elected or avoided physical education.

For girls, physical activity is especially important in the development of a positive self concept and contributes to general health. The offerings within many high schools, physical education programmes do not meet these needs and interests of female students. School physical education has the potential to play an important part in both stemming the decline of physical activity and promoting lifelong physical activity. Thus the aim of our work is to assess the effects of floor dance aerobics exercises on Attitude towards participation in sports of female high school students.

### **Objective of the Study:-**

1. To study the effect of Aerobic exercises on attitude towards participation in sports of high school girls.
2. To analysis the effect of Aerobic exercises on attitude towards the participation in sports of high school girls.

### **Hypothesis:-**

There would be significant effect of Aerobic exercises on attitude towards the participation in sports of high school girls.

### **Delimitations of Study:-**

1. This study is delimited to the high school girls students of 13 to 16 age group.
2. Present study is also delimited to the high school girls students only.
3. This research is limited to only the attitude of high school girls.
4. This study is limited to the treatment of Aerobic exercises only.

### **Limitations of Study:-**

1. Present Research is limited to treatment of Aerobic exercises.
2. There is no control on external variables like students work, diet, other activities, day schedule, working hours etc.

### **Research Methods**

To analyze the effect of Aerobic exercises on Attitude towards participation in sports under experimental methods and Descriptive methods.

**Sampling Selection:**

**a. Selection:** - The 60 girl's students in the group 13 to 16 years age were selected for the study. After the pre-test the subjects were divided into experimental and control group with the help of purposive sampling.

The subjects divided into two equal groups of 30 each.

1. Aerobic exercise group (N=30)
2. Control group (N=30)

The subjects were taken from Shri. Dnyaneshwar vidyalaya and junior college Alandi, Devachi, Tal-khed, Dist-Pune for this experimental study.

**Design of the study**

This study consisted of an experimental design in which researcher has used a pretest-training programme-post-test with the help of this design, the effect of the treatment was judge by evaluating the training programme on Aerobic exercise group.

O1-----X-----O3

O2----- O4

O1 and O3 = pretest and post test of Aerobics group.

O2 and O4 = pretest and post test of Control group

X = Experimental group.

Group 1 (Aerobic exercises group)	Group3 (Control group)
Pre Test	Pre Test
12 weeks treatment	---
Post Test	Post Test
Analysis and Conclusion	

**a. Selection of Variables :-**

Aerobic exercises are the independent variables while the attitude Inventory was dependent variables in this research work.

To investigate the attitude of girl's students towards participation in sports an "Attitude Inventory" was prepared.

The attitude scale was prepared after consultation with guide, persons interested in games and sports and other related individuals and experts in this field.

**Attitude inventory consisted of two parts.**

The first part of attitude inventory was prepared for preliminary information of the students. It was a short questionnaire. The purpose of this part was to collect information related to attitude. The holds of the first part were as follows.

**1. General Information:-** General information contained the name, age, class studying etc. of the students.

**2. Games participation and Achievements:** - This part was prepared to know the achievements and participation of the students in games and sports. It was also prepared to

know their level of achievements and area of liking.

### Selection of Exercise:-

#### Aerobic exercises training programme:-

##### Aerobic Exercises:-

Aerobic dance – help in maintaining the all-round fitness and also turns out to be a delightful experience. The first essential in gradient of an aerobics class was music. Which was one reason that Dance aerobics has enjoyed, The structure of the workout has all of the characteristics of the Hi /Lo aerobic exercise to music .Every part of the workout realize to a different tempo, or in the other words the tempo changed according to the phase of the workout.

The exercises used in this part of the workout had as their aim to prepare the joints and large muscle groups for the aerobic part of the workout .Apart from running and stepping in place and movement .Simple choreographies realize consisting of basic movements structures (steps) for a duration of 20 blocks (1 block=four eights, or in the other words, 32 movements).

A typical aerobics class involves Dance on songs.

- 1) Warm up – stretches -5 minute
- 2) Approximately 20 to 30 minutes of exercise to raise the heart rate to a desired range. (Depending on health & age) 20 minute.
- 3) Then a cool-down with stretching -5minute.

The intensity and duration of the programme will be increased as per the capacity of the girls.

#### Aerobic Exercises Training Programme

Basic movements for aerobics	Basic movements for step	Repetition
March	Basic Step	8
Step touch	Tap up, tap down	8
Double step touch	Leg curl	8
Side to side	Kick	8
Leg curl	Straddle up down	8
Double leg curl		8
Knee up	Knee lift and leg curl repeater	8
Double knee up		8
Grapevine	Leg opening side and back	8
Mambo		8
Cha-cha cha		8
V step		8
Squat	Across the top	8

Before beginning the process of the Aerobic exercises programme pre test are going to be conduct on experimental group and control group.The training programme of Aerobic exercises implemented continuous for three months alternate days, excluding Sundays for 45 minutes every day for the experimental group.

**Collection of Data:-**

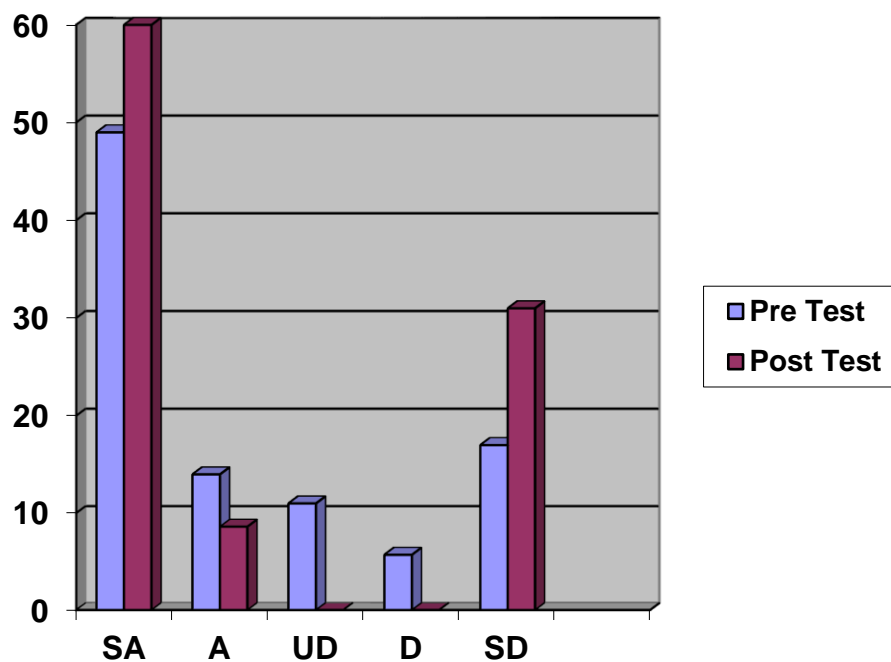
To study the effect of Aerobic exercises, pre test will be conduct on two groups. Then training programme implement for three months continuously for the experimental group. At the end post test are going to take both groups. Data will be collect for statistical analysis of the data.

**Statistical analysis:-****➤ Statistical Technique-**

Analysis of covariance is asset of find out the post test mean different among the treatment groups. Descriptive statistics have applied to process the data prior to employing inferential statistics ‘ANACOVA’

**Result – Analysis of Data**

Attitude Test  
Aerobics Group Pre & Post Test  
Figure - 01

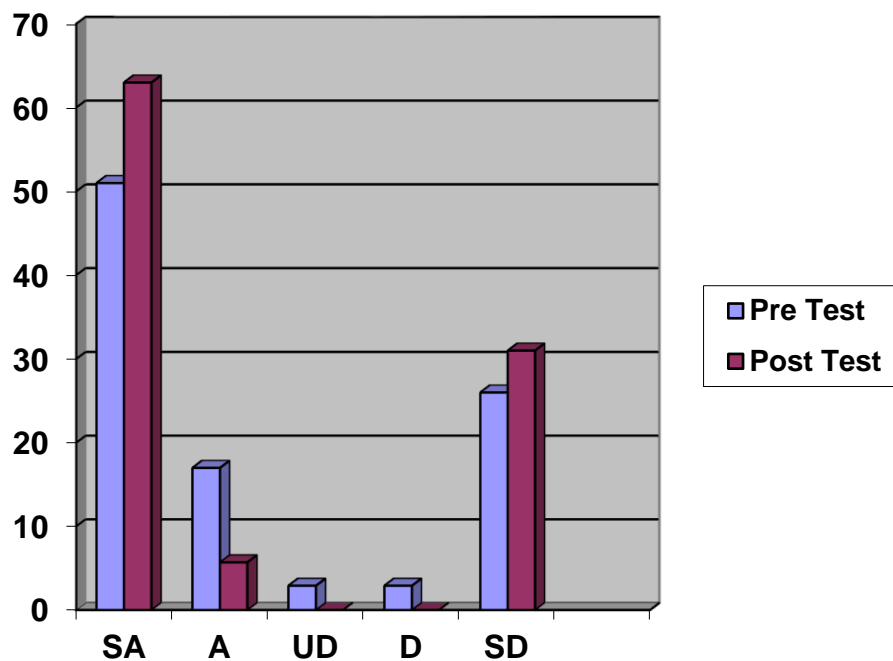
**A. In this chart Games are essential for every student**

1. 49 % participants are in fevour of this at the time of pre-test aerobics group while 60% participants are still in fevour after the post-test are strongly agree.
2. 14% participants are agree before pre-test of aerobics group & at post-test 8.6% participants are agree.
3. 11% participants said undecided before pre-test but after post if goes to 0% participants Said undecided.

4. 5.7% participants said they are disagree with the statement before pre-test & 0% participants are disagree after post-test.
5. 17% participants were strongly dis-agree of the statement at the time of pre-test but 31% participants were strongly dis-agree after post-test also.
6. 2.9% participants haven't said anything at the time of pre-test & it comes 0% participants after aerobics group post-test.

Aerobics Group Pre & Post Test

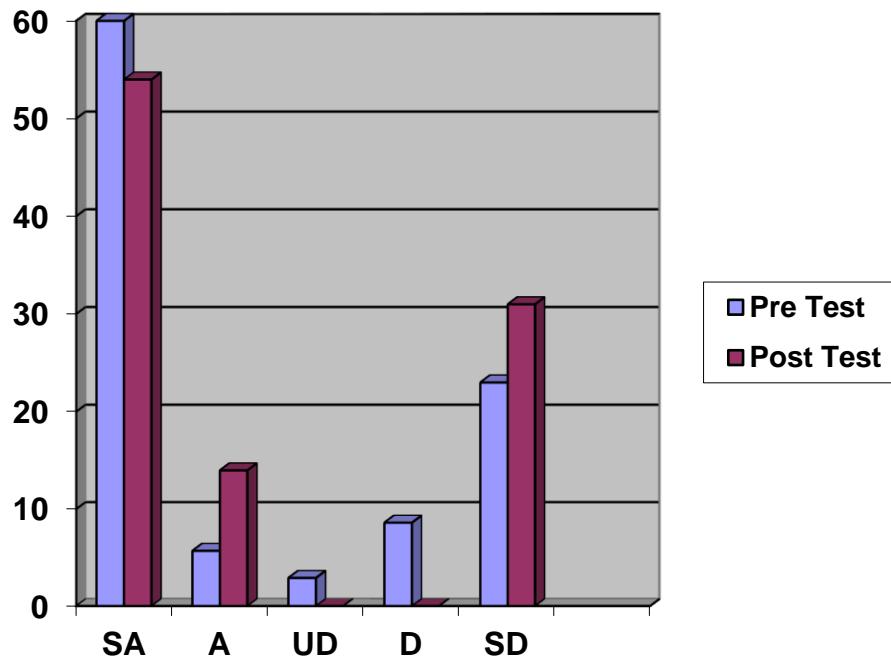
Figure - 02



**A. In this chart Playing games is waste of time is analyzed.**

1. 51 % participants are in fevour of this at the time of pre-test aerobics group while 63% participants are still in fevour after the post-test are strongly agree.
2. 17% participants are agree before pre-test of aerobics group & at post-test 5.7% participants are agree.
3. 2.9% participants said undecided before pre-test but after post if goes to 0% participants said undecided.
4. 2.9% participants said they are disagree with the statement before pre-test & 0% participants are disagree after post-test.
5. 26% participants were strongly dis-agree of the statement at the time of pre-test but 31% participants were strongly dis-agree after post-test also.
6. 0% participants haven't said anything at the time of pre-test & it comes 0% participants after aerobics group post-test.

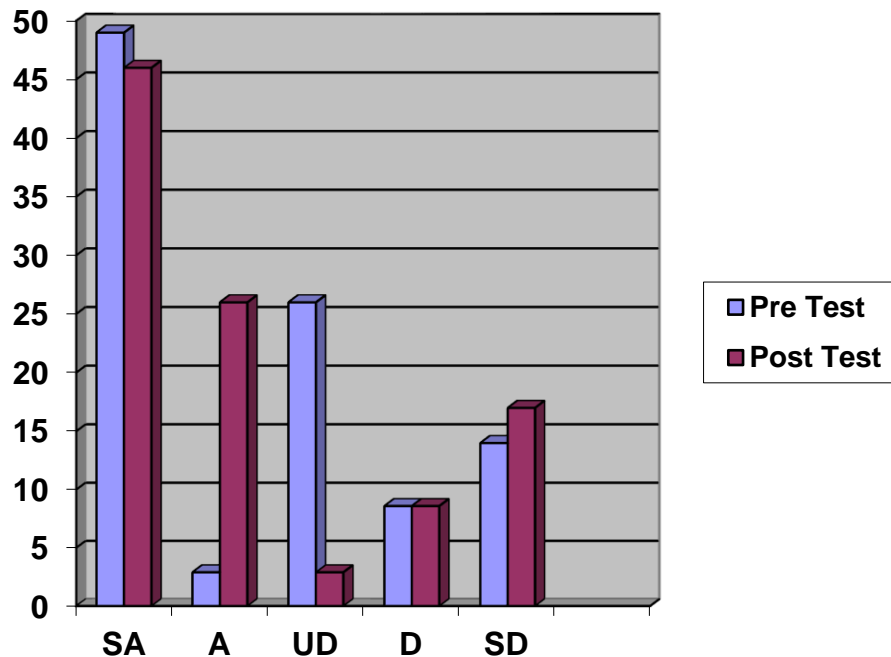
Aerobics Group Pre & Post Test  
Figure - 03



**A. In this chart Players are always in discipline is analyzed.**

1. 60 % participants are in fevour of this at the time of pre-test aerobics group while 54% participants are still in fevour after the post-test are strongly agree.
2. 5.7% participants are agree before pre-test of aerobics group & at post-test 14% participants are agree.
3. 2.9% participants said undecided before pre-test but after post if goes to 0% participants said undecided.
4. 8.6% participants said they are disagree with the statement before pre-test & 0% participants are disagree after post-test.
5. 23% participants were strongly dis-agree of the statement at the time of pre-test but 31% participants were strongly dis-agree after post-test also.
6. 0% participants haven't said anything at the time of pre-test & it comes 0% participants after aerobics group post-test.

Aerobics Group Pre & Post Test  
Figure - 04

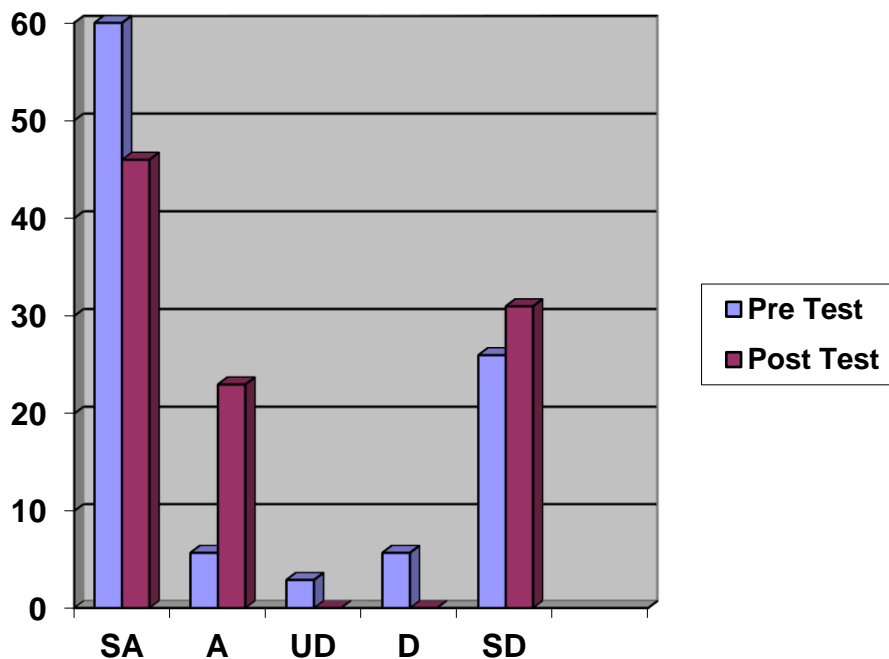


**A. In this chart Games require intelligence is analyzed.**

1. 49 % participants are in fevour of this at the time of pre-test aerobics group while 46% participants are still in fevour after the post-test are strongly agree.
2. 2.9% participants are agree before pre-test of aerobics group & at post-test 26% participants are agree.
3. 26% participants said undecided before pre-test but after post if goes to 2.9% participants said undecided.
4. 8.6% participants said they are disagree with the statement before pre-test & 8.6% participants are disagree after post-test.
5. 14% participants were strongly dis-agree of the statement at the time of pre-test but 17% participants were strongly dis-agree after post-test also.
6. 0% participants haven't said anything at the time of pre-test & it comes 0% participants after aerobics group post-test.



Aerobics Group Pre & Post Test  
Figure - 05



**A. In this chart Participation in games helps to achieve the career success is analyzed.**

1. 60 % participants are in fevour of this at the time of pre-test aerobics group while 46% participants are still in fevour after the post-test are strongly agree.
2. 5.7% participants are agree before pre-test of aerobics group & at post-test 23% participants are agree.
3. 2.9% participants said undecided before pre-test but after post if goes to 0% participants said undecided.
4. 0% participants said they are disagrees with the statement before pre-test & 0% participants are disagrees after post-test.
5. 31% participants were strongly dis-agree of the statement at the time of pre-test but 31% participants were strongly dis-agree after post-test also.
6. 0% participants haven't said anything at the time of pre-test & it comes 0% participants after aerobics group post-test.

## CONCLUSIONS

After the completion of the results the following conclusions are drawn as follows:-

1. There was significant improvement in Attitude towards participation in sports was revealed due to the training programme of selected exercises.
2. Attitude towards participation of team sports are the first choice Individual sports second and dual game sport third. These findings might to the influence of the following factors.
  - A) Status of facilities and equipment of the school.
  - B) School's tradition and teachers skill expertise;
3. School have good facilities and equipments for team sport. Fair facilities and equipment for individual sports.

4. Among the physical activities the order of the participants favour was aerobic exercise, dance, volleyball.
5. The present result was related to the findings suggestion that girls students are likely to become more positive toward physical activity and sport.
6. The female high school students are serious about their physical Education classes.
7. There was no significant difference between socio-economic status groups with reference to attitude towards participation in sports.
8. The study revealed that school did not possess sufficient numbers equipment and playgrounds as per this student's strength.

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