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Effect of Aerobic Dance Training on Percent Body Fat among College Students

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Abstract

The purpose of the study was to find out the effect of aerobic dance training on percent body fat among college students. Forty college students were selected from SSA's Arts & Commerce College, Sholapur, Maharastra, India, were selected as subjects at random and their ages ranged from 18 to 21 years. The subjects (N=40) were randomly assigned to two equal groups of twenty students each. The groups were assigned as experimental group and control group in an equivalent manner. Experimental group was exposed to aerobic dance training (ADTG) and control group (CG) was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Co-variance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. There was a significant difference between the aerobic dance training group (ADTG) and control group (CG) on percent body fat.

Keywords: Aerobic Dance Training, Percent Body Fat, College Students.

Introduction

Regular daily existence, day by day life or routine life includes the manners by which individuals ordinarily act, think, and feel consistently. Regular day to day existence might be depicted as unexciting, daily schedule, characteristic, ongoing, or ordinary. Human conduct implies a great many people rest finally part of the night and are dynamic during daytime. Working time generally includes an everyday plan, starting toward the beginning of the day. Occupied in work and everybody evade their wellbeing and accidentally welcome stationary way of life. Any all-encompassing sitting can be viewed as unsafe (Tremblay, et al., 2010). Absence of actual movement and an uncontrolled eating regimen cause unnecessary weight gain, which prompts heftiness and other metabolic issues. Exercise is a significant segment in active recuperation programs and in keeping up a sound way of life. The molding impacts picked up from an activity program empower a person to perform every day exercises at a more advanced level. Actual advisors utilize a wide scope of activity modes to improve cardiorespiratory perseverance (Cassady and Nielsen, 1992; Vickery, Cureton, and Langstaff, 1983).

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Methodology

The purpose of the study was to find out the effect of aerobic dance training on percent body fat among college students. Forty college students were selected from SSA's Arts & Commerce College, Sholapur, Maharastra, India, were selected as subjects at random and their ages ranged from 18 to 21 years. The subjects (N=40) were randomly assigned to two equal groups of twenty students each. The groups were assigned as experimental group and control group in an equivalent manner. Experimental group was exposed to aerobic dance training (ADTG) and control group (CG) was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Co-variance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses.

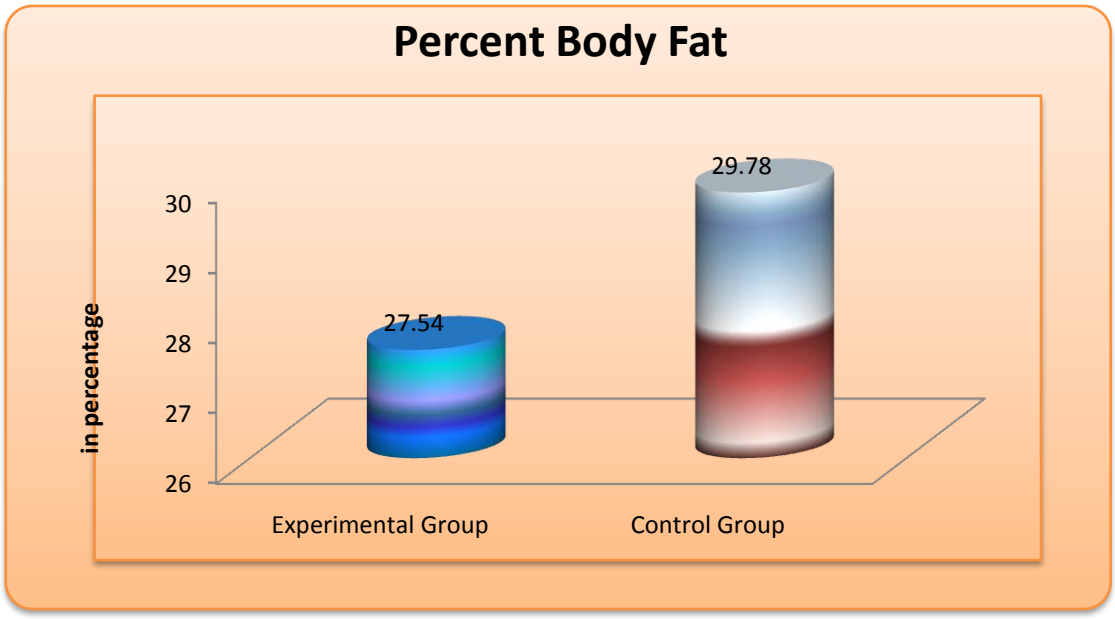
Results

Table 1. *Computation of analysis of covariance of mean of aerobic dance training and control groups on percent body fat*

	SKYPG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	29.81	29.85	**BG**	0.01	1	0.01	0.03
			WG	12.67	38	0.33	
Post-Test Means	27.54	29.78	**BG**	50.17	1	50.17	63.44*
			WG	30.05	38	0.79	
Adjusted Post-Test Means	27.54	29.78	**BG**	50.07	1	50.07	61.67*
			WG	30.04	37	0.81	

An examination of table - 1 indicated that the pre test means of aerobic dance training and control groups were 29.81 and 29.85 respectively. The obtained F-ratio for the pre-test was 0.03 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the aerobic dance training and control groups were 27.54 and 29.78 respectively. The obtained F-ratio for the post-test was 63.44 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the aerobic dance training and control groups were 27.54 and 29.78 respectively. The obtained F-ratio for the adjusted post-test means was 61.67 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 41. This proved that there was a significant difference among the means due to the experimental trainings on percent body fat.

Figure I. Adjusted post test differences of the aerobic dance training and control groups on percent body fat



Conclusion

1. There was a significant difference between the aerobic dance training group (ADTG) and control group (CG) on percent body fat.

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