



Effects of Aerobic Exercise Programme on Different Terrains on Blood Pressure and Lung Capacity

Dr. S. Chidambara Raja

Associate Professor, Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamilnadu, India.

Received 20th September 2017, Accepted 15th November 2017

Abstract

The purpose of the present study was to find out the effect of aerobic exercise programme on different terrains on blood pressure and total lung capacity among middle aged women. For this purpose, thirty middle aged women residing at various places around Chennai city, Tamilnadu, were selected as subjects. The age of the subjects were ranged from 35 to 45 years. They were divided into three equal groups, each group consisted of ten subjects, in which experimental group - I underwent aerobic exercise as brisk walking on beach sand, experimental group - II underwent aerobic exercise as brisk walking on grass and group - III acted as control that did not participate in any special activities apart from their regular day-to-day activities. The training period for the study was five days (Monday to Friday) in a week for twelve weeks. Prior and after the experimental period, the subjects were tested on systolic and diastolic blood pressure and total lung capacity. Systolic and diastolic blood pressure was assessed by using sphygmomanometer and the total lung capacity was assessed by using spirometer. The Analysis of Covariance (ANCOVA) was applied to find out any significant difference between the experimental groups and control group on selected criterion variables. The result of the study shows that the brisk walking on beach sand group and brisk walking on grass group was decreased the blood pressure and increased the total lung capacity significantly. It was concluded from the results of the study that brisk walking on beach sand and brisk walking on grass has bring positive changes in systolic and diastolic blood pressure and total lung capacity as compare to the control group. Moreover it was also concluded that there was no significant difference was found between the experimental groups in all criterion variables.

Keywords: Brisk walking on beach sand, Brisk walking on grass, blood pressure (systolic and diastolic,) total lung capacity, ANCOVA.

© Copy Right, IJRRAS, 2017. All Rights Reserved.

Introduction

Aerobic exercise is a kind of physical exercise which improves the efficiency of the cardiovascular system in absorbing and transporting oxygen. Aerobic means, relating to, involving or requiring free oxygen [Cooper, Kenneth H. (1997)] and it also refers the use of oxygen to adequately meet energy demands during exercise through aerobic metabolism.[McArdle; Katch and Katch (2006)]. The most available and simplest aerobic exercise is walking. Everyone can walk almost anywhere such as outdoors or indoors like malls, treadmill etc. This makes walking easy to continue throughout the year. The first and good choice for starting any exercise programme is walking.

Walking is good for the muscles because all the muscles in our body contract at the time of walking. We might feel a little pain when we start off because our body is not in the habit of exercising.[Meghna Mukerjee, "The Many Benefits of Walking", [2014] Regular

walking of a moderate to vigorous intensity has been shown to benefit both cardiovascular and psychological health.[Morgan A, Tobar D and Snyder L, (2010)] Psychological benefits include improved sense of well-being, more positive (i.e., vigor) and less negative (i.e., tension, depression) feelings and mood states and enhanced self-esteem.[Barton J, Hine R and Pretty J, (2009), Biddle S and Mutrie N, (2008)]. Hypertension is a major health problem. Elevated systolic and diastolic blood pressure levels are associated with a higher risk of developing coronary heart disease (CHD), congestive heart failure, stroke and kidney failure. There is a one-fold increase in developing these diseases when blood pressure is 140/90 millimeters of mercury (mm Hg).[Bouchard C and Despres JP, [1995]]. Regular physical activity can help keep thinking, learning, and judgment skills sharp. It can also reduce the risk of depression and may help one to sleep better.

Methodology

Thirty middle aged women from various places around Chennai city, Tamilnadu were selected as subjects. The age of the subjects were ranged from 35 to

Correspondence

Dr.S.Chidambara Raja
E-mail: rajadi42@gmail.com

45 years. The selected subjects were divided into three equal groups, each group consisted of ten subjects, in which group - I (n = 10) underwent brisk walking on beach sand, experimental group - II (n = 10) underwent brisk walking on grass and group - III (n = 10) acted as control, which did not participate in any special activities apart from their regular curricular activities. The two different training programmes were conducted five days (Monday to Friday) per week for twelve weeks. The researcher consulted with the yoga experts and selected the following variables as criterion variables: 1. Systolic blood pressure, 2. Diastolic blood pressure and 3. Total lung capacity. Systolic and diastolic blood pressure was assessed by using sphygmomanometer and total lung capacity was assessed by using expirograph. For the purpose of collection of data, the subjects were asked to report at early morning, one day prior and one day after

experimental period, in fasting condition. Analysis of covariance (ANCOVA) was applied to find out the significant difference if any, among the experimental groups and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate. After applying the analysis of covariance, the result of this study shows that there was a significant increase in breath holding time, decrease in total lung capacity and high density lipoprotein levels.

Results

The data collected on systolic blood pressure and total lung capacity among experimental and control groups were analyses and the results were presented in Table 1.

Table 1

Analysis of covariance on selected criterion variables among exercise groups and control group

<i>Variable Name</i>	<i>Group Name</i>	Brisk Walking on Beach Sand Group	Brisk Walking on Grass Group	Control Group	‘F’ Ratio
Systolic Blood Pressure (mmHg)	Pre-test Mean ± S.D	134.2 ± 6.14	133.0 ± 7.45	131.8 ± 6.63	0.315
	Post-test Mean ± S.D.	132.2 ± 5.86	131.9 ± 7.61	133.2 ± 5.83	0.107
	Adj. Post-test Mean	131.062	131.90	134.338	12.712*
Diastolic Blood Pressure (mmHg)	Pre-test Mean ± S.D	89.2 ± 3.99	88.9 ± 4.99	87.9 ± 4.41	0.23
	Post-test Mean ± S.D.	86.8 ± 4.32	87.8 ± 5.03	89.5 ± 3.54	0.991
	Adj. Post-test Mean	86.33	87.594	90.175	11.42*
Total Lung Capacity (Liters)	Pre-test Mean ± S.D	4.382 ± 0.097	4.318 ± 0.075	4.365 ± 0.16	0.886
	Post-test Mean ± S.D.	4.611 ± 0.103	4.531 ± 0.107	4.357 ± 0.153	12.895*
	Adj. Post-test Mean	4.587	4.564	4.348	36.887*

*Significant .05 level of confidence. (The table values required for significance at .05 level of confidence with df 2 and 42 and 2 and 41 were 3.22 and 3.21 respectively).

Table 1 shows that pre and post test means ‘f’ ratio of brisk walking on beach sand group, brisk walking on grass group and control group on systolic blood pressure were 0.230 and 0.991, which were insignificant at 0.05 level of confidence. The adjusted

post test mean ‘f’ ratio value of experimental groups and control group was 11.42, which was significant at 0.05 level of confidence. The pre and post test means ‘f’ ratio of brisk walking on beach sand group, brisk walking on grass group and control group on diastolic blood pressure

were 0.093 and 3.102, which were insignificant at 0.05 level of confidence. The adjusted post-test mean 'f' ratio value of experimental group and control group was 24.538, which was significant at 0.05 level of confidence. The pre and post test means 'f' ratio of brisk walking on beach sand group, brisk walking on grass group and control group on total lung capacity were 0.886 which was not and 12.895 which was significant at

0.05 level of confidence. The adjusted post test mean 'f' ratio value of experimental groups and control group was 36.887, which was also significant at 0.05 level of confidence. Further which of the paired means has a significant difference among the groups, the Scheffé *S* test was applied.

Table 2

Scheffé's test for the difference between the adjusted post-test mean of selected criterion variables

<i>Adjusted Post-test Mean on Systolic Blood Pressure</i>				
Brisk Walking on Beach Sand Group	Brisk Walking on Grass Group	Control Group	Mean Difference	Confidence interval at .05 level
131.062		134.338	3.276*	1.733405
131.062	131.90		0.838	1.733405
	131.90	134.338	2.438*	1.733405
<i>Adjusted Post-test Mean on Diastolic Blood Pressure</i>				
Brisk Walking on Beach Sand Group	Brisk Walking on Grass Group	Control Group	Mean Difference	Confidence interval at .05 level
86.330		90.175	3.845*	2.111678
86.330	87.594		1.264	2.111678
	87.594	90.175	2.581*	2.111678
<i>Adjusted Post-test Mean on Total lung capacity</i>				
Brisk Walking on Beach Sand Group	Brisk Walking on Grass Group	Control Group	Mean Difference	Confidence interval at .05 level
4.587		4.348	0.239*	0.08241
4.587	4.564		0.023	0.08241
	4.564	4.348	0.216*	0.08241

* Significant at .05 level of confidence.

Table 2 shows that the Scheffé *S* test for the difference between adjusted post-test mean on systolic blood pressure of brisk walking on beach sand group and control group (3.276) and brisk walking on grass group and control group (2.438), which were significant at .05 level of confidence. There was a significant difference on diastolic blood pressure between brisk walking on beach sand group and control group (3.845) and brisk walking on grass group and control group (2.581) and also there was a significant difference on total lung capacity between brisk walking on beach sand group and control group (0.239) and brisk walking on grass group and control group (0.216) which was significant at 0.05 level of confidence after the respective training programme. Moreover the result of the study shows that there was no significant difference between the training groups on selected criterion variables.

Conclusions

1. There was a significant reduction in blood pressure for walking on sand group and walking on grass group when compared with the control

group. The result of the study also shows that there was no significant difference between the training groups on blood pressure. Sohn, Hasnain and Sinacore (2007) found that walking with extra 30 minutes has reduced the blood pressure in hypertension patients after six months of trial. Stewart, *et al* (2006) found that there was a significant decrease in SBP and DBP after the aerobic exercise and resistance training.

2. The result of the present study shows that there was a significant increase in total lung capacity for both the experimental groups when compared with the control group. Davis and Mackinnon (2006) found that there was a significant improvement in total lung capacity after the recreational activity.

Reference

1. Barton J, Hine R and Pretty J, (2009), "The Health Benefits of Walking in Green Spaces of

- high Natural and Heritage Value”, *Journal of Integrative Environmental Sciences*, 6, 261-278.
2. Bouchard C and Despres JP, (1995), “Physical Activity and Health: Atherosclerotic, Metabolic, and Hypertensive Diseases”, *Research Quarterly for Exercise and Sport*, 66, 268-75
 3. Cooper, Kenneth H. (1997). *Can stress heal?*. Thomas Nelson Inc. p. 40. ISBN 978-0-7852-8315-7. Retrieved 19 October 2011.
 4. Korkmaz Yigiter, (2013), “Improving the Nursing Students’ Total lung capacity Skills by Participating in Recreational Physical Activities”, *International Journal of Sport Studies*, 3:3, 258-262.
 5. McArdle, William D. Frank I. Katch; Victor L. Katch [2006]. *Essentials of exercise physiology*. Lippincott Williams & Wilkins. p. 204.
 6. Meghna Mukerjee, “The Many Benefits of Walking”, <http://timesofindia.indiatimes.com/life-style/health-fitness/health/The-many-benefits-of-walking/articleshow/40314625.cms> on 01-01-2015.
 7. Morgan A, Tobar D and Snyder L, (2010), “Walking Toward a New Method: The Impact of Prescribed Walking 10,000 Steps/day on Physical and Psychological Well Being”, *Journal of Physical Activity and health*, 7, 299-307.
 8. Sohn, Augustine J., Memoona Hasnain and James M. Sinacore, “Impact of Exercise (Walking) on Blood Pressure Levels in African American Adults With Newly Diagnosed Hypertension”, *Ethnicity & Disease*, 17, (2007), 503 – 507.
 9. Stewart KJ, Bacher AC, Turner KL, Fleg JL, Hees PS, Shapiro EP, Tayback M and Ouyang P, (September 2006), “Effect of Exercise on Blood Pressure in Older Person: A Randomized Controlled Trial”, *Arch Intern Med*, 166:17, 1813.