

Effect of Zumba Aerobics Training Programme on Health Related Physical Fitness Components of Working Women Aged 21 To 40 Years

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Abstract:

Zumba Aerobics is Physical exercise of relatively high intensity exercise in which improves and involves fat reduction capacity in the body. Zumba is an energetic infectious fun – filled medley of dance exercise done to the rhythm of latin international beats. Now a day's exercise taken greater importance in our life. As form of dance and rhythmic activity with the purpose of evaluate the health related physical fitness components through selected Zumba aerobics exercises the study was conducted. A group of 40 working women were selected randomly as subjects as sample in the group of 21 to 40 years. Muscular strength, muscular endurance, flexibility, cardio vascular endurance, freedom from obesity as a fitness componentS. Marching, High knee lift, salsa, cha cha, Mambo, Cumbia ,Jazz were selected Zumba aerobics exercises given to the experimental subjects.

Analysis of the data showed significant improvement at $P < 0.05$ for all health related physical fitness components whereas they showed improvement. Hence it was concluded that the muscular strength, muscular endurance, flexibility, cardio vascular endurance, freedom from obesity useful in this study.

Key Words:

Health Related Physical Fitness, Health, Strength, Physical Fitness, Zumba Aerobics

Introduction:

Physical fitness and health are the integral parts of human life. Fitness and wellness of a person are correlated to each other. Zumba aerobics is a latin beats dance that combines rhythmic zumba aerobics exercise with high intensity workout and strength training with repetition of dance steps. The goal of improving all elements of fitness i.e. muscular strength, endurance, Cardio vascular endurance, flexibility freedom from obesity it is always performed on music and may be a practiced in a group setting sessions by an instructor, with the goal of effect on a working women and there are different type of zumba classes may allow participants to select their level of participation according to their age and fitness level.

Objectives of the Study:

- To study the level of physical fitness of experimental group and control group.
- To Study the effect of Zumba Aerobics Training for physical fitness components.
- To prepare a training schedule to improve the performance as well as fitness of experimental groups in Zumba Aerobics.
- To Study the level of physical fitness of experimental group of working women.

Hypothesis of the Study:

HO1 - There will be no significant effect on muscular strength of working women.

Ho2 - There will be no significant effect on muscular endurance of working women.

Ho3 - There will be no significant effect on flexibility of working women.

Ho4 – There will be no significant effect on cardio vascular endurance of working women.

Ho5 – There will be no significant effect on freedom from obesity of working women.

Limitations of the Study:

- The researcher scholar could not control the habits and daily routing as well as life style of the subjects.
- The working women participating in this study had no background of Zumba Aerobics exercises.
- The food habits, rest sleep and standard of living of the two group subjects could not be controlled because subjects come from different economic background.
- The researcher scholar could not control where they attend all training sessions period or not.

Delimitations of the Study:

- The study was delimited to the working women aged 21 to 35 years.
- The Study was delimited to the selected women.
- The Study was delimited to the eight weeks period of experiment.
- The Study was delimited to the health related physical fitness only.

Significance of the Study:

- 1) The study helped people to improve one's muscle strength, posture, mobility and coordination.
- 2) Zumba Aerobics exercises in most useful for helping maintain a good cardio vascular respiratory system, flexibility, endurance, strength and one of the best ways to lose fat. Which is an essential factor to improve their Health related physical fitness components.
- 3) To study increased energy levels.
- 4) The study helped people to relieve stress and improved mental health.

Research Methodology:

The present study was an experimental research conducted with a purpose to see the effect of zumba aerobics exercises training programme on health related physical fitness variables. A group of 40 working women were randomly selected as subjects from D-PRIDE aerobics classes. They were in the age group of 21 to 40 years working women each group consisting 30 subjects as assigned in two groups into experimental and control groups the subjects of experimental group were exposed to training in zumba aerobics exercises for a total period of 8 weeks. Whereas the subjects of control group did not receive the above training. Selected variables of health related physical fitness i.e. muscular strength, endurance, flexibility, cardio vascular endurance, freedom from obesity were tested as pre- test and post-test.

Statistical Analysis:

The data were arranged systematically in tabular forms associated with graphical representations and were interpreted logically considering the scientific values. The data were analyzed using the 't' test as suggested by MC Guigan for significance of differences with and between post- test of control and experimental groups.

Comparison of Post-test Mean in selected variables between the Control and Experimental group

Table 4.4 Comparison of Post test Mean in selected variables between the Control and Experimental group (between group n= 40)						
VARIABLE	Group Compared	Mean	Mean Diff	Std Err Mean	't'	Sig.

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Muscular Strength	Control v/s Experimental	0.87 1.06	0.19	0.03924	4.84	.488 P>0.05
Muscular Endurance	Control v/s Experimental	9.35 20.35	11.0	0.85394	12.88	0.000 P<0.05
Flexibility	Control v/s Experimental	1.6 5.25	3.618	0.42190	8.58	0.006 P<0.05
Cardio Vascular Endurance	Control v/s Experimental	629.54 848.5	217.45	29.74	7.31	0.007 P<0.05
Freedom from Obesity	Control v/s Experimental	66.9 68.575	2.13	3.413	6.23	0.006 P<0.05

In this df = 38, 't' 2.021

It was observed for the result available that when post-test mean were compared for control and experimental groups all HRPF components showed significant improvement

Conclusion:

When the data analyzed and interpreted the result showed significant improvement on the variables i.e. muscular strength, muscular endurance, flexibility, cardio vascular endurance, freedom from obesity of HRPF Components. Hence it can be concluded that all health related physical components are useful for this experiment.

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