The Effect of Aerobic Exercises on Anatomies, Occupational Position and Degree of Education in Abhar (Iran) Girls

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Abstract: Paying attention to good health at every level has become public deservedly through advertisement expansion such as multi media, magazine and published books. The effect of physical activities on mental health is undeniable. Aerobic exercises are one of the important physical activities which are at centre of attention in recent years. One of the main psychological factors in relation to self-confidence and self-concept is anatomies. The purpose of this research is the effect of aerobic exercises on women anatomies, sp. 250 persons who registered at Takhti Stadium took part in aerobic exercises and 60 persons chose randomly and this research is a kind of experimental half and for data collection the physical self-expression questionnaire, was used and the result analyzed with t-test and showed there is a significant difference between aerobic exercises and anatomies and there is no significant difference between anatomies and occupational position and degree of education.

Key words: Aerobic exercises · Anatomy · Degree of education

INTRODUCTION

A person is changing from the time of being a sperm till the time of death and this development never stop. During infancy and adolescence, the person is going toward perfection and adolescence. But by entering this stage the change does not stop, it continues slowly. So perfection is a continuous process which starts before birth [1]. Life of human being is connected to movement which forces the body to do something or move. The movements are a way of happiness, entertainment, physical fitness, being sociable, tranquility, communication and sound growth. The movement is for training physical body, mind, society and feeling. Over all movement and physical exercises are necessary for physical aspects, mental health and happiness [2]. Now, psychologists know that human mind is under the direct effect of physical status of the person and mutually human and body movements are effected by the person’s mind. Paying attention to good health at every level has become public deservedly through advertisement expansion such as multi media, magazines, and published books. On the other hand, unfortunately because of lack of physical activities, good diets, lots of diseases such as blood-pressure diabetes and heart and overweight are seen in the society [3]. The effect of physical activities on mental health is unquestionable. Aerobic exercises are one of the important physical activities which are at center of attention in recent years. Aerobic in the new concept is doing continuous exercises beside the music. The music gives a new rhythm and form to aerobics and on the other hand, music is correspondent with the women feeling and mood and music with physical exercises decrease the psychological pressure and exhaustion. Aerobic is of high importance for women. Aerobic make longer the happiness and good health of meedle-aged women [3]. One of the main reasons of taking part in exercising is finding strong identity by women and then developing through exercising. Reviewing the women potential, it is found that sportswomen have high ability in using mind at the time of exercising [4]. One of psychological factors in relation to self-confidence and self-concept is anatomy. Every person has a picture of his anatomy in his mind which is the main element of his personality [2]. Paying attention to appearance and anatomy is related to the feeling of its value and self-admiration in both men and women and it is stronger in women than men [5]. It is found that women are affected by social pressure than men [6], and appearance and anatomy attractiveness is more important than men and that is why they attend at physical fitness programs and their reasons are losing...
weight and gaining good anatomy and they are worrying about losing their fitness [7]. This research is investigating weather the aerobic effects on anatomy beside the physical effect or not? It seems that the anatomy is not comprised of one dimension it is affected by multiple factors [8]. The number of researches about different fields is sport shows the attempt and continuous study of experts. Berger [9] in investigating the effect and role of doing physical exercises on the quality of human life showed that the regular physical training caused improvement and mental health especial in personality, satisfaction of life, prosperity, self-confidence and self-concept and imagination about anatomy [9]. Goni and Zolaika [10] in a research have investigated the relationship between physical education classes and increasing the physical self-expression and physical self-concept. The result showed a significant increase in physical self-concept and physical self-expression [10].

Amison and Muller [11] investigated the effect of sport experiences on girl and boy physical self-expression. In these intersection 375 students of 12 to 16 years old took part in a three-month program and the result was that boys had good imagination of their body prior to the program. The program showed a significant increase in physical self-concept of boys and girls [11]. Ascì [12] conducted a research in Turkey with the name of "the effect of physical fitness training on trait anxiety and physical self-concept of female university students. In this research 40 female university students took part voluntarily and the result showed that the participants in experimental group developed physically their abilities. Also, their physical self-concept scores and competition, physical activities and flexibility in experimental group progressed than placebo one [12].

**MATERIALS AND METHODS**

This research is a kind of experimental half and the pool of this research was the women took part in aerobic exercises in Takhti Stadium. They were 250 persons at the time of doing research and were registered in starter level. The sample of the research was 60 women which chose randomly.

For data collection the researcher used self-expression questionnaire [8]. It is an instrument which shows position, feeling and individual preference toward his body and included 70 questions.

The first step was data collection and sampling in the stadium for this reason, the personal information and self-expressive questionnaires spread among participants. After their completion, they recorded as pretest. The samples took part in a ten-week program. They exercised every week three sessions for one hour. The beginning of exercises was 10 minutes warm up exercises which includes 5 minutes jogging and 5 minutes stretching. Then 40 minutes aerobic beside music. The last 10 minutes was light exercises to come back the beginning status. After the program the self-expressive questionnaires spread among participants and completed and collected again.

For data analysis, spearman correlation was used to analyze the relationship between individual occupational positions and degree of education on anatomy. Dependent t-test was used to analyze the hypothesis in relation to the effect of aerobic on anatomy. The statistical analysis was done through SPSS software.

**RESULTS**

According to Table 1, mean and standard deviation of physical self-expression at the level of diploma are 259.24 and 34.74 respectively. Mean and standard deviation of associate degree are 232.70 and 30.32 and for B. A. the mean and standard deviation are 261.32 and 33.20 and for M. A. are 271.40 and 40.13 respectively.

According to Table 2, the mean and standard deviation of physical self-expression of housewife are 286.20 and 31.22 and for employee are 251.41 and 38.97 respectively.

According to Table 3, there a significant difference between aerobic and self-expression of girls. It means that doing aerobic exercises increases the women physical self-expression.

According to Table 4, there was no relationship between anatomy and degree of education and occupational position.

<table>
<thead>
<tr>
<th>Table 1: statistical index of physical self-expression with degree of education</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Mean</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>groups</td>
<td>Number</td>
<td>186</td>
<td>314</td>
<td>259.24</td>
</tr>
<tr>
<td>diploma</td>
<td>25</td>
<td>171</td>
<td>269</td>
<td>232.7</td>
</tr>
<tr>
<td>Associate degree</td>
<td>15</td>
<td>181</td>
<td>289</td>
<td>261.32</td>
</tr>
<tr>
<td>B. A.</td>
<td>17</td>
<td>221</td>
<td>247</td>
<td>271.4</td>
</tr>
<tr>
<td>M. A.</td>
<td>3</td>
<td>185</td>
<td>334</td>
<td>257.46</td>
</tr>
</tbody>
</table>

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DISCUSSION

The aerobic effects on girls anatomy statistically. The results of this study are in correspondence with the studies of Asci [12], Arnison and Muller [11] and Goni and Zulaika [10]. Although each of the above mentioned researchers used different programs with different time and intensity, they all showed the direct relation with physical training and anatomy.

The reason can be the independent variable which is aerobic, because the aerobic exercises effected on the deep structure of body which are power, resistance, relation and flexibility. The effect of physical training such as aerobic or public health programs on anatomy has been showed in different researches.

Psychologists believed that if the physical training occurs in healthy situation, it will effect on person’s state on mind and help the person to be extroversion rather than introversion. So the person is capable of living in the society next to the other people and lives easily. Girls in the athletic environments develop their social awareness, controlling feeling, understanding their own social weaknesses, gaining new experiences, adjusting their past experiences and their social features. It seems that the aerobic exercises can provide the person with positive feelings about his physical abilities and positive effects of aerobic exercises and the person can receive positive feedback from the couch and these will lead to better program and improvement and increase in anatomy and physical self-concept of the person. It can be said that participating in physical training causes the person’s physical ability which itself causes the change in evaluation of physical abilities which leads to increase in self-concept and positive attitudes toward the body and continuous participation in programs. Although physical activities and training are the best way in improving the physical self-concept, they are not the only strategy which can be used. For clarification of all the factors which are involved, a comprehensive research which pays attention to cultural, social and personality characters should be done. There is no significant relationship between the anatomy and occupational position and degree of education and vice versa. There are no related researches.

REFERENCES


