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Dr. Vinodkumar K
Associate Professor, NSS
Training College, Pandalam,
Kerala, India

The impact of aerobic dance on body image of teacher trainees

Vinodkumar K

Abstract

This study is conducted to find out the impact of aerobic dance on body image of teacher trainees. For this investigation sixty teacher trainees were randomly selected and divided them to experimental (Aerobic dance) and Control groups of thirty each. The aerobic dance group engaged in the aerobic dance training for twelve weeks, 30 minutes of three days in a week. The control group did not involve in any type of training. A pre test was conducted to assess the body image by using Body Esteem Scale (BES). After twelve weeks of training post test was administered to check the body image. The results revealed that there was significant improvement in body image of aerobic dance group compared to control group.

Keywords: Aerobic dance, body image, aerobic dance

Introduction

Body image is the way you think about your body. This depends on the individuals feelings, attitude and perceptions towards their body. Body image relates to an individual's perceptions, feelings and thoughts about one's body and incorporates body size estimation, evaluation of body Attractiveness, and emotions associated with body shape and size. Engaging in regular physical activities will have positive effect on body image. Exercises improve physical fitness, self-confidence, mental health that may leads to positive influence on body image of persons. Many studies have investigated the relationship between body image and physical activity in adolescents, but results are inconsistent and there is no clear understanding of how these variables interact. Some studies suggest that participation in physical activities may improve body image (Ekeland E. *et al*)^[2]. Caruso and Gill (1992)^[1] found no significant changes in body image satisfaction, physical self-perceptions or global self-esteem over a 10-week exercise program with male and female university students. Lack of physical activities leads to reduce physical fitness, self-esteem, also a negative perception of body image. Aerobic dance is a form of physical exercise that combines aerobic exercises with dance movements. Aerobic dance has numerous benefits on body. It improves various psychological and fitness variables. But its impact on body image of teacher trainees is not well studied. So this study is an effort to find out how much effect will be in the body image of teacher trainees who practice aerobic dance.

Objectives of the Study

The objective of the study is to find out the impact of aerobic dance on the body image of teacher trainees.

Delimitation

1. This study is delimited to teacher trainees
2. It is also delimited to the variable Body image

Limitations

1. No motivational techniques used to motivate the subjects were considered as a limitation of the study.
2. The life style, habits, heredity and nutritional intake and other personal behaviour styles were beyond the control of the investigator were also considered as the limitations of the study.

Corresponding Author:
Dr. Vinodkumar K
Associate Professor, NSS
Training College, Pandalam,
Kerala, India

Hypotheses

It is hypothesised that there will be significant change in the body image of teacher trainees due to aerobic dance

Significance of the Study

1. The findings of the study may help the people to know the effect of aerobic dance on body image.
2. The result of the study may probably make an impact on the public to follow aerobic dance to improve body image.

Procedure

Selection of Subjects

For the purpose of this study, 60 female teacher trainees from Kerala University College of Teacher Education were selected as subjects. The average age of the subjects was 23 years.

Design of the Study

Randomly selected 60 subjects were divided into two equal groups as 'A', and 'B'. After taking the pre-test for the selected variable, the training programme was given to the experimental group 'A', and 'B' was the control group. The experimental group 'A' had undergone the training programme in aerobic dance thrice a week (ie, on Mondays, Wednesdays and Fridays) for 12 weeks. After twelve weeks of training as per the schedule, a post-test was conducted for the same variable to both the groups.

Analysis of data and discussion of findings

Data was analysed using t- test to find out the changes in the means. The results were given in the Table 1

Table 1: The Significance of Differences between the Pre-Test and Post-Test Means of Body image of Aerobic dance and Control Groups

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Aerobic dance group (BES)	23.4	20.3	3.1	1.42	0.243	3.45*
Control group (BES)	22.6	21.7	0.9	2.3	0.343	1.41

* Significant at 0.01 level

Discussion

The analysis of the results showed that the aerobic dance group with pretest score (23.4) was increased to (20.3). The t value is significant at 0.01 level. But in the control group the pretest score (22.6) is decreased in the post test with the score (21.7), which is not significant.

Conclusion

Analysing the result, it is concluded that aerobic dance is very helpful for improving the body image of teacher trainees. Including aerobic dance in the fitness programme will be beneficial for maintaining fitness and body image.

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