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EFFECTS OF SELECTED EXERCISES ON PSYCHOLOGICAL VARIABLE AMONG MIDDLE AGE MEN



Dr. Ramesh Kumar Yadav

**Assistant Professor , Department of Physical Education ,
Vidhyant Hindu P.G. College, Lucknow, U.P.**

ABSTRACT :

Purpose of the study: The main purpose of this study was to investigate the effects of selected exercises on Psychological variables among middle age men of Lucknow University. It was hypothesized that there would be significant difference on Psychological variables due to training of 12 weeks of selected exercises.

Research Methodology: The present study was conducted on sixty middle age men selected randomly from Lucknow University, Lucknow Uttar Pradesh. The age of the subjects were ranging between 45-60 years to assess the selected psychological variables anxiety and depression. To assess the anxiety and depression, Sinha Anxiety scale constructed by Prof. D. Sinha and Beck depression inventory developed by Beck and Beamesderfer standardized questionnaire were used respectively.

In the present study pre-test and post test scores were taken, to compare the effects of selected exercises on psychological variable among middle aged men. Thirty subjects were assigned randomly to both the group. The training for experimental group was administrated at Lucknow University ground. The experimental group met thrice in a week for a period of twelve weeks. Each experimental session was of 40-50 minutes

duration. The training commenced with one week of general physical conditioning for the experimental group, so that the subjects were ready physically and mentally to take on the specific load administered to them for the purpose of the study. After one week of conditioning the training was administered to the experimental group, thrice a week.

With the help of the questionnaires related to psychological variables necessary data were collected. The tests were conducted on 60 middle aged men to collect data for both psychological variables.

The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of selected exercises on Psychological Variables among middle age men. **The level of significance was set at 0.05.**

CONCLUSIONS:

The results revealed that the experimental group trained by selected exercises for 12 weeks program has shown comparatively lower anxiety levels and better control of depression as compare to control group in case of middle age men.

The better performance of experimental group as compare to the control group may be due to the fact that the experimental group has taken a systematic and progressive training program (thrice a week) for duration of 12 weeks.

KEYWORDS: Anxiety and depression.

INTRODUCTION :

Anxiety and depression both are a major disorder in men and women. As men, we like to think of ourselves as strong and in control of our emotions. When we feel hopeless or overwhelmed by despair we often deny it or try to cover it up. But depression and anxiety both are common problems that affect many of us at some point in our lives. Men are less likely to experience anxiety and depression than women. They are also likely to talk about it. This increases the risk of their anxiety and depression going unrecognized and untreated.

Researchers have proved that untreated anxiety and depression are the main factors for suicide nowadays. In Australia there are about 3000 suicides each year. Seventy Five percentages of people who take their lives are men. Suicide is the main cause of death for men under the age 45.

World Health Organization in its new global health estimates on depression for 2015 said while over 5 crores Indians suffered from depression, over 3 crores others suffered from anxiety disorders. The WHO document revealed that 322 million people are living with depression worldwide and nearly half of them live in South East Asian and Western Pacific region, reflecting relatively large populations of India and China. According to WHO figures, the total cases of depressive disorders in 2015 in India were 5,66,75,969 which was 4.5% of population in 2015 while total cases of anxiety disorders were 3,84,250,93 which was 3% Of the population in the same year. Researches shown that more than seven crores people died due to suicide because they were suffering from depression and anxiety. Considering the role of Psychology variables, the present study was undertaken.

RESEARCH METHODOLOGY:

The present study was conducted on sixty middle age men selected randomly from Lucknow University, Lucknow Uttar Pradesh. The age of the subjects were ranging between 45-60 years to assess the selected psychological variables anxiety and depression. To assess the anxiety and depression, Sinha Anxiety Scale constructed by Prof. D. Sinha and Beck depression inventory developed by Beck and Beamesderfer standardized questionnaire were used respectively.

In the present study pre-test and test scores were taken, to compare the effects of selected exercises on psychological variable among middle aged men. Thirty subjects were assigned randomly to both the group. The training for experimental group was administered at Lucknow University ground. The experimental group met thrice in a week for a period of twelve weeks. Each experimental session was of 40-50 minutes duration. The training commenced with one week of general physical conditioning for the experimental group, so that the subjects were ready physically and mentally to take on the specific load administered to them for the purpose of the study. After one week of conditioning the training was administered to the experimental group, thrice a week. With the help of the Questionnaires related to Psychological variables necessary data

were collected. The tests were conducted on 60 middle aged men to collect data for both psychological variables.

The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of selected exercises on Psychological Variables among middle age men. **The level of significance was set at 0.05.**

RESULTS AND DISCUSSIONS

The results pertaining to analysis of co-variance between Experimental group and Control group on psychological variables among middle age men for pre and post tests respectively have been presented in table 1 and 2.

TABLE 1
ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON
PSYCHOLOGICAL VARIABLE
(ANXIETY) AMONG MIDDLE AGED MEN

Sources of Variation	Degree of Freedom	Sum of Squares YX	Mean Sum of Squares YX	F- Value
Treatment Group Means	2-1 =1	20544.78	20544.78	698.12*
Error	100-2-1= 97	2620.33	25.64	
Total	98			

*Significant F.05 (1,97) = 3.94

Table No.1 revealed that the obtained ‘F’ value of 698.12* was found to be highly significant at 0.05 level with 1,97 degree of freedom as the tabulated value of 3.94 was required to be significant at 0.05 level with 1,97 degree of freedom. The same table indicated that there was a significant difference in adjusted means of selected psychological variable (Anxiety) among aged men between experimental group and control group.

GRAPHICAL REPRESENTATION OF MEAN VALUE OF PRE TEST AND POST TEST OF ANXIETY OF EXPERIMENTAL GROUP AND CONTROL GROUP IS PRESENTED IN FIGURE 1.

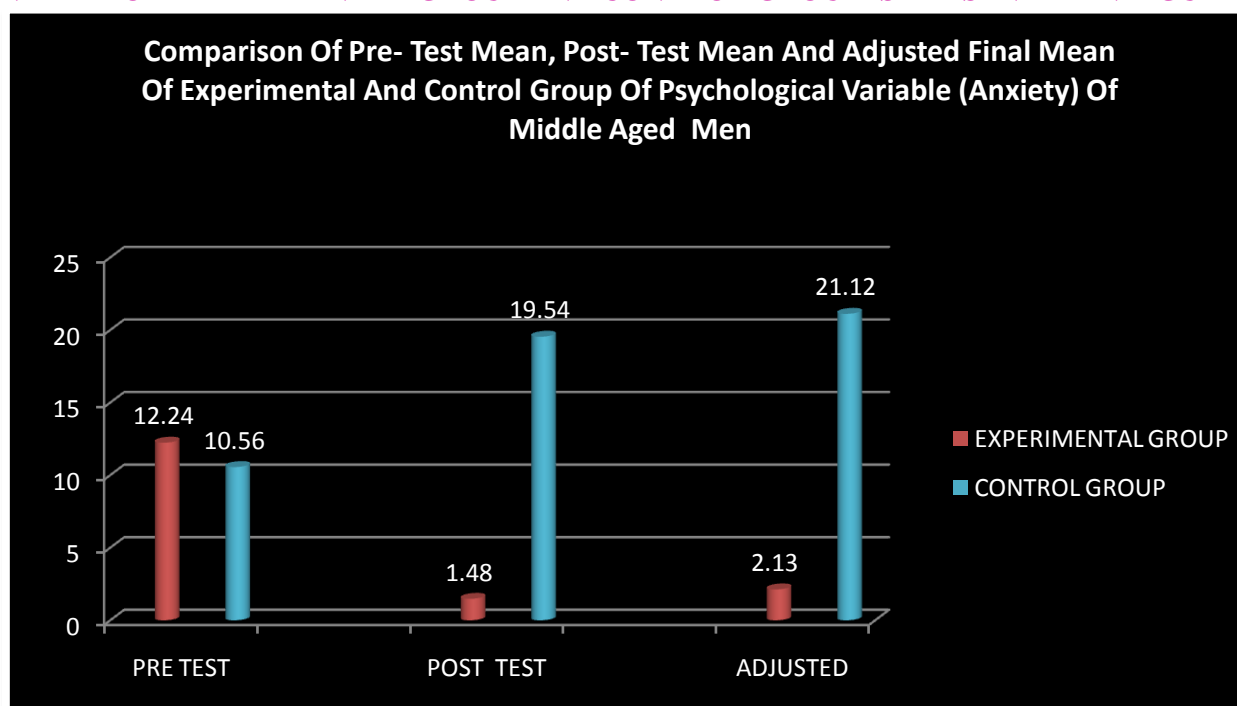


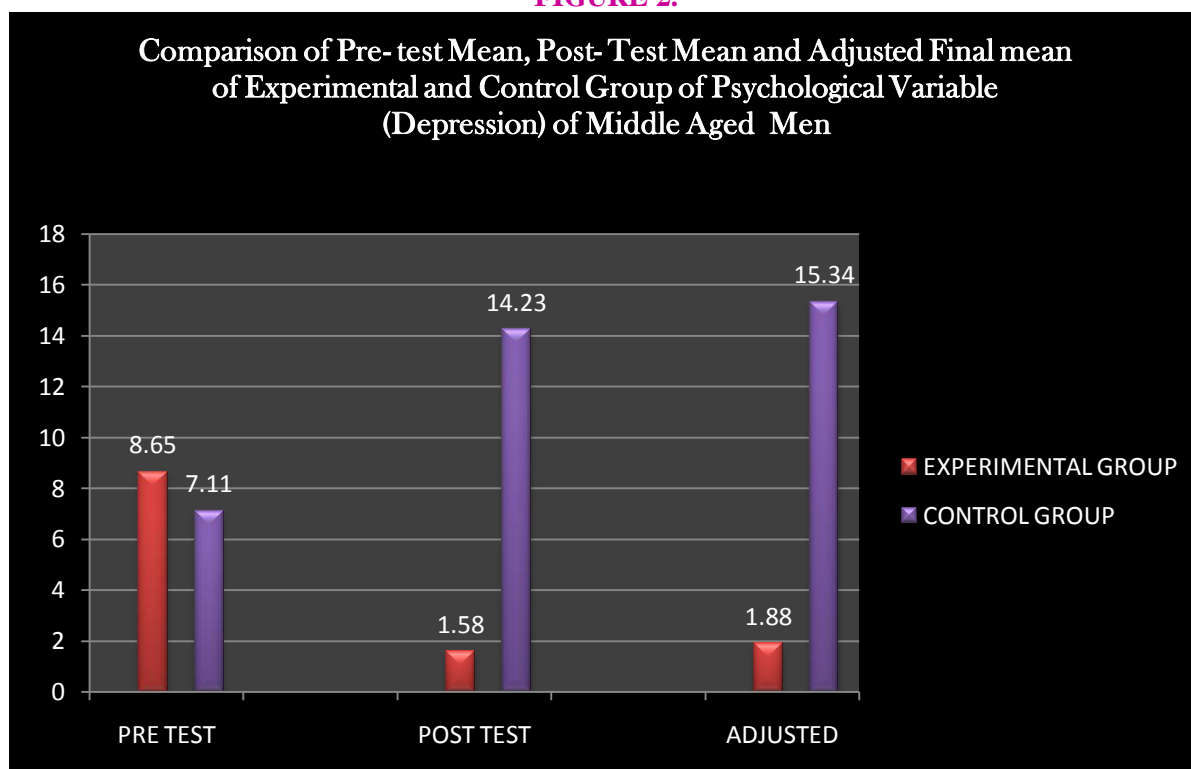
TABLE 2
ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON
PSYCHOLOGICAL VARIABLE
(DEPRESSION) AMONG MIDDLE AGED MEN

Sources of Variation	Degree of Freedom	Sum of Squares YX	Mean Sum of Squares YX	F- Value
Treatment Group Means	2-1 =1	137583.65	137583.65	716.65*
Error	100-2-1= 97	12323.46	132.74	
Total	98			

*Significant F.05 (1,97) = 3.94

Table No.2 revealed that the obtained 'F' value of 716.65* was found to be highly significant at 0.05 level with 1,97 degree of freedom as the tabulated value of 3.94 was required to be significant at 0.05 level with 1,97 degree of freedom. The same table indicated that there was a significant difference in adjusted means of selected psychological variable (Depression) among aged men between experimental group and control group.

GRAPHICAL REPRESENTATION OF MEAN VALUE OF PRE TEST AND POST TEST OF DEPRESSION OF EXPERIMENTAL GROUP AND CONTROL GROUP IS PRESENTED IN FIGURE 2.



CONCLUSIONS:

The results revealed that the experimental group trained by selected exercises for 12 weeks program has shown comparatively lower anxiety levels and better control of depression as compare to control group in case of middle age men.

The better performance of experimental group as compare to the control group may be due to the fact that the experimental group has taken a systematic and progressive training program (thrice a week) for duration of 12 weeks.

RECOMMENDATIONS:

1. Similar Study may be undertaken to find out the effects of selected exercise on Psychological variables among Youngsters.
2. Similar Study may be undertaken to see the effects of selected exercise on other variables like Physical, Anthropometrical and physiological etc. among different age group of men and women.
3. Similar study may be undertaken to find out the effects of selected exercise on Psychology variables between athletes and non athletes.

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