

SEDENTARY WOMEN EMPLOYEES AND STRESS LEVEL—AN EXPERIMENTAL STUDY ON LOW IMPACT AEROBIC DANCE EXERCISE

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ABSTRACT

The prime aim of the study was to investigate the impact of twenty three weeks of low-impact aerobic dance workout on stress levels amongst inactive women employees in a northern district of Kerala state. Inactive participants whose age ranges from 30 years to 40 years; N = 40 were nonspecifically distributed to two different groups, namely, experimental group and control group. Aerobic training was given to the experimental group for 50 minutes, on alternate days each week, for 23 weeks. Paired t-test found noticeable changes in stress levels of inactive women employees. “Aerobic Dancing Group” which is considered as experimental group achieved the advantage.

KEYWORDS: *Stress, Aerobic Dance, Low Impact, sedentary, Cardio Vascular Diseases*