



EFFECT OF ZUMBA ON AEROBIC FITNESS OF MIDDLE AGE WOMEN OF PUNE CITY

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Abstract:

The main aim of the study was to check the effect of zumba on aerobic fitness of Middle Age Women of Pune City.” This is an experimental pre-post study, for this study total 30 middle aged women aged ranged between 40-60 years were conveniently selected from Pune city. All the subjects were given total 6 weeks of zumba training on aerobic fitness. 40 minutes for the first two weeks and for next four weeks the training program increased to 50 minutes. The data were collected in two phases i.e., pre-test and post-test. All the data were collected by using Harvard Step Test, t- test was used as a statistical tool for analyzing the data. The result of the study revealed that there was significant improvement observed in aerobic fitness level of middle aged women of Pune city. Indicating that the training program was effective in enhancing aerobic fitness of Middle aged women of Pune city.

Keywords: Zumba, aerobic fitness, middle age and Pune city.

Introduction:

Zumba is an exercise. It's mostly a cardiovascular workout that helps you burn calories and increase endurance. One of the most entertaining and adaptable exercise fads to emerge in a while is Zumba. An interval workout is Zumba. The lessons alternate between high- and low-intensity dancing maneuvers meant to increase cardiac endurance and raise heart rate. Zumba mixes a variety of simple sports moves that work a variety of body parts, including the arms, back, feet, and torso. It is an aerobic activity, which means that it burns a lot of calories. Zumba workouts assist to strengthen the heart and lungs, improve general fitness, and speed up circulation. Additionally, they improve the flow of oxygen to the body's muscles and other organs.

Zumba works numerous muscle groups simultaneously for overall body toning. Improves cardiac health. You gain not only aerobic benefits (which significantly raise your heart rate), but also anaerobic benefits, which support a healthy cardiovascular and respiratory system. There are two types of physical activity, such as aerobic and anaerobic training. Exercises like aerobics, jogging, swimming, and cycling make the heart and lungs work harder to oxygenate the muscles. Aerobics are quick workouts that don't use oxygen to replace fuel, like lifting weights and sprinting. Numerous sports, including swimming, jogging, cycling, aerobic dance, and zumba, might assist preserve physical health. Young women and older women today embrace Zumba and high impact aerobics as forms of exercise. One activity to enhance all aspects of fitness (flexibility, muscle strength, and cardiovascular fitness) is aerobic high impact, which includes strength training and regular stretching. In courses that have received training, aerobic high impact is typically performed with the goal of escalating exercise intensity while following the beat of faster-paced music. Aerobic exercise refers to any physical activity that causes your body to receive more oxygen. Aerobic means "with oxygen," therefore it includes all physical activities. Your muscles need more oxygen to contract for an extended amount of time while you work out. Heart rate will rise as a result of the body's need to circulate more oxygen rich blood to your muscles. To get more oxygen into your body and bloodstream, your breathing rate will also rise. Aerobic exercise is sometimes referred to as "cardio" exercise since it increases the function of your heart, lungs, or cardiovascular system.



Methodology:

The study utilized an experimental pre-post type design, where the researcher conveniently selected 30 middle aged women from Pune city. The pre-test data were collected before delivering the 6 weeks zumba training program, and a post-test was conducted after the completion of training program. The sample was selected based on inclusion and exclusion criteria, and convenient sampling was used for better representation of the whole population. The variables of the study were aerobic fitness, and the data were collected using the Harvard Step Test. The data were analyzed by using t-tests.

Training Schedule

Week 1 – Week 2

| | Activities | Duration |
|------------------------------|---|-----------------|
| Warm-up | Marching, stepping, sidewalk, bending exercises, slow twisting exercises, floor exercises with increasing music. | minutes |
| Main part Zumba moves | 4x8 simple steps marching, 4x8 single step front/back, 8 repetition pull the knee, 8 repetition open the legs side/back. For next repetition speed will gradually increase. | minutes |
| Cooling down | The stretching movements were made in sitting, lying, and standing positions. Slow stretching were given. | minutes |
| Total | | minutes |

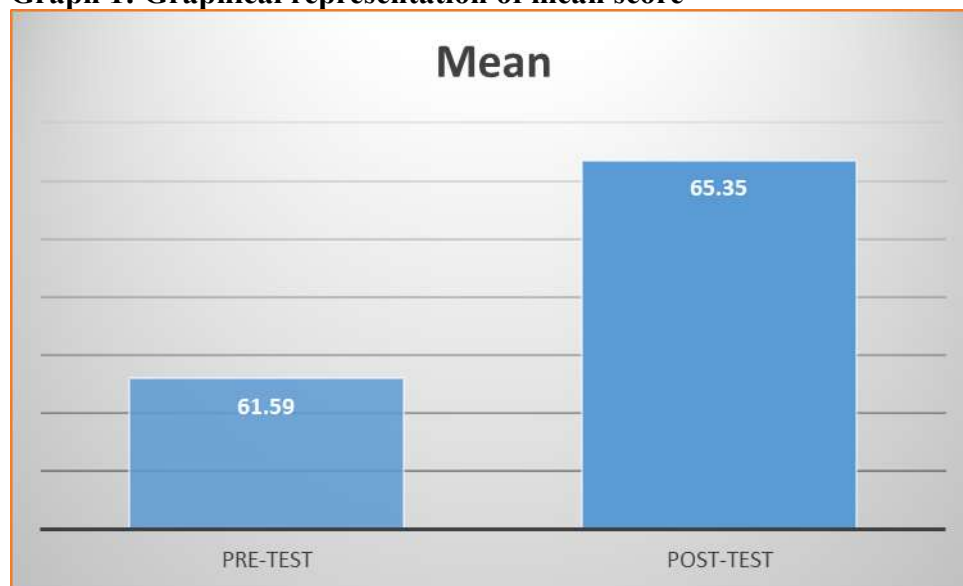
Week 3 – Week 6

| | Activities | Duration |
|------------------------------|---|-----------------|
| Warm-up | jogging, back running, twisting and bending exercises, jumping jacks, high knee with the increasing music. | minutes |
| Main part Zumba moves | V-step, A-step, reverse V, reverse turn, X-step, Z-step, I-step, clap and jump, Latin dance movements with the music beats. Gradually the pace will increase. | minutes |
| Cooling down | The stretching movements were made in sitting, lying, and standing positions. Slow stretching. | minutes |
| Total | | minutes |

Table – 1

Table 1: Comparison of Harvard Step Test scores during pre-test and post-test

| Test | Mean | s | l. 't' | h. 't' |
|-------------|-------------|----------|---------------|---------------|
| Pre-test | 59 | 29 | 95 | 99 |
| Post-test | 35 | | | |

Graph 1: Graphical representation of mean score**Level of significance – 0.05****Calculated ‘t’ – 2.395****Tabulated ‘t’ – 1.699****Degree of freedom – 29****Number of subjects (N) – 30****From table 1:**

It reveals that there is significant difference between the mean of pre-test and post-test of the selected group as the mean difference is 3.76.

The finding of this test shows that there is significant difference between the mean of selected group (pre-test and post-test), as the calculated ‘t’ value of 2.395 is greater than the tabulated ‘t’ value of 1.699 (29 degree of freedom at 0.05 level of confidence).

Conclusion:

The findings of this study suggest that a 6 weeks zumba training program can significantly improve the aerobic fitness level of middle aged women of Pune city. This study emphasizes the importance of specialized zumba training programs for enhancing the aerobic fitness of middle aged women of Pune city. Future studies can investigate the effect of longer training periods or different zumba training programs on the aerobic fitness level.

In conclusion, this study has demonstrated that zumba can significantly improve the aerobic fitness and static balance of middle age women of Pune city. Therefore, it is recommended that such programs should be performed in a regular basis for enhancement of health and to achieve a better life.

However, it is important to note that the study had some limitations, including a small sample size and measuring only two variables i.e., aerobic fitness and static balance for testing. Further research is needed to explore the impact of zumba on other physical fitness components.

As the subjects had taken the training schedule seriously, the effect was positive and there was significant rise in the aerobic fitness. From the conduction of this study, we can assume that this study emphasizes the benefits of performing regular zumba for the middle age women. Future studies can investigate the effect of longer training periods or different training programs.

Overall, this study contributes to the existing literature on the effects of zumba on aerobic fitness and provides valuable insights for the middle age women as well as for the society.



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