

Influence of Brisk Walking on Selected Psychological Variables of Sedentary Women

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Abstract

One of the natural activity of man is walking. There are varieties of walking. A study was made to analyse the influence of brisk walking on the psychological variables among sedentary women. The variables studied were anxiety, aggression, mental health, self concept and self confidence. The subjects were divided into two categories each containing a control and an experimental group. Brisk walking was given and the groups tested were analyzed by psychological questionnaires. The data collected were analyzed. The results showed significant differences in all the factors analyzed. These findings prove the importance of brisk walking in the improvement of society along with players and athletes.

Key words: Brisk walking, Anxiety, Aggression.

Introduction

An excellent stamina building activity of man is walking. This is an easy, flexible, economical and comparatively less strenuous than other exercises. Walking can reduce the risk of many diseases from heart attack and stroke to hip fracture and glaucoma.

Fitness walking is easy, simple and safe and it is inexpensive. A women, of average size can walk comfortably at brisk speeds of 3.5 to 4 miles an hour, while the average sized man can walk at 4.5 to 5 miles per hour. Slower walking can be advantageous for older people.

Brisk walking is the cheapest and safest exercise. Psychological fitness leads outstanding performance. In this present scenario women leads in all walks of life. Hence a study was made to understand the effects of brisk walking on some psychological variables of sedentary women.

Different psychic abilities play a decisive role in achieving the performance in track and field events. Winning in International sports competitions highly depends on the psychological abilities. Psychological fitness and training of individual are important factors which help in achieving outstanding performance.

Walking is a main means of transportation and physical fitness. Hence a study was made to get some insight on brisk walking and its influence on some psychological variables of women.

It was hypothesized that there will be significant changes in the selected psychological variables after ten weeks of brisk walking.

Review of Literature

The scientific analysis of pre-competition anxiety among athletes of both sexes and that too was delimited to track and field athletes was studied by Pandey *et.al.*, (1997). Mevyn (1977), analyzed the arousal and anxiety of gymnastic performance.

Kirker *et.al.*, (2000), conducted a study on the significant problems in the study of sports aggression, and they are linked to how aggression has been defined, measured and analyzed. Jagbir sing *et.al.*, (2007), conducted a study to compare the difference of competitive anxiety among selected male sports groups.

Methodology

Hundred women with the age group 30 to 50 were selected for this study. They were divided into 4 groups of two categories Table – 1.

Table – I
The Variables and Categories

Sl. No.	Variables	Schedule	Category
1	30-40 yrs	Control	I
2	30-40 yrs	Experiment	II
3	41-50 yrs	Control	III
4	41-50 yrs	Experiment	IV

The psychological variables chosen for this study are anxiety, aggression, mental health, self concept and self confidence.

Results and Discussion

The results of different groups of pre and post tests on different variables were given in Table – II.

Results of this study reveals that the age group 30-40 (Mean = 16.208) was better than the age group 41-50 (Mean = 19.050) in anxiety. Similarly, the experimental group (Mean = 16.425) was better than the control group (Mean = 18.833) in anxiety.

In the same way the final test score (Mean = 16.000) was better than the initial test (Mean = 19.258) in anxiety. At experimental group, the final test score (Mean = 15.433) was better than the initial test score (Mean = 18.967) in anxiety. The final test score (Mean = 16.967) was better than the initial test score (Mean = 21.100) at control.

Table – II

Summary of Mean and Standard Deviation different Age Groups of Pre and Post Tests on the Psychological Variables of Experimental and Control Groups

Category		Anxiety		Aggression		Mental health		Self-concept		Self-confidence	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Age	30-40	16.208	3.764	13.117	2.234	11.033	1.762	147.083	12.676	11.292	2.206
	41-50	19.050	3.277	13.500	2.239	10.067	2.304	139.892	10.174	10.975	2.047
Group	E	16.425	3.994	12.808	2.561	10.975	2.324	152.100	9.534	11.508	2.181
	C	18.833	3.177	13.808	1.736	10.125	1.766	134.875	7.055	10.758	2.017
Test	Initial	19.258	3.823	14.625	2.066	9.708	1.849	141.283	10.984	10.358	2.037
	Final	16.000	3.001	11.992	1.520	11.392	2.010	145.692	12.642	11.908	1.936
Age 30-40	E	17.500	4.347	10.267	2.667	12.000	1.872	156.000	10.037	11.650	2.170
	C	14.917	2.506	11.883	1.686	10.183	1.652	138.167	7.851	10.933	2.189
Age 41-50	E	20.167	3.109	14.350	2.349	9.950	2.292	148.200	7.187	11.367	2.200
	C	17.933	3.075	13.733	1.223	10.067	1.885	131.583	4.089	10.583	1.831
Age 30-40	Initial	17.950	4.027	14.200	1.534	9.150	1.624	144.383	11.577	10.450	2.216
	Final	14.467	2.487	11.950	1.682	11.800	1.384	149.783	13.237	12.133	1.970
Age 41-50	Initial	20.567	3.127	15.050	2.427	10.267	1.903	138.183	9.473	10.267	1.854
	Final	17.533	2.684	12.033	1.353	10.983	2.427	141.600	10.634	11.683	1.891
Experimental	Initial	18.967	3.521	14.456	1.935	10.022	1.803	149.067	8.634	10.600	2.077
	Final	15.433	3.055	12.067	1.821	12.017	2.332	155.133	9.491	12.417	1.898
Control	Initial	21.100	3.191	15.550	1.769	9.933	1.882	136.250	6.751	10.233	1.984
	Final	16.967	2.860	11.917	1.154	10.767	1.382	137.600	7.139	11.400	1.852

E = denotes Experimental
C = denotes Control

The experimental group (Mean = 12.808) was better than the control group (Mean = 13.808) in aggression. In experimental group, the age group 30-40 (Mean = 10.267) was better than the age group 41-50 (Mean = 14.350) in aggression. Similarly, in control group, the age 30-40 (Mean = 11.883) was better than the age group 41-50 (Mean = 13.733). At the age 30-40 level, the experimental group (Mean = 10.267) was better than the control group (Mean = 11.883). The final test score (Mean = 11.992) was better than the initial test (Mean = 14.625) in aggression. At the initial test, the age group 30-40 (Mean = 14.200) was better than the age group 41-50 (Mean = 15.050) in aggression. At the age 30-40, the final test score (Mean = 11.950) was better than the initial test score (Mean = 14.200) in aggression. Similarly, at age 41-50, the final test score (Mean = 12.033) was better than the initial test score (Mean = 15.050).

In aggression, the final test score of experimental group (Mean = 12.067) was better than the initial test score (Mean = 14.456). Similarly, at control group, the final test score (Mean = 11.917) was better than the initial test score (Mean = 15.550).

The age group 30-40 (Mean = 11.033) was better than the age group 41-50 (Mean = 10.067) in improving mental health. It can be directly implied that the experimental group (Mean = 10.975) was better than the control group (Mean = 9.708) in improving mental health. In experimental group, the age group 30-40 (Mean = 12.000) was better than the age group 41-50 (Mean = 9.950) in the improving mental health. At age 30-40 level, the experiment group (Mean = 12.000) was better than control group (Mean = 10.183) in improving mental health.

The age group 30-40 (Mean = 147.083) was better than the age group 41-50 (Mean = 139.892) in improving self-concept. It can be directly implied that the experimental group (Mean = 152.100) was better than the control group (Mean = 134.875) in improving self-concept. In the initial test, the experimental group (Mean = 149.067) was better than the control group (Mean = 136.250) in self – concept. In final test also the experimental group (Mean = 137.600) was better in improving self – concept. At experimental group, the final test score (Mean = 155.133) was better than the initial test score (Mean = 149.067) in self-concept. At control group, the final test score (Mean = 137.600) was better than the initial test score (Mean = 136.250) in self-concept.

The experimental group (Mean = 11.508) was better than the control group (Mean = 10.758) in self-confidence. The final test score (Mean = 11.908) was better than the initial test (Mean = 10.358) in self – confidence.

The results indicate that ten weeks of brisk walking improves the psychological factors studied in the experimental group.

Conclusions

From the observations of the present study, the following conclusions were made.

- The psychological variables such as anxiety, aggression, mental health, self concept and self confidence were significantly improved among the brisk walking women.
- The age and brisk walking shows significance in the results.
- Women showed improvement in their psychological variables.
- General health proves good in all the groups studied apart from the variables.

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