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Effects of Aerobic Exercise on Aggression Behavior of Collegiate Students

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Abstract

The purpose of the study was to find out the effects of Aerobic exercise on aggression collegiate student's Total 100 students was selected for the present study of which 50 was Experimental group and 50 will be control group. Training was given to only experimental group. For measure the aggression of sports person the inventory was prepared by M.K. Sultana. Pre and post-test was taken on 50 students from various colleges of swami Ramanand Teerth Marathwada University , All 50 acted as experimental group for Aerobic exercise with 50 control groups .No training was given to the control group. A training program was planned for 12 weeks, 5 days a week and 60 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. There was training programmes in the academic schedule of physical education department. Mean standard Deviation and F-ratio was used for data analysis. No significant effects of Aerobic exercise was found on aggression

Introduction

Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual.It may occur either in retaliation or without provocation. In humans, frustration due to blocked goals can cause aggression. Human aggression can be classified into direct and indirect aggression, whilst the first is characterized by physical or verbal behavior intended to cause harm to someone, the second one is characterized by a behavior intended to harm social relations of an individual or a group.In definitions commonly used in the social sciences and behavioral sciences, aggression is a response by an individual that delivers something unpleasant to another person. Some definitions include that the individual must intend to harm another person.Aggression can take a variety of forms,which may be expressed physically, or communicated verbally or non-verbally: including anti-predator aggression, defensive aggression (fear-induced), predatory aggression,dominance aggression, inter-male aggression, resident-intruder aggression, maternal aggression, species-specific aggression, sex-related aggression, territorial aggression, isolation-induced aggression, irritable aggression, and brain-stimulation-induced aggression (hypothalamus).

Aggressive behavior is an individual or collective social interaction that may be defined in general terms as a hostile behavior with the intention of inflicting damage or harm. Two broad categories of aggression are commonly distinguished.

Methods

The purpose of the study was to find out the effects of Aerobic exercise on aggression collegiate students Total 100 students was selected for the present study of which 50 was Experimental group and 50 will be control group. Training was given to only experimental group. For measure the aggression of sports person the inventory was prepared by M.K. Sultana. It consists of 67 items. Pre and post-test was

taken on 50 students from various colleges of swami Ramanand TeerthMarathwada University , voluntary to participate in the Aerobic exercise s. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests.The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. They completed an informed consent document to participate in the study. All 50 acted as experimental group for Aerobic exercise with 50 control groups .No training was given to the control group. A training program was planned for 12 weeks, 5 days a week and 60 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. The training completed in three stages i.e Stage- I Stage II Stage III.These exercises include walking, running, jogging, climbing, jumping row and cross country. There was training programmes in the academic schedule of physical education department. The exercise session should consist of the following procedure: Warm - up period will be approximately 10 min., this was combine callisthenic – type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min. Mean standard Deviation and F-ratio was used for data analysis.

Table –1

Mean Scores And Standard Deviations Of Aggression Of Control Group

Training Stages	Number	Mean Scores	Standard Deviations
Stage I	50	28.09	3.78
Stage II	50	28.78	3.80
Stage III	50	28.89	3.84

Table- 1 shows that the mean scores and standard deviations of Aggression of control group.

Table-2

Anova Of Aggression Control Group

Source of Variance	DF	SS	MSS	F- ratio
Between Groups	2	7.89	3.94	1.53 NS
Within Groups	147	376.84	2.56	

NS= Not Significant

Table-2 indicates that no significant difference of Aggression of control group was found as above observed in F-ratio was 1.53

Table – 3

Mean Scores And Standard Deviations Of Aggression Of Experimental Group

Training Stages	Number	Mean Scores	Standard Deviations
Stage I	50	28.90	3.78
Stage II	50	28.87	3.45
Stage III	50	28.95	3.65

Table- 3shows that the mean scores and standard deviations of Aggression of experimental group.

Table-4

Anova Of Aggression Of Experimental Group

Source of Variance	DF	SS	MSS	F- ratio
Between Groups	2	6.58	3.29	1.34 NS
Within Groups	147	360.87	2.45	

NS= Not Significant

Table-4 indicates that no significant effects of aerobic training on of Aggression of experimental group were found as above observed in F-ratio was 1.34.

Findings

The mean scores and the standard deviations obtained from Table 1 the highest mean score is in training Stage III (28.89) and the lowest mean score is in Stage I (28.09) and the mean scores of the rest falls between these two stages of training Aggression of control group.

The values of training stages indicated by the standard deviation which is not higher than (3.84) in case of III stage of training and not lower than (3.78) in case of Stage-1 for Aggression of control group. no significant difference of Aggression of control group was found as above observed in F-ratio was 1.53, In addition The mean scores and the standard deviations obtained from Table 3 the highest mean score is in training Stage III (28.95) and the lowest mean score is in Stage II (28.87) and the mean scores of the rest falls between these two stages of training Aggression of experimental group.

The values of training stages indicated by the standard deviation which is not higher than (3.78) in case of II stage of training and not lower than (3.45) in case of Stage-II for Aggression of experimental group. The Findings of the study revealed that no significant effects of aerobic training on of Aggression of experimental group. That means no effects of aerobic training was found on aggression

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