

Effect of Physical exercises, Fartlek Training and combined Training on Anxiety among Men Trainee Sub Inspectors of Andhra Pradesh

Yaswantha Reddy B.^{1*} Dr. I. Lilly Pushpam²

¹ Research Scholar, Tamil Nadu Physical Education and Sports University

² Assistant Professor, Tamil Nadu Physical Education and Sports University

Abstract – The present study was undertaken to analyze the effect of physical exercises, fartlek training and combined training on anxiety among men trainee sub-inspectors of Andhra Pradesh. The researcher selected sixty four men trainee sub-inspectors were from beach ally, Andhra Pradesh. Their age ranged from 21 to 25 years. The subject chosen for the study divided into four equal groups and designed fartlek training group (FTG), Physical exercise group (PEG) and fartlek training with physical exercise programme (FTPEG) and control group (CG). Experimental groups underwent for twelve weeks of training program on alternative days. The data were selected before and after the training period. The collected data analysed with analysis of covariance (ANCOVA). The level of significant was fixed at 0.05 levels. Where ever the 'F' ratio found significant Scheffe's post-test was used for find out the significant differences among the adjusted paired mean. The result of the study concluded that FTG, PEG and FTPEG are significantly improved anxiety level when compared with control group.

Keywords: Fartlek Training, Physical Exercises, Anxiety

BACK GROUND AND PURPOSE

The police are people empowered to enforce the law, protect property and reduce civil disorder. Their powers include the legitimized use of force. The term is most commonly associated with police services of a state that are authorized to exercise the police power of that state within a defined legal or territorial area of responsibility. The word comes via medieval French police; from Latin politia "civil administration", from ancient Greek Law enforcement, however, constitutes only part of policing activity.

Exercise is a planned and expedient activity whose primary goal is to improve the health and physical shape of the participants (Ostojic et. al., 2009), and to active the adaptive process that will produce certain positive changes in the human body (Tivanovic, 2000). This running is the combination aerobic and anaerobic is accomplished in a varied pace run by interrupting steady, continuous running of short sprints, one established form of varied pace training is known as fartlek (Hazeldine, 1985). "The individual's belief about himself or herself, including the person's attributes and who and what the self is" (Baumeister 1999).

HYPOTHESIS

1. It was hypothesis that there will be significant improvement in anxiety level after the twelve weeks of fartlek training group (FTG), physical exercise group (PEG) and fartlek training with physical exercise programme (FTPEG) when compared with control group (CG).
2. It was hypothesis that fartlek training with physical exercise programme (FTPEG) will be significantly better than fartlek training group (FTG) and physical exercise group (PEG).

METHODOLOGY

The purpose of the study was to find out the influence of physical exercises, fartlek training and combined training on anxiety level among men trainee sub inspectors of Andhra Pradesh. The researcher selected sixty four men trainee sub-inspectors from beachpally, Andhra Pradesh. Their age ranged from 21 to 25 years. The subject chosen for the study divided into four equal groups and designated fartlek training group (PEG), physical exercise group (PEG) and fartlek training with physical exercise programme (FTPEG) and control group (CG). Experimental

groups underwent for twelve weeks of training program on alternative days. The data were collected by questionnaire.

RESULT AND DISCUSSIONS

The analysis of data on anxiety has been examined by analysis of covariance (ANCOVA). The level of significant was fixed at 0.05 levels. Where ever the 'F' ratio found significant Scheffe's post hoc test was used for find out the significant differences among the adjusted paired mean.

Table-I Analysis of covariance of pre test, post test and adjusted post test on anxiety of experimental groups and control group

	FTG	PEG	FTPEG	CG	Source of variance	Sum of square	df	Mean square	'F'ratio
Pre-test mean	50.56	50.18	49.93	49.81	B:	5.25	3	1.75	0.107
S.D	3.96	3.85	4.43	3.95	W:	981.75	60	16.36	
Post-test mean	47.31	46.87	46.68	50.06	B:	118.92	3	39.64	3.27*
S.D	3.23	3.22	3.89	3.51	W:	725.56	60	12.09	
Adjusted Post-test Mean	46.94	46.82	46.84	50.32	W:	143.25	3	47.75	131.50*
						21.42	59	0.363	

* Significant at 0.05 level, (The table value required for significance at 0.05 level with df 3 and 60 and 3 and 59 are 2.76)

The table-1 shows that there is significant difference in anxiety among the four groups such as fartlek training group(FTG). Physical exercise group (PEG) and fartlek training and physical exercise group (FTPEG) and control group(CG). Since the calculated 'F' value required being significant at 0.05 levels for 3.60 and 3.59 degree of freedom is 2.76, but the calculate values for anxiety of adjusted post test 'F' value is 131.50. This was higher than tabulated value. Since the obtain 'F' ratio is found significant, Scheffe's test is used as post hoc test.

Table-II

The Scheffe's test for the mean differences between paired mean of groups anxiety

Mean value				Mean difference	C.I
FTG	PEG	FTPEG	CG		
46.94	46.82	-	-	0.12	0.611
46.94	-	46.84	-	0.10	
46.94	-	-	50.32	3.38*	
-	46.82	46.84	-	0.02	
-	46.82	-	50.32	3.50*	
-	-	46.84	50.32	3.48*	

*significant at 0.05 level of confidence

The table-II reveals that there is significant difference among pair adjusted post-test means between FTG and CG, PEG and CG and FTPEG and CG. The result of the study clearly showed that there is significant improvement in anxiety due to the influence of FTG,PEG and FTPEG when compared with control group.

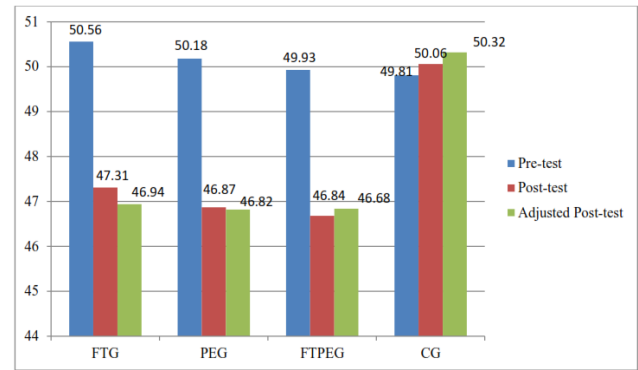


Figure 1: Mean scores of pre-test, post-test and adjusted post-test of anxiety

DISCUSSION ON HYPOTHESIS

- The first hypotheses says that there will be a significant improvement in anxiety after twelve weeks of FTG, PEG and FTPEG as compared with control group. The result of the study shows that there was significant improvement in anxiety after twelve weeks of FTG, PEG and FTPEG as compared with control group. Hence the research hypothesis has been accepted.
- The second hypothesis says that fartlek training with physical exercise programme (FTPEG) will be significantly better than fartlek training group (FTG) and physical exercise group (PEG). The result of the study shows that FTPEG is not better than FTG and PEG. Hence the research hypothesis has been rejected.

DISCUSSION AND FINDINGS

The result of the study found significant reduces on anxiety level due to the effect of physical exercises, fartlek training and combined training (physical exercise and fartlek training). The following studies related to the anxiety state level **Gholamreza et al., (2014)** had concluded in studies effects of eight weeks of regular aerobic exercise appears to be effective in improving mental state and reducing the disorder of depression and anxiety. **Elizabeth and Geetha (2013)** had strong evidence that role of exercise and regular activity reduces anxiety level and numerous studies and meta-analyses show that exercise is also associated with reduced anxiety. **Aditya and Subramaniam (2014)** found regular yoga practices women has less anxiety level and concluded that regular physical activity reduces anxiety level.

CONCLUSION

- Anxiety level significantly improved by three experimental groups when compared with control group.

2. Further it was concluded that there is no significant differences exists between fartlek training group, physical exercise group and combined training group [fartlek training with physical exercise group] on anxiety.

REFERENCES

1. **Kocher K.C and Pratap V (1972)** Anxiety level and Yogic practice, Yoga Mimosa. p.11.
2. **Baumeister, R. F. (Ed.) (1999).** *The self in social psychology.* Philadelphia, PA: Psychology Press (Taylor & Francis).
3. **Jack H. Llewellyn and Judy A. Blucker (1982)** Psychology of coaching theory and application. (New Delhi : Surjeet publications), p.44.
4. **Karen J. Calfas and Wendell C. Taylor (1994).** Effects of Physical Activity on Psychological Variables. Pediatric Exercise Science, pp. 406-423.

Corresponding Author

Yaswantha Reddy B.*

Research Scholar, Tamil Nadu Physical Education and Sports University