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BENEFITS OF SELECTED EXERCISE PROGRAMME ON ABDOMINAL FAT REDUCTION

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ABSTRACT

The purpose of the study was to highlights the effect of different types of exercises programme on fat reduction of abdominal. Before conducted the selected exercise programme, the researcher had a meeting with the subjects. The purpose of the study was clarified to them so that there was no doubt among the students regarding the efforts they had to put the successful competition of the study. Lange Skin Fold caliper of standard pressure of was employed for measuring the fact thickness at specified areas or sites. In particular, we will focus the discussion on the fat reduction of abdominal with selected exercise programme. Forty obese girls were chosen for the present study. The present study was conducted on obese girls. Forty subjects were categorized in to two groups namely experimental and control. To study the effect of selected exercise programme on fat reduction 't' test was computed. On the basis of the result, it is accomplished that the Selected exercise Programme had significant impact in reducing the fat of the Subjects. The achievement of a negative energy and fat balance with physical activity also strongly depends on the nutritional context in which it is performed.

Keywords: Fat Reduction, Exercise Programme, Physical Activity, Over Weight

INTRODUCTION

Obesity is more than a cosmetic problem Obesity is a leading health risk for adult mortality in the United States. Many serious medical conditions have been linked to obesity, including diabetes, heart disease, high blood pressure, and stroke. Obese men are more likely to die from colon, rectal, or prostate cancer than non-obese men. and obese women are more likely than non-obese women to die from breast, bladder, uterine, uterine or ovarian cancer.

Today people all over the world are becoming health conscious. The priority in life is towards the fact that the most important thing is to keep yourself fit and well, to enjoy the things in life. A century ago, over 50% of India's population was saved by machines that contributed much less and more than doing immaterial work at their workplace.

Due to increasing health awareness, people in modern society want to control their body weight. The concept of body weight is different for different people. For some people reducing abdominal girth is all

about weight control, for others it is the minimum reading on the weighing machine. While in real sense, weight control is quite different from it. But the thinking about health has changed in recent years. Now people not only try to reduce diseases but also put more emphasis on fitness. Recently, prosperous humanities have become less physically active, and this has certainly contributed to the improved incidence of obesity. (Zachwieja 1996).

The main causes of obesity are sedentary lifestyles and high fat, energy dense diets. The impact of changes in traditional lifestyles is being felt in the developing world and some countries are facing the double burden of over-nutrition and under-nutrition among sections of their communities. Tackling the problem is an enormous challenge that goes far beyond giving out healthy lifestyle messages. Such strategies have failed in recent times. There needs to be an approach that acknowledges that obesity is a normal response to an abnormal environment rather than vice versa. Understanding, measuring and altering the "obesogenic" environment is critical to success. Overweight and obesity together represent the second leading preventable cause of death in the United States. Obesity is a serious, chronic disease that can inflict substantial harm to a person's health. Overweight and obesity are not the same; rather, they are different points on a continuum of weight ranging from being underweight to being morbidly obese.

Man can give up everything for the sake of keeping himself young. In spite of all the kinds of treatments that have been flourishing the market, the people have not been driven crazy, they still trust the basic natural way of keeping in shape, i.e., by exercising regularly and maintaining a working routine. It is very necessary to go for a complete fitness training, which takes care of all the aspects of making a fit body, beginning from making note about the right kind of diet and right kind of exercises which suits the physical conditions of the body.

HYPOTHESIS

There will be significant effect of selected exercise programme on abdominal

OBJECTIVES

To study the effects of selected exercise programme on abdominal fat.

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METHOD AND PROCEDURE

Researcher needs proper planning and preparation of appropriate research design. Research design is the blue print of what is to be done and how it is done. It is the path which is followed by the researcher to reach the target. The ultimate success of a research work greatly depends upon the design of the study.

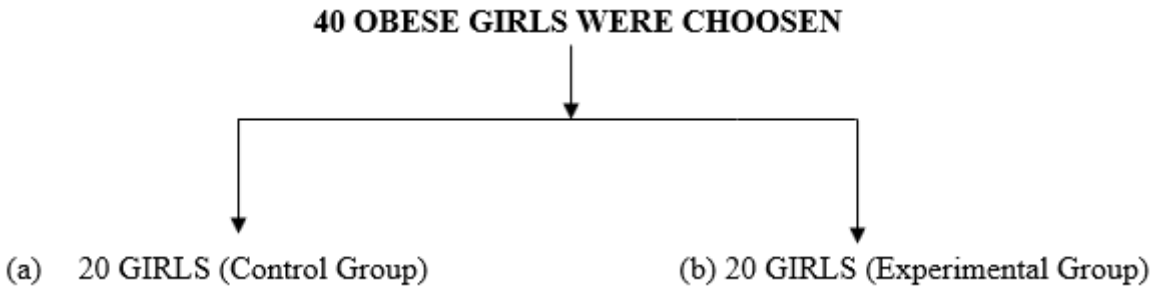
SAMPLING FRAME

The study was an experimental. The sample was selected through random sampling technique. The data was collected from obese college girls.

SAMPLING SIZE

The present study was conducted on overweight or obese girls. forty subjects were categorized in to two groups namely experimental and control.

SYSTEMETIC LAYOUT OF THE SAMPLE IS GIVEN BELOW:



SAMPLING AREA

The forty obese girls were selected from Lovely Professional University Phagwara. The age group of subjects was eighteen to twenty-six both control group and experimental group.

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EXPERIMENTAL DESIGN

Selected exercises programme given to reduce fat of abdominal, of the subjects. Selected exercise programme was given to 20 girls of experimental group. The experimental duration was one and half hour per day for six days in a week which was lasted for six weeks.

TRAINING DESIGN

Different selected exercises were given to the subjects. In exercise programme sufficient time was given. The training will be designed broadly classified as follows:

Warming – Up	
Walk (Slow & Fast)	Running in Circle
Jogging	Sprints
Running	Shuttle running
Exercises for Fat Reduction	
Stretching exercises	Flexed arm hang
Push ups	Alternative toe touch
Jumping exercises	Bench dips
Skipping	Twisting from waist
Bent knee sit ups	Jumping
Stairs (up and down)	Frog jump

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TOOLS USED

- Weighing machine (body weight) and stediometer (height).
- Lange skin fold caliber (skin fold measurements).
- B.M.I. (To calculate obesity).
- Measurement tape, whistle and line powder

COLLECTION OF DATA

After selecting the sample of the study and before conducted the selected exercise programme, the investigator had a meeting with the subjects. The purpose of the study was explained to them so that there was no ambiguity among the students regarding the efforts they had to put the successful competition of the investigation. Selected exercise programme was conducted in the ground of lovely professional university. Sufficient time for warming up was provided before the exercise programme. Each exercise was properly demonstrated by the investigator. Electronic stop watches were taken to note time, weighing machine to measure body weight and Lange's skin fold caliper to have skin fold measurement before start the exercise programme. The exercise programme was conducted in morning 6:00a.m. to 7:30a.m. for six weeks.

SKINFOLD MEASUREMENT

To reduce the level of error in repeated measurements the following techniques for skin fold measurement have been followed:

Lange Skin Fold caliper of standard pressure of was employed for measuring the fact thickness at specified areas/sites. The skin at the specific sites was held between the thumb and the index finger and pulled out to form a fold, so as to include two thicknesses of skin and sub-coetaneous fat in between them. The subject was asked to make appropriate movements to ensure that only the Skin Fold enclosing the subcutaneous fat was picked and the muscle tissue (which freely constricted and released with movements) was not included in the fold. The caliper was applied about one centimeter from the spot picked with thumb and finger and to a depth equal to the fold approximately. The measurement was read to the nearest millimeter. Three readings were taken and the average of three readings was recorded as the thickness of the Skin Fold at that site.

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Abdominal Skin Fold: The Abdominal Skin Fold was measured at the level of the umbilicus about five cm lateral to it.

Instrument used: Skin Fold caliper

Procedure: the subject was asked to stand erect. Pick up the fold of the subcutaneous tissue at the level of the umbilicus approximately five cm lateral to it and mark it. The jaws of the Skin Fold caliper were placed on the marked site and results were recorded from the circular reading scale of the skin fold caliper in millimeter.

STATISTICAL TECHNIQUES USED

To find out the significance of the difference between pre-test and post-test means of the experimental groups and control groups the investigator uses:

- Mean
- Standard deviation and
- 't'-test

ANALYSIS AND INTERPRETATION OF THE RESULTS

Table. 1. Mean differences between the pre and posttest scores on Abdominal of the control and experimental groups

Groups	Tests	N	Mean	SD	t-value	df	Level of Significance
Control	Pretest	20	3.56	0.72	0.095*	38	P<0.05
	Posttest	20	3.60	0.73			
Experimental	Pretest	20	3.54	0.54	3.86**	38	P>0.05
	Posttest	20	2.75	0.51			

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Significant at 0.05 =2.02**

Table represents the number of students in control group to be 20. The means of pre-test and post test scores of control group were 3.56 and 3.60 respectively. This implies that the abdominal scores in pre-test were slightly higher than in post-test. Standard deviation of the pre-test was lower i.e., 0.72 than the post-test i.e., 0.73, signifying that there is more variation in the scores of students in post-test than in pre-test. The calculated t value from the data was 0.095. The calculated 't' value was less than the table 't' value at 0.05 level of confidence and therefore, the calculated 't' value was not significant. It is interpreted that the mean differences in abdominal. In pre-test and post-test were not significant. Thus, there was no effect on fat reduction of the control group.

The above table also shows the number of students in experimental group also is 20. The means of experimental group on pre-test and post-test were 3.54 and 2.75 respectively. It is seen that the abdominal scores in pre-test were quite higher than the post test scores. Standard deviation of the pre test scores was 0.54 and those of post-test was 0.51 indicating that there is more stability in the scores of students in post-test. The calculated t value from the data was 3.86. The calculated 't' value was more than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value is significant. Therefore, it is interpreted that the mean differences in abdominal that existed between the pre-test and post test scores were significant. Thus, the post test scores of experimental groups were significantly higher than the pre-test scores.

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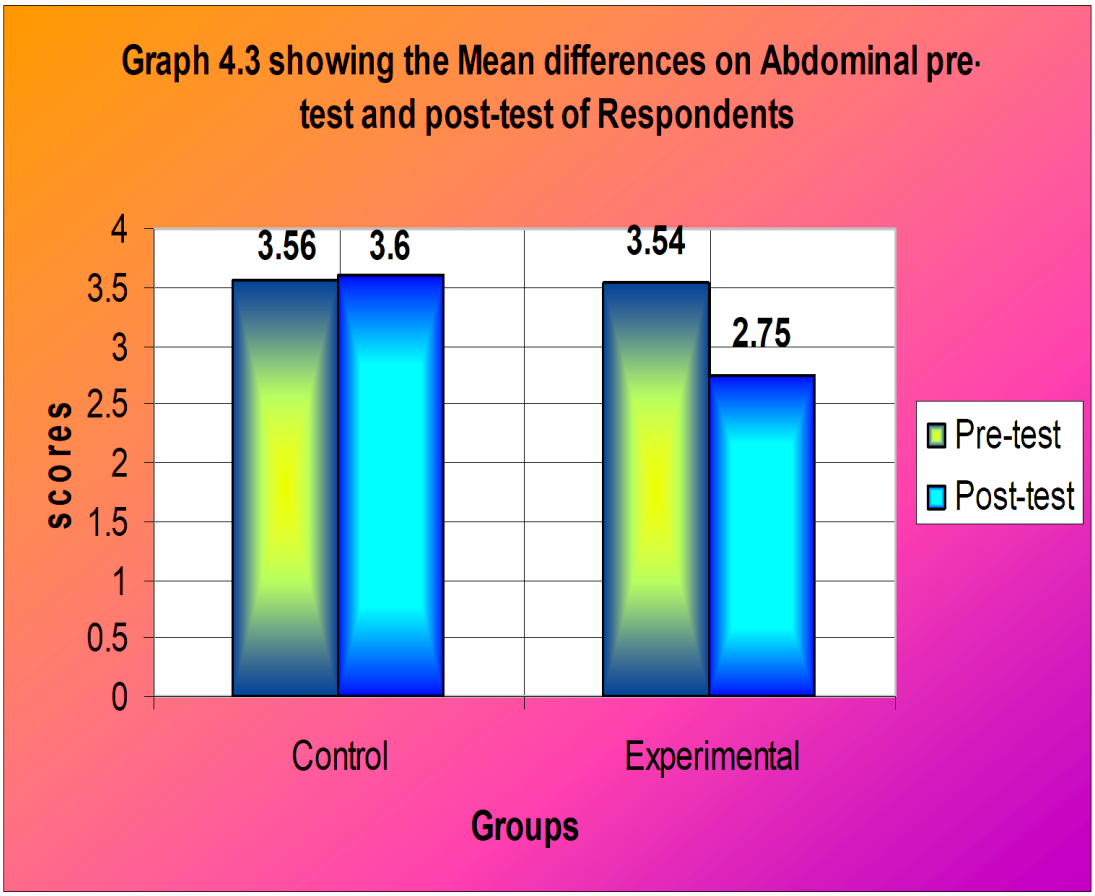

Fig. 1. Mean differences between the pre and post-test scores on Abdominal of the control and experimental groups

CONCLUSION

In view of the analysis of the data in present study, following conclusions have been drawn the analysis of the data in present study exposed that there was significant effect of selected exercises programme on abdominal. The significant means of pre-test and post-test was 3.54 and 2.75. The analysis of the data also revealed that there was significant effect of selected exercises on abdominal. So, hypothesis accepted as the difference is significant at 0.05 level of assurance. In other words, selected exercise programme results are positive effects on reduced body weight and body fat among obese girls.

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