



EFFECT OF SELECTED EXERCISES WITH MUSIC ON CARDIOVASCULAR EFFICIENCY OF ADOLESCENT CHILDREN

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Abstract

The purpose of the study was to investigate the effect of selected exercises with music on cardiovascular efficiency of adolescent children aged 13 to 19 years from Vidhya College, Meerut. Total 40 subjects were the sample of the study. 20 subjects were experimental group and 20 were control group. Experimental group performed training for eight weeks thrice in a week. T-test was the statistical technique and results shows the significance difference in Pre and post test on cardiac efficiency of adolescent children.

Keywords: Cardiovascular Efficiency, Adolescent and Children.

Introduction

In today's life physical fitness is very important and an integral part of living. Participation in physical activity is beneficial to children and adolescents. Regular physical activity contributes to overall health and well-being and reduces the risk of diseases. Physical fitness includes Health related physical fitness (Reaction time, Balance) and Skill related physical fitness (Flexibility, Speed, Strength and Endurance or cardiac efficiency). Cardiac efficiency is very important part of physical

fitness. It is defined as the ratio of the energy delivered by a system to the energy supplied to it. It is the functioning of heart. The muscle of the heart must be strong enough to send required amount of oxygen and nutrition through the blood. Exercise with music makes the training program more interesting. Music reduces the chances of boredom. Main objective of the study is to find out effect of exercise with music on cardiovascular efficiency of adolescent children.

Methodology

This is an experimental study which comprised the 40 adolescent children aged 13 to 19 years old from Vidhya College Meerut. 20 subjects were in experimental group and 20 subjects were in control group. Pre test was conducted before the experiment and post test conducted after the experiment. The whole training session was last for eight weeks (thrice in a week). Harvard Step Test was used as main tool for this study. Paired t-test statistical technique was used for analyzing collected data.



Findings

TABLE-1.1
SIGNIFICANCE DIFFERENCE IN MEAN SCORE BETWEEN
THE PRE AND POST TEST OF CONTROL GROUP ON
CARDIOVASCULAR EFFICIENCY OF
ADOLESCENT CHILDREN

Control Group	Mean	SD	df	't' value
Pre Test	73.45	72.36	19	1.52
Post Test	73	76.21	19	

Not Significant at 0.05 level of significance
* $t < 0.05 = 2.04$

It has been observed in table 1.1 that the mean scores of pre and post control group of exercises with music on cardiovascular efficiency of adolescent children's was 73.45 and 73 respectively. When statistical technique's was applied it was found that the t-value of music on cardiovascular efficiency was 1.52 which is less than the table value of 2.04. Hence it is not significant at 0.05 level of significance.

TABLE-1.2
SIGNIFICANCE DIFFERENCE IN MEAN SCORE BETWEEN
THE PRE AND POST TEST OF EXPERIMENTAL GROUP ON
CARDIOVASCULAR EFFICIENCY OF
ADOLESCENT CHILDREN

Experimental Group	Mean	SD	df	't' value
Pre Test	68.65	42.13	19	0.30
Post Test	68.45	34.36	19	

Not Significant at 0.05 level of significant
* $t < 0.05 = 2.04$

It has been observed in table 1.2 that the mean scores of pre and post experimental group of exercises with music on cardiovascular efficiency of adolescent children's was 68.65 and 68.45 respectively. When statistical

technique 't' was applied it was found that 't' value of music on cardiovascular efficiency was 0.30 which is less than the table value of 2.04. Hence it is not significant at 0.05 level of significance.

TABLE-1.3
SIGNIFICANCE DIFFERENCE IN MEAN SCORE BETWEEN
THE PRE TEST OF CONTROL AND EXPERIMENTAL GROUP
ON CARDIOVASCULAR EFFICIENCY OF
ADOLESCENT CHILDREN

Experimental and Control Group	Mean	SD	df	't' value
Control Group Pre Test	73.45	72.36	19	1.91
Experimental Pre Test	68.65	42.13	19	

Not Significant at 0.05 level of significant
* $t < 0.05 = 2.04$

It has been observed in table 1.3 that the mean scores of Pre test Control group and Experimental group of exercises with music on cardiovascular efficiency of adolescent children's was 73.45 and 68.65 respectively. When statistical technique's' was applied it was found that the 't' value of music on cardiovascular efficiency was 1.91, which is less than the table value of 2.04. Hence it is not significant at 0.05 level of significance.

TABLE-1.4
SIGNIFICANCE DIFFERENCE IN MEAN SCORE BETWEEN
THE POST TEST OF CONTROL AND EXPERIMENTAL
GROUP ON CARDIOVASCULAR EFFICIENCY OF
ADOLESCENT CHILDREN

Experimental and Control Group	Mean	SD	df	't' value
Control Group Post Test	73	76.21	19	1.82
Experimental Post Test	68.45	34.37	19	

Not Significant at 0.05 level of significant
* $t < 0.05 = 2.04$



It has been observed in table 1.4 that the mean scores of post test of control group and experimental group of exercises with music on cardiovascular efficiency of adolescent children's was 73 and 68.45 respectively. When statistical techniques 't' was applied it was found that 't' value of music on cardiovascular efficiency was 1.82, which is less than the table value of 2.04. Hence it is not significant at 0.05 level of significance.

Conclusion

On the basis of the conclusion drawn from the tables it has been observed that there are not any significant of the exercises if it is performed with music on cardiovascular efficiency of adolescent children.

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