5.1 Summary

Enriching Psychological and Physiological performance especially for women is a real burning problem in India. Our culture, our special make, and lifestyle do not open heartedly appropriate women’s performance in any sphere of competition because ours is a male dominated society. Although today, urban Indian women are competing to a large extent in almost every sphere of human activities. The scenario of girls participation in sports & games in Indian schools at rural area is also amazingly very less. They prefer major games because maximum incentives and importance are given by the sports world. Our media highlights mostly the sports stars of cricket, football, hockey, badminton, tennis, etc. but rarely gives importance to body image, self concept, self esteem etc.

Previous studies suggest that physical appearance and body image may influence perceived health. Adolescence is a period of increased awareness of bodily cues and self-reflection, including evaluation of body and appearance. Body dissatisfaction, negative body image, concern with body size, and shape represent attitudinal aspects of body image. Women’s self-concept and self-esteem is often based on desirability and attractiveness. Thus, women are under greater pressure than men to lose weight. It was therefore thought desirable to conduct an experiment in evaluating the efficacy of aerobic dance on psychological and physiological parameters.

The researcher on the basis of research review formulated four hypothesis to predicting the Body Image, Self Concept, Cardio-vascular Endurance, and Body composition as a result of training intervention with aerobic dance.

The problem as selected in this study has a large scope for research. Since this study has to be completed within a stipulated period of time with limited resources the researcher has delimited the project.

While conducting the actual experiment, the researcher has come across many limitations.
The investigator has used an experimental method and repeated test random group design for the present study that consists of one control group and one experimental group.

The investigation was carried out in the Pravara English Medium school, Loni for the girls (n = 80) aged 13 to 15 years, who were randomly deviated into two equal groups viz, experimental group and control group. Each group consisted of 40 students. As none of the subject have any health complaints. All of them were assumed to clinically fit.

After the pretest, the experimental group underwent a training programme of aerobic dance and control group did not participate in any training programme but they were following their daily routine in the school.

The training program has been conducted three days in a week alternatively, for total period of 12 weeks. The aerobic dance training schedule prepared by the investigator was applied to the experimental group. The mid test of both the groups administered after six weeks. And post test was administered after 12 weeks of aerobic dance training program.

The Body image, Self concept, Cardio-vascular endurance, Body composition of adolescent girls was considered as the dependent variable as selected in this study and the training intervention (i.e. aerobic dance exercises) was considered as independent variable.

Descriptive statistics have been applied to process the data prior to employing inferential statistics. Further repeated measure ANOVA was employed to record the significant improvement, if any, as a result of the aerobic dance training intervention.

5.2 Conclusion

The observation of the experimental data, within limitations, help to conclude that –

- Through the Aerobic dance program there was significant and useful improvement in self concept of adolescent girls.
- Through the Aerobic dance program there was significant and useful improvement in cardiovascular fitness of adolescent girls.
- Through the Aerobic dance program there was gradual improvement in body composition but not statistically significant of adolescent girls.
• Through the Aerobic dance program there was no improvement in body image of adolescent girls.

5.3 Recommendations
On the basis of conclusion of this study, following recommendations regarding its implications and suggestion for further studies are made:

1. In the present study, only female subjects were included. Therefore, it is recommended that further studies on male subjects be included.
2. More comprehensive study may further be made in this field by involving the psycho-physiological status of school girls.
3. Further investigation in this field may be focused on higher age group school girls & boys.
4. Aerobic dance classes should be emphasized more in schools and taught effectively.
5. Further investigations in this field may be focused on other Physiological and psychological factors.
6. Future research is needed comparing the effect of aerobics training, as opposed to strength training only on changes in body image as a function of age and gender.
7. In particular, intervention studies are needed to determine the optimal exercise program duration, and to ascertain whether exercise-induced improvement in body image has long-term as opposed to short-term benefits.

5.4 Contribution to the Knowledge
• This study contributed one scientific as well as innovative schedule of aerobic dance that are found useful for the high school girls.
• Since majority of the rural school girls does not participate in physical activities, the result of the present study may be a motivating factor to them.
• This study proved that the girl students can actively participate in this event with enjoyment can help them to achieve top level self concept and cardio-vascular endurance.