Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to analyze the effects of aerobic dance and classical dance on selected physical, physiological, psychological and biochemical variables of school girls. For this purpose, sixty girl’s subjects were selected at random from Sarah Tucker Girls Hr. Sec. School Palayamkottai, Tamilnadu. The selected subjects were divided into three groups of twenty subjects each namely two experimental groups and a control group. The experimental group I underwent aerobic dance training and experimental, group II underwent classical dance training for a duration of twenty two weeks with three alternative days, per week and group III acted as control group.

The criterion variables selected for this study were Muscular strength, Flexibility, Muscular endurance, Anaerobic power, Aerobic power, Resting heart rate, Profile of mood states, High density lipoprotein, low Density Lipoprotein, Total Cholesterol. The selected variables were assessed prior to and immediately after the training period by using the standardized test items.

The experimental design used in this study was pre and post test random group design involving 60 subjects who were divided at random into three groups of twenty each. The data collected from the
three groups before and after the experimental period were statistically examined for significant improvement by dependent ‘t’ test. Sixty subjects were divided at random and assigned into three groups of twenty each. No attempt was made to equate the groups in any manner. Hence, to make adjustments for difference in the initial means and to test the adjusted post test means for significant differences among the groups, the analysis of covariance (ANCOVA) was used. Whenever the 'F' ratio for adjusted post test means was found to be significant, Scheffe's test was followed as a post hoc test to determine which of the paired means difference was significant. In all the cases 0.05 level was fixed as significant level to test the hypothesis.

**CONCLUSIONS**

1. The training programmes namely aerobic dance and classical dance had significantly improved the performance Muscular strength, Flexibility, Muscular endurance, Anaerobic power, Aerobic power, Resting heart rate, Profile of mood states, high density lipoprotein, low density lipoprotein, total cholesterol.

2. There was significant difference among the adjusted post-test means of aerobic dance group, classical dance group and control groups towards improving Muscular strength, Flexibility, Muscular endurance, Anaerobic power, Aerobic power, Resting
heart rate, Profile of mood states, high density lipoprotein, low density lipoprotein, total cholesterol.

3. It was concluded that aerobic dance is better than classical dance group and control groups in improving Muscular strength, Muscular endurance, anaerobic power, Aerobic power, Resting heart rate, high density lipoprotein, low density lipoprotein, total cholesterol.

4. It was concluded that classical dance group is better than aerobic dance group and control groups in improving Flexibility, Profile of mood states.

**RECOMMENDATIONS**

1. In the present study, it was concluded that selected variables were improved by training programmes. Hence, it is recommended to the coaches, trainers and physical educators to incorporate these findings into their training.

2. A similar study may be attempted by selecting the state or national level athletes or players as subjects.

3. A similar study may be conducted on male subjects.

4. A similar study may be conducted on college women subjects.