CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The Purpose of the study was to analyze the effect of low impact aerobic dance programme on selected Physical, Physiological, Psychological and Bio chemical variables of sedentary men. For this purpose forty sedentary men, in the age group of 30 to 40 years from the medical, paramedical, engineering and journalism profession of Kannur district, were selected. They were divided into two groups of twenty subjects each namely experimental group and control group. The experimental group underwent twenty four weeks of long low impact aerobic dance programme on alternate days per week with 50 % to 70 % of intensity.

The dependent variables selected for the study were selected Physical variables namely flexibility and Body Mass Index, Physiological variable VO₂ (Max), Psychological variables namely Stress and Self esteem and Biochemical variables namely Fasting Blood Sugar (FBS), High Density Lipoprotein (HDL-C), Low Density Lipoprotein (LDL-C) and Triglycerides (TG). The dependent variables were tested prior to and after
the low impact aerobic dance training programme for both the groups using the standardized tests and questionnaires.

The data collected from experimental and control groups prior to and after the completion of the low impact aerobic dance training programme on dependent variables were statistically examined for significant differences by applying paired t-test.

Since both experimental and control groups were selected from the same population there is a possibility of affecting the post test mean. For eliminating any possible influence of covariates the adjusted post test means of experimental and control groups were tested for significance by using analysis of covariance (ANCOVA). All the data were analyzed using Statistical Package for Social Science (SPSS). The level of confidence was fixed at 0.05 level.

Conclusions

Overall the results of the present study support findings from previous literature that low impact aerobic dance programme is closely associated with significant changes in Physical, Physiological, Psychological and Biochemical variables of sedentary men. So twenty four weeks of low impact aerobic dance programme resulted in the following changes in the experimental group when compared with control group.
I. A significant increase/improvement was found in the following variables:

   a) Flexibility
   b) VO₂ Max
   c) Self Esteem
   d) HDL-C (High Density Lipoprotein cholesterol)

II. A significant decrease/reduction was found in the following variables:

   a) Body Mass Index (BMI).
   b) Stress.
   c) Fasting Blood sugar (FBS)
   d) LDL-C (Low Density Lipoprotein Cholesterol)
   e) Triglycerides (TG)

**Recommendations**

The need for further research in this area is evident by the increasing number of heart patients among sedentary men of Malabar region. Henceforth, more studies of this nature need to be done, but with a more heterogeneous sample and other variables such as socioeconomic status and health awareness.

Based on the experience, limitations and the results of the study the investigator would like to forward the following recommendations.

1. Investigation can be conducted on sedentary and obese women of the same age group.
2. High impact aerobic dance training programme can be applied instead of low impact aerobic dance training programme.

3. Similar study either on different dependent variables or on different age groups can be a relevant option.

4. Type-2 diabetes has become rampant among sedentary men. So choosing them as subjects will be a good choice for another study.

5. A study may be attempted by choosing differently abled sedentary men or women as subjects.