

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Manichander Thammishetty

Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad

International Advisory Board

Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Bakfir English Language and Literature Department, Kayseri
Janaki Sinnasamy Librarian, University of Malaya	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus PopPhD, Partium Christian University, Oradea,Romania	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, IasiMore

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India Ex - VC. Solapur University, Solapur	Iresh Swami S. D. M. Degree College, Honavar, Karnataka	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	S.Parvathi Devi Ph.D.-University of Allahabad	S.KANNAN Annamalai University,TN
	Sonal Singh, Vikram University, Ujjain	Satish Kumar Kalhotra Maulana Azad National Urdu University

Golden Research Thoughts

GRT

EFFECT OF BRISK WALKING ON BODY WEIGHT IN HYPO KINETIC WOMEN

**Vinaya. C. Damu**

Assistant Professor, Department of Physical Education, College of Veterinary and Animal Sciences, Pookode, Wayanad.



Co - Author Details :

R. Kanthanathan

Assistant Professor, Department of Physical Education, College of Dairy Science and Technology, Mannuthy, Thrissur.



ABSTRACT

Effect of brisk walking on body weight in hypo kinetic women was examined. Sixty hypo kinetic women from thalassery, kerala aged between 40 to 45 years were selected as subjects randomly. The subjects were equally divided into control group and experimental group. Brisk walking was assigned for twelve weeks to the experimental group. The control group was not allowed to participate in the training. To all the subjects a pre-test and a post-test body weight were collected through the weighing machine. The data collected from the subjects was statistically analyzed with 't' ratio to find out the significant difference among experimental and control group on body weight.

The analysis reveals that the brisk walking programme significantly reduced the body weight of hypo kinetic women.

KEYWORDS :brisk walking ,statistically analyzed , parental attitude .

INTRODUCTION

The earlier social handicaps were purdah, early marriage, inferiority complex, inconvenient dress, jewelry, parental attitude and the idea that physical culture and games unsex the girls. These factors are still a hurdle to the liberation of women and their increasing participation in games and sports. However, a healthy change is slowly but steadily coming. (Singh, 1990)

Hypo kinetic is a term used to denote a type of lifestyle with no or irregular physical activity. A person who lives a sedentary lifestyle may know as a hypo kinetic person. It is commonly found in both the developed and developing world. Sedentary activities include sitting, reading, watching television and computer use for much of the day with little or no physical activity.

They are at the greatest risk for developing hypo kinetic diseases. Examples of hypo kinetic diseases include cardio vascular disease, obesity, diabetes and stroke. More than half of the women (approximately 60% in 1988) are not physically active on a regular basis. Sedentary individuals are twice as likely to develop coronary heart disease as people who engage in regular physical activity.

Cardiovascular disease accounts for \$136 billion annually in health care costs and lost productivity in the U.S. Women consume 58% of the almost \$60 billion spent directly on cardiovascular disease-related health care (1985 figure) and 61% of the health care dollars spent on the care of patients with cardiovascular disease over 65 years (Powell, et al. 1987).

Walking is ideal as a gentle start-up for the sedentary, including the inactive, immobile elderly, bringing a bonus of independence and social well-being. As general policy, a gradual progression is indicated from slow, to regular pace and on to 30 minutes or more of brisk (i.e. 6.4 km/h) walking on most days. These levels should achieve the major gains of activity and health-related fitness without adverse effects. (Morris and Hardman, 1997)

Walking one mile (1.6km) can burn up at least 100kcal (420kJ) of energy and walking two miles (3.2km) a day, three times a week, can help reduce weight by one pound (0.5kg) every three weeks. Walking also alters fat metabolism so that fat is burned up instead of sugars, helping to reduce weight. (Reilly et al. 1999)

Body weight based chiefly on height but modified by factors such as gender, age, build, and degree of muscular development. The human body is composed of fat-free mass (which includes bone, muscle, organ tissues and connective tissues) and body fat (essential and non essential). Having too much body fat has negative consequences. A fit and healthy-looking body, with the right body composition for a particular person, develops from habits of proper nutrition and exercise (Fahey, 2005).

Marie et al. (2007) provide evidence that walking interventions decreased body weight, BMI, percent body fat of sedentary individuals.

Hence it was proposed to find out the effect of 12 weeks of brisk walking on body weight in hypo kinetic women.

It was hypothesized that 12 weeks of brisk walking would significantly reduce the body weight of hypo kinetic women.

METHODOLOGY

This study is designed to determine the effects of 12 weeks of brisk walking on body weight in hypo kinetic women. The subjects of the study were sixty hypo kinetic women from Thalassery, Kerala. These subjects were randomly assigned to two groups that is an experimental group and a control group. Each group consists with thirty subjects. The experimental group had undergone brisk walking programme in alternate days for a period of 12 weeks. Intensity of the brisk walking increased after every two weeks by increasing the duration of walking. The control group did not involve in any training programme. Before and after the brisk walking programme body weight was assessed by the weighing machine for both the groups. The collected data were statistically analyzed by 't' ratio. 0.05 level of confidence was fixed to test the level of significance.

ANALYSIS OF DATA AND INTERPRETATION OF RESULTS

The data was collected before and after the training period for both control and experimental groups on body weight. The data was statistically analyzed by ‘t’ ratio. The level of significance was fixed at 0.05 level of confidence.

Table
Computation of ‘t’ ratio on body weight of experimental group and control group

Groups	Pre-test mean	Pre-test S. D (±)	Post-test mean	Post-test S. D (±)	‘t’ ratio
Experimental Group	66.23	3.08	63.03	2.44	8.81*
Control Group	66.87	2.92	66.97	2.94	1.14

* Significant at 0.05 level for the degrees of freedom 1 and 29, 2.045

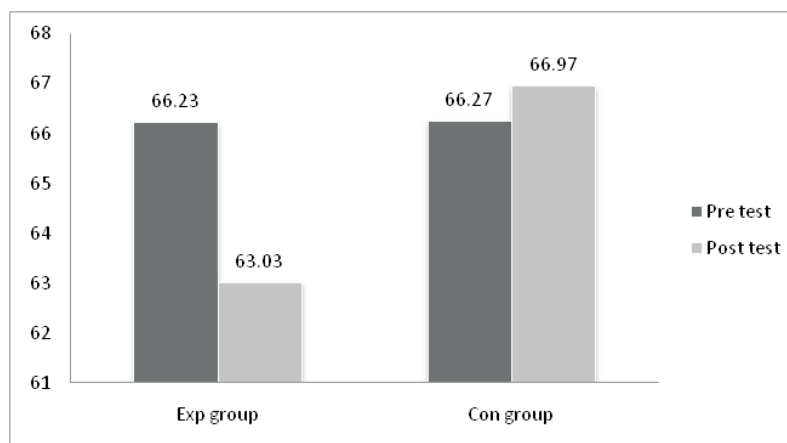
Table shows that the ‘t’ ratio on mood state of experimental group was 8.81. Since the value was higher than the required table value of 2.045, it was found to be statistically significant at 0.05 level of confidence for degrees of freedom 1 and 29. And the obtained ‘t’ ratio between pre and post test of control group 1.14 was lesser than the required table value of 2.045, found to be not statistically significant.

This significant change may be due to the effect of 12 weeks of brisk walking on experimental group. The results of this study indicate that there was a significant reduction in body weight of the hypo kinetic women (experimental group) after 12 weeks of brisk walking training. So the hypothesis is accepted.

The results of this study indicate that there was a significant reduction in body weight of the subjects (experimental group) after twelve weeks of brisk walking programme.

The above finding of the present study is in agreement with the studies conducted by Nagle et al. (2010), Aldred et al. (1995) and Brill et al. (2002).

FIGURE
Bar diagram showing the mean values of body weight for experimental and control groups



CONCLUSION

With the limitation of the study, the following conclusion is drawn.

Results of the study showed that brisk walking programme significantly reduced the body weight in hypo kinetic women.

REFERENCE

1. Aldred H E et al. (1995), "Influence of 12 weeks of training by Brisk Walking on Postprandial lipemia and insulin in sedentary middle aged women", *Metabolism* 44(3), (1995): 390-7.
2. Brill J Bond et al. (2002), "Dose response effect of walking exercise on weight loss. How much is enough?" *International Journal of Obesity*; Volume 26, Number 11, Pages 1484-1493
3. Fahey D Thomas (2005, 6th edition), "First and well, core concepts and labs in physical fitness and wellness", Boston, USA, McGraw Hill companies, P: 168, 178.
4. Marie H M et al. (2007), "The effect of walking on fitness, fatness and resting blood pressure: A meta-analysis of randomized controlled trials" *Preventive Medicine*, Volume 44, Issue 5, Pages 377-385
5. Morris JN and Hardman A E (1997), "Walking to health", *Sports Medicine*, volume 23(5): 306-32
6. Nagle F Elizabeth et al. (2010), "Effects of Aquatic Exercise and Walking in Sedentary Obese Women Undergoing a Behavioral Weight-Loss Intervention", *International journal of aquatic research and education*; volume 1, issue 1.
7. Powel KE et al. (1987) 'Physical activity and the incidence of coronary heart disease. *Annual Reviews Public Health*, 8:253-287
8. Reilly J J et al. (1999) "Prevalence of overweight and obesity in British Children: cohort study", *British Medical Journal*, 319:1039.
9. Singh M K (1990), "Indian Women & Sports", Jaipur, Rawat Publications, p.55

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * International Scientific Journal Consortium
- * OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org