

ORIGINAL ARTICLES

The Effect of Aerobic Exercises on Body Image and Self-concept of Islamic Azad University's Students

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ABSTRACT

The effect of physical activities on mental health is unquestionable. Aerobic exercise is one of the important physical activities which was at center of attention in recent years. Aerobic in the new concept is doing continuous exercises beside the music. One of the main psychological factors in relation to self-confidence and self-concept is body image. The purpose of this research was to determine the effect of aerobic exercises on body image and Self-concept of boys and girls students. 160 students were chosen randomly (80 male and 80 female) and divided into 2 groups, including 40 for control group and 40 for experimental group. The samples took part in 8 weeks exercise training. They fill self concept and physical self-expression questionnaire before and after training. Result analyzed with depend t-test and none depend t-test and showed there is a significant difference between self concept and body image of the students before and after participation in aerobic.

Key words: aerobic exercises- body image, self-concept.

Introduction

A person is changing from the time of being a sperm till the time of death and this development never stop .During infancy and adolescence, the person is going toward perfection and adolescence. But by entering this stage the change does not stop, it continues slowly. So perfection is a continuous process which starts before birth. (Ahadi, Hassan, 2006). Life of human being is connected to movement which forces the body to do something or move. The movements are a way of happiness, entertainment, physical fitness, being sociable, tranquility, communication and sound growth. The movement is for training physical body, mind, society and feeling. Over all movement and physical exercises are necessary for physical aspects, mental health and happiness Journal of Physical Education development training,(2003), Now, psychologists know that human mind is under the direct effect of physical status of the person and mutually human and body movements are effected by the person's mind.

Paying attention to good health at every level has become public deservedly through advertisement expansion such as multi media, magazines, and published books. On the other hand, unfortunately because of lack of physical activities, good diets, lots of diseases such as blood-pressure diabetes and heart and overweight are seen in the society Kenneth Cooper (1995). The effect of physical activities on mental health is unquestionable. Aerobic exercises are one of the important physical activities which are at center of attention in recent years. Aerobic in the new concept is doing continuous exercises beside the music. The music give a new rhythm and form to aerobics and on the other hand, music is correspondent with the women feeling and mood and music with physical exercises decrease the psychological pressure and exhaustion. Aerobic is of high importance for women. Aerobic make longer the happiness and good health of meddle-aged women Kenneth Cooper (1995). One of the main reasons of taking part in exercising is finding strong identity by women and then developing through exercising. Reviewing the women potential, it is found that sportswomen have high ability in using mind at the time of exercising (Jacqueline *et al.*, 2002). One of psychological factors in relation to self-confidence and self-concept is anatomy. Every person has a picture of his anatomy in his

mind which is the main element of his personality Aslami gheyb, Ali. (2007). Paying attention to appearance and anatomy is related to the feeling of its value and self-admiration in both men and women and it is stronger in women than men Brownell, K. D. (1992). It is found that women are effected by social pressure than men Cooliger, S.C., (1996), and appearance and anatomy attractiveness is more important than men and that is why they attend at physical fitness programs and their reasons are losing weight and gaining good anatomy and they are worrying about losing their fitness (Hyvod, 1999). This research is investigating weather the aerobic effects on anatomy beside the physical effect or not? It seems that the anatomy is not comprised of one dimension it is affected by multiple factors Marsh, H. W. (1997). The number of researches about different fields is sport shows the attempt and continuous study of experts. Berger (1988) in investigating the effect and role of doing physical exercises on the quality of human life showed that the regular physical training caused improvement and mental health especial in personality, satisfaction of life, prosperity, self-confidence and self-concept and imagination about anatomy. Goni and Zolaika (2000) in a research have investigated the relationship between physical education classes and increasing the physical self-expression and physical self-concept. The result showed a significant increase in physical self-concept and physical self-expression.

Annison and muller (clombia university, 2003) investigated the effect of sport experiences on girl and boy physical self expression. In this intersection 375 students of 12 to 16 years old took part in a three-month program and the result was that boys had good imagination of their body prior to the program. The program showed a significant increase in physical self-concept of boys and girls. Asci (2003) conducted a research in Turkey with the name o "the effect of physical fitness training on trait anxiety and physical self-concept of female university students. In this research 40 female university students took part voluntarily and the result showed that the participants in experimental group developed physically their abilities. Also their physical self-concept scores and competition, physical activities, and flexibility in experimental group progressed than placebo one.

Method:

The purpose of this research is the effect of aerobic exercises is body image, Self-concept on boys and girls. Statistical population 1200 persons which General Physical Education 1 and 2 were taken, who Sample 160 patients chose randomly (80 male and 80 female) and each group included 40 control and 40 experimental were groups.

For data collection the researcher used self-expression questionnaire (Marsh, 1994). It is an instrument which shows position, feeling, and individual preference toward his body and included 70 questions.

The first step was data collection and sampling in the stadium for this reason, the personal information and self-expressive questionnaires spread among participants. After their completion, they recorded as pretest. The samples took part in a 8 weeks program. They exercised every week three sessions for one hour. The beginning of exercises was 10 minutes warm up exercises which includes 5 minutes jogging and 5 minutes stretching. Then 40 minutes aerobic beside music. The last 10 minutes was light exercises to come back the beginning status. After the program the self-expressive questionnaires spread among participants and completed and collected again.

For data analysis, spearman correlation was used to analyze the relationship between individual occupational positions and degree of education on anatomy. Dependent t-test was used to analyze the hypothesis in relation to the effect of aerobic on body image. The statistical analysis was done through SPSS software.

Results and Discussion

Table 1: statistical index of physical self-expression with degree of education

Groups	Number	Minimum	Maximum	Mean	Standard deviation
B. A.	70	181	289	261/32	33/20
M. A.	90	221	247	271/40	40/13
Total	160	185	334	257/46	34/15

Table 2: The effect of aerobic exercises on Body image, on boys and girls.

groups	number	SD	T	P value
aerobic exercises on Body image, on boys	80	35/93	2/324	0/0372
aerobic exercises on Body image, on girls	80	41/32	3/048	0/027

According to table 2,there are significant difference between aerobic and body image of boys,(p=0/0372) and there are significant difference between aerobic and body image of girls,(p=0/027). It means that doing aerobic exercises increases of body image the boys and girls.

Table 3: The effect of aerobic exercises on Self-concept on boys and girls.

groups	number	SD	T	P value
aerobic exercises, on Self-concept on boys	80	41/13	3/345	0/076
aerobic exercises, on Self-concept , on girls	80	39/21	2/768	0/061

According to table 3, there are significant difference between aerobic and Self-concept of boys, ($p=0/076$) and there are significant difference between aerobic and Self-concept of girls, ($p=0/061$). It means that doing aerobic exercises increases of Self-concept the boys and girls.

Discussion:

The aerobic effects on girls anatomy statistically. The results of this study is in correspondence with the studies of Asci (2003), Annisson and Muller (2003), Asci and Tomas (2002), Harter (2002), and Goni and Zulaika (2000). Although each of the above mentioned researchers used different programs with different time and intensity, they all showed the direct relation with physical training and body image.

The reason can be the independent variable which is aerobic, because the aerobic exercises effected on the deep structure of body which are power, resistance, relation and flexibility. The effect of physical training such as aerobic or public health programs on body image has been showed in different researches.

Psychologists believed that if the physical training occurs in healthy situation, it will effect on person's state on mind, and help the person to be extroversion rather than introversion. So the person is capable of living in the society next to the other people and lives easily. Girls in the athletic environments develop their social awareness, controlling feeling, understanding their own social weaknesses, gaining new experiences, adjusting their past experiences and their social features. It seems that the aerobic exercises can provide the person with positive feelings about his physical abilities and positive effects of aerobic exercises and the person can receive positive feedback from the couch and these will lead to better program and improvement and increase in anatomy and physical self-concept of the person. It can be said that participating in physical training causes the person's physical ability which itself causes the change in evaluation of physical abilities which leads to increase in self-concept and positive attitudes toward the body and continuous participation in programs. Although physical activities and training are the best way in improving the physical self-concept, they are not the only strategy which can be used. For clarification of all the factors which are involved, a comprehensive research which pays attention to cultural, social and personality characters should be done.

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