



EFFECT OF AEROBICS DANCE ON A SAMPLE OF SEDENTARY OBESE WOMEN

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Abstract

Obesity is one of the major problems in a sedentary lifestyle. The purpose of this study was to explore the effect of a 08-week aerobics dance training on Body Mass Index (BMI), body fat mass, and waist circumference, of sedentary obese women. The researchers utilized an experimental method with pre-test and post-test design, with no control group. This study employed 30 sedentary women who use the Kotahena jogging track. The sample was selected based on a convenience sampling technique. The intervention was given for 08-weeks with three sessions per week. Bio-impedance was utilized to measure BMI, and the skinfold calliper was used to measure the thickness of a pinch of skin and the fat beneath it in specific areas. Data were analysed using SPSS (23rd version) software. The mean BMI value (31.11kgm^{-3}) and mean waist circumference value (99.02cm) of the pre-test was significantly different from the mean values of the post-test which were 30.27kgm^{-3} ($p=0.001$) and 97.43cm ($p=0.001$) respectively. The mean differences between the pre and post-tests in body fat mass which included subscapular fat, right bicep fat, right triceps fat, abdominal fat, right thigh fat, and right calf fat were 1.73mm, 1.37mm, 1.97mm, 1.93mm, 1.93mm, and 1.57mm respectively. All the mean values for body fat mass parameters showed a significant difference in the post test ($p<0.001$). According to the obtained results, it can be concluded that aerobic dance training had resulted in a significant reduction in BMI, body fat mass, and waist circumference in the study sample. Hence, this study confirms that 8 weeks of aerobics dance training is a useful exercise modality for weight loss in sedentary obese women.

Keywords: Body Fat Mass, Body Mass Index, Waist Circumference, Women Obesity