



## **EFFECT OF WALKING TECHNIQUE ON HEALTH RELATED FITNESS FUNCTIONAL OF WOMEN**

**Ms.N.Sathiyabama<sup>1</sup>, Dr.R.Annadurai<sup>2</sup>**

<sup>1</sup>Ph.D. Research Scholar Department of Physical Education, Bharathiar University, Coimbatore, India.

<sup>2</sup>Professor, Department of Physical Education, Bharathiar University, Coimbatore, India

### **ABSTRACT**

*The study was designed to investigate the Effect of Walking technique on health related fitness functional of women. To investigate the study, thirty women were randomly selected from spouse women's at Coimbatore district and their age ranged between 30 and 35 years. The subjects were randomly assigned to two equal groups (n=15). All the subjects were divided in to two groups with 15 subjects in each as experimental and control group. Group-I underwent walking technique for a period of 12 weeks and group-II acted as control who did not participate in any special training other than the regular routine. The health related fitness variables such as Muscular strength and Flexibility were selected as dependent variables. Pre and post-test random group design was used for this study. The dependent 't' test was applied to determine the difference between the means of two groups. To find out whether there was any significant difference between the experimental and control groups. To test the level of significant of difference between the means 0.05 level of confidence was fixed. The result of the study shows that, there was a significant improvement takes place on Muscular strength and Flexibility of women due to the Effect of Waling technique. And also concluded that, there was a significant difference exists between experimental and control groups in Muscular strength and Flexibility. The control group did not improve the selected criterion variables.*

**KEYWORDS:** *Waling Technique Muscular Strength and Flexibility,*

### **INTRODUCTION**

Walking is one of the most popular forms of exercise worldwide. It doesn't require expensive equipment or special skills, and it provides a wide range of health benefits. Whether you choose an outdoor solitary path in nature, a busy route on city sidewalks, a treadmill workout, or a few rounds around your office building, walking is a relatively accessible way to stay active. Walking is a type of cardiovascular physical activity, which increases your heart rate. This improves blood flow and can lower blood pressure. It helps to boost energy levels by releasing certain hormones like endorphins and delivering oxygen throughout the body. Brisk walking is considered a moderate-intensity, low-impact workout that does not exert excess strain on joints (hip, knee, ankles) that are susceptible to injury with higher-impact workouts walking prevents cancer, walking prevents obesity, walking prevents diabetes, walking helps improve back pain, walking improves circulation **Arivazhakan (2018)**,

### **METHODOLOGY**

The purpose of the study was to find out the Effect of Waling technique. To achieve the purpose of the study, thirty women were house women at Coimbatore. The subjects were randomly assigned in to two equal groups namely, Waling technique group (BTG) (n=15) and Control group (CG) (n=15). A pilot study was conducted to assess the initial capacity of the subjects in order to fix the load. The respective training was given to the experimental group the 3 days per weeks for the training period of six weeks. The control group was not given any sort of training except their routine.

### **DESIGN**

To evaluate Health related fitness variable Muscular strength was sit-ups test score in counts and Flexibility was by sit and reach test score in centimeters. The parameters were measured at baseline and after 12 weeks of Waling technique were examined.



### STATISTICAL ANALYSIS

The collected data before and after training period of 12 weeks on the above said variables due to the Effect of Waling technique was statistically analysed with ‘t’ test to find out the significant improvement between pre and post-test. In all cases the criterion for statistical significance was set at 0.05 level of confidence. (P<0.05)

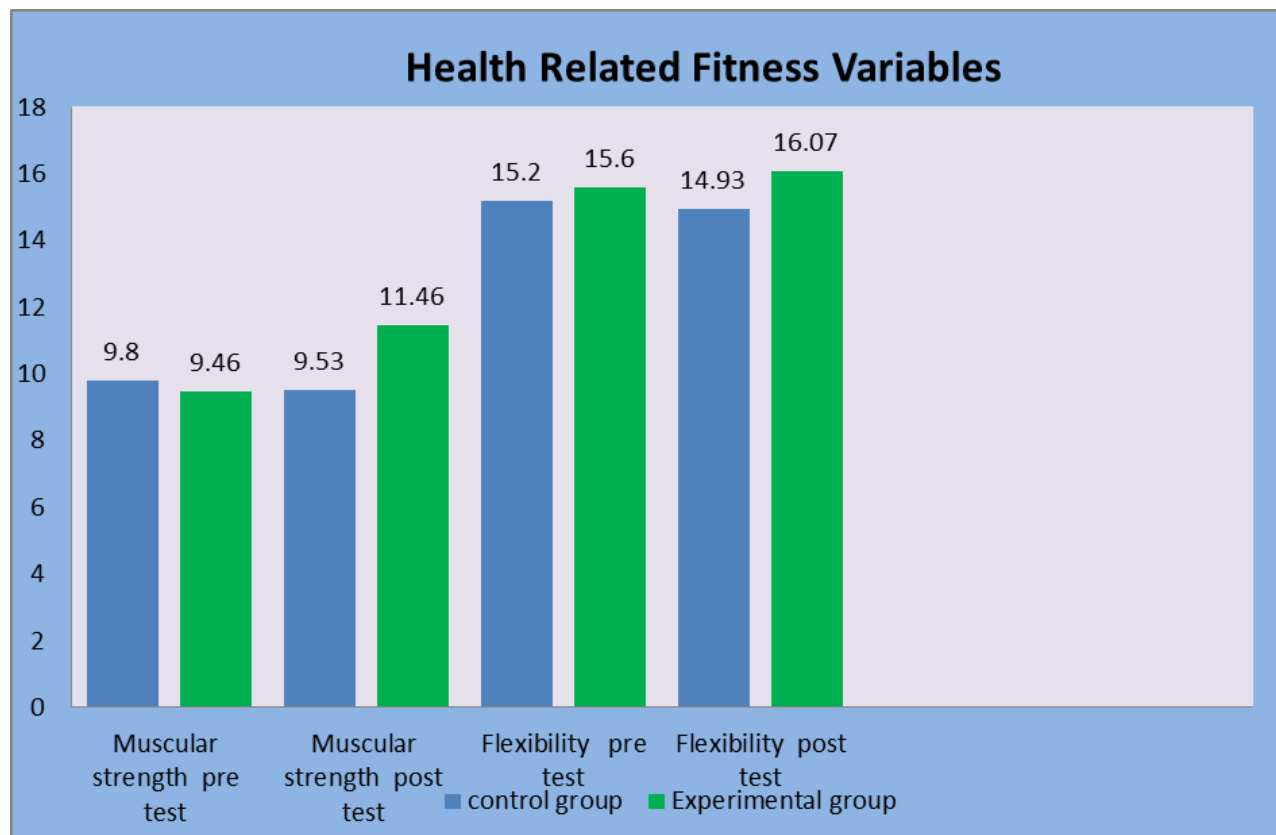
**Table I**

Computation of ‘T’ Ratio on experimental group and Control group selected House women Coimbatore.

| Group              | Variables         |      | Mean  | N  | Std. Deviation | Std. Error Mean | t ratio |
|--------------------|-------------------|------|-------|----|----------------|-----------------|---------|
| Experimental Group | Muscular strength | Pre  | 9.46  | 15 | 2.13           | 0.13            | 14.49*  |
|                    |                   | Post | 11.46 | 15 | 2.13           |                 |         |
|                    | Flexibility       | Pre  | 15.6  | 15 | 4.06           | 1.02            | 6.13*   |
|                    |                   | Post | 16.07 | 15 | 3.81           |                 |         |
| Control Group      | Muscular strength | Pre  | 9.80  | 15 | 2.21           | 0.30            | 0.88    |
|                    |                   | Post | 9.53  | 15 | 1.95           |                 |         |
|                    | Flexibility       | Pre  | 15.2  | 15 | 4.88           | 1.2             | 1.97    |
|                    |                   | Post | 14.93 | 15 | 4.45           |                 |         |

\*Significant level 0.05 level degree of freedom (2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on selected Health related fitness variable namely Muscular strength and Flexibility of experimental group. The obtained ‘t’ ratio on Muscular strength and Flexibility were 14.49 and 6.13 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained ‘t’ values were greater than the table value it was found to be statistically significant. Further the computation of mean, standard deviation and ‘t’ ratio on selected Health related fitness variable namely Muscular strength and Flexibility of control group. The obtained ‘t’ ratio on Muscular strength and Flexibility were 0.88 and 1.97 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained ‘t’ values were lesser than the table value it was found to be statistically not significant.



## DISCUSSION AND FINDINGS

The result of the present showed the Effect of Waling technique on health related fitness of women. And there was a difference between experimental group and control group. The findings of the present study are in line with investigator referred in this study. Muscular strength and Flexibility developed due to the game specific training after 12 week training period . **C Durai and** (2019) Effect of brisk walking on selected physical fitness variables among college women. **Manson** (2019) A prospective study of walking as compared with vigorous exercise in the prevention of coronary heart disease in women. **(Murphy)** The effect of walking on fitness, fatness and resting blood pressure: a meta-analysis of randomised, controlled trials. Preventive medicine. **(Rippe 2013)** Walking for health and fitness. Jama. **(George)** A modified version of the Rockport Fitness Walking Test for college men and women. **Fellingham 2020** investigated Effect of Waling technique on health related fitness of women. From the result of the present study, it is speculated that the observed changes in Muscular strength and Flexibility may properly designed game specific which are suitable for male tennis players.

## CONCLUSION

1. There was a significant improvement takes place on selected health related fitness variable due to the effect of 12 weeks Waling technique.
2. There was a significant difference exists between experimental and control groups on selected health related fitness variable such as Muscular strength and Flexibility.

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