



## EFFECT OF TREADMILL TRAINING ON SELECTED PSYCHOLOGICAL VARIABLES OF PHYSICAL EDUCATION COLLEGE MEN

**N.S. Gnanavel\* & Dr.Mrs.A.Shenbagavalli\*\***

\*Ph. D. Research Scholar, Dept. of Physical Education, Bharathiar University, Coimbatore, Tamilnadu.

\*\*Professor and Head, Dept. of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamilnadu.



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### ABSTRACT

The purpose of the study was to find out the influence of treadmill training on selected psychological variables of physical education college men. To achieve the purpose ninety college men from Alagappa University College of Physical Education, Karaikudi were selected randomly and their age ranged from 20 to 25 years. The subjects were assigned to two groups with each group comprising of thirty subjects. Group A was exposed to treadmill training, group B served as control group and was restricted from participating in the training programme. The selected criterion variables were psychological variables namely anxiety, aggression and self confidence. The collected data prior to and after 12 weeks of treadmill training were statistically analysed using 't' test. In all the cases 0.05 level was fixed as level of significance. The result reveals that the treadmill training group showed better performance on anxiety, aggression and self confidence than the control group.

### Introduction

A treadmill is device for walking or running while staying in the same place. The forerunner of exercise treadmills was designed to diagnose heart and lung disease, and was invented by Dr. Robert Bruce and Wayne Quinton at the University of Washington in 1952. Among the users of treadmills today are medical facilities (hospitals, rehabilitation centers, medical and physiotherapy clinics, institutes of higher education), sports clubs, Biomechanics Institute, orthopedic shoe shops, running shops, Olympic training centers, universities, fire-training

centers, NASA, test facilities and training rooms of police and army, gyms and even home users.

### Method

The purpose of the study was to find out the influence of treadmill training on selected psychological variables of physical education college men. To achieve the purpose ninety college men from Alagappa University College of Physical Education, Karaikudi were selected randomly and their age ranged from 20 to 25 years. The subjects were

assigned to two groups with each group comprising of thirty subjects. Group A was exposed to treadmill training, group B served as control group and was restricted from participating in the training programme. The selected criterion variables were psychological variables namely anxiety, aggression and self

confidence. The collected data prior to and after 12 weeks of treadmill training were statistically analysed using 't' test. In all the cases 0.05 level was fixed as level of significance.

### Results

**Table –I Summary of 't' Ratio on Selected Psychological Variables of Experimental Group**

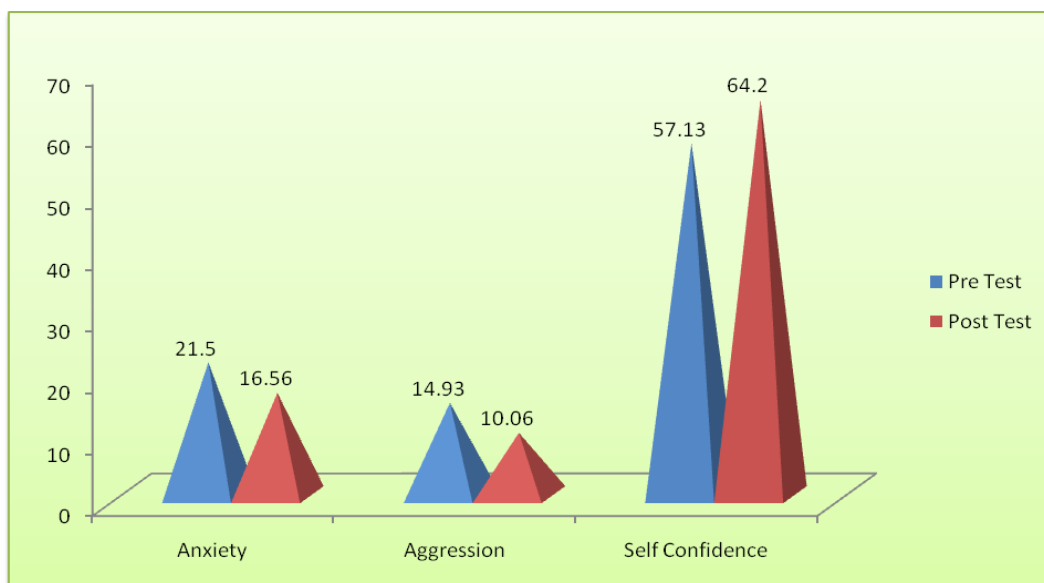
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	$\sigma$ DM	't' Ratio
1	Anxiety	21.50	16.56	4.93	2.24	0.40	12.04*
2	Aggression	14.93	10.06	4.86	2.30	0.42	11.58*
3	Self Confidence	57.13	64.20	7.06	2.06	0.37	18.72*

\*Significant at 0.05 level

An examination of table - I indicates that the obtained 't' ratios were 12.04, 11.58 and 18.72 for anxiety, aggression and self confidence respectively. The obtained 't' ratios were

found to be greater than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence it was found to be significant.

**Figure –I Graph Showing Mean Values of on Selected Psychological Variables of Experimental Group**



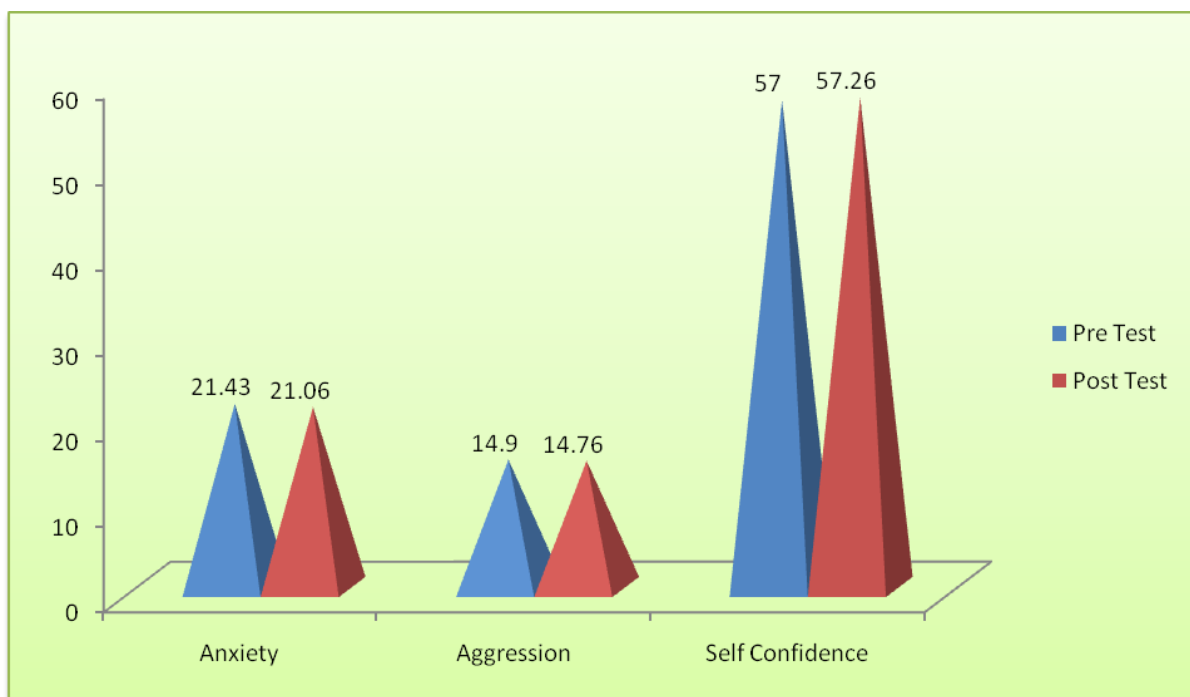
**Table –II Summary of ‘t’ Ratio on Selected Psychological Variables of Control Group**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	$\sigma$ DM	‘t’ Ratio
1	Anxiety	21.43	21.06	0.36	1.88	0.34	1.06
2	Aggression	14.90	14.76	0.13	2.44	0.44	0.29
3	Self Confidence	57.00	57.26	0.26	1.98	0.36	0.73

\*Significant at 0.05 level

An examination of table - II indicates that the obtained ‘t’ ratios were 1.06, 0.29 and 0.73 for anxiety, aggression and self confidence respectively. The obtained ‘t’ ratios were found to be lesser

than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence it was found to be insignificant.

**Figure –II Graph Showing Mean Values of on Selected Psychological Variables of Control Group**

### **Discussions and Conclusions**

In case of psychological variables the results between pre and post test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that treadmill training group had significant influence on selected psychological variables i.e. anxiety, aggression and self confidence of physical education men. The result reveals that the treadmill training group showed better performance on anxiety, aggression and self confidence than the control group.

### **References**

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