

Effect of Evening Jogging on Anxiety Reduction among University Students

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University students face study anxiety during examination period. Researcher attempted to test whether evening jogging could be effective to reduce anxiety among male university students. Research population was 3rd year students in the Department of Sport Sciences and Physical Education, Faculty of Applied Sciences in Sabaragamuwa University of Sri Lanka. A sample of 70 students were selected for the study as 35 students for the experimental group and 35 students for the control group. State Trait Anxiety Test was used to test the anxiety level of the sample. Scores gained by the two groups with their answers in the test were taken into consideration in measuring the level of anxiety where they were in particular situation and generally. paired t test was used for data analysis. At the beginning, pre-test was conducted using the questionnaire with both experimental group and the control group. Then, evening jogging treatment was applied to the experimental group. Jogging was done for 30 minutes for twice a week continuously for four weeks. Mafter the treatment period, the post test was conducted with both groups using the same questionnaire used in the pre-test. Results of the scores collectd from the test showed a mean difference of 20.8 that shows a reduction in the anxiety level of the students. P value of the paired t test conducted for the test results showed a significant difference in the mean difference between the pre-test and post test results of the experimental groupas p value<0.01. There was no significant difference between the values of the pre-test and post-test of the control group.therefore it can be concluded evidently that evening jogging can effect to reduce the anxiety among male university students.

Keywords: Male students; Anxiety; Evening jogging; State trait anxiety test