

## **Effect of Aerobics on Anxiety Reduction**

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Aerobics is a type of rhythmic exercise that is done using a rhythmic beat or music. In this study, the researcher attempted to test whether there is an effect of aerobic exercises on anxiety reduction among female university students. Population of the study consisted of final year female university students in the Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka. 70 students were selected as the sample as 35 in experimental group and 35 in control group. simple random sampling was used for sampling in the study. Pre-test was conducted for assessing the anxiety level of the sample using State Trait Anxiety Test. 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. Then the organized aerobics sessions were conducted by the researcher with experimental group for two days per week continuously for four weeks as one session consisting of 30 minute training. After the sessions, post test was conducted using the same testing tool used for the pre-test. Data collected from the test was analysed using paired t-test. According to the scores of the pre-test and post-test in experimental group, there was a significant difference between the pre-test and the post-test with a mean difference of 18.80 and a p value < 0.01. There was no significant difference in that of the control group. Therefore, it is evident that the aerobics training is effective on anxiety reduction among university girls. Researcher recommends to conduct aerobic training sessions for all university students in possible schedules to reduce study anxiety.

**Keywords:** Aerobics; Female university students; study anxiety; training