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Aerobic and Jogging training methods: new finding about psychological well-being in students

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Abstract

Schiffer et al (2009) showed that aerobic training can be positive on well-being among adults. Behzadnia and Keshtidar (2012) found that hip-hop training had positive effects on psychological well-being of non-athletes girl students, but there are still doubts and are unknown about it that all kind of exercises can be positive effects on well-being. Hence, the purpose of the present study was to compare the effects of two training methods including Aerobics and Jogging on the psychological well-being of male students in Birjand University. The research method plane was a quasi-experimental nature in the form of a time-series design. Therefore, 244 students of Birjand University were volunteered for the study then 60 subjects randomly selected and assigned into three groups including two experimental groups and one group control. In this study, the experimental groups participated in training program three times a week for a total of 12 weeks. On the other hands, no training program was considered for the control groups. The data Ryff's (1989) psychological well-being scale was used for collection the data. The results of statistical analysis showed significant influence of Aerobics and Jogging training on the psychological well-being and also its subscales parameters ($p < 0/01$). Moreover, a significant difference also was indicated in between three groups of Aerobic, Jogging and control groups ($p < 0/01$). Furthermore, the post-hoc results showed significant differences between Aerobic and Jogging training programs in their effects on psychological well-being and some components such as, positives relationship with others, environmental mastery, personal growth, and purpose in life. On the other hands, there was no significant differences in some parameters as autonomy and self-acceptance in the two groups ($p > 0/05$). According to the result of this study although, it was revealed that Aerobic training can be considered as a more effectiveness training on the psychological well-being of the students than Jogging training, however, more researches in this area are needed to provide more information in regard to training programs that can be affected on the psychological health of students.

Keywords: psychological well-being, aerobic training, jogging training, students

Reference:

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