

Experimental Study to Find Out the Effectiveness of Zumba Dance to Improve Balance for Veterans Sports Persons

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ABSTRACT

INTRODUCTION: Sport includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

But in the older age health condition will change because of the age factor and we need maintain stability of the sportspersons at older age by using the Zumba dance practice. Zumba Gold is a program designed for beginners and older people. Zumba Step is a lower-who do their workouts with toning sticks. It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio training. body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms.

METHODOLOGY: STUDY DESIGN: Experimental study, **STUDY SETTING:** ACS MEDICAL COLLEGE AND HOSPITAL, **STUDY SAMPLE:** 15 veteran's sports persons who are aged above 60 years old, **STUDY DURATION:** 3 Sessions in per week total duration 6 weeks, **INCLUSION CRITERIA:** Veteran's sports persons who's willing in this project and accepting comments and persons are aged above 60 years old., **EXCLUSION CRITERIA:** Peoples with pathological disorder, **OUTCOME MEASURES:** Berg Balance Scale, **RESULT:** Mean values within Group (Zumba Dance) shows highly significant difference between Pre test & and Post test Mean values at $P \leq 0.001$

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INTRODUCTION

Sport includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

For sure, playing sports is a generally a fantastic way to improve your fitness and health. Many of us may not feel at home pounding away on a treadmill or working up a sweat in the gym, but we'll happily chase a ball around endlessly while playing a game of some sort

Benefits of sports Playing sports helps reduce body fat or controls your body weight. Sports allow you will gain the satisfaction of developing your fitness and skills. Sports can help you fight depression and anxiety. Sports allows you to challenge yourself and set goals. Playing sports helps strengthen bones. Sports help aid coordination, balance and flexibility.

Many sports can help improves stamina and concentration. Sports allow you to experience the highs and lows of both winning and losing! Through sports you will meet people with a similar interest to yourself and are likely to gain many new friends. Sports are a great way for families to get exercise together.

If you are sporty then you are more likely to have a healthy lifestyle. Improved cardiovascular health. The heart is a muscle, it needs to be worked out! Regular exercise can help improve the overall health of your entire cardiovascular system. Lowers risk of heart disease, stroke, and diabetes. A healthier heart means reduced risk of cardiovascular disease, stroke, and diabetes.

Helps manage weight. Not only does physical activity burn calories, it also improves your metabolism in the long run.

Reduced blood pressure. Physical activity keeps your heart and blood vessels healthy, helping to prevent hypertension. Enhanced aerobic fitness. Participating in aerobic activities such as running, cycling, or swimming can improve your body's ability to transport and utilize oxygen in the lungs and blood. Improved muscular strength and endurance. Resistance exercises challenge your muscular system, resulting in bigger, stronger muscles. Improved joint flexibility and range of motion. Improved flexibility reduces risk of injury. Stress relief. Exercise is a great mood-booster and has proven to be an effective method of stress relief. Lowers risk of certain types of cancer. People who exercise regularly are less likely to develop breast, colon, and lung cancer. Control cholesterol. Exercise decreases LDL (bad cholesterol) levels and increases HDL (good cholesterol) levels. Ward off osteoporosis. Building dense, strong bones is another benefit of physical activity. Strengthens immune system. Exercising more = getting sick less. Improved sleep. Mental health benefits. Exercise is good for your mental health too, as it can battle feelings of anxiety and depression, sharpen your focus, But in the older age health condition will change because of the age factor and we need maintain stability of the sportspersons at older age by using the zumba dance practice

Zumba was founded in 1998 by Pérez in Cali, Colombia. Pérez, an aerobics instructor, forgot to bring his regular music to his aerobics class. He happened to have cassette tapes of Latin dance music—salsa and merengue—and danced to them instead, which Pérez later taught as "Rumbacize". In 2001, Pérez partnered with Alberto Perlman and Alberto Aghion, and the trio released a series of fitness videos sold via infomercial. Insight Venture Partners and the Raine Group made an investment in 2012. The company expanded into class instruction and by 2015, according to Perlman, there were 14 million Zumba students in 186 countries.

Types of Zumba

Zumba Gold is a program designed for beginners and older people.

Zumba Step is a lower-who do their workouts with toning sticks. It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio training. body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms.

Zumba Toning is for people

Aqua Zumba classes are held in a swimming pool. The instructor leads the class poolside while participants follow in shallow water. Moves have been specially adapted to combine the same dance movements used in a Zumba Fitness Circuit combines dance with circuit training. These classes usually last 30 minutes and feature strength exercises on various stations in timed intervals.

Zumba Kids and Zumba Kids Jr. classes are designed for children between the ages of 7 and 11. Everyone has a dizzy spell now and then, but the term "dizziness" can mean different things to different people. For one

person, dizziness might mean a fleeting feeling of faintness, while for another it could be an intense sensation of spinning (vertigo) that lasts a long time.

Zumba Gold-Toninfor s class with those used in aqua fitness classes.

Zumba in the g is a toning class for older participants with goals of improving muscle strength, posture, mobility, and coordination.

Zumba Sentao is a chair workout that focuses on using body weight to strengthen and tone the body Strong by Zumba This specialty combines high intensity interval training with Synced Music Motivation.

METHODOLOGY

STUDY DESIGN: Experimental study

STUDY SETTING: ACS MEDICAL COLLEGE AND HOSPITAL

STUDY SAMPLE: 15 veteran's sports persons who are aged above 60 years old

STUDY DURATION: 3 Sessions in per week total duration 6 weeks

INCLUSION CRITERIA: Veteran's sports persons who's willing in this project and accepting commends and persons are aged above 60 years old.

EXCLUSION CRITERIA: Peoples with pathological disorder

PROCEDURE

The balance is measured by using the berg balance scale before Zumba practise session start we take the 15 veteran's sports person and we assigned to perform the Zumba exercises in 3 sessions per week of totally 6 weeks finally after the 6th week using the berg balance scale to assess the balance of the individuals.

OUTCOME MEASURES: BERG BALANCE SCALE TEST: The **Berg balance scale** is used to objectively determine a patient's ability (or inability) to safely balance during a series of predetermined tasks. It is a 14 item list with each item consisting of a five-point ordinal scale ranging from 0 to 4, with 0 indicating the lowest level of function and 4 the highest level of function and takes approximately 20 minutes to complete. It does not include the assessment of gait

DEMOGRAPHIC DATA:

S.NO	PARTICIPANTS	BEFORE EXERCISE	AFTER EXERCISE
1	Navil.A	27	49
2	Selva.G	28	48
3	Shanthi.G	24	54
4	.Dinesh.C	25	58
5	Jayakumar.R	30	51
6	Banusree.L	32	52
7	Divya.S	23	49
8	Rathydevi. D	30	50
9	Stephen.H	31	54
10	Sathya .J	33	52
11	ZahedhaBegum.M	22	53
12	Ramalingam	21	54
13	Varun raj.G	34	53
14	Dakshin.k	26	51
15	Ranjith.R	27	62

DATA ANALYSIS

The collected data were tabulated and analyzed using both descriptive and inferential statistics. All the parameters were assessed using statistical package for social science (SPSS) version 24. Paired t-test was adopted to find the statistical difference within the groups.

Table – 1: Comparison of Berg Balance Scale within Group between Pre & Post Test Values

#BBS	PRE TEST		POST TEST		t - TEST	SIGNIFICANCE
	MEAN	S.D	MEAN	S.D		
GROUP	27.66	4.08	48.20	3.52	-21.95	.000***

(***- $P \leq 0.001$)

The above table reveals the Mean, Standard Deviation (S.D), t-value and p-value between pre-test and post-test within Group.

There is a statistically highly significant difference between the pre test and post test values within Group (***- $P \leq 0.001$).

On comparing berg balance scale between Pre test **27.66** and Post test **48.20** Mean values within Group (Zumba Dance) shows highly significant difference between Pre test & and Post test Mean values at $P \leq 0.001$

DISCUSSION

This study was performed to find out the effectiveness of Zumba dance improve balance for veterans and zumba dance is the one of the object of the study to find out it really helps to improve balance for veterans sports persons

CONCLUSION

The present study concluded that the zumba dance in 3 sessions per week totally 6 weeks of Berg balance scale before and after exercise to find statistical difference within the groups. The most important in this study is it improve the fitness and that berg balance scale can significantly increase balance for veteran sports persons.

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