



E-ISSN: 2707-7020
P-ISSN: 2707-7012
JSSN 2024; 5(2): 165-166
www.allsportsjournal.com
Received: 20-08-2024
Accepted: 24-09-2024

Dr. Ramneek Jain
Associate Professor,
Department of Physical
Education, Shri JTT
University, Jhunjhunu,
Rajasthan, India

Dr. Shobha Upadhyay
Associate Professor,
Department of Education,
Eklavya University, Damoh,
Madhya Pradesh, India

Impact of aerobic exercise with music on the emotional intelligence of teachers training program students

Dr. Ramneek Jain and Dr. Shobha Upadhyay

DOI: <https://doi.org/10.33545/27077012.2024.v5.i2c.287>

Abstract

This study is an attempt to find out whether aerobic exercise with music has any effect on the emotional intelligence of teachers training program students. For the purpose of this study 80 (B.P. Ed) students from the Shri JTT University College of Teachers Training were selected as subjects. These students were randomly divided into experimental and control groups of forty each. After taking the pre-test for the selected variable, a sixteen week training program was given to the experimental group. The control group did not involve in any type of training. After the training programme, a post test was conducted for both groups. The data were analysed by using t test. The result reveals a significant improvement in emotional intelligence of teacher trainees due to aerobic exercise with music.

Keywords: Aerobic exercise, emotional intelligence, music

Introduction

Regular physical activity is the foundation of health and fitness. Exercise is also beneficial for maintaining mental and emotional health. Physical activity has a positive effect on self-esteem and reduces anxiety and depression. (Janssen and Le-blanc, 2010) [3]. We all know that exercise makes us healthier and improves our sense of well-being. Aerobic exercise helps improve people's physical and psychological characteristics. Many researchers believe that musical accompaniment during exercise has a significant positive effect on the training experience. (www.livestrong.com/aerobic-exercises).

Also health and fitness instructors regard the addition of music to exercise similarly to an ergogenic aid, with the removal of music or an inappropriate selection of music as a sure bet to an unsuccessful class. (www.psychology.org/links)

Bar-On, define EI as the ability or capacity to perceive, integrate, understand, and manage emotions that have to do with the understanding of oneself and others, and to face different demands more successfully. According to Goleman, emotional intelligence (EI) is a person's inherent ability to control and self-regulate one's feelings, to know the emotions of others, and to use emotions and feeling as a beacon of one's actions and thoughts.

Maintaining emotional intelligence among student teachers will help them build healthy relationships with their students who will be the leaders of tomorrow. People who can effectively recognize their own as well as the emotions of others (empathy) will be able to build higher quality interpersonal relationships that will enhance the college environment and their lives with others. (Martorell, González, Rasal and Estelle's, 2009) [4]. Studies on aerobic exercise in association with emotional intelligence of teacher trainees are scarce. This study aimed to evaluate how aerobic exercise with music is effected on the emotional intelligence of teachers training students.

Objective

1. To study the effect of aerobic exercise with music on the emotional intelligence of teachers training (B.P. Ed) students.

Hypothesis

1. There will be significant improvement in emotional intelligence with aerobic exercise with music on teachers training (B.P. Ed) students.

Corresponding Author:
Dr. Ramneek Jain
Associate Professor,
Department of Physical
Education, Shri JTT
University, Jhunjhunu,
Rajasthan, India

Delimitations

1. The study was delimited to the male teachers training students between 21 to 27 years of age from the Shri JJT University College of teachers training (B.P. Ed) students.
2. The study was further delimited to emotional intelligence.

Significance of the Study

1. Results of the study may help the people to know the effect of aerobic exercise on emotional intelligence.
2. The results of this study may encourage the public to take up aerobic exercise in the form of physical exercise to maintain health and fitness.

The results and findings of this study may encourage young people in schools and colleges to voluntarily take part in some form of music-based exercise in addition to their academic studies part of the curriculum.

Methodology

Selection of subjects

For the purpose of this study, 80 male teacher training Students (B.P. Ed) from Shri JJT University College of Teacher Education were selected as subjects. The average age of the subjects was 25 years.

Design of the study

Randomly selected 80 subjects were divided into two equal groups as ‘A’ and ‘B’. After taking the pre-test for the selected variable, the training program was given to the experimental group ‘A’, and ‘B’ was the control group. The experimental group ‘A’ had undergone the training program in aerobic exercise with music thrice a week (ie, on Mondays, Wednesdays and Fridays) for 16 weeks and group “B” did not involve in any type of training program. After sixteen weeks of training as per the schedule, a post-test was conducted for the same variable to both groups.

Schedule of training program

The experimental groups were given an organized training program by the experts for 16 weeks. The program was of 45 minutes duration for three days in a week. This was monitored and controlled by the investigator. The control group did not involve in any session of training.

Discussion of findings

The t-test was employed to analyse the significant difference between pre-test and post-test on the selected variables. The level of significance chosen was 0.05.

Table 1: The significance of difference between the pre-test and post-test means of emotional intelligence scores of the aerobic exercise- with-music and control groups

| Groups | Means | | MD | SD | SE | ‘t’ value |
|---|----------|-----------|------|------|-------|-----------|
| | Pre-test | Post-test | | | | |
| Aerobic exercise- with-music group (N=40) | 67.95 | 74.18 | 6.23 | 1.69 | 0.267 | 23.339* |
| Control group (N=40) | 58.25 | 57.70 | 0.55 | 1.84 | 0.291 | 1.891 |

*Significant at 0.05 level ‘t’ value required at 0.05 level = 2.03 (df 39)

The above table indicates that the aerobic exercise-with-music group exhibits significant improvement in the emotional intelligence with pre-test mean score being 67.95 and the post-test mean score being 74.18. Further, it shows that the obtained ‘t’ value (23.339) is much higher than the tabulated ‘t’ value (2.03) at 39 degrees of freedom. Hence the obtained ‘t’ value is found to be highly significant at 0.05 level. On the contrary, the pre-test mean value (58.25) and the post-test mean value (57.70) of the control group shows negligible difference. Further the obtained ‘t’ value (1.891) is less than the required ‘t’ value (2.03) at 0.05 level. Hence it shows that there is no significant difference exists in the emotional intelligence of the control group.

Conclusion

The analysis of data seemed to have permitted to the following results.

Aerobic exercise-with-music showed significant improvement in the emotional intelligence of teachers training students.

References

1. Bar-On R. The Bar-On model of emotional-social intelligence (ESI) *Psicothema* 2006;18:13-25. [PubMed] [Google Scholar]
2. Goleman D. *Emotional Intelligence*. Kairós; New York, NY, USA, 1995. [Google Scholar]
3. Janssen I, Leblanc AG. Systematic review of the health benefits of physical activity and fitness in school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity*. 2010;7(40):1-1.
4. Martorell C, González R, Rasal P, and Estellés R. Convivencia e inteligencia emocional en niños en edad escolar. *European Journal of Education and Psychology*. 2009;2(1):69-78.
5. www.livestrong.com/aerobic-exercises
6. www.psychology.org/links