The Effect of Interval Aerobic and Greek Traditional Dances Programs, on the Mood and Physical Condition of Adult Women.

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Abstract

The aim of this research was to study the effects of exercise on the mood and the physical condition of adult women that participate in aerobic and traditional dance programs. The sample constituted 30 women aged 45± 9,82. For the gathering of the data Profile Of Mood State (POMS) questionnaire has been used which was modified for the needs of Greek citizens. The questionnaire evaluates stress-tension, depression, aggressiveness, energy, exhaustion and confusion, in order to estimate the total psychological mood and was given to the tested women before and after the two different programs that lasted twelve weeks. The physical condition of the women was estimated by the palindrome test of 20m and at the same time the heart rate was written down by the use of mobile heart sequence meter (Polar Electron Tester 810). From the statistical analysis of the data there was not any significant effect because if the interval programs of Greek traditional dances compare to aerobic in the questionnaire factors and in the total psychological mood of women. As it refers the physical adjustments that the tested women had, there were not any significant statistical differences because of the kind of exercise from the first to the final measurement, but there were significant differences because of the exercise in both interval groups ($p < .05$). Conclusively, it can be supposed, that the participation in Greek traditional dance programs offers the same psychological and physiological adjustments as an aerobic class and it can be used as an alternative way of exercise.

Key words: Greek traditional dance, aerobic exercise, psychological mood, physiological adjustments.