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**The Influence of Greek Traditional Dances, Aerobic and Strength Conditioning,
on Psychological Mood in Adult Women with and Without Chronic Disease.**

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Abstract

The aim of the present study was to find any differentiations on psychological mood among adult women with and without chronic disease, after their participation in three different exercise programs. The sample constituted of twenty-three volunteers (Mean = $48 \pm .74$) years old, with chronic disease (n=11) and healthy participants (n=12). For the data collection, the questionnaire used was the Profile of Mood States (POMS),¹ which was modified for the Greek population.² The participants following greek traditional dancing, aerobic and strength conditioning programs, that their intensity level was 60% - 70%. The sample completed the questionnaire before and after three exercise programs. The results indicated that in both groups of adult women, greek traditional dancing reduced depression and increased activity. Aerobic exercise reduced depression and confusion and increased energy and fatigue. Moreover, strength conditioning with weights, increased fatigue. From the results it's obvious that, both greek traditional dancing and aerobic contributed to the improvement of psychological mood. In conclusion, it will be better to apply a variety of exercise programs in order to improve psychological conditioning and psychological mood state of adult women with or without chronic disease, where greek traditional dancing and aerobic should be included.

Key words: Greek traditional dancing, aerobic, strength conditioning