



**A Comparative Study of Selected Components of Fitness Between Zumba and Floor  
Aerobic Exercises on Girls Aged 19-22 Years**

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**Abstract**

The reason for the examination was to inspect the impact of Zumba and Floor Aerobics exercises on chosen parts of wellness of young ladies between the age bunches 19-22 years. The chose segments of Fitness for the examination were Explosive strength and Flexibility. For estimating, Explosive Strength – Standing wide hop and Flexibility - Sit and venture test were mulled over. An all out 30 subject was randomly chosen for study. This test configuration comprises of two trial gatherings, among them 15 subjects for Zumba and another 15 subjects for Floor Aerobics exercises which was thought about for the testing the impact of preparing program on chosen segments of wellness. Both exploratory gatherings were granted an hour of preparing 6 times each week from Monday to Saturday for span of about a month and a half (absolute long periods of preparing 36 days). This exploratory plan was Non-comparable benchmark groups Design (pretest/post-test) where the trial bunch got the Zumba and Floor Aerobics practice preparing program and the benchmark group didn't. The gathered information were dissected by utilizing One Way ANCOVA. It was discovered that following a month and a half preparing system there was a noteworthy improvement in generally speaking.

**Keywords: Zumba, Floor Aerobics exercises, Explosive Strength and Flexibility**

**Introduction**

Today because of present day logical advancement in the ongoing time man is getting a charge out of the most elevated level of physical solace. Present day innovation is making a decent attempt to make our life simpler, increasingly extravagant, progressively agreeable however less incredible. Thus all through the world man gives off an impression of being carrying on an increasingly more idle life. One of the huge points of each program of physical instruction and sports ought to be create physical wellness among the populace or members. The point of physical instruction must be to make each youngster physically, rationally and genuinely fit and to create in him individual and social characteristics, to assist him with living joyfully with others and construct him as a productive member of society. Subsequently physical wellness could be created in a person through methods for different projects or exercises.

In the ongoing decade Zumba and Floor Aerobics exercises is a genuinely new type of activity came into existing and become well known among the majority (particularly ladies) in less timeframe. It is probably the most ideal approaches to improve cardio-vascular respiratory wellness, strong strength, solid continuance, explosive strength, flexibility and coordination in the body. The term Zumba and Floor Aerobics exercises is an absolutely move exercises. Zumba and Aerobics is enabling cardio exercise where you are completely released. This wildly vivacious program is propelled by move and drawn from a wide assortment of orders, for example, step aerobics, floor aerobics, Zumba and upheld by music. Zumba and Aerobics improves your degree of physical wellness and enables your body to work all the more productively. The cardio aspiratory framework (the heart, veins and lungs) is the essential framework utilized by the body during any exercise. High-impact exercise and Zumba alludes to practice that includes or improve oxygen utilization by the body. Floor aerobics are a sort of aerobics that are for the most part performed utilizing no gear and in a plain floor surface. The means that can be arranged in a vigorous routine can be of shifted sway (i.e, high effect versus low effect). Floor vigorous or high-impact move practice typically finished effectively by members everything being equal and wellness level. This is one of the interesting qualities of oxygen consuming move work out. A similar advance can be adjusted by the members to address the issues of individual exercise. A regular oxygen consuming move practice exercise satisfies the cardio respiratory preparing standards (to be specific recurrence, force, length, and sort of

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action nonstop) and is like any cardio respiratory exercise classes starts with a warm up of light action and extending exercise for 10 minutes, progress to the 30 - 40 minutes exercise stage and then have a continuous chill off period for 10 minutes.

**Objectives of the Study**

The following objectives were set for the study:

1. To compare adjusted mean scores of Explosive strength of woman of Zumba & Floor Aerobics Exercise group and Non Exercise group by taking pre Explosive strength as a covariate.
2. To compare adjusted mean scores of Flexibility of woman of the Zumba & floor aerobics exercise group and Non exercise group by taking their Flexibility as a covariate.

**Hypothesis of the Study**

1. H01: There was no significant difference in adjusted mean score of Explosive strength of woman of Zumba & Floor Aerobics Exercise group and non-Exercise group by taking Pre Explosive strength as a covariate.
2. H02: There was no significant difference in adjusted mean score of Flexibility of the Zumba & floor Aerobics Exercise group and non-Exercise group by taking Pre Flexibility as a covariate.

**Methodology**

A sample of thirty (n=30) subjects aged 19 to 22 years was selected randomly from Pratishtan Mahavidyalaya Paithan, District Aurangabad. The design of the experiment had been divided into three phase's viz., Phase – I: Pre-test, Phase – II: Training or Treatment, and Phase – III: Post-test. Experimental design consists of two experimental groups, amongst them 15 subjects for Zumba and another 15 subjects for Floor Aerobics exercises. Both experimental groups were imparted 60 minutes of training 6 times a week from Monday to Saturday for duration of six weeks (total days of training 36 days).

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The following tests were administered for data collection on selected variables:

<b>Variables</b>	<b>Test</b>
Explosive strength	Standing Broad Jump
Flexibility	Sit and reach

**Statistical Procedure:**

There were two groups for this experimental study viz. Zumba & Floor Aerobics Exercise group and Non Zumba & Floor Aerobics Exercise group, wherein the researcher has decided to compare the adjusted Mean Scores of components of fitness, by taking Pre Test as Covariate in order to see the Zumba & floor Aerobics Exercise of girls aged 19 to 22 years. One Way ANCOVA test was administered for the data analysis.

**Discussion and Findings:**

To find out the Group wise comparison of Zumba & Floor Aerobics Exercise Training Programme on Explosive strength. ANCOVA test clearly revealed that: there was significant difference between adjusted mean score of explosive strength of girls of the Zumba & Aerobics Exercise group and Non Exercise group by taking Pre explosive as Covariate ( $F_{y,x}=13.729$ ,  $df=1/29$ ,  $p<0.01$ ). Therefore the adjusted mean scores of explosive strength of girls of Zumba & Aerobics Group is 28.42 which is significantly higher than that of Non Zumba & Aerobics Group where adjusted mean scores of explosive strength of girls is 21.64. Thus, the overall performance scores of both the Non Zumba & Aerobics Exercise group and Zumba & Aerobics Exercise groups of explosive strength were not equal.

There was significant difference between adjusted mean score of flexibility of girls of the Zumba & Aerobics Exercise group and Non Zumba & Aerobics Exercise group by taking Pre flexibility as Covariate ( $F_{y,x}=13.296$ ,  $df=1/29$ ,  $p<0.01$ ) Therefore the adjusted mean scores of flexibility of girls of Group is 26.89 which is significantly slightly higher than that of Non

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Zumba & Aerobics Group where adjusted mean scores of flexibility of Girls is 27.14. Thus, the overall performance scores of both the Non Zumba & Aerobics Exercise group and Zumba and Aerobics Exercise groups of flexibility were not equal.

These results help to unfold that the effect of Zumba and Aerobics Exercise Training Programme were useful in developing explosive strength as well as effect on flexibility. However, the Zumba and Aerobics Exercise Programme has been recorded as more effective in improving explosive and flexibility of the girls aged 19 to 22 years.

**Conclusion:**

The result of the study clearly indicated that effect of six weeks Zumba and Aerobics Exercise Training Program intervention has potential benefits to improve Explosive strength and flexibility of girls aged 19 to 22 years.

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