Effect of training kids aerobic on aggressive in urmia preschool children

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Introduction: aggression is apparent verbal or physical behavior which its aim is to harm a person or object. Studies show, the spread of violence and aggression in schools, especially in recent years. Physical activity – movement is proposed treatment methods for aggressive objectives: The aim of this study was to assess the effect of kids aerobic training on preschool children’s aggression.

Method and Material: the sample consisted of 40 preschool children who were selected through cluster random sampling method. They divided in two groups (expermental and control, 20 persons in each group), groups. Expermental group participated in 16 sessions (3 sessions 45 minute weekly) kids aerobic training intervention. Research data, collected Before and after the intervention by investigating Indicators of aggressiveness in test DAP (Draw a person) and Analysis of covariance was used for data analysis.

Result: the findings (0/075, partial $\mu^2 = 0/091, p= 3 F= (37, 1))$ the significant difference in pretest and posttest aggressive data in preschool children.

Conclusion: the results confirmed the effectiveness of aerobic training on reducing children aggression. This may be due to training was with group and it provides the opportunity without formal rules and in joyful atmosphere to discharge their emotions and avoid from the aggressive ways to discharge them.

Kids aerobic, aggressive, children, preschool