Effects of aerobic exercise and activity group and individual sessions per week Three or Six city students to reduce anxiety

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Exercise and physical activity, widespread social phenomenon and an effective tool for human development, the promotion of exercise can be a good tool to promote mental health and wellbeing of the students used (2 and 1). Purpose, role and activities of aerobic exercise in reducing anxiety in students of Arak. Question, whether exercised collectively and individually, 3 or 6 times a week is effective in reducing anxiety Dnsh students? Population, all students (12,000 students), University of Arak, sample: 370 people per size of population in each school using cluster sampling were selected after a pre-test, 40 were purposefully with moderate anxiety 10 patients were divided randomly into four groups. After a period of individual and group aerobic exercise test was performed on schedule. Research methods, semi-empirical and descriptive statistics, independent t-test for pre-test and post-test analysis was used. Results showed a significant relationship between reduced anxiety students participated in three sessions of aerobic exercise a week (16/3- t =) and individual (381/1-t =) there. The significant relationship between anxiety students participating in aerobic exercise 6 times a week as a group (461/2- t =) and individual (89/2-t =) there. Discussion and conclusions; The results of the theory that aerobic exercise can reduce anxiety, confirm. The results of the studies of Morgan (2005), Edward (2006), Starv (2004), Khalji (1382) and Mousavi et al (1390) The role of physical exercise and outdoor activities to reduce anxiety in students who have studied the correlation Yes, it can be concluded that aerobic exercise and activity plays an important role in reducing student anxiety

Khalji, Hassan. (1390). Investigated the effects of aerobic exercise training on anxiety in students.1  
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Sports, team, solitary, anxious students

Poster