

ANCHOR 2018



Conference Proceedings

**A National Conference on Honoring,
Organizing & Recognizing
*Women in Sports***

Published by

Principal

Maharashtriya Mandal's

Chandrashekhar Agashe College of Physical Education

Pune, India



Sponsored by

Savitribai Phule Pune University



Meets

I/c Principal

**Patuck - Gala College of
Commerce & Management
Santacruz (E), Mumbai-400 055**

SN	Table of Contents	Page
7	Impact of Sports Cinema for Motivating of Youth in Sports Activities <i>Dr. Sandeep Jagannath Jagtap & Prof. Limbaji K. Pratale</i>	41
8	A Study on Anxiety Behavior among the Sportswomen and Non Sportswomen of North Maharashtra University <i>Mr. Limbaji K. Pratale & Dr. Sandeep Jagannath Jagtap</i>	44
9	Comparative Study of Reaction Time Between Kho-kho and Kabaddi Players <i>Gulam Mohmad Dar</i>	48
10	Integrating Core Subjects with Physical Education at 'The HDFC School, Pune <i>Mrs. Amruta Prabhu & Mr. Himanshu B Tiwari</i>	51
11	The Identification of Dropout Causes in Young Competitive Women's in Sports <i>Nikhil Laxman Sonone</i>	55
12	Classes to Masses: An Inclusive Physical Education Intervention Programme to Improve Active Lifestyle among Junior College Students <i>Sangeeta. R. Bhide & Dr. Sharad. S. Aher</i>	58
13	Obstyrace: A Fitness Competition for Masses <i>Dr. Sharad S. Aher, Dr. Yogesh H. Bodke & Shirish More</i>	61
14	Comparative Study of Coordinative Ability and Balance among Women Wrestlers in Different Weight Categories <i>Dr. Sumia Ramzan & Ms. Mubarah Ramzan</i>	63
15	A Descriptive Study of Female PE Teachers Use of Health and Fitness Mobile Apps their Physical Activity Behavior and Physical Activity Index <i>Nishigandha R. Patil & Dr. Prof. Shraddha Naik</i>	68
16	Physical Fitness Status of Students Based on Obesity <i>Abhay Jagtap</i>	76
17	Testing Standardized Norms for the Freestyle Wrestling Game <i>Dr. Manoj N. Reddy & Dr. Nalla Bhaskar Reddi</i>	83
18	Comparison of Health Related Physical Fitness Factors of Pune City and Pune District First Year under Graduate Girl Students of Savitribai Phule Pune University <i>Dr. Shrikant Mahadik</i>	88
19	Construction and Standardization of Korfball Skill Test for Collegiate Woman Players of Pune University <i>Dr. Surekha S. Daptare</i>	91
20	The Effect of Bokwa Training on Psycho-physical Fitness Variables of Working Women <i>Miss. Swati Vaidya & Prof. Vasanthi Kadhiravan</i>	95
21	Study of Health Status of Woman Sweepers in Relation with Physiological Variables <i>Dr. Tanuja S. Raut</i>	99
22	Study of Participation of Women at Mountaineering Activities <i>Dr. Ameet D. Prabhu</i>	102



The Effect of Bokwa Training on Psycho-physical Fitness Variables of Working Women

Miss. Swati Vaidya

Sports Director, Patuck Gala College, Mumbai.

Prof. Vasanthi Kadhiravan

Head, Dept. of PE, University of Mumbai, Mumbai.

Abstract

The aim of the study was to find out the effect of Bokwa Training on psycho-physical fitness variables of working women. For the purpose of the study, 20 Working Women from Sunshine Academy, Boisar, Palghar – 401501 Maharashtra were randomly selected subjects for the study. The Single Group Experimental research design was framed for this study. The selected 20 Working women underwent 8 weeks of bokwa training three days in a week for one hour duration. Pre-test and post-test were conducted on selected psycho-physical fitness variables such as Anxiety, Depression, Stress, Cardio Vascular Endurance, Flexibility, Body Mass Index of working women. The mean, standard deviation and 't' test were calculated, and the level of significance was set at 5%. The result showed the significant mean difference in Anxiety level, depression level, Stress level, Cardio Vascular Endurance, Flexibility, and Fat level, of the subjects after 8 weeks of Bokwa training. In conclusion, it appeared that the bokwa training program resulted in improvement of psycho-physical fitness of working women.

Keywords: psycho-physical fitness, Bokwa training

Introduction

Regular doses of cardiovascular exercise are key to preventing disease, maintaining cognitive function, and increasing energy. In fact, studies show that cardio can reduce the risk of developing certain cancers. And new research has revealed just how important a consistent exercise routine really is. A study published in the British Journal of Sports Medicine found that just a half-hour of physical activity six days a week was linked to a 40 percent lower risk of early death. The key? Consistency. However, finding a routine that is enjoyable isn't always easy, especially for those that are gym-averse or just too busy. So if pumping iron or running marathons has never been that enticing, this addictive workout may be one to try. In addition to refitting your body, bones, and brain, regular cardiovascular exercise like Bokwa has the added bonus of helping you: increase endurance, burn fat, incinerate calories, and improve balance.

The Bokwa fitness routine combines cardiovascular exercises with the benefit of endurance, as well as flexibility and strength training. The Bokwa Fitness routine combines all of these elements to create a group class for both young and old on the backdrop of Latin, House, Dance, and African Music.

Objectives of the Study

- To find out the effect of Bokwa training on Anxiety of working women.
- To find out the effect of Bokwa training on Depression of working women.
- To find out the effect of Bokwa training on Stress of working women.
- To find out the effect of Bokwa training on cardio vascular endurance of working women.
- To find out the effect of Bokwa training on flexibility of working women.
- To find out the effect of Bokwa training on fat level of working women.

Hypotheses

After analysing the related reviews, it was hypothesized that -

- H₁: Bokwa training will show a significant effect in demotion of anxiety on working women.
- H₁: Bokwa training will show a significant effect in demotion of depression on working women.
- H₁: Bokwa training will show a significant effect in demotion of stress on working women.
- H₁: Bokwa training will show a significant improvement in cardio vascular endurance on working women.
- H₁: Bokwa training will show a significant improvement in flexibility on working women.
- H₁: Bokwa training will show a significant effect in demotion of fat on working women.

