

Nanthawan Thienkaew 2007: The Effects of Aero Boxing and Yoga upon the Stress Level in Female Prisoners. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Supitr Samahito, Ph.D. 114 pages.

The objective of this research was to compare the effects of Aero Boxing and Yoga upon stress level of female prisoners. The subjects were 30 female prisoners, average age 30.33 years old. The female prisoners from Women Correctional Institution for Drug Addicts of Thanyaburi, Nakhornnayok Klong 5 Road, Phatumthanee Province. The subjects were divided into 3 groups, 2 experimental groups and 1 control group. Each group consisted of 10 subjects. During the 4 weeks, program was performed on Monday, Wednesday and Friday from 09:00 – 11:00 a.m. The experimental group 1 was subjected to Aero Boxing while the experimental group 2 was subjected for Yoga. All of the subjects were then tested the stress level by using electromyography biofeedback at the beginning of the study, after the first, the second, the third and the fourth week in training, respectively. Data were analyzed for mean and standard deviation, analysis of covariance (ANCOVA), one-way analysis of variance with repeated measure, two-way analysis of variance with repeated measure followed by using the Tukey method for multiple comparison testing. An alpha level of .05 was verified on all statistical tests.

From this study, it revealed that the stress level by using electromyography biofeedback of the first and the second experimental groups were not different at statistical significance level at .05, but those of the first and second experimental groups compared with the controlled group were different with statistical significance level at .05. After 4 weeks of training, the first experimental group' stress level measured with the electromyography tends to decrease while those of the second experimental group reduced with statistical significance level at .05, at the same time the controlled group increased with statistical significance level at .05. Hence, it can be concluded that "Aero Boxing" and "Yoga" could effect to female prisoners' stress level. The result of this study showed that "Aero Boxing" and "Yoga" can be further applicable to reduce the stress level of the women prisoners.

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*14 / 02 / 07*