

PRAWASE PIYATHAKOONRAKARN : EFFECTS OF AEROBIC DANCE ON SELECTED ASPECTS OF PHYSICAL FITNESS AND STATE ANXIETY IN FEMALE STUDENTS.
THESIS ADVISOR : ASST. PROF. CHALERM CHAIWATCHARAPORN Ed.D.,
ASST. PROF. RAWIWAN NIWATAPAN, 122 PP.

The purpose of this research was to investigate the effects of aerobic dance on selected aspects of physical fitness and state anxiety. The physiological variables used in this study were: the body weight, the resting heart rate, the resting systolic and diastolic blood pressure and the percent of body fat. State anxiety (A-State Scale) was assessed by the The State-Trait Anxiety Inventory (STAI). The subjects were 29 sedentary female students whose ages were 18-23 years old. They were trained in aerobic dance for a period of eight weeks. The physical fitness and state anxiety were retaken after the eight weeks training program.

Result of the research:

There was a significant difference between the pre-test and the post-test at the .01 level of the body weight, the resting heart rate, the resting systolic blood pressure, the percent of body fat and state anxiety. There was no significant difference of the resting diastolic blood pressure between the pre-test and the post-test at the .01 level.