

# Effect of A Prescribe Exercise Programme on Regular Male Gym Goers on Selected Psychological Variables

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## ABSTRACT

*The purpose of the study was to determine the effect of a prescribe exercise programme on regular male gym goers on selected psychological variables i.e. stress, commitment, risk taking and will to win. For the purpose of the study total 100 regular gym goers' were selected as a subject from different fitness centres by using purposive sampling technique. The age range of the subjects were 25 to 40 years. For getting the effect of prescribed training programme the Subjects were randomly divided into experimental (N= 50) and control group (N= 50) respectively. The data was analysed by using Descriptive statistics, ANCOVA, and post-hoc (LSD) test to assess and compare the selected psychological variables at the level of significance 0.05. The result of the study founded the significant effect of prescribed training programme on selected psychological variables i.e. stress, commitment, risk taking and will to win. Further, on the basis of findings of the study it was concluded that the prescribed exercise programme improves the psychological health among the regular male gym goers'.*

**Key Word:** Exercise Programme, Psychological Health, Gym Goers'

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## INTRODUCTION

The mechanical nature of life has increased the prevalence of unhealthy lifestyles, while time pressures, work deadlines, and a lack of certainty about the future have eroded social support. As a result, the bulk of people's lives in contemporary society are now extremely stressful.

According to Ivancevich and Matteson (1994), the complexity of the job and its varied demands are leading to psychological problems at work such boredom, anxiety, sadness, irritability, and stress. Some academics have argued that some types of workplace stress might be useful, while others have claimed that a certain amount of stress can inspire people. Further, Caplan (1975), Chadwick (1980), and Mott (1976) noted that physical stress, such as changes in blood pressure, heart rate, somatic complaints, serum cholesterol, high and low-density lipoproteins, and sleep disturbances, Kind of problems are due to the effect of psychological issues.

Furthermore, DiLorenzo et al. (1999) documented that exercise can stimulate the sympathetic nervous system, which reduces stress and depressive symptoms. Moreover, it was evidenced that the cardiorespiratory fitness can reduce resting heart rate and blood pressure while moderating the stress response, (Anshel and Norris, 1996; Cooper, 1986; and De Vries et al., 2000). Additionally, Spangler et. al, (1998) provided additional evidence that a high waist-hip ratio and a high body mass index (BMI) are linked to stress and a bad mood, respectively. However, ACSM(2007) recommended that adults should perform vigorously strenuous cardio activity for 20 minutes per day, three days per week, or moderate cardio (aerobic) activity for at least 30 minutes per day, five days per week.

But there is always an uncertainty about the optimum lifestyle, workouts, training plans, or training programs for a given group of people, notwithstanding the rise in health consciousness among middle- and high-income families in India. As a result, the researcher is inspired and guided to pursue this project in order to uncover and evaluate how people's lifestyle choices affect their health and fitness.

## PURPOSE

The Purpose of the study was to analyse the effect of a prescribe exercise programme on regular male gym goers' on selected psychological variables namely Stress, Commitment, Risk Taking and Will to Win.

## HYPOTHESES

There will be a significant positive effect of prescribed exercise programme on the experimental group participants on the selected psychological variables i.e. Stress, commitment, risk taking and will to win.

## METHODOLOGY

**Design:** Cross sectional study design was consisting of equal numbers of experimental group and control group (n = 100 regular gym goers' females and 50 subjects in each group).

**Selection of Subject:** A total of one hundred (100) regular gym goers' male subjects were selected age ranging from 25-40 years from fitness centres. Subjects under investigations were divided into two group's Experimental Group and Control Group randomly that contain fifty subjects (50) in each group respectively. The purposive sampling technique was used in selection of subjects. The subjects of Control Group performed exercises randomly in their fitness centres in which they were enrolled and their exercise programs were not scheduled whereas, the Experimental Group participants were taken part in prescribed exercise program on regular basis under the supervision of the researcher.

## SELECTION OF VARIABLES

Stress, Commitment, Risk Taking and Will to Win were the selected psychological variables for the study.

## CRITERION MEASURE

The response given on the developed questionnaires such as stress, commitment, risk taking and will to win in the form of scores were considered as criterion measures for this study.

## COLLECTION OF DATA

The data on the selected psychological variables i.e. stress, commitment, risk taking and will to win were collected by using self-made questionnaire by the researcher.

## STATISTICAL TECHNIQUE

Descriptive statistics, ANCOVA, and post-hoc (LSD) test were applied to assess and compare the selected psychological variables i.e. stress, commitment, risk taking and will to win between experimental and control group of regular male gym goers'. The level of significance was set at 0.05 level.

**Table-1.0 Analysis of Selected Psychological Variable (i.e. Stress, Commitment, Risk Taking and Will to Win) between Experimental and Control Groups of Regular Male Gym Goers'**

Variable	Group	Mean		Degree of Freedom		Tabulated F Value	F-ratio
		Experimental	Control	Between Group	Within Group		
Stress	Pre Test	65.80	67.54	1	98	3.94	2126.09*
	Post Test	49.10	68.50				
	Adjusted Post Test Mean	49.52	68.08	1	97		
Commitment	Pre Test	52.84	52.84	1	98	3.94	1370.00*
	Post Test	64.80	52.62				
	Adjusted Post Test Mean	64.80	52.62	1	97		
Risk Taking	Pre Test	59.42	58.76	1	98		

Will to Win	Post Test	70.64	58.60			3.94	796.18*
	Adjusted Post Test Mean	70.34	58.90	1	97		
	Pre Test	60.98	59.04	1	98	3.94	679.69*
	Post Test	70.44	59.02				
	Adjusted Post Test Mean	69.62	59.84	1	97		

N=100

\*Significant at 0.05 level.  $F_{0.05}(1, 97) = 3.94$ 

Table-1.0 highlights the experimental group pre test mean of psychological variable stress (65.80), experimental group pre test mean of psychological variable commitment (52.84), experimental group pre test mean of psychological variable risk taking (59.42), and experimental group pre test mean of psychological variable will to win (60.98) of regular male gym goer's. Further, the table highlights the control group pre test mean of psychological variable stress (67.54), control group pre test mean of psychological variable commitment (52.84), control group pre test mean of psychological variable risk taking (58.76), and control group pre test mean of psychological variable will to win (59.04) of regular male gym goer's. Furthermore, the table highlights the experimental group post test mean of psychological variable stress (49.10), experimental group post test mean of psychological variable commitment (64.80), experimental group post test mean of psychological variable risk taking (70.64), and experimental group post test mean of psychological variable will to win (70.44) of regular male gym goer's. Moreover, the table highlights the control group post test mean of psychological variable stress (68.50), control group post test mean of psychological variable commitment (52.62), control group post test mean of psychological variable risk taking (58.60), and control group post test mean of psychological variable will to win (59.02) of regular male gym goer's. Similarly, the table also highlights the experimental group adjusted post test mean of psychological variable stress (49.52), experimental group adjusted post test mean of psychological variable commitment (64.80), experimental group adjusted post test mean of psychological variable risk taking (70.34), and experimental group adjusted post test mean of psychological variable will to win (69.62) of regular male gym goer's. Additionally, the table highlights the control group adjusted post test mean of psychological variable stress (68.08), control group adjusted post test mean of psychological variable commitment (52.62), control group adjusted post test mean of psychological variable risk taking (58.90), and control group adjusted post test mean of psychological variable will to win (59.84) of regular male gym goer's. Likewise, the analysis of co- variance ANCOVA of selected physical psychological variables between experimental and control group of regular male gym doers' as indicated in table no – 1.0 were found to be significantly on stress, commitment, risk taking and will to win as the obtained F – value of stress (2126.09), commitment (1370.00), risk taking (796.18) and will to win (679.69) were higher than the required value of 3.94 at 0.05 level of confidence. Thus, significant difference was found between the experimental and control group on muscular stress, commitment, risk taking and will to win after the pre and post-test.

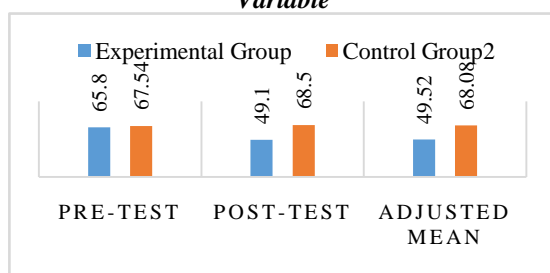
Further, the graphical representation of selected Psychological variables i.e., stress, commitment, risk taking, and will to win of pre-test and post-test mean of control and experimental group on stress variable are shown in figure no. 1.0, 1.1, 1.2, and 1.3 respectively.

**Table- 1.1 Paired Adjusted Post Test Means and Mean Difference between the Means of Experimental and Control Group Regular Gym Goers' on Selected Psychological Variables**

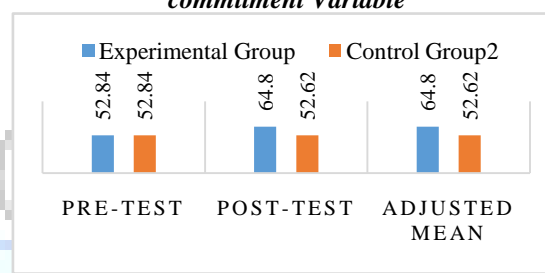
Variables	Paired Adjusted Post Test Mean		Mean Difference	Critical Difference
	Post Experimental	Post Control		
Stress	49.52	68.08	-18.56*	0.54
Commitment	64.8	52.62	12.18*	0.46
Risk Taking	70.34	58.9	11.44*	0.56
Will to win	69.62	59.84	9.78*	0.49

Table 1.1 indicate the mean difference between experimental groups and control groups Regular Gym Goers' on Selected Psychological Variables. Further, table reveals that the critical difference selected psychological variable i.e. stress, commitment, risk taking and will to win between post experimental group and post control group have greater than 0.05 i.e. 0.54, 0.46, 0.56 and 0.49 respectively. Furthermore, the mean difference between post experimental group and post control group on stress was -18.56 which indicate after completing prescribe training programme the stress level was reduces among the experimental group participants. Similarly, the mean difference between post experimental group and post control group on commitment, risk taking and will to win was 12.18, 11.44 and 9.78 respectively which reveals that commitment, risk taking and will to win were increases among the participants after the prescribe training programme.

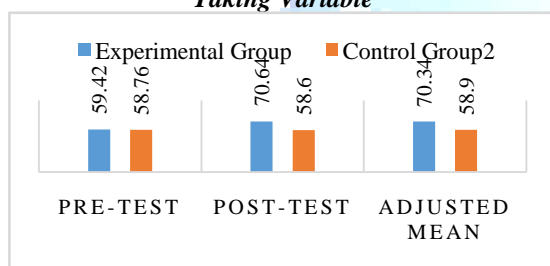
**Figure –1.0**  
**Graphical Representation of Pre-test and post-test Mean of Control and Experimental Group on Stress Variable**



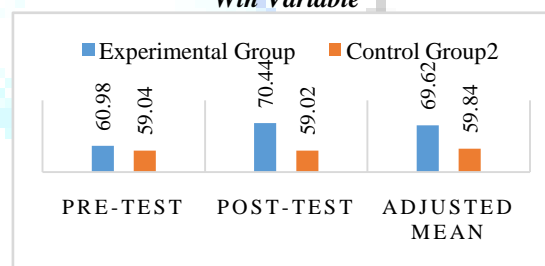
**Figure – 1.1**  
**Graphical Representation of Pre-test and post-test Mean of Control and Experimental Group on commitment Variable**



**Figure –1.2**  
**Graphical Representation of Pre-test and post-test Mean of Control and Experimental Group on Risk Taking Variable**



**Figure – 1.3**  
**Graphical Representation of Pre-test and post-test Mean of Control and Experimental Group on Will to Win Variable**



## DISCUSSION OF FINDINGS

This study was conducted to find out the effect of a prescribe exercise programme on regular male gym goers on selected psychological variables i.e. stress, commitment, risk taking and will to win among male regular gym goers' participants. The descriptive statistics of table-1.0 exhibited that the control group were reported higher mean value on stress. While experimental group participants were reported higher mean values on commitment, risk taking and will to win respectively. Further, the analysis of ANCOVA revealed significant difference between experimental and control group on stress, commitment, risk taking and will to win variables at 0.05 level of confidence, from table no. – 1.0. Furthermore, after applying post-hoc test it was founded that after completing prescribe training programme the stress level was reduces among the experimental group participants. Similarly, the commitment, risk taking and will to win were increases among the experimental group participants after the prescribed training programme in comparison to control group participants. This significant difference between experimental and control group were due to the fact that the experimental group was engaged in a rigorous and regimented fitness regime in a structured set-up under the supervision which was specially designed and developed for improving physical and mental performance at work. On the other hand the control group participants were not indulge in any kind of scheduled plan.

Further, the significant difference on stress was founded due the fact that exercise is a form of physical stress, or eustress and eustress, like distress, stimulates Corticotrophin Hormone (CRH) production stimulating the release of beta-endorphins instead of Adreno-Corticotrophic Hormone (ACTH), therefore no cortisol is released. Furthermore, it was noted by Adlard & Cotman (2004) and Traistadtpttir et al. (2005) that the eustress response does not cause the hippocampus' neurons to burn out. Moreover, DiLorenzo et al. (1999) demonstrated that the beta endorphins are linked to a positive mood and less stress. Despite the fact that Sawka et al. (2000) also claimed that the exercise can

help to moderate the stress response, muscular modifications or shifts in muscular power and endurance may have an impact on stress levels and cardio respiratory strategies.

Similarly, maintaining physical health and mental balance and alertness requires ongoing demands of competency, professional devotion, excellence, adjustment, social lifestyles, and problem-solving behaviour. In that order, the findings on commitment were also supported by the results of Kent et al. (2010), Chang et al. (2010), Turner et al. (2010), and Jeanne et al. (2010) respectively.

Likewise, the significant difference on risk taking is due to the fact that Physical exercises release endorphins which balance the tremendous rush of adrenaline flows into bloodstreams during dangerous moments with cool, calm thinking and an ability to give undivided attention to crucial matters despite the surrounding chaos. Further, the results of the study were supported by results of Turner et.al. (2010); Jeanne et.al. (2010); Lu et. al. (2007) and Güleriyüz et.al. (2008) respectively.

Moreover, the significant difference was reported on will to win is due to the fact that workers moderate exercise improves the higher work-quality and the high levels of cardiovascular fitness leads to perform more work, using less effort. The similar results were reported in the study of Dorsey et. al. (1980); Singh et.al. (2010); Goldsby et.al. (2005); Chang et.al. (2010); and Hyde et.al. (2010) respectively.

### **CONCLUSION**

The findings of this study revealed a statistically significant difference founded among regular male gym goers' on their psychological variables i.e., stress, commitment, risk taking and will to win respectively. Further, the results and findings of this study was concluded that prescribed training programmes improves the psychological health of regular male gym goers'.

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