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Influence of aerobic exercises to music on the depression women non-athletes

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ABSTRACT

This study reviews the impact of 8-weeks aerobic exercises to music on the depressed women non-athletes in Jolfa city. Research into the semi-empirical and field research to randomly sample 205 cases among women in Jolfa city. Methods used were the first person questionnaires to determine individual indicators such as age, marital status, and education level, was used. Then an Iranian test of the validity and reliability of Beck 0 / 89 investigation was approved by Jabbari and Sharif. Among women over 25 years and non-athletes in Alamdar city Gargar were randomly distributed. 50 samples that depression scores were obtained over 17 were selected and the members of the two groups aerobic music and control were training for 8 weeks, 3 sessions per week, 45 minutes and practice based training program was conducted, the intensity of exercise per session of about 60% to 75% of the maximum heart rate. Beck in the second test in pre-test and post test training program was used. And data through descriptive statistics and t test and correlation coefficient were used. Average score of Beck samples before exercise 22/77 and eighth week after practice to 7 / 23 reached a significant reduction compared to the first day of practice with $p < 0.05$ indicated. According to the results it seems that aerobic exercise with music as it can effect a complement or alternative to reduce depression effectively used.

Key words: Depression. aerobic exercises. non-athletes.

INTRODUCTION

Depression is also a mental disorder that a group of researchers at the frustration and dejection a disorder know. In other words, depressed patients felt such grief that the residual T-cell reaction is the recession. Depression variables like age, sex, marital situation, culture, economic situation and emotions in human life is related [1]. Depressive illness which stands is the person always disappointment, sadness, nostalgia and frustration remained, kind thoughts and emotions and behavior that accompanied it entirely from the symptoms of the disease, which is one of the most common psychological problems the world that long has been considered in the latter decades of astonishing increased. If this case strongly than usual field pass on the individual life and miss him from everything and everyone, even himself averse He makes and useful function reduces Mental Health and undermined family and community makes it [3]. Discomfort to the extent that it is here compared with pneumonia, but they have said very little difference between pneumonia and depression exists and it is not fatal pneumonia, while the depression in some cases leading to death of. The disorder in men and women also exists, but depressed in the two women against men, and it seems that some people of biologically vulnerable in others, environmental and psychological factors play a more important role. Scientists do not know whether changes in brain chemicals such as depressed patients, lack of balance in neurotransmitters that act as chemical peaks, productive factors or are the result of psychological changes. Although depression may be the genesis of any age, certain risk factors such as family history, age,

personal loss, low self-esteem, psychological factors and physical increase individual vulnerability[2]. Various types of depressive disorders including: major depression, depression, temperamental, SAD include depression and mania and the mania periods are mild, 60% of those who have committed suicide, are depressed with major depressive disorder at least four of the seven side branches make the following one. Changes in appetite and weight 2. Sleeping more or less the size of three. Restlessness with apathy or lethargy 4. Fatigue or lack of energy 5. Feelings of worthlessness or excessive guilt or anything inappropriate 6. Problems with thinking or decision 7. Recurrent thoughts about death or suicide, suicide plans or attempts to self-destruction. What makes the situation intolerable is that before we know the treatment will work[15]. Not in a minute, at a time in a week, a month, the same despair that even more pain, the soul will eat. Number of people who suffer from these feelings Jasmine Apr were increased over recent years and is very severe depression in the past two decades has been 10 times. 45 detailed physical exercise and stretching for at least three days a week within a few weeks can improve depressed patients. Physical exercise reduces stress, muscle tension is destroyed, and often the patient strengthens the spirit. Doctors believe that exercise improves blood circulation and from the brain, oxygen supply increases and causes the release of chemicals called endorphins and are, which are natural antidepressants Considering the factors in treating depressive illness in addition to light therapy electric shock therapy (ECT) and psychotherapy 3, family therapy, couples therapy medication practice common basis in all countries, especially common in our country And since this is the treatment (drug therapy ECT) is associated with undesirable side effects [8]. Because improving depressive illness is not easy for anyone with the training and almost anyone can, appropriate physical activity, mental health fully recover. Human science will be able to work and be part of the mind and feelings, and assure the same calm and clear and makes clear the intelligence and wisdom to maintain is the key to human progress [7]. Research shows that physical activity causes better indicators of life in mental disorders including depression, fatigue and emotional health. Life gets in the head and individual happiness is a very important role [10,11]. Physical activity and exercise in the current situation in various countries the world as indisputable necessity has been accepted, which is done in different ways. Among them is the music of aerobic exercise as a way to get exercise straw used to prepare physically. This practice, which today form fun and exciting sport and have popular front in 1960 spent his early years in the year 1980 among the world's most popular sports were considered. Although aerobic exercise in terms of a lead by developing and increasing aerobic fitness and mental focus on the other hand, and intellectual development and creativity is mind, a special place among the people has acquired. Today in parts of the world Ray stirring the sport as attractive and valuable tool to lead the health and human health has been. Aerobic exercises Aerobics manner causing rhythmic performances with music, an effective means to prevent depression, impatience, and in terms of training users as a group, the rhythmic motion and canned pursue a process is effective for group behaviors [16]Countless researches in this field has been done, shows a device suitable aerobic exercises and millet prices in reducing mild to moderate depression, and prevents it from occurring, fatigue, and away from individual case represents vitality and happiness in person is [13],another physical activity that can be effectively reduced the role of depression, in 1991 as a research Yousefi Bhram Assessment of depression in two groups scattered student athletes and non athletes Tehran University conducted showed that the results between depressed and non-athlete student athlete there is a significant difference [14].Also in the year 1993, Mehdi Mehdi Nejad research entitled Effect of aerobic exercise on reducing depression, adolescents 5-18 years old did the research results showed that aerobic exercise on reducing depression is effective in adolescents [6]. In year 2007 Hassanpour impact aerobics moves eight weeks on two area women depression Khorramabad check and the result showed a significant difference between control and experimental groups are .Also in year 2010 maleki impact 8 weeks aerobic moves on the amount of knowledge of health sent reviews and results showed a significant difference between aerobic exercise and mental health indicators are Research results - Dilorenzo and colleagues (1999) also showed that exercise in both short and long term, not only will lead to physical, but especially the improvement of mental depression is reduced [12].David and colleagues (2005) research as the benefits of aerobic exercise on depressed patients to evaluate the effect of short-term training program on depressed patients with moderate to severe depression did. Exercises include walking on the neck and the tape was exercises for 10 days and was done for half an hour. At the end of training program significantly reduced the depression scores of the subjects was observed [14]. Dun and his colleagues (2002) showed that the treatment of sporting activities can be mild to moderate mental 25 to 45 years in use. Research results showed that different amounts of exercise can treat mild to moderate depression used [5]. Wilkinson and colleagues (2003) in deprived areas and low income groups as sports poster campaign to prevent postnatal depression showed that doing aerobic moves and activities in Places of Education, the participants can mental physical and social aspects will be useful [6]. Considering that scientific research aerobics with music and movement, and depression is low and the few and many about it observed, a researcher on the

impact that these two training methods on depressed women above 25 years of research Jolfa review that could result Research Dimensions.

MATERIALS AND METHODS

Methodology

As a quasi-experimental study and field researcher percent was 8 weeks aerobic training effect of music on depressed woman with non-athletes are above 25 years old Jolfa city. The population of statistic of the study included all women are non-athletes. The statistic sample survey of 205 individuals were selected among woman who had meaningful sample.

Magor Questionnaires :

Methods this was the first case of a personal questionnaire to determine individual such as age, weight, marital status and education level were used. Then an Iranian test of the validity and reliability of Beck 0.89 Jabbari research and Sharif had been approved. Among women over 25 years and non-athletes alamdar and GarGar randomly visiting homes and offices and focus, the questionnaire after the required description distributed among them after they were collected are completed, 50 cases of depressed patients who borders were then matched in two groups of 25 aerobic exercise with music and were controlled. Exercises every week for 8 weeks, 3 sessions 45 minutes and exercises based on case training program. Control group was tired of the routine of their lives to follow. In the first session subjects with low intensity exercise (50 percent maximum rate) and in subsequent weeks, the intensity (60-80%) peak heart rate did. To control the intensity of the old formula of 220 was used. HR subjects, each session (beginning of training, between training, exercises at the end) control and subjects that were highlighted along with their activities with the same intensity. After eight weeks of exercise training again from Beck depression questionnaire subjects were assessed. And to classify the data by descriptive statistics and inferential statistics for the hypotheses, when you test, t and dependent and Pearson coefficients were used.

RESULTS

According table 1 and dependent t-test to compare mean pretest and post test at $\alpha=0.05$ as it turned out that the calculated t value equal to the condition of equal variances is 4.16 by the t value At $p \ll 0.001$ is significant, so therefore we can say that aerobic exercises with music depressed women could significantly reduce.

Table 1-Comparison of depressed women over 25 year before and after aerobic with music practice.

Characteristic statistics Group aerobic With Music	N	mean	S.D	T	Level Control means
Pre-test	25	22/77	6/29	4/16	0/001
Post-test	25	11/23	3/17		

Table2 - Comparison of depressed women over 25 year group control

Characteristic Group control	N	Mean	S.D	T	Level control means
Pre-test	25	22/17	6/39	1/20	0/05
Post-test	25	21/40	7/35		

According to Table 2, using dependent t test to compare mean pretest and posttest in Level 0.05a =, because it turned out that if the calculated t value equal variances is equal to 1.20 significant difference between pre-test and post- test at $p \ll 0.05$ there.

DISCUSSION

The aim of this research is to study depression in woman over 25 years of depression and the effects of aerobic exercise with music on it was reduction. According to prepare descriptive statistics shows that the average 35-48 women who 205 people, 66 employed and 139 homes were correlation between educational level and depression is significant. Thus, women with higher education have fewer depression. But the relationship between age , marital significant depression does not exist. That they are not in agreement with Research results David and colleagues [10],sheshl[9],palinkes[3] and et al. And they are in agreement with Alavi [7],Gaseminejad [6] results. Table 2 Results showed that aerobic exercise to music to how significantly reduce depression in women over 25 years. Findings of this research results of many studies, including David and colleagues [10], Dunn [8]), Hassanpour [14], Lapinen, P.R.L. heikkinen[8], Wilkinson, J., Philips[16], Alavi [7], Gaseminejad [6],and the property is consistent. Based on proven results, which may exercise influence on the central nervous system causing the head while happy people. On the other hand, sports can do to increase your confidence and benefit the people of the basic problems of people with depression can help. The results also showed that exercise swimming significantly reduce depression in women over 25 years is the result of research Alavi [7], Chen, R.Weil, L[11], Dun [8] and Gaseminejad [6] Tobias, S [16]conflict is .

This result is perhaps because the patients on the study suggests that aerobic exercise significantly reduced depression in women over 25 years. The present data with results of this research Gaseminejad [6], Hassanpour [4], David and colleagues in 2005, is consistent and that researcher do sporting activities may appropriate and cost the Russians without side effects is to treat the depression is approved. Also, research results and Aken and colleagues [10] are inconsistent, this difference may be due to the intensity, duration, activity, stress is the work place. After analyzing the research findings were observed in the group mean depression eight weeks of aerobic exercise had done with the music, the test has been further reduced.

Maybe because as a group aerobic activity, rhythmic music is performed with The focus of activity is fundamental, because a person should rush to coordinate with other people makes the node, as well and colleagues showed that aerobic exercise leads to increased feelings of energy and fatigue is reduced [6].

The study also suggests the overall result is that an excellent exercise for depressed patients is altered. And the crucial role of low-cost and no side effects in improving depression and preventing disease have it. Thus, since the findings of many researchers present findings are consistent. Aerobic exercises can be said to facilitate and reduce the role of women and depression is suggested that physical activities to treatment strategy or as a supplement or alternative methods to treat some patients with depression used.

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