

EFFECT OF FITNESS TRAINING PROGRAMME WITH PSYCHOLOGICAL COUNSELLING ON ANGER AND VIGOUR AMONG MIDDLE AGED WOMEN WITH HYPOTHYROIDISM

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Abstract

The purpose of the present study was to find out the effect of fitness training programme and psychological on anger and vigour among middle aged women with hypothyroidism. To achieve the purpose of the study, the investigator selected thirty female subjects. They were selected from the organization of Thyroid care Centre's, Chennai City, and Tamil Nadu. Their age ranged between 40 and 50 years.. Only the hypothyroidism subjects who were willing to participate in the experimental study were included in this study. They were randomly assigned in to two groups' namely experimental group fitness training programme with psychological counseling and a Control Group (CG). Each group consists of 15 subjects. The following variables on namely Anger and Vigour were selected for the study. They were tested with were measured by Brunel Mood Scale (BRUMS: Terry et al., 2003). The training period was six weeks. The dependent "t" ratio was used to assess the collected data. From the analysis of data it was proved that there was significant reduction in the level of anger and improvement in the level vigour due to the in fitness training programme with psychological counselling among the middle aged women with hypothyroidism.

Key words:x

Introduction

The fitness training as regular moderate workout regimen and healthy diet can improve general appearance markers of good health such as muscle tone, healthy skin, hair and nails, while preventing age or lifestyle-related reductions in health and the series of heart and organ failures that accompany inactivity and poor diet. Diet itself helps to increase calorie burning by boosting metabolism, a process further enhanced while gaining more lean muscle.

An aerobic exercise program can burn fat and increase the metabolic rate. Another theory about the function of the relationship is known as the secure-base hypothesis, which is related to attachment theory. This hypothesis proposes that the counsellor acts as a secure-base from which clients can explore and then check in with. Secure attachment to one's counsellor and secure attachment in general have been found to be related to client exploration. Insecure attachment styles have been found to be

related to less session depth than securely attached clients (Romano, 2008). Many mental health professionals end up specializing in a particular area of interest and narrowing the populations with whom they work. Some areas of specialization includes pregnancy and prenatal issues, play therapy with children, art therapy, addiction, alternative sexualities, sexual dysfunctions, gender-non-conforming people and their loved ones, geriatric focused on elders and their care providers, grief, personality disorder focus, Buddhist psychology, psychoanalysis, family therapy, hypnotherapy, personal growth, working with people experiencing chronic illnesses, working with victims of crime, working with members of the military, abusers, anger management, and assessment/testing, among many other things. Typical symptoms are abnormal weight gain, tiredness, baldness, cold intolerance, and bradycardia. Hypothyroidism is treated with hormone replacement therapy, such as levothyroxine, which is typically required for the rest of the patient's life. Thyroid hormone treatment is given under the care of a physician and may take a few weeks to become effective. Anger as "an internal, mental, subjective feeling-state with associated cognitions and physiological arousal patterns." (DiGiuseppe, Eckhardt, Tafrate, 1994). Vigour is the sense of possessing physical strength, emotional energy and cognitive liveliness (Lopez, 2009).

Statement of the Problem

The purpose of the study was to find out the effect of fitness training programme with psychological counselling on anger and

vigour among middle aged women with hypothyroidism.

Hypothesis

1. It was hypothesized that there would be a significant reduction in the level of Anger among Middle Aged Women with Hypothyroidism.

2. It was hypothesized that there would be a significant improvement in the level of Vigour among Middle Aged Women with Hypothyroidism.

Methodology

The purpose of the present study was find out the effect of Fitness Training Programme with Psychological Counseling on Anger and Vigour among Middle Aged Women with Hypothyroidism. To achieve the purpose of the study, the investigator selected thirty female subjects. They were selected from the organization of Thyroid care Centers, Chennai City, Tamil Nadu. Their age ranged between 40 and 50 years. Only the hypothyroidism subjects who were willing to participate in the experimental study were included in this study. Randomly assigned in to two groups namely Experimental group-I fitness training programme with psychological counseling, and a Control Group (CG). Each group consists of 15 subjects. The following variables on namely Anger and Vigour were selected for the study. They were tested with were measured by Brunel Mood Scale (BRUMS: Terry et al., 2003). The training period was six weeks. The dependent "t" ratio was used to assess the collected data.

Table – I
PHYSICAL FITNESS PROGRAMME AND PSYCHOLOGICAL COUNSELLING

Day	Fitness Training	Duration
Monday	Warm up, Stretching, Brisk walking, Psychological Counselling and cool down	<ol style="list-style-type: none"> 1. Warm up and stretching – 5 minutes. 2. Brisk walking, and Psychological Counselling– 35minutes. 3. Cool down – 5minutes.
Tuesday	Warm up, Stretching, Strength-training, Psychological Counselling and cool down	<ol style="list-style-type: none"> 1. Warm up and stretching – 5 minutes. 2. Strength-training and Psychological Counselling – 35minutes. 3. Cool down - 5 minutes.
Wednesday	Warm up, Stretching, Yogasanas, Psychological Counselling and cool down	<ol style="list-style-type: none"> 1. Warm up and stretching – 5 minutes. 2. Static Yogasanas Psychological Counselling– 35 minutes. 3. Cool down - 5 minutes.
Thursday	Warm up, Stretching, Aerobic training, Psychological Counselling and cool down	<ol style="list-style-type: none"> 1. Warm up and stretching – 5 minutes. 2. Aerobic training and Psychological Counselling– 35minutes 3. Cool down - 5 minutes.
Friday	Warm up, Stretching, Flexibility Training, Freehand Exercises and Psychological Counselling and cool down	<ol style="list-style-type: none"> 1. Warm up and stretching – 5minutes. 2. Flexibility Freehand Exercises Psychological Counselling– 35 minutes. 3. Cool down - 5 minutes.

Results and Discussion

Table – II
“t” Ratio of Mean of Anger and Vigour among Middle Aged Women with Hypothyroidism

Variables	Group	M	S	r	Ot
Anger	Experimental Group Pre Test	79.67	32.33	0.74	2.11*
	Experimental Group Post Test	67.67	26.33		
	Control Group Pre Test	76.93	30.97	0.99	0.34
	Control Group Post Test	76.60	30.80		
Vigour	Experimental Group Pre Test	40.80	12.90	0.45	2.48*

Experimental Group Post Test	51.73	18.37		
Control Group Pre Test	37.67	11.33		
Control Group Post Test	39.53	12.27	0.23	0.39

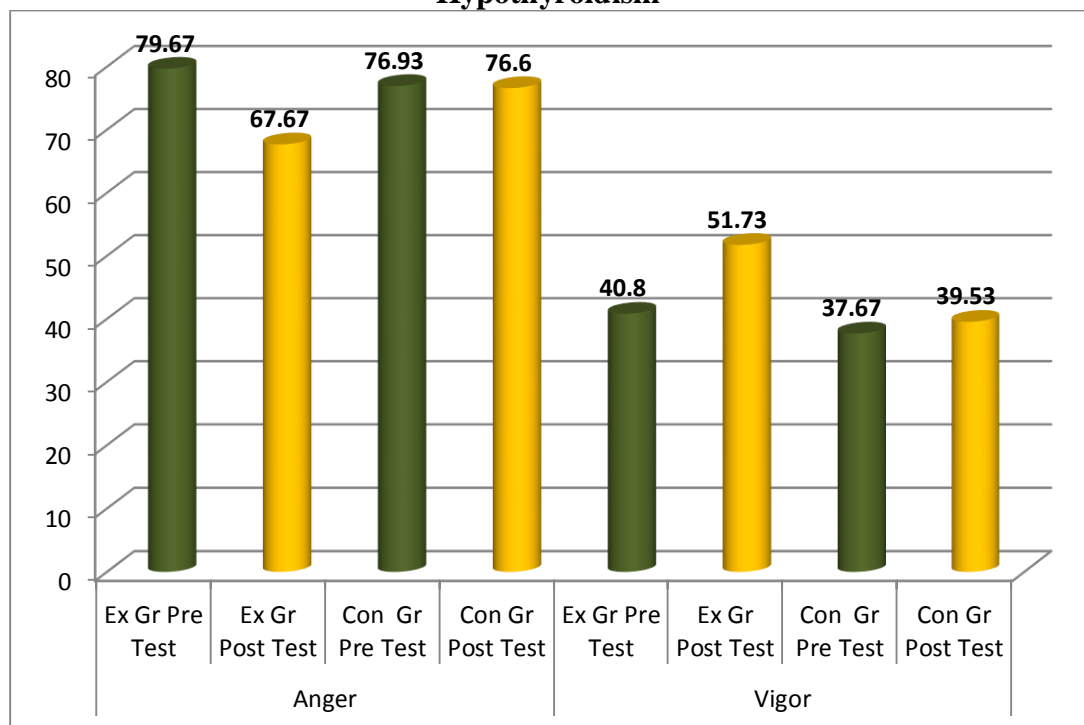
Table t – ratio at 0.05 level confidence for 2 and 38(df) = 2.021

*Significant

The obtained 't' ratio between pre and post of experimental group and control group on anger were 2.11 and 0.34. The obtained t (2.11) of experimental group was greater than the required table value of 2.021. It shows that there was a significant reduction in the level of anger due to fitness training programme and psychological counselling among middle aged women with hypothyroidism. The obtained 't' ratio

between pre and post of experimental group and control group on vigour were 2.48 and 0.39. The obtained t (2.48) of experimental group was greater than the required table value of 2.021. It shows that there was a significant improvement in the level of vigour due to fitness training programme and psychological counselling among middle aged women with hypothyroidism.

Figure – 1
Bar Diagram between Anger and Vigour among Middle Aged Women with Hypothyroidism



Conclusion

The level of anger was significantly reduced due to the participation in the fitness training

programme with psychological counselling among the middle aged women with hypothyroidism. The level of vigour was significantly improved due to the participation in fitness training programme with psychological counselling among the middle aged women with hypothyroidism.

Reference

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