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122 THE COMPARISON OF THE TWO RESISTANCES AND AEROBIC TRAINING APPROACHES AND THEIR EFFECTS ON ANXIETY LEVEL IN NON-ATHLETIC WORKING WOMEN

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Background and aims: Physical activities effect has a direct relation with reduction of the potential physical and emotional

risks. The purpose of this study was the comparison of the two resistances and aerobic training approaches and their effects on anxiety level in non-athletic working women in 2014 in Shahrekord, Iran.

Methods: The statistical population under this study consists of all the working woman ages 35±10 who were not involved in any kind of specific physical training exercises in the province of charmahal-bakhtiari for the years 2013–2014, all occupied in the state executive branches with at least 3 years of experience in their field. A number of 362 workers were assembled from5 of these executive branches. According to pretest and measuring filled the katel anxiety questionnaire. Thirty participants with highest level of anxiety were selected as the main sample group. Again through equalizing this group was divided in to two empirical set groups of 15 each. Groups one was subjected to resistance exercises and groups two was engaged in aerobic exercises for 8 week (3–60 to 70 minute sessions per week).The anxiety levels were measured again after8week program, in all 30subjects.

Results: The data were analyzed by t test. The results of both the resistance and aerobic exercises indicate that the specific physical experiences had reduced the anxiety and had a statistical significance. There is no statistical significance between the level of anxiety each both groups a according to the post tests (within 0.5 percent default).

Conclusion: Hence we can conclude that the specific resistance and aerobic exercises are very influential in anxiety reduction a many non-athletic working women.

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