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## Exercise accompanied with music as a determinant of the mental health of teacher trainees

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### Abstract

This study is an attempt to find out how exercise accompanied with music make changes on the mental health of teacher trainees. Eighty teacher trainees from Kerala University College of Teacher Education were selected as subjects for this study. They were randomly divided into experimental and control groups of forty each. A pre-test was administered for both the groups, and the experimental group underwent a training programme of exercise accompanied with music. The control group did not participate in any type of training. After twelve weeks of training, a post test was conducted for both groups. The data were analysed by using mean, standard deviation and t-test. The result shows a significant improvement in the mental health of teacher trainees due to the training programme of exercise accompanied with music.

**Keywords:** Mental health, music, exercise, analysed

### Introduction

Exercise is one of the most beneficial and natural ways to boost our physical and mental health. We all know that exercise promotes healthier body and better sense of well-being. Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. From the introduction of aerobic dance in the early 70's, it has generally been regarded that the music accompaniment to exercise provides an important beneficial effect to the exercise experience. Many health and fitness instructors regard the addition of music to exercise similarly to an ergogenic aid, with the removal of music or an inappropriate selection of music as a sure bet to an unsuccessful class. However, it may come as a surprise that scientific evidence has conflicting results when it comes to investigating the effects of music on ex Teaching has been identified as a particularly stressful occupation (Day & Gu, 2007) [2]. Some authors suggest that teachers experience disproportionately high levels of stress in comparison with other occupations (Burke & Greenglass, 1996) [1]. Exercise performance.

‘Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community’ (WHO, 2007) [3].

Developing physical fitness, mental health and emotional intelligence of teacher trainees will result in developing health and fitness which will allow them to develop healthy relationship with their students who will become leaders of tomorrow.

### Objectives of the Study

The objectives of this study are to find out the effect of exercise accompanied with music on the mental health of teacher trainees.

### Delimitations

1. The study was delimited to the female teacher trainees between 20 to 25 years of age from the Kerala University College of Teacher Education.
2. The study was further delimited to mental health

**Limitations**

1. The subjects were not motivated in any way is considered as a limitation of the study.
2. The life style, habits, heredity and nutritional intake and other personal behaviour styles were beyond the control of the investigator were also considered as the limitations of the study.

**Hypothesis**

It is hypothesised that there would be significant improvement in mental health of teacher trainees by involving in the training programme of exercise accompanied with music.

**Significance of the Study**

1. The results of the study will make a clear picture of the effect of exercise accompanied with music on the mental health.
2. The result of the study may probably make an impact on the public to combine exercise and music to achieve and maintain mental and physical fitness.
3. The results and findings of this study may also enable youths of schools and colleges to be involved in one or other form of exercise voluntarily with music along with their academic pursuits.

**Procedure**

**Selection of Subjects**

For the purpose of this study, 80 female teacher trainees from Kerala University College of Teacher Education were selected as subjects. The average age of the subjects was 23 years.

**Design of the Study**

80 subjects were randomly divided into two equal groups as 'X' and 'Y'. After taking the pre-test for the selected variable, the training programme was given to the experimental group 'X', and 'Y' was the control group. The experimental group 'X' had undergone the training programme of exercise accompanied with music thrice a

week (ie, on Mondays, Wednesdays and Fridays) for 16 weeks and group "Y" did not involve in any type of training programme. After sixteen weeks of training as per the schedule, a post-test was conducted for the same variable to both groups.

**Analysis of data and discussion of findings**

The t-test was employed to analyse the significant difference between pre-test and post-test on the selected variables. The level of significance chosen was 0.05.

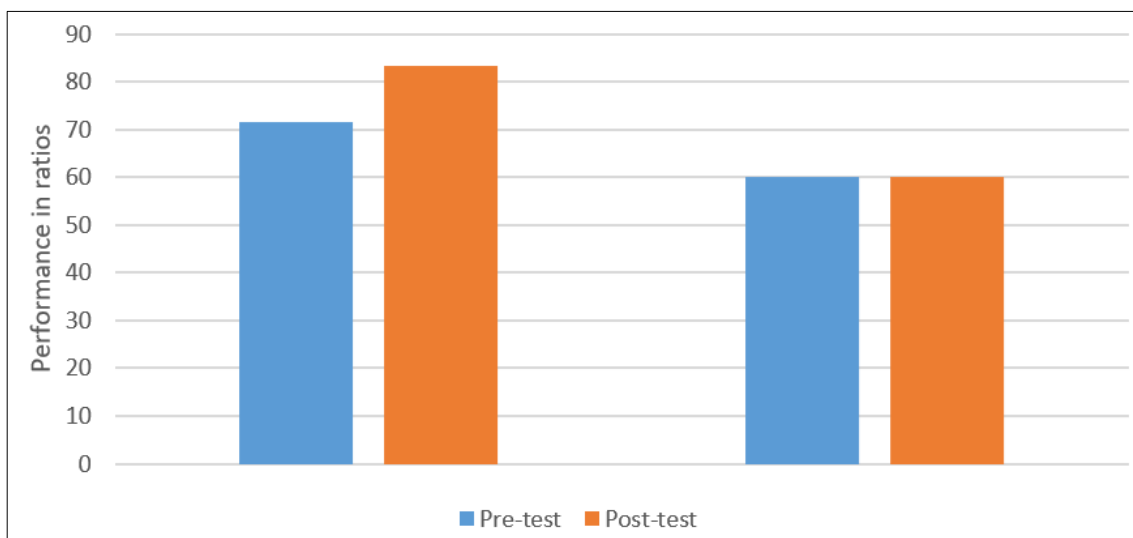
**Table 1:** The Significance of Differences between the Pre-Test and Post-Test Means of Mental Health Scores of the Exercise accompanied with Music and Control Groups

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Aerobic exercise-with- music group (N=40)	71.48	83.43	11.95	3.60	0.569	20.984*
Control group (N=40)	60.03	59.95	0.08	0.27	0.042	1.778

\* Significant at 0.05 level

't' value required at 0.05 level = 2.03 (df 39)

The statistical results shown in table 1 indicate that the exercise accompanied with music group exhibits significant improvement in the mental health with pre-test mean score being 71.48 and the post-test mean score being 83.43. Further, it shows that the obtained 't' value (20.984) is much higher than the tabulated 't' value (2.03) at 39 degrees of freedom. Hence the obtained 't' value is found to be highly significant at 0.05 level. On the contrary, the pre-test value (60.03) and post-test value (59.95) of the control group shows negligible difference. Further the obtained 't' value (1.778) is less than the required 't' value (2.03) at 0.05 level. Hence it shows that there is no significant difference in the mental health of the control group. The pre-test and post-test means of mental health of exercise accompanied with music and control groups are diagrammatically shown in figure 1.



**Fig 1:** The graphical representation of mean difference between the mental health of exercise accompanied with music and control groups

**Conclusion**

The result of the study after statistical analysis showed that exercise accompanied with music group significantly

improved their mental health. It shows exercise combined with music would make enhancement in mental health.

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