The Effects of Repeated Aerobic Dance With Different Durations on Salivary Abstract Cortisol, Testosterone, Mood of In-active Women

The present research study was performed to investigate the effects of aerobic dance exercises of different periods on salivary cortisol, and testosterone, and consequently on the mood and body mass of in active young women. The design of research was quasi-experimental the experimental group consisted 12 in-active young women which were randomly ed form the experimental and control groups were 12 and 7 young in-active women who were eager and available for exercise periods. The experimental group performed timed aerobic dance for 8weeks with intensity of 120 metronome strokes Intensity to 65% vo2 max. Salivary cortisol and testosterone of all subjects were taken five times during the as well as before and after the dance period. A dose of 6 ml salivary solution was obtained before and after exercises. We utilized one-way repeated ANOVA with spss in order to analyze our data. The Spearman correlation coefficient was used for getting the relationships between the variables. The findings of the study showed that: testosterone concentrations were decreased after exercises and during rest periods. However, cortisol concentrations were increased after exercises and during rest. Positive corrections were observed between mood and testosterone, concentration after the first session. The same was obtained for cortisol after the sixteenth session. The mood variable had six sub-scores out of which only two measures were found to be related with the period of exercise. The final conclusion of the study ‘is that hormonal responses were related to
the duration time of the aerobic dance exercises. Our suggestion is that young women should be more active and do daily exercises especially aerobic dance, to avoid depression and be able to feel happier.

: Aerobic dance, Cortisol, Testosterone, Mood, In-active Women

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