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Effectiveness of clinician Programmes among obese females for chest circumference reduction: A comparison

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Abstract

Purpose of the study was to compare the effectiveness of clinician programme between obese females for chest circumference reduction. Thirty obese female clients from reputed age ranging from 30 years to 40 years (35 years average age) were randomly selected as the subjects for the present study and selected subjects age ranging from 30 years to 40 (average age = 35 years). One way Anova was used to analyze the collected data for the comparison of the effectiveness of three treatment i.e., electronic muscular stimulation programme, massage application programme and exercise programme for the reduction of chest circumference among adults obese females at the level of significance 0.05. The results of electronic machine stimulation treatment, body massage treatment, and exercise treatment for 12 weeks were found insignificant among selected adult obese females on the reduction of their chest circumference. On the basis of the results and findings it was concluded that 45 minutes (twice in a week) of electronic machine stimulation and same in body massage treatment alone and 45 minutes (four times a week) exercise treatment were not sufficient volume per week to bring the changes in targeted body site i.e., chest circumference in obese females.

Keywords: Electronic machine stimulation, body measurement, body proportion

Introduction

During the past decades, many countries in Asia are facing a looming health crisis of obesity and overweight among females because of rapid modernization, dramatic changes in lifestyle, irregular dietary habits, and reduced physical activity resulting partly from the western lifestyle. However, the lack of comprehensive data on obesity issues for figure correction in Asia makes it difficult to design and implement effective intervention treatments.

Already, proved that most of weight and body measurement reduction treatments are not only costly and ineffective but also carry a side effect on those who try to lose weight in such a short period of time (Jung, 1998) [6]. And repeated failing to lose weight cause severe weight change and health problems (Goodrick & Foreyt, 1991) [5]. It was reported that correction of daily habit (e.g. diet and exercise) is an effective method to solve obesity problem (O'Neil, 2001). But the latest report tells that successful weight control or self-efficacy in obesity-management is more important prospect factor (Clark, Cargill, Medeiros, & Pera, 1996; Fontaine & Cheskin, 1997; Roach *et al.*, 2003; Matin, Dutton, & Brantly, 2004) [1, 3, 8, 7]. Synthesizing these results from previous studies, self-consciousness about unhealthy eating habit and behavior in obesity, cultivation of confidence and advisable weight control by usual exercise and diet are important for solving the obesity as well as body proportion problem. People choose to lose weight for many reasons – looking better and feeling more energetic are two popular reasons. But, improving or keeping health is the most important reason. Further, the personal trainers, clinical dieticians, professionals, doctors and other experts advocated about the daily energy balance for weight reduction and body shaping management. And, that is the reason to ignore these products and programs that promise or claim quick and safe assured results without lifestyle modifications to improve lifetime health and fitness. However, the quality and claims of these programs vary widely, from reputable commercial clinics associated with professionals and experts are offering rapid weight-reduction and body shaping and figure correction schemes that may even harm your health with untested “wonder”

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products were creating lot of confusion among obese female consumers specially.

Hence, the above reasons were forced the researcher to compare the effectiveness of these clinician treatment programs i.e., electronic machine stimulation treatment, body massage treatment, and exercise treatment undertaken by obese females for chest circumference reduction.

Purpose

Purpose of this study was to compare the effectiveness of three clinician treatment programs i.e., electronic machine stimulation treatment, body massage treatment, and exercise treatment practiced by obese females for chest circumference reduction.

Methodology

Selection of Subjects: Randomly 30 obese female clients from reputed clinics were selected for the present study. And, the selected subjects were further divided into three clinician treatment groups for body weight reduction i.e., electronic machine stimulation treatment group (EMSTG), body massage treatment group (BMTG) and exercise treatment group (ETG) consisting 10 subjects in each group. Further, the age of the selected obese female subjects were ranging from 30 years to 40 years and the average age was being 35 years.

Dependent Variable: Chest Circumference

Independent Variable: 12 weeks of electronic machine stimulation treatment, body massage treatment and exercise treatment.

Criterion Measure: Chest circumference was recorded in centimeters to nearest 0.01 centimeters by using steel tape.

Clinician Treatment Procedure: Electronic machine stimulation treatment and body massage treatment were given twice a week (i.e., 45 minutes per day treatment session) to selected groups obese females respectively. Further, the

exercise treatment were exposed to 4 times a week (i.e., 45 minutes per day treatment session) as recommended and controlled by their respective clinics for a period of 12 weeks respectively.

Collection of Data: The desire data were obtained before the electronic machine stimulation treatment, body massage treatment, and exercise treatment and after the accomplishment of these selected treatments as pre and post data for the present study form selected subject’s clinics respectively.

Statistical Technique: One-way anova was computed to compare the effectiveness of selected three clinician treatment groups i.e., electronic machine stimulation treatment, body massage treatment, and exercise treatment for chest circumference reduction between selected obese females and the significance level was set at 0.05.

Findings

The findings of this study are mentioned below:

Table 1: One Way Analysis of 12 Weeks of Three Clinician Treatment Groups Exposed To Electronic Machine Stimulation Treatment, Body Massage Treatment, and Exercise Treatment on Chest Circumference among Obese Female Subjects

	Sum of Squares	Df	Mean Square	F
Between Groups	32.985	2	16.492	1.933
Within Groups	230.385	27	8.533	
Total	263.370	29		

N = 30

* Significant at .05 level. F .05 (3,36)= 2.87

One-way analysis of variance of final scores of 12 weeks of clinician treatment by three groups exposed to electronic machine stimulation treatment, body massage treatment, and exercise treatment on chest circumference of obese female participants group differs insignificantly as exhibited in table no. 1, as the obtained F value of 1.933 was very less than the required value of 2.87 at 0.05 level of confidence.

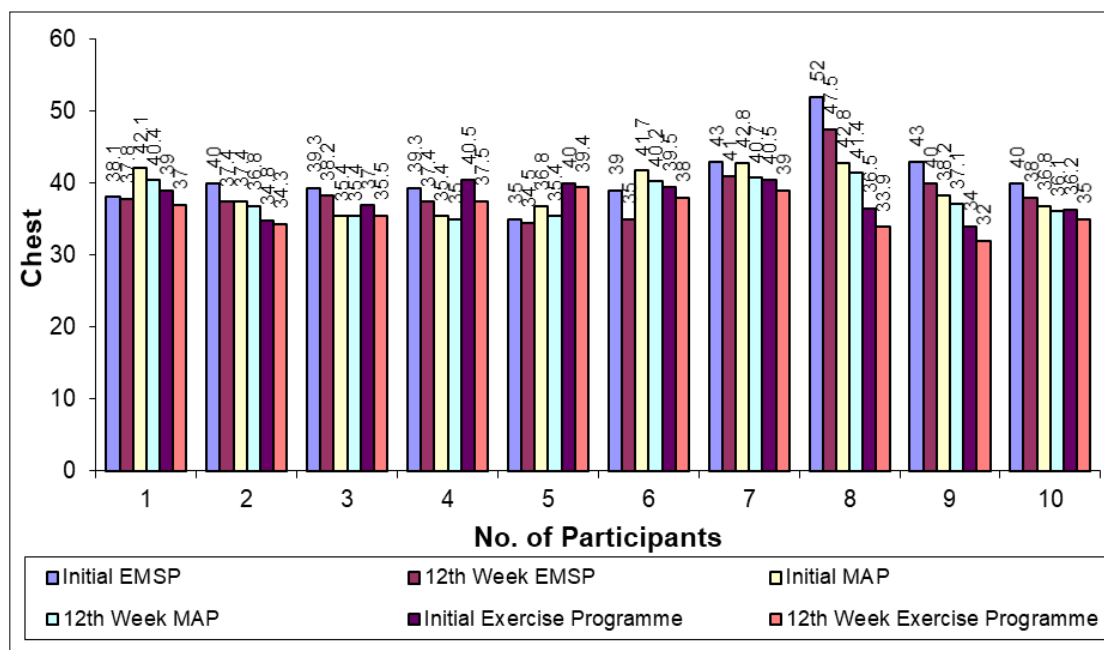


Fig 1: Graph Represents One Way Analysis of Final Scores after 12 Weeks of Training by Three Groups Exposed to Electronic Muscular Stimulation Programme (EMSP), Massage Application Programme (MAP), and Exercise Programme on Chest Circumference of Female Participants (in inch)

Discussion

Results of the study exhibited the comparative efficacy of 12 weeks of electronic machine stimulation treatment, body massage treatment, and exercise treatment insignificant group differences between selected obese females on chest circumference. This is due to the fact that twice a week 45 minutes sessions electronic machine stimulation and same in body massage treatment alone were not sufficient volume per week to bring the changes in targeted body site i.e., chest circumference in obese females. Moreover, exercise treatment statistically comparative insignificant group differences was found due to the fact that 45 minutes four times a week session were not significant to brought the desired changes for body shaping and figure correction in obese females. Most of the research suggested that volumes of exercise practices were required for body proportion corrections. Further, Colberg *et al.* (2016) ^[2] a jointly recommended with ACSM and ADA that to meet the targets minimum 60 minutes per day physical activity is essential when depending on only exercise alone. And, Garvey *et al.*, AACE. and ACE. (2016) ^[4] recommended the inclusive clinical practice guidelines for medical care of patients with obesity for better results acceleration in intensity is required for aerobic training of greater than or equal to 150 minutes per week of moderate intensity.

Conclusion

The findings of this study revealed statistically no significant difference in comparative efficacy of 12 weeks of electronic machine stimulation treatment, body massage treatment, and exercise treatment insignificant group differences between selected obese females on chest circumference. Based on the present study results and findings, it is concluded that 45 minutes (twice in a week) of electronic machine stimulation and same in body massage treatment alone were not sufficient volume per week to bring the changes in targeted body site i.e., chest circumference in obese females. And similarly in 45 minutes sessions of exercise treatment (four times a week) also were not significant to bring the desired changes for body shaping and figure correction in obese females.

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