



AENSI Journals

Journal of Applied Science and Agriculture

ISSN 1816-9112

Journal home page: www.aensiweb.com/jasa/index.html

The Influence of 12weeks Reforming Practice on Body Self-Descriptive and Social Agitation of University Students by Lordosis

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ARTICLE INFO

Article history:

Received 20 January, 2014

Received in Revised form 16 April, 2014

Accepted 25 April 2014

Available Online 5 May, 2014

Keywords:

reforming practice,
self-description of body,
social agitation, Lordosis.

ABSTRACT

Background: The object of current research is to examine the influence of 12 weeks reforming practice on body image and social agitation in university students by Lordosis rudeness. Statistical society of research includes boy university students in master degree level of Payamnoor university of Mianeh city on the years of 2013-2014. **Objective:** The research sample includes 30 boy university students and has been selected randomly and voluntarily and has been divided in the two groups of test and control. In order to gather datum, we have used of multi-dimension relations of self-body questionnaire and social agitation questionnaire. **Results:** The method of research is tested in the pre-test ,post-test kind and by control group.. **Conclusion:** The result of variance analysis showed there is meaningful difference among test groups and control. It means, reforming practices are influential on improving body image and social agitation

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To Cite This Article: Mohammad Khosravi Ghoshebelagh, Ali Safari, Yasin Kazemi, Farhad Mardaneh, Mohammadbagher Forghani OZRUDI., The Influence of 12weeks Reforming Practice on Body Self-Descriptive and Social Agitation of University Students by Lordosis. *J. Appl. Sci. & Agric.*, 9(4): 1988-1991, 2014

INTRODUCTION

Behavior development and learning is concentrated on understanding and internal and external factors influential on knowledge completeness (Krapp *et al*, 1992). Self-imagination as a one of these factors is deterministic on understanding and sensation completeness of a person. Self-imagination is collection of characteristics in which person applies for his own description and is one of important aspects of social growth in which has been achieved gradually through social experience and relation to others (Biabangard, 1997).

Self-imagination does have multi-dimensions structure in which could be divided in the two levels of educational and non-educational. Educational self-imagination or scientific is related to self-imagination in the grounds of lessons like mathematic, English language. Non educational self-imagination is divided to social level, sensation and body in which any of them does have some dimensions (Marsh & Roch, 1995; Marsh & Seeshing, 1997).

Bodily self-imagination or self-description of body as a one of non-educational self-imagination shows person view to bodily dimension, abilities, bodily skills like body appearance, fat content, flexibility, coordination, stability, power..... (Marsh & Peart, 1988). Body condition and figure structure is related to body and mental health, existence of figure rudeness does have undesired effects on understanding and body image, especially in youth (Alnabi, 2000). It could influence on persons self-confidence (Daneshmandi *et al*, 2005).

There are so many researches about spinal column and mental factors. Noris, Doglass (1992) and Boomgeraphner and Soker (1990) showed there is relation among body condition and mental factors (Norris *et al*, 1992). Noonan *et al*, (1997) showed the effect of mental characteristic on those who have spinal column rudeness (Noonan *et al*, 1997).

Against Balzini *et al*, studies (2003) in which examined the behavior of persons by spinal column rudeness and showed there is relation among these variables and spinal column status rudeness (Balzini *et al*, 2003).

Asghari (2006) in a study on Tehran university student has not found meaningful relation among Kyphosis mean and mental factors (Asghari, 2006). From clinical view, agitation in different levels of behavioural, bodily and understanding has been observed. But, because any agitation mode does have mental and bodily indicator, therefore, agitation requires some bodily signs (Meyer, 2001).

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It has been found in a study, more than 90% of patients affected by body rudeness has experienced one period of basic depression in their life. About 70% does have agitation disorder and about 30% have some kinds of pilotic (Mohammad, 2002). Mosburger & Egel (1991) has done some studies for finding characteristic disorder in patient affected by spinal column disease and determined all of them do have agitation characteristic and depression (Mosburger & Egel, 1991).

Balzini *et al*, (2003) has studied clinical behavior on those who have had body status rudeness. The result showed those who had more bended figure, does have more depression and lower interest than the groups in which does have lesser bended figure (Balzini *et al*, 2003). According to the above mentioned and less research related to current topic in global level and Iran, the object of this research is to determine the effect of 12 weeks reforming practice on body self-description and social agitation of university students by Lordosis rudeness in Miane Payamnoor University.

Reforming practice as a try for removing body rudeness like back Kyphosis, Scoliosis, back Lordosis through coordination of agreed muscular groups, non-agreement and by vigor and tension practices. Reforming practice includes tension practice, power and facilitating nerve-muscular practices (Meyer, 2011).

Methodology and instrument:

This study has been done in semi-experimental method. Statistical society of research includes university students in Payamnoor in Miyane city in the year of 2014 in which among them, about 30 has participated voluntarily in research. All tastes have completed written satisfaction form informed before participating in research procedure. The measures for participation was having Kyphosis disorder and converting Lordosis. Also, participator does not have past record in continuous practice three times in a week during three months and in other cases has been omitted.

The method of research is to gather two groups university students in a sport saloon and after explaining the object of research and satisfying tastes, body image and social agitation questionnaire has been provided to university students and after completing and returning questionnaire, the member of experimental group has been obliged to perform Williams reforming practice including tension and power practice for removing rudeness for 12 weeks and every day in two times and control group has done re-creative sport. At last, the two groups have completed questionnaires'. Then after gathering information, datum has been analyzed by multi-variables analysis method.

In this study, in order to evaluate body self-description, we have used of multi-dimension self-body, we could use this questionnaire for youth and adults, too. Short form of questionnaire includes 34 questions by 5 sub-scales: appearance evaluation, looking to appearance, mental occupation by the weight more than limit, understanding weight category and satisfaction from body areas (Mosburger & Egel, 1991). In evaluating social agitation, we have used of social agitation questionnaire including 24 questions and for evaluating agitation and avoidance to performance or social situation has been designed (Cash *et al*, 2004). In evaluating Lordosis rudeness, we have used of spinal column mouse, inner group stability and outer group has shown high in measuring general spinal column bow (Berahmand, 2009). This program on test group is collection of Williams's practices. Williams has published a program on reaction to clinical observance for patients by chronic back aches. These sports are for men under 50 years old and women under 40 years old in which does have increases in back Lordosis and decrease in disk space among back spinal and have low aches. The objects of these practices are to decrease aches and making stable under part of body and does have emphasis on back flexion (Mannion *et al*, 2004; Sanatkaran *et al*, 2008; Hematfar & Sedaghati, 2013; Khanjani *et al*, 2014).

Findings:

According to table 1 the Kolmogrove-Smirnove test showed datum does have natural distribution ($p > 0.05$). Therefore, we have used of parametric statistic for analyzing datum.

Table 1: The result of Kolmogrove- Smirnov test.

Demographic characteristic	Self-descriptive body	Social agitation	Indicator
number	15	15	15
p-value	0.341	0.196	0.705

Table (1) is the mean and standard deviation of the two groups of test and control before and after exporting to independent variables. From table (2) datum, we have the mean of test group does have positive effect after exporting to independent variable in body image and social agitation. In other words, body image of test group is more positive and social agitation of university student in this group decreased.

Table 2: Mean $\pm$ SD of body image and social agitation in test and control groups.

groups	test		Control	
	Pre test	Post test	Pre test	Post test
variables	Mean $\pm$ SD	Mean $\pm$ SD	Mean $\pm$ SD	Mean $\pm$ SD
Body image	132.06 $\pm$ 3.59	119.26 $\pm$ 2.81	132.266 $\pm$ 2.65	131.86 $\pm$ 3.68
Social agitation	55.53 $\pm$ 2.09	48.73 $\pm$ 2.37	54.66 $\pm$ 2.63	55.13 $\pm$ 2.29

Table 3: Result of variance analysis for body image & social agitation in test and control group.

variable	SS	DF	MS	F	P
Body image	324.02	1	324.25	19.58	0.001
Social agitation	927.00	1	927.00	41.32	0.001

The result of table (3) shows there is meaningful difference among test and control group from body image ($f=19.538$; $p=0.001$) and social agitation ($f=41.327$; $p=0.001$). In other word, williams reforming practices according to the mean in two groups leads to positive body image and decreasing social agitation.

Discussion:

Unfortunately, because the topic of research is not the same as current research and in this section, we have paid to the result of research and don't compare them to the same research, too. In this research, we examined the effect of body image and social agitation in university students. The result showed williams reforming practices are influential on body image and social agitation in university students.

The result showed reforming practices does have positive effects on self-description and decreasing social agitation. In explaining this finding, we could say: doing reforming movement by establishing better muscular balance and increasing bodily efficiency in peoples by rudeness improves body image and decreases social agitation, too. It avoids non self-confidence and inefficiency sensation because of laziness and muscular non movement and at last bad-looking of rudeness and non-balance and non-feasible bodily figures and improves body image and self- image and decreases agitation, too.

All mentioned above, are very important in reforming practice on body image. It seems participating in reforming programs does have medium role on increasing self-esteem and view to itself. In fact, doing reforming movement increases body ability level and body readiness and changes the kind of person evaluation from his own abilities. In general, the current research showed sport improves body image and decreases social agitation, but future research could declare the effects of this kind of practices.

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