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RESEARCH ARTICLE

THE EFFECT OF AEROBIC TRAINING ON BODY PERCEPTION

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ABSTRACT

The aim of this study was to examine the effect on body image of the 8-week training aerobic. 57 women whose mean age is 22,10 ± 3,8 years, mean height 1,67 ± 0,04 m. and an mean weight is 55,88 ± 4,58 kg have participated as experimental group. 45 women whose mean age is years, 20,71 ± 1,52 mean height is 1,65 ± 0,05 m. and an mean weight is 66,57 ± 9,92 kg have participated in the study as a control group. In the experimental group, have the women make aerobic training three days per week for 8 weeks, participants in the control group continued to operate normally. Pretest and posttest questionnaire forms were applied to both groups. The aerobic training consists of a total of 9 moves (back flip, half sit-ups, two foot pulling, leg lifts, buttock lifting, single-leg draw, above the elbow, arm extension, leg extension and back tension) which is consist of formed cushion movement. The study began with a 20 minute warm-up. Movements were performed in 3 sets as 3x10. Each set lasted 30 minutes. 5 minutes active rest has been applied between sets. To determine the levels of body image of the women participating in the study, Multidimensional Body-Self Relations Questionnaire (The Multidimensional Body-Self Relations Questionnaire- MBSRQ) "has been used.Statistically significant difference (P <0,05) between pre-test and post-test score of experimentel group has been determined when it has been compared in terms of training groups of the pretest-posttest scores, appearance evaluation, appearance orientation, evaluation of physical competence, physical competence orientation, health assessment, health orientation and total score. On the other hand, no statistically significant difference (P>0,05) has been determined when satisfaction subscale has been compared in terms of pre-test and post-test scores of experimental group. However, comparison of body image pre-test and post-test scores in terms of control group, appearance evaluation, appearance orientation, evaluation of physical competence, physical competence orientation, health assessment, health orientation, physical space to the satisfaction and total score in terms of the control group pre - test scores and no statistically significant difference between the post-test scores has been found (P> 0,05). As a result, aerobic exercise has been considered to have a positive impact on the body image, the exercise that women made contribute to their physical appearance, health, life satisfaction, physical sense and physical efficacy can be stated.

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INTRODUCTION

In order to sustain human life in a healthier and better quality, it needs to move and train, this phenomenon cannot be considered separate from the requirements we have made in our daily lives, and a small amount of physical activities for the organism It is considered necessary in many areas (Strong, 2008). The importance of movement in maintaining the healthy functioning of the human organism is great. Physical education and sport are generally considered as all of the physically, psycho-social, psycho-motor, mental and social development of individual activities. It is also among the fundamental principles of educating individuals as a whole in mental, spiritual, sensory and social aspects (Ulukan, 2012, Orphan, 2010). Keeping their bodies in shape is physically muscular and it refers to a variety of ways to look more elegant. It is observed that sports activities positively affect the perception of the body. Physical activity and exercise enables people to have an ideal body structure by putting their bodies in a certain shape. Physical appearance is one of the most important subjects of the young generation, especially at any age. The physical appearance of an individual can often be prevented by its behaviour and success. The thin view of the ladies is among the socially acceptable social values in the society. Ideally, a physical physique suggests that the body is proportional and also healthy. At this point, the body perception is more than the effect on the ladies (Cusumano and Thompson, 1997). As a matter of fact, one of the best ways to protect the glorious (2008) individuals from bodily disorders

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and ailments is physical activity and exercise, by reducing the risk of many diseases of regular exercises, psychologically To make their bodies feel better. In a similar study, Cindaş (2001) has improved body composition and muscle strength by noting the importance of exercise, and that it will be a great importance in the change of our lifestyle and the preservation of health in the future. They said that it reduces the risk of arterial disease, joint pain and depression, increases life quality and extends life time.

It also increases muscle volume of physical activity, reduces the amount of fat and causes a decrease in net body weight. The appetite mitigation effects of regular exercise are also known. Increases calorie consumption, accelerates basal metabolism. The sensitivity of insulin increases the rate of HDL/LDL cholesterol (Wadden, 2003). The concept of body perception: In 1920, it was first discussed by Paul Schilder in psychological and sociological terms. Studies prior to Schilder are predominantly limited to advanced defective body perceptions due to brain damage. "The image and appearence of Human body has stated that the body perception is not only a cognitive structure, but even the reflection of relations and attitudes with others. With the flexibility of the body perception, Schilder described the body perception as "the picture of our bodies that we have shaped in our minds, i.e. how we look to ourselves" (Grogan, 2008). The perception of the body is growing from the experience gained, and often in the event that the person experiences his body in the face of events and realizes different attitudes that other people have shown against his body in the stimulating state, increasingly It is expressed as an increasing and evolving phenomenon. At this point, the individual is aware of the body and its assessment is supportive in the formation of its own number and confidence (Ugur, 1996). In other words, body perception is the form of perception of the person's own body, starting from the period when the individual is beginning to distinguish himself from other people, and is a concept that continuously progresses throughout his life. Although body perception develops throughout the individual's life, Adolescent is regarded as the period in which the body perception and nutrition problems are often seen. Adolescent period is a period in which the physical changes and arrangements are experienced in individuals. During this period, the Adolecants compare themselves with others and give value to others ' opinions (Arsonist, 2005).

Definitions related to body perception are similar to each other or are qualities of each other. With the help of descriptions, some features of body perception can be summarized as follows. The past and present emotions, attitudes and perceptions related to the body are important during the development period after the body perception emerges. The body's perception of the individual affects the emotions and thoughts of other people as much as their emotions and thoughts. As with the conceptual aspect of the body perception, there is also the real aspect. Body perception is dynamic and changeable. Since the concept of body perception is important in the formation of non-conscious subjective lives, no one can fully identify their own body perception. According to all these work results, the concept of body perception varies according to gender, age and social environment (Ergur, 1996). The importance of regular bodily exercises in terms of health increases with each passing day and provides proper functioning of the muscles, bones, joints, cardiovascular system functions (Akgün, 1986). By increasing the amount of blood passing through the chroner veins, it helps to expand the veins, allowing the exercise to reach all of the heart more blood. In the middle-level hypertensive with regular aerobic exercises, it lowers blood pressure (p. 2000). The main purpose of the exercise is to develop a high level of performance by ensuring the individual's body and soul health, self-confidence (Bilge, 2000). Aerobic exercises performed systematically and regularly are mentioned to have positive effects such as sleep recovery, increased self-confidence, negative thinking, and decreasing the risk of depression. According to a study conducted, low-level physical exercises and women decreased depression (Azar *et al*., 2008). Aerobic exercise and gait programs made by depression patients have a positive effect due to the acceleration of blood circulation. It is also known to be applied to aerobic gait exercises in the treatment of many of the diseases such as fibromyology, diabetes, hyperlipidem, cardiovascular (Zorba, 2008). In the study conducted by Baybak and his colleagues, 156 major depressed patients with voluntary participation divided into three groups, four months of aerobic exercise in the first group, medical treatment to the second group, and the second group both aerobic exercise and medical Treatment is applied. As a result of the evaluation of the information obtained at the end of the fourth, sixth and tenth month of the study, the group's aerobic exercise program, which decreased the symptoms of depression, was observed (Baybak *et al*., 2000).

In the study conducted by Roth and his friends on the student group of 1051 People, a group of students have set up aerobic exercises and other groups to be given relaxation training. Students who were divided into two groups worked for half an hour three days a week during the 11 week process. After all, the aerobic exercise group's BDM scores have been identified to be more effective in reducing depressive symptoms compared to the other group of aerobic exercises (Roth and Holmes, 1987). When we look at the benefits of aerobic training, many positive effects are observed. It avoids risk factors such as high blood pressure, diabetes, excessive weight, cholestrol and inactivity through the heart-circulation system.The person creates the clarity of mind. It contributes to the mental state and energy level and helps people get away from stress. Prevents heart disease and cancer. The rheumatism will delay the disease. It keeps the body stronger against aging with a positive effect on bones and muscles. It lowers blood pressure and helps to throw out toxins that occur in the body (Mufcoglu 2003). In this study, the effect of 8 weeks of aerobic exercises on body perception is aimed at examining the light.

MATERİALS AND METHODS

The study included an average age of 22.10 ± 3.8 years, average length 1.67 ± 0.04 m, from Selcuk University Olympic swimming pool to exercise in Fitnis Hall. And the weight averages were 57 women working groups with 55.88 ± 4.58 kg. The mean age was 20.71 ± 1.52 years, the average length was 1.65 ± 0.05 m. and 66.57 ± 9.92 kg with weight mean 45 women participated in the study as a control group. In this study, a total of 102 women participated voluntarily. 57 of respondents formed the control group of 45 experimental groups. The women who created the experimental group had aerobic training during 8 weeks, and the participants in the control group continued to operate normally. The study was made at Selçuk University Swimming Pool Fitness center. Surveys have been applied to both the group in the form of

preliminary testing and final testing. Aerobic trainings were built 3 days a week by expert coaches. The contents of aerobic training consist of a total of 9 movements (waist, half-shuttlecraft, two-foot pull, leg lifting, hip lifting, single leg pull, arm extension on elbow, leg extension and back stretching). The study started with a 20-minute warm-up. The movements were performed as 3 sets in the form of 3x10. Each set lasted 30 minutes. Active relaxation was applied for 5 minutes between the sets. "Versatile body-self-relation scale (the multidimensional body-Self relations"), developed and tested by Dogan and Dogan (1992), to determine the levels of perceptions of women involved in the study. Questionnaire-MBSRQ) ", used. The multidimensional body-Self relationship scale (the multidimensional body-Self relations Questionnaire-MBSRQ) was developed as a scale of 140 substances by the original Winstead and Cash (1984) to assess the dimensional aspects of the body image, 54 The material is converted into short form, related to body areas 9, with the addition of 6 substances related to body weight of 57 substance, spiritual 3 aspect (emotional, cognitive, behavioral), bodily 3 (physical appearance, physical competence, biological integrity) The versatile body-Self relation Scale (MBSRQ) was used. Creates 7 sub-scale groups in the versatile body-Self relation scale. Accordingly, subgroups include:

Appearance Evaluation (5, 9, 17, 23, 32, 40)
Appearance orientation (1, 2, 10, 18, 24, 25, 33, 34, 41, 42)
Evaluating physical Competence (3, 11, 19, 26, 35, 43)
Physical competence Orientation (4, 12, 13, 20, 27, 28, 36, 44, 45)
Health Assessment (6, 14, 21, 29, 37, 46)
Health Orientation (7, 8, 15, 16, 22, 30, 31, 38, 39, 47, 48)
Saturation in body areas (49, 50, 51, 52, 53, 54, 55, 56, 57)

All of the inverse-narrative items include: 12, 13, 14, 25, 26, 27, 29, 30, 31, 33, 35, 37, 39, 40, 41. The sum of the points that a test receives from the items of the scale shows the total score of the scale. According to the Turkish form of the scale, a subject can receive at least 57, up to 285 points from the scale. The total score that a experiment receives from the items of a child group is divided by the number of sub-group items. The value found is also the average score of the item in that sub-group. According to this, the lower group average score of a try can be at least 1, up to 5. The versatile body-self relationship scale is a self-assessment scale of 57 substances developed to assess the aspects of the body image structure. Validity work is conducted in terms of scope validity and structure validity. For scope validity, 45 girls, 45 men, and a total of 90 university students were applied to the data obtained and the Pearson moments multiplied correlation coefficient r, 0.58 was found to be significant ($p < 0,001$). 20 of the girls who do not sports for the validity of the building, 20 of which are men, total 40, 20 girls with regular sports, 20 male and 40 university students in total, the Turkish adaptation of Mbsrq was given. The average total scores of the regular sports students from the scale are 214.5 MPP 3.76; The average total score of the non-sports students is 197.45, the MPP are 3,46. The difference between the mop of both groups was statistically significant ($t = 3,82$, $p < 0.01$). Reliability work was done with "test-retesting method". For this, the scale was 20 girls, 20 men and a total of 40 university students were given two weeks apart. In the reliability study of the test-again test method, the confidence coefficients of the sub-groups were found in the girls in 0.96, 0.92 in males and 0.94 in all subjects. For all subjects, alpha internal consistency coefficients of sub-groups vary between 0,72-0,81 (Dogan and Dogan 1992).

Data analysis

The SPSS 10.0 Statistical program was used in the evaluation of data obtained from the versatile body-Self relationship scale, according to the normal test, T test in independent groups and paired T tests were used in the dependent group. In this study, the error level was considered to be 0.05.

RESULTS

The assessment of the body perception of the preliminary test scores in relation to the experimental and control group of the participants participating in the study on the examination of the 2 examined the appearance, appearance orientation, evaluation

Table 1. Average age, height, body weight of participants in the study

	Experimental group (n = 57)	Control group (n = 45)
Age (year)	22,10 ± 3,8	20,71 ± 1,52
Height (cm)	167 ± 0,04	165 ± 0,05
Body weight (kg)	55,88 ± 4,58	66,57 ± 9,92

Table 2. Comparison of the preliminary test scores of the body perception of the participants involved in the study and control group

Body Perception Lower Dimensions Groups		N	X	SS	t	p
Appearance assessment	Experimental group	57	20,19	3,056	1,439	0,154
	Control group	45	19,29	2,565		
Appearance orientation	Experimental group	57	35,54	3,246	0,062	0,950
	Control group	45	35,50	3,250		
Evaluation of physical Competence	Experimental group	57	19,91	2,565	-0,531	0,597
	Control group	45	20,21	2,532		
Physical competence Orientation	Experimental group	57	30,16	4,109	1,704	0,092
	Control group	45	28,76	3,124		
Health assessment	Experimental group	57	19,65	3,243	2,744	0,00*
	Control group	45	17,91	2,275		
Health orientation	Experimental group	57	37,07	4,271	1,609	0,111
	Control group	45	35,59	4,215		
Saturation to body areas	Experimental group	57	31,00	4,807	0,927	0,356
	Control group	45	30,06	4,465		
Total points	Experimental group	57	193,53	15,582	1,980	0,051
	Control group	45	187,32	12,092		

* $P < 0,05$

of physical competence, physical there is no statistically significant difference between the proficiency orientation, the health orientation, the satisfaction of the body areas and the test group preliminary testing values in terms of total points and the control group preliminary test values (P > 0,05). However, there is a statistically significant difference between the experimental group and the control group in terms of preliminary test scores for health evaluation (P < 0,05).

Table 4. Body perception Preliminary test of the participants participating in the study-evaluation of the final test scores in relation to the experimental group, appearance assessment, appearance orientation, assessment, of physical competence, there has been a statistically significant difference between the test group pre-test-scores and final testing scores (P<0,05) in terms of health assessment,health orientation, and total score points. However,the satisfaction sub size of the body fields

Table 3. Body perception of participants participating in the study is a comparison of the final test scores in terms of experimental and control group

Body Perception Lower Dimensions	Groups	N	X	SS	t	p
Appearance assessment	Experimental group	57	21,65	2,279	2,763	0,007*
	Control group	45	20,12	2,972		
Appearance orientation	Experimental group	57	37,14	3,884	1,532	0,129
	Control group	45	35,76	4,553		
Evaluation of physical Competence	Experimental group	57	24,05	2,761	8,028	0,000*
	Control group	45	19,29	2,692		
Physical competence Orientation	Experimental group	57	34,89	4,985	6,125	0,000*
	Control group	45	29,00	3,321		
Health assessment	Experimental group	57	22,81	3,870	5,573	0,000*
	Control group	45	18,44	3,135		
Health orientation	Experimental group	57	40,75	4,024	4,669	0,000*
	Control group	45	36,68	4,043		
Saturation to body areas	Experimental group	57	29,30	7,404	0,267	0,790
	Control group	45	28,88	6,795		
Total points	Experimental group	57	210,60	19,735	5,587	0,000*
	Control group	45	88,18	16,253		

(P > 0,05).

Table 4. Body perception preliminary test for participants participating in the study – comparison of final test scores in terms of experimental group

Body Perception Lower Dimensions	Experimental group		t	p
	Pre-Test	Post-Test		
	X± SD	X± SD		
Appearance assessment	20,19±3,056	21,65±2,279	2,739	0,008*
Appearance orientation	35,54±3,246	37,14±3,884	2,176	0,034*
Evaluation of physical Competence	19,91±2,565	24,05±2,761	7,667	0,000*
Physical competence Orientation	30,16±4,109	34,89±4,985	5,399	0,000*
Health assessment	19,65±3,243	22,81±3,870	4,810	0,000*
Health orientation	37,07±4,271	40,75±4,024	4,721	0,000*
Saturation to body areas	31,00±4,807	29,50±7,404	1,582	0,119
Total points	193,53±15,582	210,60±19,735	5,092	0,000*

*P<0,05

Table 5. The body perception preliminary test for participants participating in the study in the review of schedule

Body Perception Lower Dimensions	Control group (N=45)		t	p
	Pre-test	Post-test		
	Mean± SD	Mean± SD		
Appearance assessment	19,29±2,565	20,12±2,972	1,242	0,223
Appearance orientation	35,50±3,250	35,76±4,553	0,304	0,763
Evaluation of physical Competence	20,21±2,532	19,29±2,692	1,478	0,149
Physical competence Orientation	28,76±3,124	29,00±3,321	0,294	0,771
Health assessment	17,91±2,275	18,44±3,135	0,863	0,394
Health orientation	35,59±4,215	36,68±4,043	1,099	0,280
Saturation to body areas	30,06±4,465	28,88±6,795	0,771	0,446
Total points	187,32±12,092	188,18±16,253	0,245	0,808

Table 3. The body perception of the participants involved in the study examined the final test scores in comparison to the experimental and control group, the assessment of physical competence, the physical competence orientation, the health In terms of evaluation, health orientation and total score, the experimental group was determined to have a statistically significant difference between the final test values and the control group's final test values (P < 0,05). However, it has been determined that there is no statistically significant difference between the experimental group and the control group in terms of the appearance orientation and the final test scores of the body areas (P > 0,05).

pre-test-the final test scores were found to be a statistically significant difference in comparison to the experimental group (P<0,05)

Table 5 – in comparison to the control group of final test scores, appearance assessment, appearance orientation, evaluation of physical competence, physical There is no statistically significant difference between the qualification orientation, the health assessment, the health orientation, the satisfaction of the body areas and the control group preliminary test – scores and final test scores (P > 0,05) In terms of total points.

DISCUSSION AND CONCLUSION

Evaluation of the effect of 8-week aerobic training on body perception in the study, the body perception preliminary test for participants participating in the study – comparing the final test scores to the experimental group, appearance assessment, view orientation, physical competence assessment, physical competence orientation, health assessment, health orientation and test group preliminary testing for total points – a statistically significant difference between scores and final test scores Difference ($P < 0.05$). However, the satisfaction subsize of the body areas is determined by the preliminary test – there is no statistically significant difference in comparing the final test scores to the experimental group ($P > 0,05$). However, the body Preliminary test of perception – in comparison to the control group of the final test scores, appearance assessment, appearance orientation, physical competence assessment, physical competence orientation, health assessment, health orientation, body In terms of satisfaction and total points of control group pre-test – scores and final test scores have been found to be a statistically significant difference ($P > 0,05$). Participants' appearance assessment preliminary test scores were determined to be a statistically significant difference between test scores and final test scores in comparison with the experimental group. The rise in respect of the women in the sport of Erman (2004) has shown similar characteristics to our study. According to the research results in Karademir and ark (2013), the sample group is statistically significant in the positive and linear direction, even at a low level between the respect of the example and the satisfaction of life and the body's perceptions of the health They said it was a relationship. Furthermore, as the positive effect of physical activity is revealed to the body image with studies, the bodies of individuals participating in physical activity are evaluated by others, in the case of other individuals who do not participate in physical activity It is also revealed that they feel little anxiety, and that individuals with positive body images will have a healthy body and a positive thought in the future (Altıtaş and Cook, 2005, Başbaş, 2008, Açıkada, 2004).

Also in a study conducted on dancers, individuals have been told that the lower values of physical individuality are quite high (Akyol *et al*., 2015). Body perception preliminary test scores in comparison to the experimental group in terms of the appearance of the test group from the pain of the test scores in terms of the final test scores and the Arc (2006). A study of the versatile body-Self relationship in women who do sports and do not sport; The relationship with the body image and some socio-demographic characteristics of female university students who do not sport regularly and are examined. The average points of appearance orientation (GY) have been determined to have significant differences. On the other hand, Bayar's (2006) 12-Week step-aerobic exercise in a study examined the effects of housewives and university student women, especially aesthetic appearance of the exercise program in housewives and college students In terms of the body image. The person's positive self-improvement needs to be accepted by others in order to accept oneself and to succeed in certain jobs. In general, body perception is the perception and thought of an individual's own outward appearance. The perspective of other individuals, as well as the past and present emotions, attitudes and perceptions of the body, are also important for the individual to experience on body perception. Similarly, in the study of the effects of step-aerobic and Pilates exercise on the structural biomotoric and psychological properties of sedentary women made by Öztürk (2014), significant differences were found in terms of appearance orientation. According to another study, the appearance orientation was said to be a significant difference in the lower dimension (Erdoğan and Dogan, 2002). Other studies were determined to be less than 531 students in the 15-17 age range included in the sampling, 43% of female adolescents, and 18.3% of the male adolescents, want to be weaker. Moreover, other studies have concluded that women tend to be less satisfied with the proportion of men and have a weaker body (the 2004, Vançelik and Ark, 2007). According to the pain of evaluating physical competence in the study, a study conducted on the level of satisfaction of the physical anxiety and body image of the athletes and non-athletes that the Mülazoğlu and Ark (2001) have made; It has more positive perceptions about the physical appearance of non-athletes, and that participation in sports positively affects the attitudes, feelings and behaviors of the person's body and increases the body image, while social physical anxiety Decreases the level. Canpolat *et al*. (2003) examined the effect of body mass index and body perception in adolescents in Turkey. 242 Girls in the 15-17 age range, 289 male students participated in the study, there is no meaningful correlation between the perception of self-image and the body mass index, but there is a positive correlation between a subjective measurement and the size of the body. Dau and Aydos, (2000) in a study conducted by the step aerobic work on the back, leg, hand grip force was determined to have a positive effect. Similarly, in the study conducted by Karacan and Colakoglu, (2003), similar results were achieved. The results of these studies are similar to the results of the study, and the study stated that physical competence increased.

Research on the physical competence orientation of the participants in the study of the body perception preliminary test scores compared to the experiment group in the study of the results of the studies with similar outcomes are available. accordingly; Pilates and step aerobic exercise exercises are known to have a positive effect on the force. According to research, it is observed that the individual is directed to physical activities, especially women, and refers to activities such as step-aerobics, fitness, plares according to their purpose and acquisition. The acquisition of the body perception can also be added between the gains in question. The beginning of physical activity changed the perception of the age in a positive way, the study conducted by Gültekin (2002) and started to physical activity early at the age of athletes determined that the perception of a higher than the beginning of the age of the been. Accordingly, individuals who are physically engaged in physical activity can be prevented from gaining weight and delayed. According to another study, it is concluded that physical activity that does not physically activated individuals is more prone to gaining weight, preventing and delaying weight loss (Sevimli, 2008). Similar studies made from the pain of health assessment, the work of the bassist (1999) has been achieved in the works aimed at measuring the levels of the women athletes ' body detection in the Başk and Kuru (2009) As a result, the road to success has passed through healthy individuals, adequate nutrition, living conditions and environmental factors are effective. PiS and Ark (2009) were asked to sort out the reasons for participating in physical activity in women who are engaged in sports. In order to "lose weight", "maintain physical appearance", "to get away from daily troubles", "to evaluate free time" is the first order after "health". A statistically significant difference

between preliminary test scores and final test scores of the experimental group in comparison to the experimental group of the preliminary test scores of the body perception of the participants participating in the research from the pain of the health orientation has been identified. Similar findings are also included in the study of the Basta (2008). According to the study, it concluded that sports people cared about being healthy, even realizing the smallest change in their physical health. The study of Zekioglu (2003) In terms of health orientation is also a result of the necessity of being healthy, which supports our work. According to a study conducted by Acar (2010) on university students in Turkey, students who do physical activity and do not perform physical activity in comparison with each other are more positive than the body perception is observed.

In comparison to the experimental group of the final test scores of the satisfaction of the participants in the body areas of the test group preliminary test scores and the final test scores were found to be a statistically significant difference. Tamer *et al*. (2013), the study of the athletes ' satisfaction with the life of the results of a statistically meaningful relationship between the result is reached. The study supports our work. As a result, this study reveals that aerobic exercises have a positive effect on body perception. The exercises made by women who form the study group reveal that they contribute to the perception of their health, appearance, bodily satisfaction and physical competence. The high body perception allows the person to feel psychologically happy, safe and valuable.

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