

Effect of Aerobic Training & Jacobson's Relaxation Technique on Stress among College Students

Dr. Sadaf Patel¹, Dr. Atharuddin H. Kazi²

Assistant Professor, Dr A.P.J. Abdul Kalam College of Physiotherapy, PIMS Loni¹

Principal, Bhausaheb Mulak Physiotherapy College, Nandanvan, Nagpur²

me.shaikhsadaf@gmail.com¹ and atharkazi2160@gmail.com²

Abstract: *Background: The world is home to 1.2 billion individuals aged 10–19. According to the World Health Organization, stress especially relating to work, is the second most frequent health problem. Stress is the body's way of responding to any kind of demand or threat.17 Stress is generally defined as the body's nonspecific response or reaction to demands made on it, or to disturbing events in the environment.18 Perceived Stress Scale was used to assess the stress levels in participants.20*

Methodology: Thirty participants from Dr. APJ Abdul Kalam College of Physiotherapy were screened for inclusion & exclusion criteria.15 participants were given Aerobic Training while other 15 were given Jacobson's Relaxation Technique. The results were compared & effects on vital parameters were checked.

Result: Comparison between pre and post readings of both the groups were done & their effects on vital parameters was also assessed.

Conclusion: The present study concluded that both the groups were effective in reducing the stress level in college students but Jacobson's Relaxation Technique was more effective than Aerobic Training.

Keywords: Stress, Aerobic Training, Jacobson's Relaxation Technique, Perceived Stress Scale.

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