

The Study of the Effects of Aerobic Exercises on the Level of Depression and Educational Progress in Femals Students of Grade One in High Schools of Khoramabad

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Abstract : Depression is a mental disorder, which is the feeling of hopelessness, anger, annoyance, lack of confidence and pessimism. To treat depression, various methods are used. Sport specialists have shown that physical activities have a positive effect on treating depression, especially aerobic exercises as a suitable treating method, which is cheap, and with no side effects. The purpose of this study was to investigate the effects of an 8-week period of aerobic exercise on the level of Khoramabad. For this purpose, 2454 students completed Beck Depression Inventory (BDI) questionnaires and their average in the first semester was recorded. After analyzing the questionnaire among 570 cases, which showed high degrees of depression and were in a low level of education, 60 students were randomly selected and divided into two groups of experimental (N=30) and control (N=30).

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Key Words:
Aerobic Exercises, Depression, Educational
Progress and Female Students.

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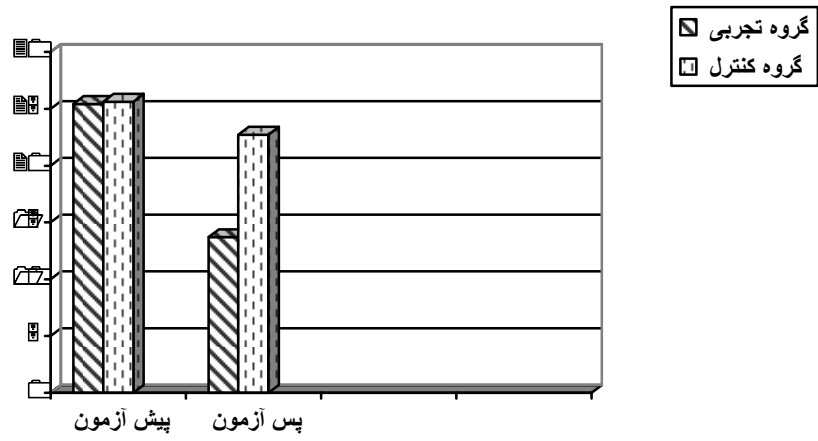
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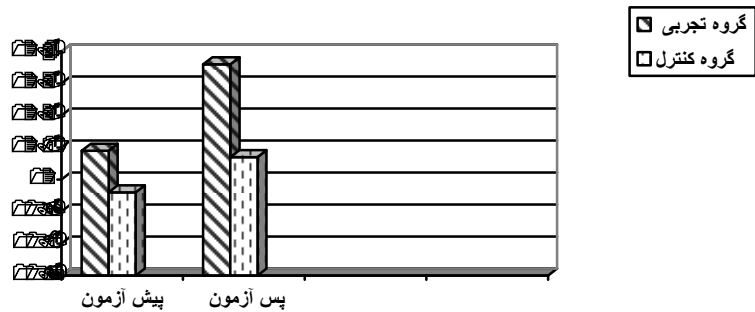
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