

## **Differences between an Aerobic and Yoga Group Exercise on Measures of Mood, Stress, and Group Cohesion**

Kuzo, A., Morales, K., Slabonik, E., Metz, Z., Willard, R., Paulson, S. Shippensburg University, Shippensburg, PA

**PURPOSE:** To observe the psychological benefits associated with participating in a group exercise class. Specifically, mood, stress, and group cohesion were measured of participants in an aerobic based Zumba<sup>®</sup> class and a mind and body based yoga class.

**METHODS:** Subjects were recruited from group fitness classes offered at the university recreation center. A total of 18 subjects volunteered: 9 subjects (M±SD = age 18.78±2.90 yrs, height 165.37±4.76 cm, mass 60.37±8.50 kg, body fat 21.66±5.13%) participated in the Yoga class and 9 (M±SD = age 20.22±1.09 yrs, height 164.68±8.45 cm, mass 57.44±8.43 kg, body fat 20.62±4.07%) participated in the Zumba<sup>®</sup> class. Prior to the class, anthropometric measures were measured and subjects completed the Positive and Negative Affect Schedule (PANAS). Following the class, subjects completed the PANAS, Dundee Stress State Questionnaire (DSSQ), and the Physical Activity Group Exercise Questionnaire (PAGE-Q). A two-way ANOVA with repeated measures was used to analyze the PANAS variables and a one-way ANOVA analyzed all remaining measures. **RESULTS:** There was a significant difference between the groups on Group Integration-Task (GIT),  $p = .01$ , and the Group Integration-Social (GIS),  $p = .03$ . However, there were no significant differences between the groups on the Attraction to Group-Task ( $p > .05$ ) or Attraction to Group-Social ( $p > .05$ ). All variables for the DSSQ also showed no significant difference between the groups ( $p > .05$ ). There were no significant interactions or effects on the PANAS variables ( $p > .05$ ). **CONCLUSION:** The study showed participants in the Zumba<sup>®</sup> class had higher perceptions of closeness and similarity associated with the task and social aspects of the exercise class.