



## The effects of selected aerobic exercise modalities on body image

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Condition: New. Publisher/Verlag: Scholar&apos;s Press | The Effects of Selected Aerobic Exercise Modalities on Body Image and Self-Esteem among female undergraduate students in Iraq. Body image and self-esteem are fundamental components in psychological health and is affected with dynamics of physical exercise. This study explores the effects of selected aerobic exercise programs on body image and self-esteem and attempts to determine the principle of most effective aerobic exercise program in boosting body image perception and self-esteem. In order to achieve this desired outcome, experimental design was employed. The sample consisted of 120 undergraduate female students of Basra University, Iraq. Two instruments were used to measure the two dependent variables body image perception using MBSRQ scale, and self-esteem using Self-Esteem Scale. Data was analyzed using inferential statistics. Data analysis based on t-test shows significant difference between pre-test and post-test in all modalities of aerobic exercise programs in body image perception and self-esteem. | Format: Paperback | Language/Sprache: english | 264 pp.

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