
The Relationship between Aerobic Power with Body Composition and Anxiety after Puberty in Student Girls

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Aim: the purpose of this study was to evaluate the relationship between aerobic power with body composition and anxiety after puberty in student girls. **Method:** Among 4770 female students of the first year of Rasht's region two public high schools, 380 students with age ranges 13-15 years were ed as the study population. Sample's weight, body mass index, body fat percent, waist to hip ratio, aerobic power and anxiety were measured for assessing the data correlations. **Results:** The study results indicated that aerobic power had a positive correlation with body fat percent ($p=0.03$) and state anxiety ($p=0.02$). On the other hand, waist to hip ratio had a negative correlation with state ($p=0.00$) and trait ($p=0.04$) anxiety. Nevertheless, there were no correlation between body mass index and body fat percent with anxiety level, and between body mass index and body fat percent with aerobic power ($p>0.05$). **Conclusion:** In conclusion, the data indicated that maybe aerobic power can be an acceptable index for predicting body fat percent and anxiety level in after puberty student girls.

Keywords : Anxiety, female students, aerobic power, body composition

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