

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF AEROBIC DANCE AS
THERAPEUTIC EXERCISE ON BLOOD
PRESSURE, FASTING BLOOD GLUCOSE AND
BODY WEIGHT AMONG ADULT FEMALE
HYPERTENSIVE PATIENTS**

By

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DECLARATION

BACHELOR OF SPORT SCIENCE FACULTY OF SPORT SCIENCE AND RECREATION UNIVERSITI TEKNOLOGI MARA

I, Noor Nazurah Binti Nerman (I/C Number: 930816-01-6162) hereby declare that:

This work has not previously been accepted in substances of any degrees, locally or overseas and is not being concurrently submitted for any other degrees.

This project paper is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blames as result of my work.

All verbatim extracts have been distinguishes by quotations marks and sources of my information have been specifically acknowledged.

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ABSTRACT

The present study conducted to examine the effect of aerobic dance exercise as therapeutic exercise on blood pressure, systolic and diastolic blood pressure, fasting blood glucose and body weight among adult female hypertensive patients. Cross-over study design was used for this study. Meanwhile, mixed-design ANOVA statistic was used to describe a comparison of four major components between two groups and two periods of time. A total of 40 adult female hypertensive patients (n=40) from the resident areas at Felda Lok Heng at Kota Tinggi, Johor with aged 52.9 ± 8.34 years old were took part in this study. Intervention group (n=20) was subjected to carry out the effectiveness of aerobic dance to reduce high blood pressure, high blood glucose and body weight in 6-week intervention with three times a week, while control group (n=20) was asked to continue their normal daily lifestyle as usual. Assessment for systolic and diastolic blood pressure, fasting blood glucose and body weight were done before and after 6-week. Result shown the scores for systolic blood pressure ($p<0.05$), diastolic blood pressure ($p=0.05$), fasting blood glucose ($p<0.05$) and body weight ($p<0.05$) between both groups at the end of the study period.

Keywords: *Adult Female, Aerobic Dance, Blood Pressure, Body Mass Index, Fasting Blood Glucose*

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