

**UNIVERSITI TEKNOLOGI MARA**

**EFFECT OF AERODANCE ON MOOD  
STATE AMONG SIME DARBY  
PLANTATION WOMEN EMPLOYEES**

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Research Project submitted in partial fulfillment of  
the requirements for the degree of  
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## AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the result is fully on my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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## ABSTRACT

Women employees tend to over work in order to make living thus make them exposed to negative moods like tension, anger, fatigue, confusion and depression. Aerodance is rhythmic fun physical activities that can help to reduce negative moods and enhance positive moods. The purpose of this study is to identify the effect of aerodance on mood states among women employees and also to compare the effect of aerodance and control group on mood states among women employees. Forty participants from Sime Darby Plantation participated in the study. The participant criteria needed was healthy married women. The participants were randomly divided into 2 groups of aerodance (n=20) and control group (n=20). Aerodance participants participated in aerodance for 4 weeks, while the control group did not participate in any physical activity during the study. Participants completed the Profile Mood State (POMS) questionnaire before and after exercise bouts. Then repeated measure ANOVA were used to measure the objective. The results showed a significant main effect in mean mood state scores of tension, anger, fatigue, esteem related affect, vigour, confusion, depression of the POMS and total mood disturbance of the participants. There was a significant main effect in mood change over time (Wilks' Lambda 0.496  $F(7,32) = 4.64, p < 0.05, \eta^2 = 0.50$ ), a significant main effect for groups (Wilks' Lambda 0.11  $F(7,32) = 414.66, p < 0.05, \eta^2 = 0.99$ ), and a significant Time x Group interaction effect (Greenhouse-Geisser 1.00, 4.05(25.25),  $p < 0.05, \eta^2 = 0.40$ ). In conclusion, aerodance appears to be effective in improving mood and it is recommended that aerodance can be performed as a mood enhancement strategy and should be included in public health programs among employees.

*Keyword: Aerodance, POMS, exercise*

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