

THE WELLNESS BENEFITS OF ZUMBA FITNESS PROGRAM
AMONG ADULTS IN SELECTED BARANGAY
IN GENERAL TRIAS, CAVITE

THESIS

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ABSTRACT

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The study was conducted to examine the Wellness Benefits of Zumba Fitness Program among adults in selected barangays in General Trias, Cavite. The study aimed to: describe the profile of the adults; determine the wellness benefits of Zumba Fitness Program in terms of physical, emotional, mental and social aspects; and determine if there is significant difference between wellness benefit when the respondents were grouped according to their demographic profile.

The study employed descriptive research design. There were 37 female and 8 male for a total of 47 adults participating in the Zumba dance from four (4) barangays of General Trias, Cavite: Brgy. San Francisco, Brgy. Buenavista, Brgy. Manggahan and Brgy. Santiago. These barangays were selected purposively because of their regular Zumba session held weekly. The statistical treatment of data was used to answer the statement of the problem.

Results revealed that the respondents participating in Zumba dance had the average age of 36-40 years old and had a BMI that ranges from 19.2-25.4 which meaning they have a Normal body. Most of them were female. The well-being of respondents measured in terms of four domains namely: physical, emotional, mental and social all got positive effects. Result showed that there is no significant difference between wellness benefits when they were grouped according to their age and Body Mass Index. The result also showed that when the respondents were grouped according to their sex, there is a

significant difference between wellness benefits and sex. The results showed that Zumba fitness dance promoted the overall wellness of the adult.

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INTRODUCTION

Every individual will reach the stage that movements will be limited. Once people get old, their posture will change, their bones will become weak and overall physical appearance will definitely change. To avoid all of these to happen, people can start with healthy living and exercise. There are lots of exercise that one can try even they are in adult stage.

Life span is the average length of life or the duration of existence of an individual. In the Philippines, the average life span of an individual normally reaches up to 60 years old only. Most of elderly persons die below 60 or become a bed ridden when they get older than 60. It is usually during this age that all kinds of complications are noticed because they are not physically fit. Older persons in rural areas were generally capable of undertaking activities related to independent living unlike the older persons in urban areas (Lifespan.org of New York).