



The effect of four weeks of chamomile extract consumption and endurance training on the anxiety level of young male karate players before the competition

Poster Presentation

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Abstract

Introduction: Anxiety is a common phenomenon in our time; basically, human beings have long been associated with the two phenomena of fear and anxiety and have always sought to find ways to overcome these problems and alleviate them, and in this way, have achieved amazing results, but have not yet achieved complete success in sports competitions, including karate and other martial arts, the level of blood cortisol secretion increases. The aim of this study was to investigate the effect of four weeks of chamomile extract consumption and endurance training on the anxiety of young male karate players before competitions.

Methods: The method of the present study is quasi-experimental. Total of 80 male karate players in 3 groups in Qazvin province with an average age (18 years), weight (69 kg) and height (175.4 cm), and BMI (26.05 kg / m²) were selected and divided into four groups: 1. consumption of chamomile extract (N = 20) 2. Endurance training group (N = 20) 3. Endurance training group with consumption of chamomile extract (N = 20) 4. Control group (N = 20). Exercise program and extract consumption were performed in four weeks, one session per week and each session for 70 minutes. Sheenan Anxiety Questionnaire was used to assess anxiety. Data were analyzed using one-way analysis of variance (ANOVA) at the significance level of P <0.05 and SPSS software version 22.

Results: The present study results showed that four weeks of chamomile extract consumption and endurance training reduce anxiety in young male karate players before the competition.

Conclusion: In general, we can conclude that chamomile extract consumption and endurance training - both - have a great effect on reducing anxiety, but these effects are greater after chamomile extract consumption.

Keywords

Chamomile Extract; Endurance Exercises; Cortisol; Karate; Shinan Questionnaire; anxiety

Reference:

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