



Zumba Preference and Its Cardiovascular Endurance Intensification

Alvy Laroza*, Lovely Piral, Melissa Joy Palcis, Vivencio L. Calixtro

Sultan Kudarat State University, the Philippines

*Correspondence: E-mail: alvylaroza@sksu.edu.ph

ABSTRACT

The purpose of this study is to determine the level of preference of recorded video and live demonstration Zumba in terms of instructions, movements, and concepts. It also determines the significant difference between cardiovascular endurance intensification of respondents in recorded video and lives demonstration Zumba in terms of frequency, intensity, time, and type. This study used the descriptive-evaluative design with the survey questionnaire to 30 respondents. The demographic profile of the respondents implies that most of the Zumba enthusiasts are aged 20-25 years old. Women are more likely to participate than men with a normal Body Mass Index. The level of preference of recorded video Zumba has a descriptive rating of High extent which is interpreted as highly satisfied. On the contrary, the level of preference of recorded video Zumba has a descriptive rating of high extent which is interpreted as highly satisfied. The cardiovascular endurance intensification in recorded video Zumba has a descriptive rating of high extent which is interpreted as highly intensified. Meanwhile, the cardiovascular endurance intensification in live demonstration Zumba has a descriptive rating of high extent which is interpreted as highly intensified. Moreover, there is no significant difference between the recorded video and live demonstration Zumba. In addition, there is no significant difference between Cardiovascular Endurance Intensification in recorded video and Live demonstration Zumba. This research can contribute to the workout modalities of the people who are willing to be physically fit in a form of dance exercise which is commonly known as "Zumba".

ARTICLE INFO

Article History:

Submitted/Received 27 Jul 2021

First revised 04 Aug 2021

Accepted 06 Aug 2021

First available online 08 Aug 2021

Publication date 01 Sep 2021

Keyword:

Academic performance,

Instructors' performance,

Online learning,

Satisfaction,

Students-instructors interaction.

1. INTRODUCTION

Over the past few decades, people began to embrace the power of physical fitness (Blank, 2013). It started to evolve as the world rises into modernization. The typical Zumba class is an hour-long, with a warm-up at the start and a cooldown at the end. The class content includes songs accompanied by song-specific choreography that primarily includes dance moves. Zumba is designed to be non-judgemental and accepting of various body sizes, styles, and approaches to the dance moves. Most of the Zumba participants are young or middle-aged adults (Micallef, 2014). In addition, although classes are open to both men and women, Zumba instructors in North America are women, as are the majority of class participants. Similarly, at an age when peers are often infinity more interesting than adults, teen girls are having fun while improving their fitness and coordination. Moreover, a big draw of Zumba is that just about anyone can do it, and regardless of how quickly you pick up on the choreography, you're likely to be having fun-and sweating.

Zumba is a fusion of entertainment and fitness in an energizing total-body workout that burns calories – through dancing (Norouzi et al., 2020). Zumba blends upbeat rhythms with simple but hip choreography in routines like salsa, hip-hop, merengue, cumbia, and reggaeton. Thus, this research was conducted to determine the level of preference of recorded video and live demonstration Zumba in terms of instructions, movements, and concepts. It also determined the significant differences between cardiovascular endurance intensification of respondents in recorded video and live demonstration Zumba in terms of frequency, intensity, time, and type (Thomson et al., 2015).

2. METHOD

The method in this study uses a descriptive-evaluative design with a purposive sampling technique and uses a survey questionnaire electronically conducted online. We made a survey to 30 respondents.

3. RESULTS AND DISCUSSION

Table 1 shows the demographic profile of the respondents. Firstly, it can be noticed that the 20-25 range of age has a frequency of 9 or 30.00%. 31-35 range of age has a frequency of 8 or 26.67%. It is followed by 41-45 and 46-50 ranges of age have a frequency of 5 or 16.67%. 36-40 range of age has a frequency of 2 or 6.67%. Lastly, the 26-30 range of age has a frequency of 1 or 3.32%. Zumba dance is a top choice among youngsters. It implies that most of the Zumba enthusiasts are aged 20-25 years old. In addition, most of the Zumba participants are young or middle-aged adults (Micallef, 2014).

Table 1 also reveals the demographic profile of the respondents in terms of gender. It can be seen that female has a frequency count of 20 or 66.70% while the male has a frequency count of 10 or 33.30%. It implies that women are more likely to participate than men. Moreover, although classes are open to both men and women, Zumba instructors in North America are women, as are the majority of class participants. Similarly, at an age when peers are often infinity more interesting than adults, teen girls are having fun while improving their fitness and coordination.

Body Mass Index is also shown in **Table 1** The normal Body Mass Index has a frequency of 20 or 66.70%. Being overweight has a frequency of 7 or 23.30%. Obese has a frequency of 2 or 6.70%. Underweight has a frequency of 1 or 3.30%. Unluckily, extreme obese did not contribute to the number of respondents.

Table 1. Demographic profile of the respondents.

| Variables | Frequency | Percentage |
|------------------------|-----------|------------|
| Age | | |
| 20-25 | 9 | 30.00% |
| 26-30 | 1 | 3.32% |
| 31-35 | 8 | 26.67% |
| 36-40 | 2 | 6.67% |
| 41-45 | 5 | 16.67% |
| 46-50 | 5 | 16.67% |
| Gender | | |
| Male | 10 | 33.30% |
| Female | 20 | 66.70% |
| Body Mass Index | | |
| Underweight | 1 | 3.30% |
| Normal | 20 | 66.70% |
| Overweight | 7 | 23.30% |
| Obese | 2 | 6.70% |
| Extreme Obese | 0 | 0 |
| Note: N = 30 | | |

It implies that a person with a healthy Body Mass Index was more likely to join. This means, that most of the participants want to maintain a healthy body. Besides maintaining a healthy weight, Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol, and boost your good cholesterol (Masuda, 2017). For instance, Zumba is designed to be non-judgemental and accepting of various body sizes, styles, and approaches to the dance moves.

Table 2 shows the level of preference of recorded video Zumba. It is shown in the data that the variables got an individual rating of High Extent. Thus, it resulted in a grand mean score of 3.75 with a descriptive rating of High extent which is interpreted as highly satisfied.

This implies that the level of preference in recorded video Zumba has a refined concept that is unique and comfy, is interesting and fun, is lively and relatable, and is organized properly from simple to complex.

Generally speaking, the more enjoyable a program is, the more motivated you will be to continue it. Due to the widespread availability of the program and varied style of class, Zumba as a brand is quite flexible and suited to all fitness levels and interests.

Table 2. Level of preference of recorded video zumba.

| Variables | Mean | Descriptive Rating |
|-------------------|-------------|--------------------|
| Instructions | 3.73 | High extent |
| Movements | 3.56 | High extent |
| Concepts | 3.89 | High extent |
| Grand mean | 3.75 | High extent |

Note. $n = 30$. 1.00-1.79 – Very Dissatisfied; 1.80-2.89 – Dissatisfied; 2.60-3.39 – Satisfied; 3.40-4.19 – highly satisfied; 4.20-5.00 – Very Highly Satisfied

Table 3 shows the level of preference of recorded video Zumba. It is shown in the data that the variables got an individual rating of a high extent. Thus, it resulted in a grand mean score of 3.94 with a descriptive rating of high extent which is interpreted as highly satisfied.

This implies that the level of preference in live demonstration Zumba has more refined instructions which encourage the dancers to come up with a new and better way of movements, it achieves the goals and expectation in terms of communication, provides clear and understandable steps one at a time and makes the entire experience more fun and organic. A big draw of Zumba is that just about anyone can do it, and regardless of how quickly you pick up on the choreography, you're likely to be having fun-and sweating. No special equipment or outfits are needed either; all you need is a positive attitude to keep moving along with the song.

Table 3. Level of preference of live demonstration zumba.

| Variables | Mean | Descriptive Rating |
|-------------------|-------------|---------------------------|
| Instructions | 4.11 | High extent |
| Movements | 3.75 | High extent |
| Concepts | 3.97 | High extent |
| Grand mean | 3.94 | High extent |

Note. $n = 30$. 1.00-1.79 – Very Dissatisfied; 1.80-2.89 – Dissatisfied; 2.60-3.39 – Satisfied; 3.40-4.19 – highly satisfied; 4.20-5.00 – Very Highly Satisfied.

Table 4 shows the cardiovascular endurance intensification in recorded video Zumba. It is shown in the data that variables 2 and 4 have a descriptive rating of high extent while variables 1 and 3 have a descriptive rating of moderate extent. This resulted in a grand mean score of 3.42 with a descriptive rating of high extent which is interpreted as highly intensified. This implies that intensities in recorded video Zumba intensify cardiovascular endurance.

One of the most important factors when it comes to exercise is adherence-actually continuing the exercise program after you've started. Given the sustained popularity of Zumba, a large number of studies have been performed on the efficacy of the workout. One 2016 review of the literature found that Zumba was effective in improving aerobic capacity (cardiovascular fitness), while limited additional evidence pointed to possible enhancements to muscular fitness and flexibility.

Table 4. Level of cardiovascular endurance intensification in recorded video zumba.

| Variables | Mean | Descriptive Rating |
|-------------------|-------------|---------------------------|
| 1. Frequency | 3.19 | Moderate extent |
| 2. Intensity | 3.72 | High extent |
| 3. Time | 3.25 | Moderate extent |
| 4.Type | 3.53 | High Extent |
| Grand mean | 3.42 | High extent |

Note. $n = 30$. 1.00-1.79 – Not Intensified; 1.80-2.89 – Poorly Intensified; 2.60-3.39 – Intensified; 3.40-4.19 – Highly Intensified; 4.20-5.00 – Very Highly Intensified.

Table 5 shows the cardiovascular endurance intensification in live demonstration Zumba. It is shown in the data that variables 1 have a descriptive rating of moderate extent while variables 2, 3, and 4 have a descriptive rating of high extent. Thus, it resulted in a grand mean score of 3.57 with a descriptive rating of high extent which is interpreted as highly intensified.

This implies that intensities in live demonstration Zumba intensify cardiovascular endurance. While almost any sustained program may help boost mood, self-esteem, and energy. Namely, a 2016 study published in the Journal of Physical Activity and Health found that healthy women who participated in an 8-week Zumba program experienced cardiovascular endurance improvement, physical strength, autonomy, and purpose in life, improving their overall feelings of health and well-being.

Table 5. Level of cardiovascular endurance intensification of live demonstration zumba.

| Variables | Mean | Descriptive Rating |
|-------------------|-------------|--------------------|
| 1. Frequency | 3.33 | Moderate extent |
| 2. Intensity | 3.79 | High extent |
| 3. Time | 3.49 | High extent |
| 4. Type | 3.66 | High Extent |
| Grand mean | 3.57 | High extent |

Note. $n = 30$. 1.00-1.79 – Not Intensified; 1.80-2.89 – Poorly Intensified; 2.60-3.39 – Intensified; 3.40-4.19 – Highly Intensified; 4.20-5.00 – Very Highly Intensified.

Table 6 presents the significant difference between the recorded video and live demonstration Zumba. It can be noted that there is no significant difference between the recorded video and live demonstration Zumba since the t-computed value of -0.45* is smaller than the tabular value which is 2.13 at a 0.05 level of error. This leads to accepting the null hypothesis (Norouzi et al., 2020).

The objective of Zumba is to improve cardiovascular perseverance, improve equilibrium, coordination, and strength through an assortment of classes focusing on explicit member gatherings, including kids and old people as mentioned.

Moreover, the ideal of physical activities have changed from when they were viewed in our every day as survival activities. With the increase in the use of cars, sedentary work, and leisure time, physical activities pose as a health necessity, an obligation to keep our bodies fit. These obligatory physical activities are stripped from the social context that defined this work before. It has become a chore, which must be integrated into our everyday work.

Table 6. Significant difference between recorded video and live demonstration zumba.

| Variables | Mean | t-computed | t-critical | Decision | Interpretation |
|--------------------|------|------------|------------|-----------|-----------------|
| Recorded Video | 3.73 | | | | |
| Live Demonstration | 3.95 | -0.45* | 2.13 | Accept Ho | Not Significant |

Level of Significance, α 0.05

Table 7 presents the significant difference between cardiovascular endurance intensification in recorded video and live demonstration. It can be noted that there is no significant difference between cardiovascular endurance intensification in recorded video and live demonstration Zumba since the t-computed value of -0.94* is smaller than the tabular value which is 1.94 at a 0.05 level of error. This leads to accepting the null hypothesis.

Zumba can improve cardiovascular perseverance and cardiorespiratory capacities. It consolidates the development of enormous muscle bunches for oxygen-consuming perseverance, strength preparing, and adaptability in this manner adding to improved wellbeing (Thomson et al., 2015).

Table 7. The significant difference between cardiovascular endurance intensification in recorded video and live demonstration zumba.

| Variables | Mean | t-computed | t-critical | Decision | Interpretation |
|--------------------|------|------------|------------|-----------|-----------------|
| Recorded Video | 3.42 | | | | |
| Live Demonstration | 3.57 | -0.94* | 1.94 | Accept Ho | Not Significant |

Level of Significance, α 0.05

4. CONCLUSION

Based on the findings of the study, most of the Zumba enthusiasts are aged 20-25 years old. It was also concluded that women are more likely to participate than men with a normal Body Mass Index. In addition, there is no significant difference between the recorded video and live demonstration Zumba and there is no significant difference between cardiovascular endurance intensification in recorded video and live demonstration.

5. ACKNOWLEDGMENT

We would like to express our sincere gratitude to Dr. Nancy D. Espacio, Rizalyn B. Cudera, MSc., Prof. Jayson A. Falle, and Prof. Emy A. Morbo.

6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

7. REFERENCES

- Blank, S. (2013). Why the lean start-up changes everything. *Harvard Business Review*, 91(5), 63-72.
- Masuda, K., Jue, T., and Hamidie, R.D.R. (2017). Mitochondrial biogenesis induced by exercise and nutrients: Implication for performance and health benefits. *Indonesian Journal of Science and Technology*, 2(2), 221-229.
- Micallef, C. (2014). The effectiveness of an 8-week Zumba programme for weight reduction in a group of Maltese overweight and obese women. *Sport Sciences for Health*, 10(3), 211-217.
- Norouzi, E., Hosseini, F., Vaezmosavi, M., Gerber, M., Pühse, U., and Brand, S. (2020). Zumba dancing and aerobic exercise can improve working memory, motor function, and depressive symptoms in female patients with fibromyalgia. *European Journal of Sport Science*, 20(7), 981-991.
- Thomson, J. L., Goodman, M. H., and Tussing-Humphreys, L. (2015). Diet quality and physical activity outcome improvements resulting from a church-based diet and supervised physical activity intervention for rural, Southern, African American adults: Delta Body and Soul III. *Health Promotion Practice*, 16(5), 677-688.