

## Combination of Interoceptive Exposure Exercise and Aerobic Exercise on Anxiety Severity among College Students

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### Abstract

**Aim:** Higher education is a stressful period in student's life due to various reasons like heavy syllabus, exam stress and living away from families for study purpose leads to psychological problem. Anxiety is a common, serious mental health problem. Many studies have conducted on cognitive behavioral therapy, but there is paucity prevails in research field with the combination of Interoceptive exposure exercise (IE), one of the component of cognitive behavioral therapy and aerobic exercises on anxiety among college students. So this study directs to find out the effectiveness of interoceptive exposure exercises and aerobic exercise on anxiety subjects in college students. **Method:** After getting consent from students, 40 subjects were selected and grouped into two groups. Group A- 20 subject receives aerobic exercise and Group B - 20 subjects receives combination of Interoceptive exposure exercises and aerobics. Before and after the intervention Hamilton anxiety scale (HAM-A Scale) was used to assess the anxiety severity of college students. **Results:** The result was found to be significant between pre and post interventions in both the groups. Between the group analysis shows that there is a statistically extremely significant changes in unpaired 't' test value of group B (experimental group) HAM-A ( $t=2.82$ ;  $p<0.05$ ) than the group A (control group). **Conclusion:** It has been concluded that the Interoceptive Exposure Exercise along with Aerobic exercise showed significant improvement which was noted 6 weeks post intervention.

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**Key Words:** Anxiety Severity, Interoceptive Exposure Exercise, Aerobic Exercise

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### Introduction

Higher education is a stressful period in student's life that leads to psychological problem (Jayasree M and Cassedy 2002). Anxiety is a common, serious mental health problem and it is afflicting adolescents and student population to a larger extent. It is a top presenting concern among college students (41.6percent), followed by depression (36.4percent) and others (35.8) (American Psychological Association, 2015). According to World Health Organization (WHO), mental health is considered as an important component of human health (Broman-Folks et al.,