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Reduction of Fear by Intense Aerobic Exercise Approaching Physical Exhaustion

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ABSTRACT

This pilot experiment was done to test the hypothesis that physical exhaustion can cause a reduction in a person ' s fear level. The efficiency of intense aerobic exercise approaching physical exhaustion has been investigated as an effective part of therapy for reduction of an individual ' s fear reaction. The participants were 5 males and 5 females, aged 30 - 40 years old. Treatment sessions were conducted over a 1 week period where subjects first took physical check-ups to determine their physical fitness to undergo intense aerobic exercise. Subjects met in a gym within a one-week period with 3 sessions of intense aerobic exercise, with a one day rest period after each session. They took pre-test and post-tests using the Fear Questionnaire to set their current fear levels respectively. Findings showed that there is a significant change seen in the respondents in the reduction of fear through physical exhaustion by the use of intense aerobic exercises 1.

KEYWORDS

Endorphins; Physical Exhaustion; Strenuous Exercise; Reduction of Fear; Runner ' s High; Virtual Reality; Fear

Cite this paper

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