

58 EFFECT OF LOW IMPACT WATER EXERCISE ON STRESS RECOVERY OF COLLEGE FOOTBALL PLAYERS

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The purpose of the study was to determine the effect of 16 weeks low impact water exercise on stress recovery of football players. Thirty male football players between the age group of 18 and 23 years were randomly assigned to an experimental and control group of 15 each. In addition to the regular football practice session, the experimental group underwent low impact water exercise training for 16 weeks. Both the groups were tested in the stress recovery before and after 16 weeks of training period. Paired t test revealed significant changes in most of the variables of stress recovery; general stress, emotional stress, emotional exhaustion, social stress, fatigue, somatic/physical complaints, energy, sleep quality, personal accomplishment and reduction in conflict pressure ($p<0.05$). Underwater exercise can be used as an effective technique for stress recovery.