



The Effects of Progressive Relaxation Exercises Applied to Young Ski Jumpers on Oxidative DNA Damage

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ABSTRACT This research aimed to investigate the status of the reactive oxygen species, antioxidants, and oxidative DNA damage in the ski jumpers subject to progressive relaxation training. Experimental design was used in this research. Data was gathered from 12 male ski jumpers. Jacobson's PRT was applied to the athletes for 6 six weeks. Three blood samples were taken from the subjects. First, prior to the first session, second, immediately after the first session and third, immediately before the 42nd session. According to the data, both short-term and long-term ski jumping exercises led to a significant increase in the MDA and NO levels that were only in the ski jumping group. Also, short-term and long-term training increased 8-OHdG values. The Relaxation Training with the ski jumping training sessions increased the MDA, NO and 8-OHdG values in term of... The biochemical condition that may occur with the implementation of progressive relaxation training with other exercises that can be considered intensive is interpreted in this research. Also, PRT suppressed the value of 8-OHdG with ski jumping exercises.