

**Table 1.** Comparison of the mean research variables in the pre-test and post-test stages in the training and control groups using the paired T-test

<b>Variables</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>t value</b>	<b>df</b>	<b>P value</b>
<b>Back muscle strength</b>					
Control group	52.60±19.83	52.26±20.72	0.45	14	0.65
Training group	49.38±21.88	55.23±20.73	-2.11	12	0.056
<b>Forced vital capacity</b>					
Control group	3.53±1.15	3.50±1.14	1.63	14	0.12
Training group	4.05±1.86	6.30±2.80	-4.21	12	0.001
<b>Peak expiratory flow in the first second</b>					
Control group	3.05±1.19	2.96±1.10	1.82	14	0.09
Training group	3.53±1.50	3.28±0.69	0.66	12	0.51
<b>Quality of life (psychological perspective)</b>					
Control group	148.50±64.43	146.60±64.23	0.36	14	0.72
Training group	82.76±45.01	185.22±46.95	-6.60	12	0.001
<b>Quality of life (physical perspective)</b>					
Control group	136.66±88.03	133.00±81.83	0.10	14	0.91
Training group	87.26±75.40	167.69±41.52	-6.32	12	0.001