

Comparative Study on Folk Dancers of Punjab in Relation to Agility and Flexibility



Parwinder Kaur

Research Scholar, Department of Physical Education
Panjab University Chandigarh

Dr. Amarjit Kaur

Professor, Govind National College, Narangwal
Panjab University Chandigarh

Abstract

The purpose of the study is to evaluate the difference of agility and flexibility between male folk dancers of three universities. In this study three universities (Panjab University Chandigarh, Punjabi University Patiala, Guru Nanak Dev University Amritsar) of Punjab state were considered. Total 180 (60 from each university) male subjects were randomly selected from different colleges affiliated to concerned universities. Age group of subjects ranges from 19 to 25 years. The main concern of the study is that all the subjects participated in various college and university competitions. Shuttle Run Test is used to measure the agility of participants and Sit and Reach Test is used to measure the flexibility. For data analysis ANOVA was applied by using SPSS. The level of significant was set at 0.05. It is found that there is no significant difference.

Key words – Agility, Flexibility, Folk Dance

Introduction

Physical fitness is foundation of complete health and wellbeing, encompassing various factors similar as strength, cardiovascular endurance, agility and flexibility. Around the world, physical and mental health issues became popular and increasingly being viewed as an important factors for policy makers. Physical fitness is a multidimensional conception involving various components like body composition, muscular strength, cardio-vascular fitness etc. Regular physical exercises play vital role to achieve targeted level of fitness. Sometime it becomes crucial to attaining fitness goals. Many studies suggest that participating in alternative physical activities like folk dances, aerobic exercises and traditional health practices gives much more health benefits in different way. The focus of this study is on dance activities which are gradually being considered as alternative of other health practices and exercises. These days' humans are using physical movements with music and execution arts with music which help to maintaining their health and wellbeing.

Folk dances of Punjab are traditional and cultural expressions of specific region that repeatedly requires a combination of agility and flexibility. Bhangra, jhumar, luddi ,malwai gidha are different styles of folk dances of Punjab. These different styles of dances include varying in degrees of physical exertion. Specifically during stage performance in competition these dances demands high level of energy cardiovascular fitness, agility, flexibility and balance. Dance movements require agility to perform musically

and quickly changing positions with attractive postures. The vibrant movements of dances have need of certain level of flexibility to implement various steps and gestures excellently. Arts health is a domain concerned with promoting fitness level of participants, constructive happiness and health values by engaging in physical activities in the form of various art forms, including dance and music (MacDonald et al, 2012). Historically, Folk dance is a traditional form of dance of a specific region. Folk dances of Punjab are very well known throughout the world because of very energetic moves, striking postures and gestures. Dance performances help to enhance the level of physical fitness, helps in weight loss, improves memory, develop self- esteem, recovers mood and reduce stress level.

Agility is the capability to change direction fleetly and directly. It is a critical factor of physical fitness similar as neuromuscular collaboration, response time and dynamic balance. Flexibility refers to the range of stir around a joint. It plays a pivotal part in precluding injuries, enhancing athletic performance and promoting overall body functionality.

Mishra (1986) explained in his study that there is a robust relationship between flexibility, speed, strength and body segments to bowling performance. Investigator took 25 cricketers as sample and recognized that shoulder, wrist, trunk, neck flexibility and arm length are reliable variables in predicting the bowling performance in cricket. Arm strength, right and left strength of grip are considerably connected with leg length

and the leg strength was not appreciably linked to bowling.

Hwang PW and Braun KL (2005) conducted a review in this area, it is found in their study the effect of dance on the health of the older adults they used the PubMed data base and comprehensively collected the relevant articles published. They have chosen total eighteen articles. They have found several significantly positive changes among the subjects of the studies due to the dance interventions of different type of dance forms. Ball room dancing, jazz, cultural dances pop and contemporary dancing was used by the researchers of the related articles. The reviewers found that irrespective of the type of dance form, the individuals got benefited positively for better health. They identified that the older adults have significantly enhanced their flexibility, endurance, balance abilities, cognitive abilities. These measures of functional fitness could enhance the health status of the older adults of the several studies and hence they have concluded that the dance training in any of the five selected dance forms for review would bring positive changes in term of the functional fitness measures and could cause for enhancements in the health status of the older adults.

In the modern world, healthy life indicates that reconnoiter to alternative way to talking quality of life and glowing being at the all phases of life. Physical activities in the form of performing art are a social practices offering credible wellbeing health related benefits to individuals. (Edwards, 2011; Batt-Rawden, 2010 ;)

Ghosh (2015) had investigated the relationship of selected physical fitness variables with soccer performance of women soccer players. In this study cardio-vascular endurance, strength endurance, speed and agility were considered. Subjects were randomly selected from all India intervarsity tournaments. Score was awarded by three experts. Correlation and descriptive statistics was used to analyze the data. The analysis of data reveals that speed 0.740, cardio-vascular endurance 0.903 and muscular endurance 0.912 were significantly related to the soccer performance at 0.05 levels. But agility was not found significantly related.

This study is related with the fitness level of dancers and these reviews underscore the significance of fitness, dexterity and flexibility in

the environment of folk dances. Regular practicing in physical conditioning and targeted exercises can lead to progressed fitness situations, enhanced agility and increased flexibility. Folk dance gives an artistic and cultural dimension to these physical attributes, contributing to holistic wellbeing. Farther investigation could discover the specific impacts of colorful folk traditional style of dances on fitness factors, as well as the implicit corrective benefits of combining physical actions with artistic expressions.

Objectives of the study

Objective of the study is to find out the difference among male folk dancers of Punjab region in relation to agility and flexibility.

Hypotheses of the study

It is hypothesized there is no significant difference among male folk dancers of three universities in relation to agility.

It is hypothesized there is no significant difference among male folk dancers of three universities in relation to flexibility.

Significance of the study

This study is focused on the fitness of folk dancers of Punjab and researcher found that there is no significant difference in male folk dancers of three selected universities on agility and flexibility components. This study will help in further research on female dancers, on dancers of other states and work can be also done on comparisons of dancers in relation to different variables. It will also help to directors and coaches of dance teams in their selection procedure.

Methodology and Procedure

Sampling procedure

In this study total 180 subjects were selected from various colleges (affiliated to Panjab University Chandigarh, Punjabi university Patiala and GNDU). 60 students from each concerned university were selected by using random sampling technique. Only male folk dancers (age from 19-20 years) were considered in this study. These subjects participated in various folk dance competitions and stage performances.

Tests used and Tool applied for data analysis

Researcher applied Shuttle Run test to measure the agility of folk dancers. Sit and reach test is used to measure the flexibility of folk dancers of universities. ANOVA was applied to find out the difference among means.

Discussion and Results

Table -1

Descriptive statistics

University	N	Agility	Flexibility
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		mean	SD	mean	SD
Punjabi university	60	11.29	0.91	28.83	6.35
GNDU	60	11.34	0.97	28.88	5.47
Panjab university Chd	60	11.39	0.99	29.03	5.40
Total	180	11.34	0.96	28.92	5.73

Table 1 shows the mean score and standard deviation of three universities on agility and flexibility. It shows almost equal mean scores and standard deviation

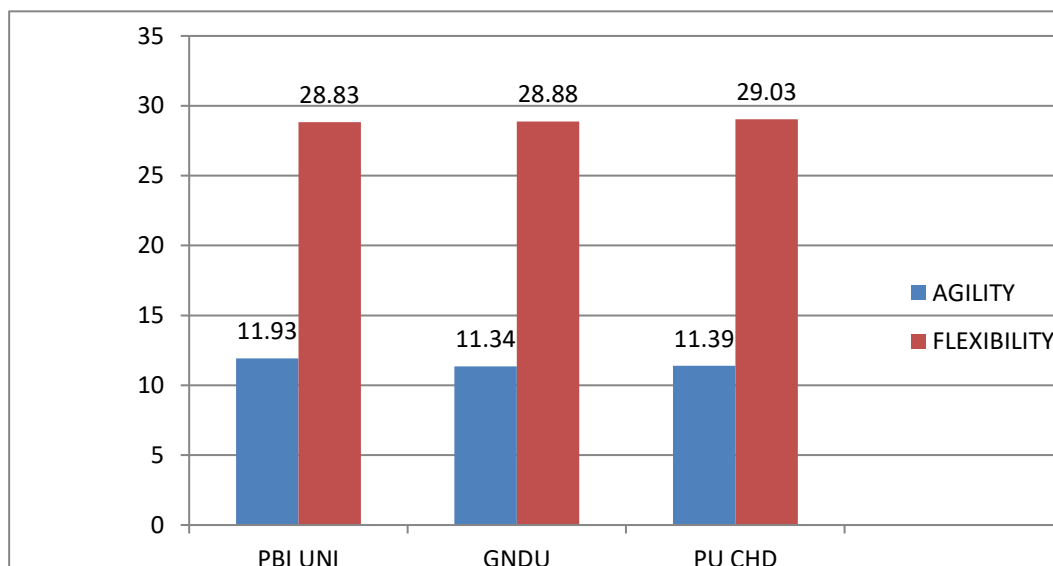


Table-2

Summary of 1 X 3 Analysis of Variance on Scores of Agility Component of Physical Fitness for Male Folk Dancers of different Universities

Source of Variation	Sum of Squares	Degree of Freedom	Mean Sum of Squares	F-Value
University	0.183	2	0.092	0.103 ^{NS}
Within Group (Error)	157.043	177	0.887	
Total	157.226	179		

***NS- not significant at 0.05**

Table 2 reveals that F- ratios of deference between the mean scores for agility is 0.103 which is not significant at 0.05 level of

confidence. It means the male folk dancers of different universities were not significantly different in mean scores on the variable of agility.

Table-3

Summary of 1 X 3 Analysis of Variance on Scores of Flexibility Component of Physical Fitness for Male Folk Dancers of different Universities

Source of Variation	Sum of Squares	Degree of Freedom	Mean Sum of Squares	F-Value
University	8.033	2	4.017	0.144 ^{NS}
Within Group (Error)	4928.97	177	27.847	
Total	4937.00	179		

***NS- not significant at 0.05**

Table 3 reveals that F- ratios of deference between the mean scores for flexibility is 0.144 which is not significant at 0.05 level of confidence. It means the male folk dancers of different universities were not significantly

different in mean scores on the variable of flexibility.

Results

Above given table 1 shows very close score of means and standard deviation. The mean scores

on variable of agility are 11.29, 11.34, 11.39 and mean scores on variable of flexibility are 28.83, 28.88, 29.03, which are close and do not show significant difference. Table 2 and 3 shows F-ratios of variables 0.103 and 0.144 were not shown significantly different. It was hypothesized that there is no significant difference among male folk dancers of three universities in relation to agility was accepted. It is found that result is not different at the significant level. It was hypothesized that there is no significant difference among male folk dancers of three universities in relation to flexibility was also accepted.

Conclusion

It is found that there is no significant difference in mean scores of male folk dancers studying in three universities on the variable of agility and flexibility. It may be concluded that subjects belongs to same region same level of competition and same training condition didn't affect the level of fitness. This study will help in further research related to other states of India. Study on Comparison between folk of dancers of different states can be conducted.

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