Think India (Quarterly Journal)
ISSN: 0971-1260 Vol-22, Special Issue-13
National Conference on
Psychological Contributions in Sustainable Human Development in Sports, Organizations and Community Health
Date of Conference**:** December 20-21, 2019,
Organised by **Department of Psychology, Physical Education & Sports and Home Science V.P.S.P.M.S. Arts, Commerce & Science College, Kannad,** Aurangabad, Maharashtra 431103 India

A Effect of Folk Dance & Yoga on Flexibility and Strength among The Taluka Level Inter-School and District Level Inter-School Girls Age of 14 To 16 Years.

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ABSTRACT

The purpose of the study was to evaluate the motor fitness response, to find out the changes if any in strength and flexibility following the selected Asana and Folk Dance practices. The total subjects were 64 divided into two groups and their age ranges from 14-16 years. The duration of total practice period was six weeks (3 days in a week for 35 minutes). Pretest and Post test data were analyzed by *'t'* test method was adopted by Garrette, 1981. The organized selected Asana and Folk Dance activity definitely improved their performance in selected explosive strength and flexibility variables.

Key Words: Asana and Folk dance to develop Strength and Flexibility

INTRODUCTION:

Physical fitness covers organic fitness as an individual. The main components of physical fitness of an individual. The main components of physical education fitness are speed, strength, endurance, flexibility, agility cardio-vascular fitness and co-coordinative ability.

Strength is the ability to overcome the resistance or to act against resistance. There are 3 types of Strength, 1) Maximum Strength, 2) Explosive Strength and 3) Strength Endurance. The ability to overcome or to act against maximal resistance is Maximum Strength. The Maximum Strength is a motor ability and involves force application during in a voluntary movement.

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In this study the research scholar has considered flexibility and Explosive Strength among school Girl's 14 to 16 in Baldyan Mandir School, Aurangabad.

Yogasanas are the series of carefully designed positions by great yogis. These scientifically designed postures conserve the energies and transform them to subtle forms of mental energies. Yogasana help to bring the whole body to the peak of physical perfection and top efficiency. Body acquires enough strength and tolerance to withstand stresses and strains of all types at every step of our life. At every step, a mental association is established with the physical actions.

Folk dance- This exercise is a fabulous workout that not only helps. In maintaining someone fitness level, also makes their heart stronger. It involves some motor fitness responses such as flexibility and Strength. Folk dance distinct form of like, jogging, jumping, running,. Is a fun way to get fit? Folk dance popular exercise in school children.

Folk dance is generally described as the traditional recreational dance of an indigenous society. In many instance its specific origin appears to be lost in the pages of antiquity. However, there is reason to believe many folk dances originated from the activities and events that were uppermost in the minds of the people at the time. A careful study of the cultural characteristics of a specific people at a given time and place would tend to substantiate this basic assumption. Many dances reflect the attitudes of the people about war, courtship, weddings cermony, work, occupations, funerals, and celebrations. An accurate description one of the many things missing from the chronicles of man. It is assumed the each generation thought the dances should be performed. Undoubtedly, they added some movements and eliminated others. As society became more sophisticated, so did the movements in the folk dance. Nevertheless, it is generally believed that the more one understands the cultural characteristics' of former civilizations, the more likely one is to capture the authentic moods and attitudes of the people when their dances were first performed. This merits considerable effort for those interested in understanding the true cultural development of man.

OBJECTIVE:

To evaluate the flexibility ability and Upper Extremity Strength among a female school children from 14 to 16 years.

LIMITATIONS:

1) The food habits, diet.
2) The climatic conditions.
3) The sincere performance by students.

DELIMITATIONS:

1) The study was conducted among school children from 14 to16 years in Aurangabad District.
2) Performance test conducted Forward Bend & Reach test for flexibility ability.
3) Performance test conducted for Standing Broad Jump related to the Strength ability.

METHODOLOGY:

Sample:

For the present study 64 school children were selected from Aurangabad. The effective sample consisted of 64 subjects, out of which 64 subjects were female and their age ranging from 14 to 16 years.

The subjects for the study were 32 Taluka Level Inter School Girls and 32 District level Inter-School Girls who were regular students of Baldyan Mandir School, Aurangabad (M.S). The age of the subject ranged from 14-16 years. The subject had every day one morning sessions.

VARIABLES:

Dependent variable: 1) Subjects Performance.

Independent variable:1) Forward Bend & Reach & Standing Broad Jump Test.

The Flexibility and Strength abilities selected, tests used and the unit of measurements were as fallow:

Table No. 1

Flexibility and Strength abilities selected, tests used and the unit of measurements.			
S.No	Particular	Test Use	Unit of Measurment
1	Flexibility Ability	Forward Bend & Reach	Centimeter
3	Strength	Standing Broad Jump	Centimeter

RESULTS : The data was Statistical analyzed and presented in selected Flexibility Ability, Strength, using t-test the following manner :

Table – 1 Control group

Sr. No.		n (sample)	(Pre-test)		(Post-test)		t Test
			Mean	SD	Mean	SD	
2	Forward Bend & Reach	32	1.981	2.404	2.327	2.500	0.314
3	Standing Broad Jump	32	1.177	0.125	1.288	0.165	2.685

Table – 2 Experimental group

Sr. No.		n (sample)	(Pre-test)		(Post-test)		t Test
			Mean	SD	Mean	SD	
1	Forward Bend & Reach	32	6.452	0.728	5.983	0.734	2.547
1	Standing Broad Jump	32	0.232	0.076	0.453	0.176	6.536

CONCLUSION:

As per my research, Yogasan and Folk Dance is beneficial for the school children and them enjoying activity. The study shows the development of the Strength in school Students is increasing while entering in the age of 14 from 16 years also improved of flexibility ability. The trained players have significantly no significant differences were in fitness components, i.e.30 % strength and flexibility ability between these groups. Forward Bend & Reach is related to Flexibility and Standing Broad Jump related to the Strength ability.

The study shows the development of the Upper Extremity Maximum Strength in Male Students is increasing while entering in the age of 11 from 10 years and it again decreasing in the age of 12.

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