International Journal of Physical Education, Sports and Health 2021; 8(3): 227-229

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2021; 8(3): 227-229

www.kheljournal.com
Received: 12-03-2021
Accepted: 15-04-2021

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Comparative study of prescribed exercise programme on flexibility of rural and Urban BA general physical education girls

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Abstract
Flexibility is an essential component of physical fitness. The purpose of the study is to test improvement of the flexibility of rural and urban girls after 8 weeks selected exercise programme. The subject was randomly selected, Total subjects were 80 and their age (18-21) years. They were divided into two groups. One is control and another one is experimental. Flexibility was measured by Sit & Reach Test (Johnson & Nelson, 1982). For statistical analysis 't' test was used and level of significant was determined at 0.05 level and 0.01 level. The flexibility of rural girls of (18–21) years was better than that of urban girls due to exercise programme.

Keywords: Flexibility, Selected Exercise treatment, (18–21) years rural and urban college girls

Introduction
Physical exercises are principal means of training. Without physical exercises the sports training can not lead to improvement in sports performance. Physical exercises have a direct effect on performance capacity. Exercises are used to prevent injury to improve performance and psychological preparation for any kind of physical activity. Fitness can be described as a condition that helps us for better look, pleasant feel and do our best. According to Nixon – "Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without under tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him".
We love to ooh and aah at what flexible people can do gymnasts, dancers and acrobats are fun to watch because their bendy bodies move in cool and unexpected way. But for the rest of us flexibility does not have to be a floor show. It is not about trying to control yourself into a Pretzel. Rather, it is about good health and joints that have a fuller range of motion and healthier and joints that have a fuller range of motion are healthier joints. However, with some lifestyle changes and specific attention paid to stretching, you can really improve flexibility even in middle age (and older). Increasing your flexibility can make you feel younger and more energized, improve your posture, help reduce the risk for injury and when combined with a cardiovascular and strength training regimen-help you get in shape.
A person's flexibility refers to the ability of your joints to move through a full range of motion. Having flexibility in your muscles allows for move movement around the joints and that means better posture, muscle tension & soreness, reduced risk of injury and more relaxation for the mind & body.

Methodology
The total subjects of this study were 80 on BA General physical Education girls of Santipur College, age ranging (18–21) years of forty girls, from rural and forty girls, from urban areas had been randomly selected of this present study.

a) Criteria Measured
The personal data age (year), height (cm.) and weight (kg) were measured by date of birth certificate, Stadiometer and weighing machine.

Flexibility measured by Sit & Reach Test (Johnson & Nelson, 1982). In this test the total distance was measured by centimeter of each of them.

b) Practice Schedule

Period of treatments were 8 weeks and each group practiced three days in a week and duration was one hour per day from 3.30 pm to 4.30 pm.

Chart 1: Weekly Training Schedule

Day	Time	Duration	Procedure
Monday	3.30 pm.–3.45 p.m.	15 min.	Warm up with jogging, loosening exercises, striding, stretching, exercises, wind sprint.
	3.45 p.m.– 4.15 p.m.	30 min.	1) Shuttle Run – 10 m × 6 2) Gymnastics – 10 min. 3) Yogasana – 6 min. 4) Anaerobic Dance Practice – 5 min.
	4.15 p.m.– 4.30 p.m.	15 min.	Cooling down.
Wednesday	3.30 pm.– 3.45 p.m.	15 min.	Warm up with jogging, loosening exercise, striding stretching exercises, wind sprint
	3.45 p.m.– 4.15 p.m.	30 min.	1) Gymnastics – 6 min. 2) Yogasana – 10 min. 3) Alternative Toe Touch – 20 times × 5 4) Inclined Chest Pass (both sides) – 20 times × 5
	4.15 p.m.– 4.30 p.m.	15 min.	Cooling down.
Friday	3.30 pm.– 3.45 p.m.	15 min.	Warm up with jogging, loosening exercise, striding stretching exercises, wind sprint
	3.45 p.m.– 4.15 p.m.	30 min.	1) Gymnastics – 10 min. 2) Yogasana – 6 min. 3) Shuttle Run – 10 m. × 5 4) Anaerobic Dance Practice – 5 min. 5) Rotation of various joints – 3 min.
	4.15 p.m.– 4.30 p.m.	15 min.	Cooling down

Result and Discussion

Table 1: Comparison of Flexibility of Experimental Pre Test and Control Pre Test of (18 – 21) years rural and urban girls

Variables	Exercise group	Expt. Pre test Mean ± SD	Control Pre test Mean ± SD	SE_D	Obtained 't' value
Flexibility	Rural Ex. Gr-1	0.92 ± 4.40	0.91 ± 4.40	0.02	0.35 NS
(Sit and Reach Test)	Urban Ex. Gr-11	– 0.15 ± 3.21	0.25 ± 3.15	0.69	0.56 NS

NS is Not Sign

Table – 1 showed that the mean ± SD score of flexibility of (18–21) years expt. pre test and control pre test of rural girls group were (0.92 ± 4.40, 0.91 ± 4.40) respectively. 't' value was not significant. The mean ± SD score of flexibility of (18 – 21) years expt. pre test and control Pre test of urban girls group were ((– 0.15 ± 3.21, 0.25 ± 3.15) respectively and 't' value was not significant.

Table 2: Comparison of Flexibility of Experimental Post Test and Control Post Test of (18 – 21) years rural and urban girls

Variables	Exercise group	Expt. Post test Mean ± SD	Control Post test Mean ± SD	SE_D	Obtained 't' value
Flexibility	Rural Ex. Gr-1	5.23 ± 3.01	0.96 ± 4.20	1.15	3.69**
(Sit and Reach Test)	Urban Ex. Gr-11	4.26 ± 2.02	0.49 ± 3.88	0.97	3.85**

**Sig. at 0.01 level.

It was observed from Table–2 that the mean ± SD score of flexibility of (18–21) years expt. post test and control post test of rural girls group (5.23 ± 3.01, 0.96 ± 4.20) respectively. The mean ± SD score of flexibility of (18–21) years expt. post test and control post test of urban girls group were (4.26 ± 2.02, 0.49 ± 3.88) respectively. Rural and urban girls group 't' value was 3.69 and 3.85 respectively. All t-values are significant at 0.01 level.

Table 3: Comparison of Flexibility of Experimental Pre test and Experimental Post test of (18–21) years rural girls

Variables	Exercise Group	Expt. Pre test Mean ± SD	Expt. Post test Mean ± SD	SE_D	Obtained 't' value	Improvement Occurred
Flexibility	Rural Ex, Gr-1	0.92 ± 4.40	5.23 ± 3.02	1.14	3.78**	474.24%
(sit and Reach Test)	Urban Ex. Gr-11	– 0.15 ± 3.21	4.26 ± 2.02	0.84	5.20**	294.00%

**Sig. at 0.01 level.

It was observed from Table–3 that the mean ± SD score of flexibility of (18–21) years expt. pre test and expt.post test of rural girls group was (0.92 ± 4.40, 5.23 ± 3.02) respectively. The mean ± SD score of flexibility of (18–21) years expt. pre test and expt. post test of urban girls group were (– 0.15 ± 3.21, 4.26 ± 2.02) respectively. Rural and Urban girls group 't' values were 3.78, and 5.20, both were significant at 0.01 level. Improvement occurred in rural and urban girls were 474.24% and 294.00% respectively.

Table 4: Comparison of Flexibility of Experimental Post Test of (18 – 21) years rural vs. urban girls

Variable	Expt. Post Test (Mean ± SD)		SE_D	Obtained 't' value
	Rural Ex.Gr-1	Urban Ex.Gr-11		
Flexibility (Sit and Reach Test)	5.23 ± 3.01	4.26 ± 2.02	0.81	1.19 NS

NS is Not Significant.

It was observed from Table–4 that the mean ± SD score of flexibility of (18–21) years rural and urban expt. post test was (5.23 ± 3.01& 4.26 ± 2.02) respectively and t values was 1.19 for girls (Not significant). This table showed that mean score of (18–21) years rural girls were higher than that of urban girls which implies better flexibility of rural girls better than urban girls.

Findings

It was observed that from my study, the training programme have possitive effect in flexibility. It is clear from my result and discussion that the rural girls flexibility was better than urban girls. The researcher observed that the physical fitness component increased due to training programme.

After eight weeks exercise programme flexibility was increased of (18–21) years girls group and it was significant at 0.01 level. Reid *et al*. (1987), Donald, H. M. (1985) [5], AAHPER (1958) [1], Gharote, M. L (1979) [7], Barrik and Banerjee (1990) [2] observed that after 6 weeks of conditioning programme, speed, flexibility, strength, agility increased significantly.

Conclusion

1. The flexibility of (18–21) years rural and urban girls was increased through the active participation in the prescribed exercise programme.
2. This comparative study indicated that the flexibility of rural girls of (18–21) years was better than that of urban girls due to the prescribed exercise treatment.

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