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## A study on effect of folk dance on health related fitness component

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### Abstract

The purpose of the study was to determine the effect of folk dance (Kuthiyottam) training programme on Flexibility. Randomly selected 60 high school boys were divided into two equal groups as A and B. After taking the pre-test for Flexibility the training programme was given to experimental groups A where as the group B was a control group. The experimental group 'A' had undergone the training programme in Kuthiyottam, thrice a week for 16 weeks. Two middle tests after 5 weeks and 10 weeks and a post test were conducted. The t-test was employed to analyse the significance of difference from the pre-test to post test on selected variable. The result reveals that there was significant improvement in Flexibility for the experimental group as a result of the training programme conducted for a period of four months.

**Keywords:** folk dance, health, fitness component

### Introduction

People today have experienced more changes and crises than of any other generation. Advancement in modern technology has enabled our present day society to exist in a world where physical work is almost obsolete. We are constantly looking for ways to make life more easy, that is, from the view point of conserving effort and human energy. Physical inactivity and increased sedentary nature of our daily living habits are a serious threat to the body, causing major deterioration in normal body functions. Such common and serious medical problems as coronary heart disease, hypertension, obesity, anxiety, depression and lower back problems have been either directly or indirectly associated with lack of physical activity (Bud, Getchell, 1992) <sup>[1]</sup>.

Biologically Man tends to conserve energy. Along with it, advancement in technology and automation, modern civilization consciously or subconsciously has become less active and more lazy. The positive correlation between the increased coronary heart disease death rates is increasing, even though the cause and effect certainly cannot be established. As a result of sedentary life style, many people suffer from hypokinetic diseases or diseases associated with lack of physical fitness and inactivity. One of the serious health problems that children as well as adults are facing today is obesity. Obesity refers to the excessive accumulation of fatty tissue. The best defence against the development of hypokinetic diseases is to put the muscles, bones, joints, heart, lungs and various body systems to work on a regular basis through a systematic programme of exercise (Cratty, J. Bryant, 1967) <sup>[2]</sup>

Dance activities have served many cultures as a form of art and recreation. Dance in the school curriculum is vital to the child's development of body control, of expressiveness, and of creativity. Children learn what their bodies can do and how to adapt the various movements of the body to force, space and objects through all activities, but movements affected by a time structure is learned best through dance activities.

Kuthiyottam is a form of dance which is performed in the Devi temples of Kerala. Two groups perform kuthiyottam during which one group sings kuthiyottam songs and other group performs kuthiyottam dance movements. This dance demands a lot of physical effort and co-ordination of body. It is performed in temples as a part of the temple festival. This dance is very famous in temples like Attukal, Chettikulnagara Devi temple and Kadakkal Devil temple. It is practiced and performed in many other Devi temples throughout the state of Kerala.

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Flexibility is the ability of an individual to move the body through as wide a range of motion as possible without undue strain to the articulation and muscle attachments (Dick, Frank, 1980) [3]. The flexibility is largely determined by the tightness of muscles, tendons and ligaments that are attached to the joint. The more a muscle can stretch, the better the flexibility of the joint. Good flexibility is important for joint health and for the prevention of injuries. Flexibility is a highly adaptable physical fitness component. It increases with regular activity and decreases with inactivity. Flexibility is also specific. Good flexibility in one joint doesn't necessarily mean good flexibility in another.

To measure the flexibility of the lower back and posterior thighs. The subject was asked to remove his shoes and sit on the floor with feet against a standardized Sit and Reach Test apparatus. The apparatus was placed against a wall to prevent it from sliding. The subject was asked to extend the legs fully with the feet about shoulder width apart. The tester holds the subject's knees to ensure they were extended. The subject was asked to extend his arms forward with hands placed on top of each other, bending forward along the measuring scale four times and hold both hands at the maximal position for 1-2 seconds on the fourth trial. The score is the maximum distance reached in nearest half centimeter.

### Objective of the study

The purpose of the study was to determine the effect of Kuthiyottam training programme on Flexibility of high school boys. The study may help the people to know the effect of

Kuthiyottam, on selected variable of health related physical fitness and probably make an impact on the public to follow traditional dances in the form of body exercises to maintain good health and fitness. Further, this study may educate parents and academicians of school education to include dances in their co- curricular programmes.

### Hypotheses

There will be significant improvement in Flexibility as a result of training programme in Kuthiyottam.

### Design of the study

Randomly selected 60 high school boys were divided into two equal groups as A and B. After taking the pre-test for Flexibility (Sit and Reach Test), Kuthiyottam training programme was given to experimental groups A where as the group B was the control group. The experimental group had undergone the training programme in Kuthiyottam, thrice a week (ie, on Mondays, Wednesdays and Fridays) for 16 weeks. Two middle tests after 5 weeks and 10 weeks and a post test were conducted.

### Analysis of data and Discussion of Findings

The t-test was employed to analyse the significance of difference from the pre-test to post test on selected variables. The level of significance chosen was 0.05. The following table of statistical descriptions reveal the effect of training programme in Kuthiyottam.

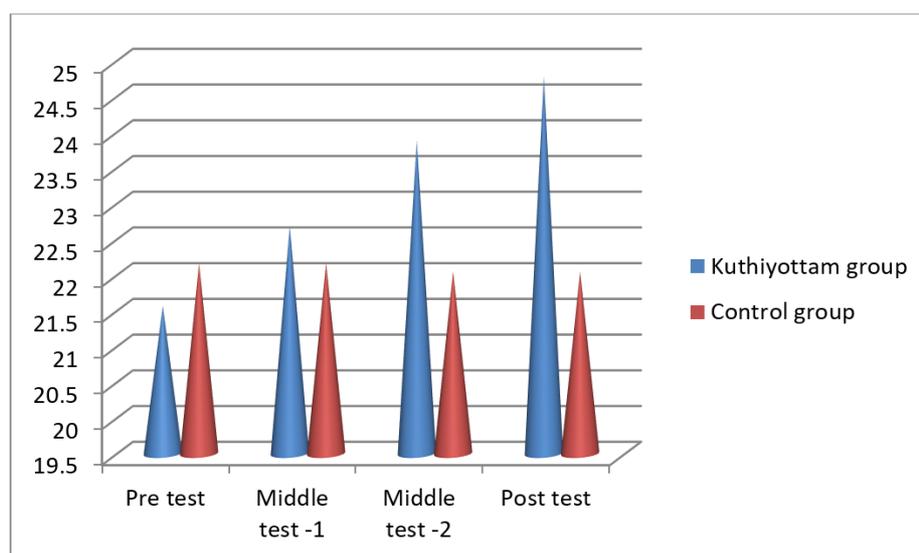
**Table 1:** Significance of Differences between the Pre Test and Post-Test Means of the Kuthiyottam and Control Groups on Flexibility

Groups	Means				MD	SD	SE	't' value
	Initial	First middle test	Second middle test	Final				
Kuthiyottam Group (N=30)	21.5667	22.683	23.883	24.7833	3.2167	0.8874	0.16203	19.852*
Control Group (N=30)	22.1667	22.17	22.05	22.05	0.1167	0.3130	0.0571	2.041

\* Significant at 0.05 level  
't' value required at 0.05 level = 2.045 (df 29)

The above table indicates that the Kuthiyottam group exhibited significant improvement in flexibility with initial mean score (21.5667) and the final mean score (24.7833). Further, it picturizes that the obtained 't' value (19.852) is a much higher than the tabulated 't' value (2.045) at 29 degrees of freedom. Hence the obtained 't' value was found to be highly significant at 0.05 level. On the contrary, the initial

mean value (22.1667) and the final mean value (22.05) of control group showed negligible difference. Further the obtained 't' value (2.041) is less than the required 't' value (2.045) which was insignificant at 0.05 level. The initial, 2 middle tests and final means of Kuthiyottam and Control groups on flexibility are diagrammatically shown below.



**Fig 1:** Graphical representation of mean difference of Kuthiyottam and control groups on flexibility

### **Conclusion**

Based on the analysis of statistical results, it was observed that there was significant improvement in Flexibility for the experimental group as a result of the training programme in Kuthiyottam conducted for a period of four months. There was no significant improvement shown by the control group.

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