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A study on agility of Chhau dancers

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Abstract
Chhau dance is one of the famous traditional dances of India where fitness plays a vital role. Among the fitness components, agility plays a very important role in the skillful performance of this dance. The objective of the study was to compare the agility of the Chhau dancers of different age groups. For the purpose of the study sixty Chhau dancers were selected purposively from Purulia, West Bengal, India as the subjects for the study. They were also purposively divided into three age groups- Group one (G-1) 18 to 27 years (n-20), group two (G-2) 28 to 37 years (n-20) and group three (G-3) 38 to 47 years (n-20). Agility was selected as the variables for the study. 4x10 yard shuttle run tests was used to measure the agility of selected three different age group Chhau dancers. To compute the data, descriptive statistics, Analysis of variance (ANOVA) and LSD post-hoc-test were used. The level of significance was set at 0.05 levels. The result revealed that there was significant difference (F-15.312) on agility among the three selected Chhau dancer groups. The result also revealed that the G-1 group Chhau dancers were better than the G-2 group Chhau dancers (MD-0.587) and G-3 group Chhau dancers (MD-(0.902). On the basis of the result it was concluded that there was significant difference on agility among the selected three different Chhau dancer groups.

Keywords: Traditional, artistic, Chhau dance, fitness, agility

1. Introduction

Chhau dance is a kind of famous dance which requires a lot of physical fitness and mental alertness. It is basically performed in eastern region of India and the men generally performed it wearing masks - from an anthropological and sociological perspective. This is an open-air dance at ground level without any raised platform or enclosure. The dance is dramatic in nature and is dominated by the tales from the Hindu Mythology. The distinguished feature of this dance is skillful use of mask and costumes. Wearing a 5 kgs mask on the head demands the performer's physical fitness and a bold physic. Jumping in the air in another movement which serves as gesture of attack during the enactment of a war scene. Such jumping is high hall-mark of acrobatic skill and physical fitness of the performers of Chhau dance.

Chhau - also spelled as Chhaw is a semi classical Indian dance with martial, tribal and folk origins with origins in the eastern Indian states of Jharkhand, West Bengal, and Odisha. It is found in three styles named after the location where they are performed, i.e. the Purulia Chhau of Bengal, the Seraikella Chhau of Jharkhand, and the Mayurbhanj Chhau of Odisha. The performers wield weapons such as swords and shields while dancing. The costumes vary between the styles, with Purulia and Serakeilla using masks to identify the character. The stories enacted by Chhau dancers include those from the Hindu epics the Ramayana and the Mahabharata, the Puranas and other Indian literature.

The Recognition in 2010 the chhau dance was inscribed in the UNESCO'S representative list of the Intangible Cultural Heritage of Humanity. The Government of Odisha established a Government Chhau Dance Centre in 1960 in Seraikella and the Mayurbhanj Chhau Nritya Pratisthan at Baripada in 1962.These institutions engage in training involving local gurus, artists, patrons and representatives of Chhau institutions sponsor performances. The Chaitra Parva festival, significant to the chhau dance is also sponsored by the state government. The Sangit Natak Akademi has established a National Centre for Chhau Dance at Baripada, Odisha. Purulia Chhau Dance is listed on UNESCO'S world heritage list of dances in 2010. In 2014, its tableau portraying Chhau dance of Purulia, which is popular genre of Indian tribal

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martial dance, had won the top prize. In recent years, this dance form has started gaining more recognition as people are again trying to associate themselves with their roots. Bollywood has tried to capture the beauty of Bengal in two of its movies, Barfi and Lootera, where they have shown this dance form in play.

The Great Artist, who leads the chhau dance and mass publicized, is Padmashree Gambhir Sing Muda from Purulia, WB.

Agility skill is defined in many ways most of them sound like the quick movement of the body in response to a stimulus as well as the ability to rapidly change the movement direction or the ability to start and stop quickly. Motor skills that affect the agility are balance, coordination, explosive strength and flexibility. According the Johnson and Nelson agility may be defined as the Physical activity, which enables an individual to rapidly change body position and direction in a precise manner.

As the growing popularity of this dance in national and international level, there is a huge need of physical as well as mental fitness to perform the dance among the fitness components; agility play a very important role in the skillful performance of this dance. This is an indispensible part of the dance that liberates the dancers and assigns a role. Vigorous jumps, hops and twist portra the mood of Chhau these movements however are not arbitrary. On the contrary, everybody movement including the movement of the even the peaks of each masks follow prefixed rules and grammar of the dance. The shoulder and chest movement indicate euphoria, melancholy or courage. Jumping in the air or as it is known in the dancers dialect ulfa, indicates attack during the enactment of a war scene. All these movements of the body increase the agility of the dancers. Increased agility while often slow and graceful, chhau has its swift moments as well. Performing a chhau dance routine takes a great amount of agility. Dance classes are useful for all dancers trying to gain more agility. The body needs muscular strength because it contributes to agility helps control the weight of the body motion and helps the body maneuver quickly. Children typically begin chhau dance training between the age of 7to 10 years old though which they learn basic dance techniques. Training allows new dancers to develop flexibility, strength and mobility. Agility skills are motor qualities that are more easily learned and developed at young age with specific training and during the appropriate age level. Agility is not just about the speed with which an individual can change direction. Dancers require strength, control and coordination while you move in all different directions, jump, twist and turn. Now day's physical demands placed on dancers from current choreography and performance schedules make their physiology and fitness just as important as skill development. Agility is mainly checked in athletics rather than dancers. Agility movements involves perceptual component like decision making and anticipation in all processes of dance. Speed and agility skill involves moving the body very quickly, as fast as possible, but in agility skill we add the attribute of changing direction that is very important in chhau dance. Researchers have been done on agility in chhau dancers. But the fact is that there is a very less research on chhau dancers. Therefore the study was undertaken to compare the agility of the Chhau dancers of different age groups.

Objective of the study
The objective of the study was to compare the agility of selected three different age group chhau dancers.

2. Methodology
Subjects
For the purpose of the study sixty Chhau dancers were selected purposively from Purulia, West Bengal, India as the subjects for the study. They were also purposively divided into three age groups- Group one (G-1) 18 to 27 years (n-20), group two (G-2) 28 to 37 years (n-20) and group three (G-3) 38 to 47 years (n-20).

Variable
Agility was selected as the variable for the study.

Test and Criterion Measure
To measure the agility of selected three different age group chhau dancers, 4 x 10 yard shuttle run was used. The scores of the subject on 4 x 10 yard shuttle run were recorded in seconds.

Collection of Data
The volunteered subjects first were oriented about the research and test and the subjects were asked to perform three trials on agility test and the best one was recorded as the subject's score. The score was recorded in seconds. The subjects were asked to warm up themselves properly before the test.

Statistical Analysis
To find out the significant difference among the selected three age group chhau dancers on agility, descriptive statistics, Analysis of variance (ANOVA) and LSD post-hoc test were applied. The level of significance was set at 0.05 level.

3. Result and Discussion

Table 1: Descriptive statistics on agility of different group Chhau dancers

	N	Mean (Sec)	Std. Deviation	Std. Error	Best Score (Sec)	Worst Score (Sec)
G-1 group	20	9.4780	0.43601	0.09749	8.50	9.97
G-2 group	20	10.0650	0.43341	0.09691	9.45	11.01
G-3 group	20	10.3805	0.66636	0.14900	8.50	11.25

Table-1 expressed the descriptive statistics on agility of different age group Chhau dancers. The mean agility of the group-1, group-2 and group-3 were 9.4780 seconds, 10.0650 seconds and 10.3805 respectively. The standard deviation on the agility of the group-1, group-2 and group-3 were 0.43601, 0.43341 and 0.66636 respectively. The standard error on the agility of the group-1, group-2 and group-3 were 0.09749, 0.09691 and 0.14900 respectively. The best score on the agility of the group-, group-2 and group-3 were 8.50 sec, 9.45 sec and 8.50sec respectively. The worst score on the agility of the group-1, group-2 and group-3 were 9.97 sec, 11.01 sec and 11.25 sec.
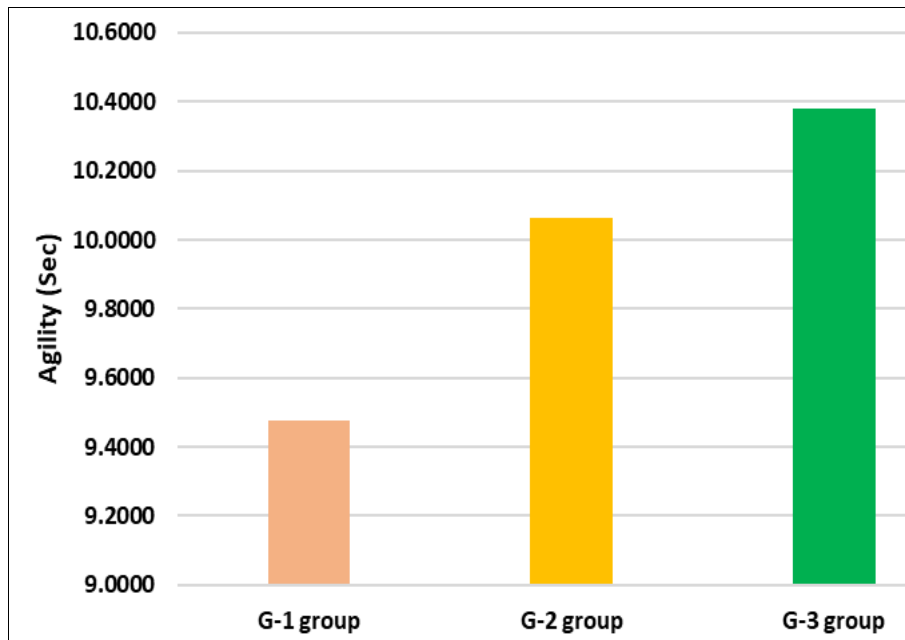
Fig 1: Graphical representation on agility of three different age group Chhau dancers

Table 2: ANOVA on agility of three different age group Chhau dancers

Source	Sum of Squares	DF	Mean Square	F	Sig. Level
Between Groups	8.391	2	4.195	15.312*	0.000
Within Groups	15.618	57	.274		
*Significant at 0.05 level (df-2,57)					

The table -2 revealed that there was a significant difference (F=15.312) on agility among the three different age group Chhau dancers. The level of significance was 0.000.

Table 3: LSD Post-hoc test of selected three age group Chhau dancers

Groups		Mean Difference	Std. Error	Sig. Level
G-1 Group	G-2 Group	0.58700*	0.16553	0.001
	G-3 Group	0.90250*	0.16553	0.000
G-2 Group	G-3 Group	0.31550	0.16553	0.062

Table -3 expressed the LSD Post hoc test among the three different age group Chhau dancers. Here the mean difference between G-1 and G-2 group was found significant (0.58700) at 0.001 levels. It expressed that the G-1 group was better in agility comparing to G-2 group.

The mean difference between G^{-1} and G^{-3} group was found significant (0.90250) at 0.000 levels. It expressed that the G-1 group was better in agility comparing to G-3 group.

The mean difference between G-2 and G-3 group was found not-significant (0.31550).

The result might be due to the age and regular practice according to their age and fitness level. The result of the study was partly supported by the study of Ghosh S S (2015). He worked on motor ability between Bharat natyam dancers and gymnasts of West Bengal. Thirty (N=30) subjects were randomly chosen of which fifteen (n=15) were Bharatnatyam dancers and rest fifteen (n=15) were professional gymnasts. The subjects represented Bharatnatyam dancers group were collected from Kalamandir Nritya Kendra and the subjects represented professional gymnast group in the present study were collected from Dolphin Anushilan Kendra. Both the institutes are situated at Burdwan district of West Bengal. The age of the subjects ranged between 10 to 15 years. The six different motor ability components *viz.* Cardiovascular Endurance, Agility, Explosive Leg Strength, Speed, Muscular Strength, and Muscular Endurance were considered as variables for the present study. He incorporated AAHPERD Youth Physical Fitness Test Battery. Ethical consents were taken from the respective institutes before conducting the study. The data were collected in two consecutive days for all the subjects as per the tests guidelines. Mean, standard deviation (SD) and independent t- test were the statistics used in this study for data interpretation. For statistical calculations Excel Spread Sheet of windows version 7 was used. Data analysis proved significant difference between the Bharat Nataym dancers and professional dancers of West Bengal both with respect to Cardiovascular Endurance, Agility, Explosive Leg Strength, Speed, Muscular Strength, and Muscular Endurance.

4. Conclusion
On the basis of the result it was concluded that there was significant difference on agility among the selected three different chhau dancer groups. The young chhau dancer group is better in agility than the middle and senior aged chhau dancer groups.

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