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## “IMPACT OF DANCING AND RHYTHMIC ACTIVITIES ON PHYSICAL FITNESS OF SPORTS PERSONS”

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### ABSTRACT

**T**his study was conducted to find out that to what extent the co-curricular activities like participation in dance and rhythmic activities can affect the physical fitness of sportsperson. Now the days in each and every institution we can see a number of activities are being included in the process of education other than the academic curriculum. All these activities are very helpful in moderating the behavior of child and it also helps in developing strength, agility, endurance, flexibility and overall fitness of a student's specially of the sportsperson. It improves the overall health as well. The present study was conducted to know about the effect of dancing and rhythmic activities on physical fitness of sportspersons. The study was conducted on a sample of 200 students of Ch. Devi Lal University before and after participation in dancing activities. It has been found in the study



that there exist a significant difference in physical fitness of sportspersons before and after taking part in co-curricular activities.

**KEYWORDS:** Leg power, Agility, Flexibility, and Speed.

### INTRODUCTION:

Physical education plays a critical role in educating the students. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both

academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful. In the preschool and primary years, active play may be positively related to motor abilities and cognitive development. As children grow older and enter adolescence, physical activity may enhance the development of a positive self-concept as well as the ability to pursue intellectual, social and emotional challenges. Throughout the school years, quality physical education can promote social, cooperative and problem solving competencies. Quality physical education programs in our nation's

schools are essential in developing motor skills, physical fitness and understanding of concepts that foster lifelong healthy lifestyles. According to Sodhi and Sidhu (1984), the physical fitness in sports and physical education can be considered in two main aspects, general physical fitness and specific physical fitness. The terms dancing and rhythmic activities are generally used to describe the traditional recreational dance forms of common people. Most of the dances are of anonymous origin and have been handed down from generation to generation over a considerable period of time. Banerjee says: "All these are simple rhythmic movements without any scheme and may be classed as a natural outburst of dance instinct to express the inner most passion". Rabinder Nath Tagore thinks that the "Dancer talks in the voice of pictures and dance". Participation in such activities like folk dance provides a sample

opportunities to develop and change one's personality. Participation in such activities helps in developing all kinds of physical, emotional, intellectual and social traits of the individuals. Folk dances has a great role especially to the people who are living in a remote provinces or locality, in the sense that, dance will serve as mirror that tells the nature of the people living in that particular place such as; occupation, religion, culture, tradition, customs and belief.

Dancing reflects the value of nature in people's life. Many of the folk, tribal and ritual dances are intimately connected with nature's patterns. A bumper harvest calls for rejoicing while the growth of crops is supposedly encouraged through rites for rain or invoking of the spirits of fertility. Everyday tasks like planting, winnowing and fishing or occupational activity like rowing a boat or pounding the earth are also seen in dances. Most dances are accompanied by music and the instruments are played by men. Generally there is a separate category of accompanists but in some dances the dancers themselves play the instruments particularly the drums as they dance. Folk dances thus depict the culture of the local people of a particular State or Province. They embody the moods of recreation and celebration of the people.

### **ROLE OF DANCING AND RHYTHMIC ACTIVITIES IN PHYSICAL FITNESS**

Dance and movement therapy are consisted of music, easy exercises and sensorial stimulus and provide drugless treatment for the depression on low rates. Dance and rhythmic movement have been used to develop expression and different emotions for centuries. Dance movement therapy has been used as a form of art rehabilitation in the Western world since the early 1950s. Dance has many dimensions. In terms of physical meaning, dance makes us show the energy inside us. While body language training is only providing the individual with the opportunity of speaking with his own subconscious. In dance training, as a physical development; there is a balanced harmony between body, arms and legs. Strong and lively movements are included in dynamism full of energy and a decreasing calmness. Learning motor power skills and managing arms and legs enable to control slowly the movements out of daily life. As well as people, who dance and do exercises, have less alcohol consumption, anxiety, depression, anger, phobias and stress; a decrease is also seen in these people's hostile feelings.

### **PHYSICAL FITNESS:**

Clarke (1966) defined 'physical fitness' as the ability to carry out daily task with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time pursuits to meet unforeseen emergencies.

### **OBJECTIVES OF THE STUDY**

- To find out the impact of rhythmic and dancing activities on trunk strength of students.
- To find out the impact of rhythmic and dancing activities on flexibility of students.
- To find out the impact of rhythmic and dancing activities on agility of students.
- To find out the impact of rhythmic and dancing activities on speed and agility of students.
- To find out the impact of rhythmic and dancing activities on leg power of students.

### **DELIMITATIONS OF THE STUDY**

- The physical fitness was measured by Eurofit physical fitness test battery.
- This study was delimited to physical variables strength, coordinative, flexibility, agility, endurance and speed only.
- This study was of rhythmic and dancing activities folk and general dance only.
- This study was conducted only on 200 students.
- All the subjects of the present study were from Sirsa district.

### **METHODOLOGY**

Sample of 200 students was taken from students belonging to Ch. Devi Lal University, Sirsa. The study was conducted before youth festival and after youth festival of the university on the participating students.

### **TOOL TO BE USED**

Data was collected on the chosen variable at the pre and post experimental stage. The Eurofit Fitness Test Battery was used to collect the data.

**PROCEDURE TO BE USED**

200 students were taken from Ch. Devi Lal University, Sirsa. Data was taken at previous stage when these sportspersons were not involved in any kind of rhythmic activities and hence they act as control group in first stage. Then the data was taken after youth festival in which all the subjects of study participated. Data was taken from three different years and tests were done according to Eurofit Fitness test.

**STATISTICAL TECHNIQUE FOR ANALYSIS OF DATA**

The difference between the two groups was tested by "t-test". Further for testing the hypothesis the level of confidence will be set at 0.5 level

**RESULTS OF THE STUDY:**

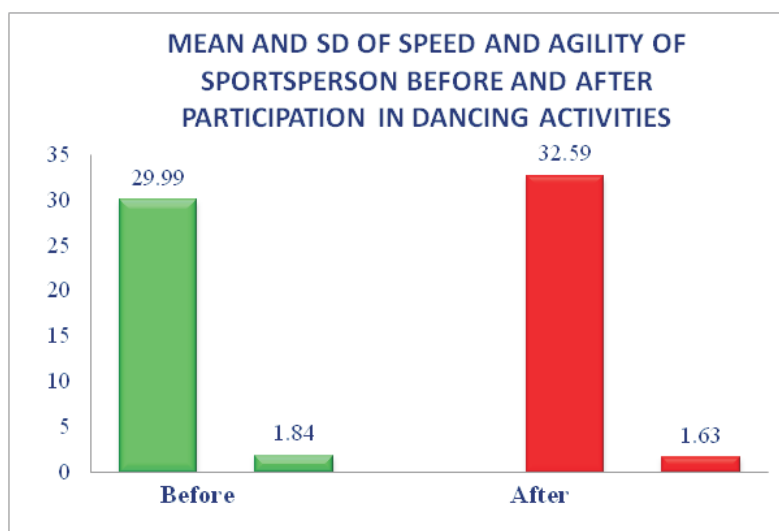
**Table-1**

**Comparing the difference in speed and agility of sportspersons before and after participating in youth festival.**

Groups	N	Mean	S. D.	t-value
Before participation	200	13.8281	0.4383	6.16*
After participation	200	13.5569	0.4417	

\*significant at .05 level of significance

It could be observed from table 1 that obtained t-value of 6.16 is more than the table value, at 0.05 level of significance. Therefore null hypothesis is rejected. Thus it is concluded that there is significant difference between the speed and agility of sport-persons before and after participation in dancing and rhythmic activities. Therefore we may conclude that dancing and rhythmic activities play very significant role in increasing the speed and agility of sportspersons.



**Table-2**

**Comparing the difference in explosive leg power of sportspersons before and after participating in youth festival.**

Groups	N	Mean	S. D.	t-value
Before participation	200	2.1124	0.1785	10.18*
After participation	200	2.3057	0.2004	

\*significant at .05 level of significance

It could be observed from table 2 that obtained t-value of 10.1825 is more than the table value, at 0.05 level of significance. Therefore null hypothesis is rejected. Thus it is concluded that there is significant difference between the explosive leg power of sportspersons before and after participation in dancing and rhythmic activities. Therefore we may conclude that dancing and rhythmic activities play very significant role in increasing the explosive leg power of sportspersons.

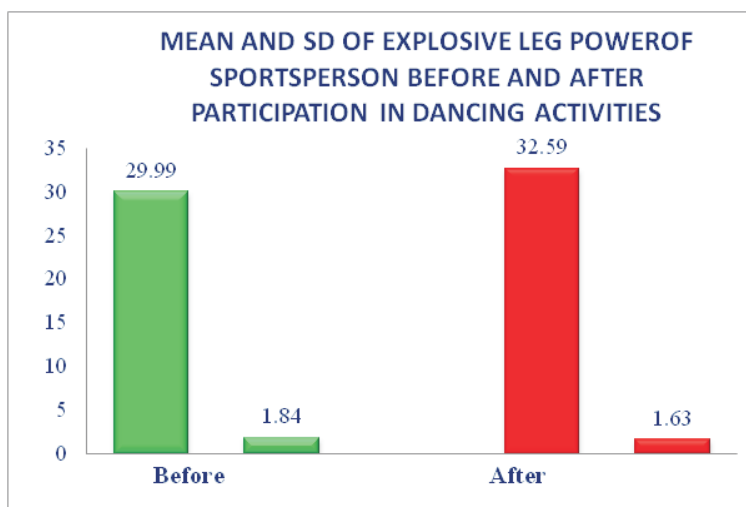


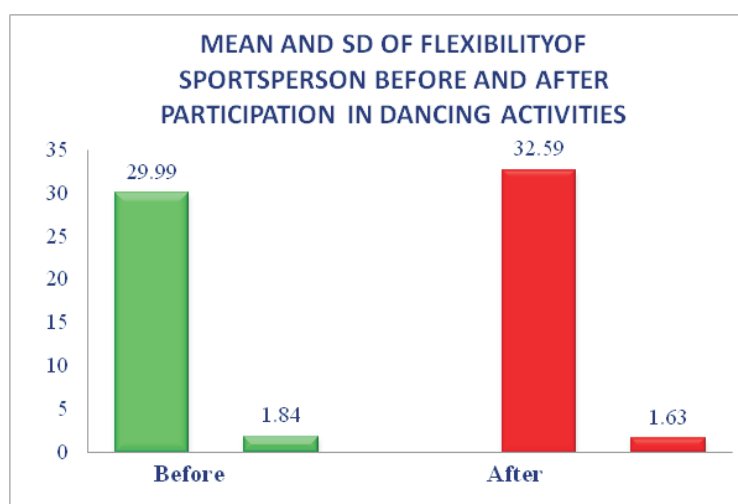
Table-3

Comparing the difference in flexibility of sportspersons before and after participating in youth festival.

Groups	N	Mean	S. D.	t-value
Before participation	200	14.41	2.75	0.07**
After participation	200	14.43	2.79	

\*\*significant at .05 level of significance

It could be observed from table 3 that obtained t-value of 0.07221 is less than the table value, at 0.05 level of significance. Therefore null hypothesis is accepted. Thus it is concluded that there is no significant difference between the speed and agility of sportspersons before and after participation in dancing and rhythmic activities. Therefore we may conclude that dancing and rhythmic activities do not play significant role in increasing the flexibility of sportspersons.

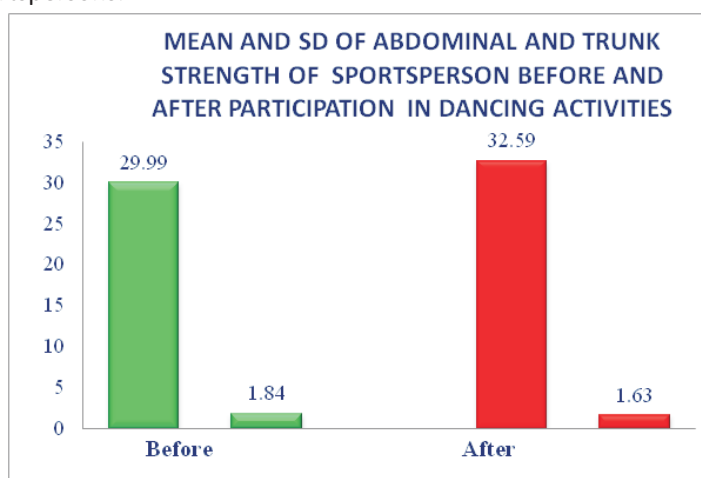


**Table- 4**  
**Comparing the difference in abdominal and trunk strength of sportspersons before and after participating in youth festival.**

Groups	N	Mean	S. D.	t-value
Before participation	200	29.99	1.84	14.95*
After participation	200	32.59	1.63	

\*significant at .05 level of significance

It could be observed from table 4 that obtained t-value of 14.9586 is more than the table value, at 0.05 level of significance. Therefore null hypothesis is rejected. Thus it is concluded that there is significant difference between the abdominal and trunk strength of sportspersons before and after participation in dancing and rhythmic activities. Therefore we may conclude that dancing and rhythmic activities play very significant role in increasing the abdominal and trunk strength of sportspersons.



**CONCLUSION**

We can conclude from this research work that co-curricular activities like dancing and rhythmic activities have significant effect on physical fitness of sportsperson and hence we should promote the participation of sportspersons in such activities. Not only they have significant impact on physical fitness but they could also prove very beneficial in developing overall personality of every person.

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