

Effect of Dandiya Dance play on selected motor fitness components among School Girls

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Abstract

Dancing helps students to build and maintain healthy bone, muscles, and joint. It also help, students lean muscle and reduce fat. It will provide lots of fun, increase self-esteem, decreases depression and anxiety. The study analyzed the effectiveness of eight weeks of one hour Dancing program on selected physical fitness variables of school girl's students. 12-17 year old 30 school students from different STPS thermal colony Suratgarh were selected for the study, and were randomly and equally divided into control group and experimental group. The experimental group had to undergo Two hour Dance program during Dandiya rass at STPS colony for preparation for Navrata. Total duration was for five weeks. Physical fitness values of experimental and control group were measured in before and after studies.

After the five - week dance education, It was determined that there was statistically significant differences in vertical jump, flexibility, sprint and endurance parameters between the experimental and control groups.($p < 0.05$). In the study of comparing the experimental group in itself, statistically significant differences were found of the specified physical fitness parameters ($p < 0.01$). As a result; physical fitness levels of the educable mentally retarded individuals who regularly participated in dance activities showed significant improvements. The results of this study, it was observed that after five-week education program there was more development of many physical fitness parameters in the experimental group than the control group and this revealed that the importance of dance education on educable mentally retarded children.

The data pertaining to the motor fitness variables were analyzed by Paired't' test to determine the difference between initial and final mean scores of experimental and control groups. The findings of the study indicate that one hour dandiya folk dance has a significant effect on school girl students' speed, muscular power, abdominal strength and endurance.

Keywords: Speed, Muscular Power, Abdominal Strength, Endurance, Soccer.

1. Introduction

'Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy.' Jacques d'Amboise

Dance is referred as unique by as it is both an art as well as an athletic activity. It is the art form that involves movement of the body in a rhythmical way. In various cultures dance is performed as an expression of emotion, sharing of stories and folktales and also as a form of

exercise. The setting in which dance is represented can be within a spiritual setting or a theatrical performance setting. Dance can be a profession, entertainment and or simply a passion.

Cultural and regional folk dance - Folk dance refers to a variety of dances developed by groups or communities within a specific global region, as opposed to being made up by a choreographer. Dance is then seen as a motivating, engaging and recommended form of physical activity for the



advancement of motor skills, motor learning and motor development of children.

Children engaged in the phase of fundamental motor skills development, are seen to benefit vastly from dance. Locomotion will become more energy efficient. Movement will contain a greater stability and stronger synchronised flow. Within context of this study gait and endurance being fundamental motor skills can be a measure used to identify changes taking place between children aged four to six and eleven to fourteen. This will distinguish whether dance is more effective during the fundamental motor pattern or at the skillfulness phase of motor development.

Modern Garba is also heavily influenced by *Dandiya Raas*, a dance traditionally performed by men. The merger of these two dances has formed the high-energy dance that is seen today.

Garba and Dandiya Raas are also popular in the Rajasthan where more than 20 universities have Raas/Garba competitions on a huge scale every year with professional choreography. Garba is also very popular in the United Kingdom where there are a number of Gujarati communities who hold their own garba nights and widely popular among the Gujarati community even in Canada, where the largest navratri festival in the western world is held annually in Toronto. They say "Ae Hallo" for fun, which means "Come on! Lets start!"

Rajasthan, also called as Land of legends is one of the most diverse states and one of the major tourist attractions in India. Rajasthan's boundless journey from roots to wings is endless with historical cultural traditions commending the elegances of the state. Rajasthan is a superb blend of Arts, culture and Lifestyle which makes a space for harmony and soulful well being. Rajasthan stands exclusive with Arts as a form of expressions as it is a home to many acclaimed artists and blooming talent modifying the Art world. Rajasthan has an impact of enculturation; a culture shared with the members of the society

and is adopted by further generation through experiences, observations and instructions. Rajasthan is a heaven on earth- where people have peace of mind, are spiritual and live in tranquility. They are enthusiastic, united and supportive. Ask anybody in the world and Rajasthan is the most admired place in the world. Rajasthan is perfectly distinguished and well known for its influential traditions of classical folk and music. It is the land of festivals and the celebration is followed by music and dance like Garba and Raas which attracts people worldwide.

Garba dance:

Fitness benefits of Garba: Apart from dancing and having fun, Garba has many health benefits too that will help you to keep yourself fit. Garba is an excellent way to lose fat, especially around the belly because of the complicated movements which involve stretching, twisting and turn of the upper body. Some movements also involve squatting, which helps shape your waist and tone your arms and legs. There are a lot of bending movements which includes lower back continuous swinging of arms and fast rhythmic footwork helps entire body workout. It's a great cardio workout too.

The most beneficial outcome of Garba is that it works as a great stress buster. The music and rhythmic movements relax your mind and release happy hormones like serotonin which melts away the stress and relaxes the mind, body and soul.

A garba dance a day, keeps the stress away.

Exercise and physical activity are daily parts of most people's lives. We become physically active when we get out of food, walk, and climb stairs at work or school, run to catch a bus or train, and participate in sports and games. We need such kind of physical fitness for surviving the daily lives such as walking, running, etc. Ever since we are students, we have been



directed to participate in organized physical activity or exercises and have learned how to enjoy participation in games related activity. Exercises are a vital part of our sports participation, and those of us who play organized sports, or participate in recreational activities. Medical related research now informs us that exercises is not only a recreation pursuit, but also essential to the health and well-being of our mind and bodies.

Garba is a popular traditional dance form of Gujarat & Rajasthan and is performed not only in India but all over the world by Gujaratis and south east Rajasthani and others. It is a circular form of dance performed by a group of men and women on the Navratri days which are auspicious days of Goddess Durga in the winter month, during Sharad Purnima, Vasant panchami, Holi and other festive occasions. The essentials of the dance are singing and clapping skillfully while going round the goddess. The dance in mood begins with beats in slow momentum. As the dance goes on, the energy level of the participants increases due to the fast momentum of music. The music is synchronized by a drummer who stands in the centre of the dancing circle of the dancers. Navratri being a festival of togetherness, people always choose to wear dresses of similar colour and pattern to spread the message of unity. While women prefer colourful and vibrant Chaniya choli, men wear traditional kurtas and pyjamas. The energetic beats of dholi, nagara, tabla and ektaro are such a refreshment to listen that nobody could stop themselves tapping their feet. Physical activity is a broad term that encompasses all forms of muscle movement. These movements can range from sports to lifestyle activities.

1.1 Statement of the Problem

The purpose of the study was to find out the effect of Dandiya Dance play on physical fitness components among school level Girls.

1.2 Hypothesis

It was hypothesized that there would be significant difference in selected physical fitness components due to Dandiya Dance play among school girls.

2. Methods and materials

2.1 Selection of subjects

Thirty girls from Super thermal power station, Suratgarh Rajasthan were selected as subjects at random and their age was between twelve to seventeen. The AAPHER youth fitness test consists of six tests the first five tests were used to find out the Physical fitness and the last one to indicate the endurance. All the six tests, namely Pull Ups, Bent Knee Sit ups for Sixty Seconds, 4X10 m shuttle run, broad jump, 50m dash, 600 yard run are modified and were used to test 30 dance girls. The modified AAPHER youth fitness test were conducted on the dance girls, the pre training performance is recorded. After the five week dandiya rass practices again the AAPHER youth fitness test was administered to find out the improvement in the Physical fitness of the girls. Test Administration In order to assess the Physical fitness of the subjects the modified AAPHER youth fitness tests were administered are given below.

Tests Pull Ups, Bent Knee Sit ups for Sixty Seconds, 4X10 m shuttle run, broad jump, 50m dash, 600 yard run Wrestling mat Stop watch. The girls group was restricted in participating in the experimental treatment. The training programmed included the pre and post-test sessions. The selected subjects for the experimental group were given two hour Dandiya dance play for six days in a week for only five weeks.

2.3 Variables and tests

The following motor fitness elements were selected as variables for this study. The related tests to assess the motor fitness elements have also been indicated.

Table 1

Variables	Tests
Speed	50 meter dash
Explosive Strength	standing broad jump
Abdominal Strength	bent knee sit up
Endurance	600 Yard
Push Up	Shoulder Strength
Agility	4X10 Shuttle Run

2.4 Instrument reliability

Stopwatches, measuring steel tapes and clapper or whistle used for these test were considered reliable as they were procured from reputed firms and were being used for research purpose. Further, these instruments were calibrated in standard units. To determine the reliability of the instrument, measurement on each of the [variables] test were recorded five times under similar conditions using the same instrument. Hence they were accepted as reliable and precise for purpose of this study.

2.5 Subject reliability

To determine the subject reliability ten subjects were selected at random. The motor fitness test were conducted and recorded twice under similar condition by the investigator, these test were repeated on subsequent days

the same order. In order to get full co-operation from the subjects, they were oriented as follows; the method of performing the test items of motor fitness components such as speed, muscular power, abdominal strength and endurance were demonstrated and explained to the subjects. Before conducting the test, the test items were demonstrated by the researcher.

2.6 Statistical techniques

The data collected from the two groups on the selected variables was statistically examined using paired t-ratio. As highly precise sophisticated instruments were not used in this study for testing purpose, the level of significance was fixed at 0.05 level of confidence. The “t” ratio analyzing with the help of SPSS software.

3. Results

To find out the ‘t’ ratio the obtained

data analyzed by using paired ‘t’ test. The level of significance was set at 0.05 level of confidence which was adequate for the purpose of the study, because the research process adopted did not involve highly sophisticated equipment’s demanding the application of stringent levels of significance. The SPSS software was

used to find out the significant paired mean differences.

Table 1: Mean comparison of Experimental Group and control group on selected variables

Training		Pull Ups No.	Bent Knee Sit Ups No.	4X10 m shuttle run Sec.	broad jump cm	50m dash Sec.	600m run min
Pre- Training	M	24	28	17	165	9.2	1.2
	SD	3.1	4.1	2.8	3.1	2.6	3.1
Post-Training	M	29	36	15	180	9.0	1.0
	SD	5.1	4.7	3.6	3.8	3.4	4.1
t- Value		9.9*	10.98*	6.25*	5.00*	4.10*	4.97*

* Significant at the 0.05 level of confidence

It is evident from table-I there was a significant difference between the pre and post- test performance of girls physical fitness on selected physical fitness variables,

4. Discussion

On the basis of the study and the statistical analysis, it was found that eight weeks of three hour Dandiya Rass play program brought significant changes on selected motor fitness variables of school girl students. The

result shows that there was significant improvement in speed, muscular power, abdominal strength, and endurance after the training session. The subject's had enthusiastically participated in the dance practices since they found the dandiya Rass to be interesting due to the freshness of the training, they did which was different from the usual routine ensured their whole hearted participation leading to the improvement in the selected motor fitness variables. The result of the



study showed that the two hour Dandiya play program improved the motor fitness components of the subjects.

5. Conclusions

On the basis of the results and within the limitations of the study, it was concluded that five weeks of Two hour Dandiya play program improved the selected physical fitness variables namely speed, muscular power, abdominal strength, Agility and endurance of school girl students. However, additional research documenting is greatly needed.

6. References

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