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Dr. Vineedkumar K
Assistant Professor,
Mar Thoma College for
Women, Perumbavoor, Kerala,
India

Corresponding Author:
Dr. Vineedkumar K
Assistant Professor,
Mar Thoma College for
Women, Perumbavoor, Kerala,
India

A study on impact of folk dance on body composition

Dr. Vineedkumar K

Abstract

The purpose of the study was to determine the effect of folk dance (Kuthiyottam) training programme on Body composition. Randomly selected 60 high school boys were divided into two equal groups as A and B. After taking the pre-test for Body composition 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 Body composition for the experimental group as a result of the training programme conducted for a period of four months.

Keywords: Folk dance, body composition, training programme

Introduction

Children usually have a sense of rhythm, a natural love for rhythmic movement, and an innate creative ability. How extensively all of these qualities are developed depends upon the opportunities a child has, to express them. Those opportunities are provided by a variety of dance forms. Early study of dance may become a foundation for a life long leisure activity. So the time is ripe for the promotion of serious dance education.

Because folk dance is an art form, it is a valuable part of the school curriculum in the study of other countries and people. Folk dances should not be taught for the exclusive purpose of learning the steps or formations. These should be learnt out of context of a dance and become a part of the child's movement vocabulary. The major focus in folk dance, then is the dance itself and the selection of it should be an out growth of the study of some aspect of a people or country. The folk dance can make this aspect come to life for the student and enrich learning in social studies, language, literature, music and art (Davis, Juke, 1971) [2].

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.

Body composition is the relative amounts of lean body tissue (muscle, bone, and water) and fat in the body (Thomas, D.Q, 1988) [1]. Healthy body composition involves a high proportion of lean body tissue and an acceptably low level of body fat, adjusted according to age and sex. People whose body composition is optimal tend to be healthier, to move more efficiently, and to feel better about themselves.

To measure body composition through the measurement of subcutaneous body fat. Grasp the skin fold firmly between the thumb and index finger about one – half inch from the site at which the caliper is to be applied. Since the thickness of the fold reflects the percentage of body fat, it should be great enough to include two thicknesses of skin with intervening fat, but it should not include muscle or fascia. The test administrator may ask the subject to tense the underlying muscles to determine if muscle tissue is included in the fold. While continuing to hold the fold apply the caliper to the fold above or below the finger and slowly release the caliper grip so that full tension is exerted on the fold. Skin fold measurements of Triceps and Calf may be taken.

Triceps skin fold is taken from a vertical fold over the triceps muscle, halfway between the acromion and olecranon processes. Calf skin fold is taken from a vertical fold on the medial side of calf. Right foot is placed flat on bench with knee flexed to 90°. The skin fold is grasped just above the largest part of calf girth and the skin fold is measured at the largest part of the girth. Skin folds should be taken on the same side of the body (dominant hand side). Score is the sum of triceps and calf skin folds.

Objective of the study

The purpose of the study was to determine the effect of Kuthiyottam training programme on Body composition 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

Table: Significance of differences between the Pre Test and Post-Test Means of the Kuthiyottam and control groups on body composition

Groups	Means				MD	SD	SE	‘t’ value
	Initial	First middle test	Second middle test	Final				
Kuthiyottam Group (N=30)	21.4467	20.91	19.993	19.4767	1.97	0.5459	0.0996	19.765*
Control Group (N=30)	21.64	21.633	21.636	21.66	0.02	0.2062	0.0376	0.531

* Significant at 0.05 level
 ‘t’ value required at 0.05 level = 2.045 (df 29)

The statistical results shown in table 11 indicate that the final mean (19.4767) was satisfactorily reduced than the initial mean (21.4467) for the Kuthiyottam group. In case of the control group the final mean (21.66) and the initial mean (21.64) have not shown any significant difference. The ‘t’ value (19.765) for the Kuthiyottam group and ‘t’ value (0.531) for the control group derived from ‘t’ test proved

There will be significant improvement in Body composition 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 Body composition (Skin fold 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.

highly significant for the Kuthiyottam group and insignificant for the control group, as compared to the tabulated ‘t’ value (2.045), at 29 degrees of freedom and 0.05 level of significance. Hence the results shown by the Kuthiyottam group for body composition are statistically found significant. The graphical representation of means of the Kuthiyottam and control groups are shown in the figure.

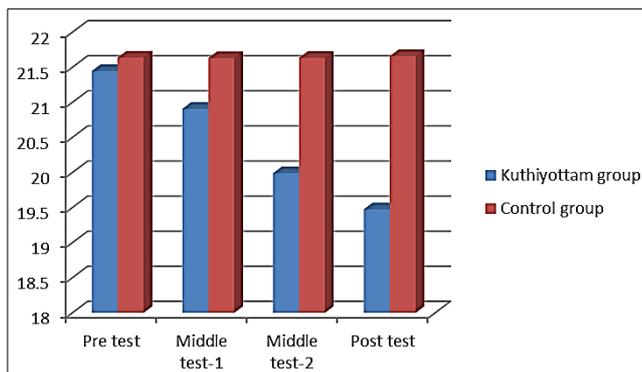


Fig: Graphical representation of mean difference of Kuthiyottam and control groups on body composition

Conclusion

Based on the analysis of statistical results, it was observed that there was significant improvement in Body composition 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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