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Effect of Wellness Dance Programme on Selected Physical Variables Among Employed Women

***Dr. WILSON V.A & **VIDYA B.S**

*Assistant Professor, School of Physical Education and Sports Sciences, Kannur University
**MPhil Scholar, School of Physical Education and Sports Sciences, Kannur University

ABSTRACT

The present study investigates the Effect of wellness dance programme on selected physical variables among employed women. In this study total forty employed women voluntarily participated, twenty active employed women with the mean age of 35 to 45 years underwent to experimental group and twenty employed women underwent to controlled group. First the participant pre-test was conducted, which incorporated test of sit and reach test for flexibility and curl ups for muscular endurance. Then the participants of experimental group underwent to wellness dance training programme for eight weeks 60 minutes twice in a weeks and control group did not do any kind of activities in these weeks. The same test was embedded in the post test after the eight weeks' wellness dance training. For statistical analysis, descriptive statistical, paired sample't' test and ANCOVA where used. The result confirmed that wellness dance programme leads to significant improvement in physical variables.

Key Words: Wellness, Flexibility and Muscular Endurance

INTRODUCTION

Wellness means engaging in attitudes and behaviours that enhance quality of life and maximize personal potential. Although wellness implies working toward a highly developed level of health, it does not means that an individual will make the best choice in every situation or that perfect wellness is achievable. Wellness emphasizes the need to take responsibility for engaging in behaviours that develop optimal health. An individual's position on this continuum is always subject to chance and is affected by many factors, including physical health, activity level, nutritional patterns, personal demands, career goals, time of year, and effectiveness in managing stress. The direction you move on the continuum is largely determined by the activities you pursue and your attitude toward these activities. These activities and attitudes can prevent illness and promote health or can destroy peace of mind and physical wellbeing. Because your behaviours are intrinsic to health, you must learn to assume responsibility for your health by developing the skills necessary to improve.

HYPOTHESES

1. H1- It was hypothesized that there would be significant improvement on muscular endurance due to eight weeks of wellness dance training programme.
2. H2- It was hypothesized that there would be significant improvement on flexibility due to eight weeks of wellness dance training programme.

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DELIMITATIONS

1. Total of sixty (N=60) employed woman was selected from Kannur University Thavakkara. There were only forty participants were regularly involved in the wellness dance training programme so the total number of participant is forty (N=40).
2. The age group of the participants was ranged from 35-45 years.
3. Forty (N=40) participants were equally divided into two groups. Group one (n=20) underwent wellness dance training programme (experimental group) and Group two acted as control group (n=20).
4. Training period was limited to eight weeks on three alternative days per week.
5. The study was confined to the physical fitness variables namely, Flexibility and Muscular endurance.

MATERIALS AND METHODS

SELECTION OF SUBJECTS

To achieve the purpose of the study forty (N=40) women employees were randomly selected from the Kannur University Thavakkara. Their age ranged from 35 to 45years. The lifestyle of the selected subjects was sedentary since they were not participating in any structured physical activity programme. They were equally divided into two groups. Each group consist of twenty subjects (n=20); an experimental group and control group (n=20). The experimental group underwent wellness dance training three days in a week for eight weeks. The duration of each session was one hour. The control group was not involved in any type of physical training.

TABLE 1
SELECTION OF VARIABLES AND TEST

Sl No	Variables	Test Items
1	Flexibility	Sit and Reach Test
2	Abdominal muscular endurance	Curl Ups

TRAINING PROGRAMME

A total amount of 25 training sessions (60 min each) was provided. Each of the session comprised a standardised warm-up (10 minutes: slow and quickly walking and easy movements with music, dynamic stretching). The main part wellness dance (approx.40 minutes) and cool-down period (10 minutes, walking, laying down with relaxation). Wellness dance training comprised forward, sideward, and backward step, spinal rations, combined with turn and small jumps. The combination and complexity of the tasks was progressively increased within the intensity.

STATISTICAL TECHNIQUES

The Descriptive statistics and comparative statistics employed in the study. The Dependent‘t’-test was used to find out the effect of wellness dance training programme of experimental and control groups. To examine the effectiveness of wellness dance training programme of experimental group after controlling the co variant ANCOVA was applied. The level of significant score was 0.05.

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RESULTS AND DISCUSIONS

TABLE 2
DESCRIPTIVE STATISTICS AND PAIRED'T' TEST VALUEON SELECTED PHYSICAL VARIABLES OF THE EXPERIMENTAL GROUP

Sl No	Variables	Pre test	Post test	't' value	Sig.
1	Flexibility	20.95	21.65	3.19*	.002
2	Abdominal Muscular endurance	15.00	16.00	4.87*	0.00

*Significant at 0.05 level. The table value at 0.05 level with df 19 is 2.09.

Table 2. indicates that, there was a significant difference between the pre and post test score on Flexibility of experimental group, since the calculated't' value of 3.19* is higher than the tabulated 't' value of 2.09 at 0.05 level of significance with 19 degrees of freedom. It is also indicates that, there was a significant difference between the pre and post test score in Muscular Endurance of experimental group, since the calculated 't' value of 4.87* is higher than the tabulated't' value of 2.09 at 0.05 level of significance with 19 degrees of freedom.

TABLE 3
DESCRIPTIVE STATISTICS AND PAIRED'T' TEST VALUE ON SELECTED PHYSICAL VARIABLES OF THE CONTROL GROUP

Sl No	Variables	Pre test	Post test	't' value	Sig.
1	Flexibility	22.80	22.95	1.00	.330
2	Abdominal Muscular endurance	14.90	14.95	0.213	0.00

*Significant at 0.05 level. The table value at 0.05 level with df 19 is 2.09.

Table 3. Indicates that, in control group there was no significant deference between pre and post-test on flexibility since the calculated't' value of 1.00 is lower than the tabulated 't' value of 2.09 at 0.05 level of significance with 19 degrees of freedom**.** There was no significant deference between pre and post-test on Muscular Endurance since the calculated't' value of 0.213 is lower than the tabulated 't' value of 2.09 at 0.05 level of significance with 19 degrees of freedom.

TABLE 4
ANALYSIS OF COVARIANCE ON PERFORMANCE RELATED VARIABLES OF EXPERIMENTAL AND CONTROL GROUP

Variables	EXP	CG	F ratio	Sig.	95%confidence Interval for Difference	
					LB	UP
Flexibility	22.58	22.01	4.35*	0.00	21.16	23.18
Muscular Endurance	15.95	14.99	9.60*	0.04	12.14	16.12

As seen from table 5, the effect of wellness dance training programme on post adjusted means of flexibility and muscular endurance and was examined by using ANCOVA with pre-test scores used as covariate. As seen from table 3, the F ratio obtained for flexibility and muscular endurance was 4.35* and 9.60* which were higher than F ratio of 4.11 required for significance at 0.05 level, thereby indicating significant differences in post

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adjusted values for flexibility and muscular endurance between the experimental and control groups**.**

DISCUSSION ON THE FINDINGS

In the experimental study, there was a significant improvement in flexibility and muscular endurance with regular eight week wellness dance training. The two variables had shown progressive improvement at the last stage of the test administration. Due to wellness dance training had improved muscular endurance and flexibility of working women significantly. This could be due to wellness dance enhanced performance usually accompanies the physiological adaptation felicitate by training. The physiological changes increasing in the muscle sizes and increase the strength of the muscles (Singh, 1991).

Flexibility: Based on the outcome obtained it was presumed that wellness dance training program significantly diminished Flexibility of working women which was in concurrence with the study directed by Cheng SL, et al. (2017), Hilapo et al., (2016), and Prashobith (2013).Wellness dance is a freely dancing movement with music. When doing wellness dance movement the muscles are automatically changed their rang in unknowingly so it may help to improve the flexibility. Eight weeks wellness dance training programme included warm up and cool down exercises in which extending of all muscles groups help to increase their flexibility. The range of the joints in the human body was increased flexibility due to the wellness dance.

Muscular Endurance: Based on the outcome obtained it was presumed that wellness dance training program significantly diminished Muscular Endurance of working women which was in concurrence with the study directed by Cheng SL, et al. (2017), Hilapo et al., (2016), and George, et al. (2004).Wellness dance training help the muscles to contract and relaxation for the long time with the presence of oxygen that will be lead to increase muscular endurance. Continues movement of the abdominal muscles like bending, twisting and rotations etc. are also help to improve muscular endurance. All the wellness dance movement partially connected to the muscular muscles so these also can be the reason of increasing muscular endurance.

DISCUSSION ON HYPOTHESES

1. The results proved that there would be significant improvement on flexibility as a result of wellness dance training programme. Hence the second hypothesis of the study was accepted at 0.05 level
2. The results proved that there would be significant improvement on muscular endurance as a result of wellness dance training programme. Hence the first hypothesis of the study was accepted at 0.05 level.

CONCLUSIONS

1. It may be concluded that, due to eight weeks of wellness dance programme significantly improved flexibility of employed women.
2. It may be concluded that, due to eight weeks of wellness dance programme significantly improved muscular endurance of employed women
3. The control group did not show any significant changes on selected performance related variables of handball players.

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