

COMPARATIVE EFFECT OF DIFFERENT DANCE ON SELECTED STRENGTH VARIABLES AMONG POST PUBESCENT GIRLS.

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Abstract

The aim of the study was to find out the comparative effect of different(Bahrathanatyam, Fast break, Kandyan) dance training on selected strength variables among post pubescent girls. To achieve the purpose, thirty (N=30) women students were selected from Visual and Performing Arts University, Sri lanka, and their mean age were 17 ± 1.3 years. They were assigned into three groups. Group I (n=10) underwent Bharathanatyam, Group II (n=10) underwent Fast Break dance and Group III (n=10) underwent Kandyan dance. The selected subjects were measured their leg strength(LS), back strength(BS), using Dynamometer and strength and endurance (SE) by sit-ups. The interventional period for this study was 45-60 min/day/five days/week over the period of nine weeks for all the experiment groups. Data were collected on selected variables before and after the training period, and were subjected to statistical treatment using analysis of covariance (ANCOVA). In all the cases 0.05 level of confidence was fixed to test the significance. When the obtained 'F' ratio was significant, Scheffe's post hog test was used to find out the paired mean difference. Within the limitations set for this study, it was concluded that fast break shows better effect on developing all the selected variables than the rest two groups. However bharathanatyam was also better than kandyan dance in improving BS, LS and SE. Hence it was recommended that, fast break and bharathanatyam dancers are required BS, LS and SE to execute better theatre performance.

Keywords: bharathanatyam, kandyan dance, fast break, leg strength, back strength, strength and endurance