

Effect Of Chhau Nritya On Selected Physical Fitness Parameters Among College Obese Students

Kishore Kirtania

Abstract

The aim of the study was to find out the effect of Chhau Nritya on selected physical fitness parameters. To achieve accurate results, thirty men college obese boys studying bachelor's degree in the department of physical education, R. D. K. College, ziagonj, Mursidabad district and Karimpur Pannadevi College, Nadia district, West Bengal, India were selected as subjects at arbitrary grounded on their BMI scores. The age of the subjects was ranged from 18 to 21 years. The selected subjects were divided into two equal groups of fifteen subjects. The experimental group-1 was exposed to control group, group-2 was exposed to chhau Nritya training group and group-1 participated only regular general physical education programme. The training was given indispensable three days per week for the period of twelve week. Group-1 acted as control in which they didn't suffer any special training programme All the subjects of two groups were tested on the selected criterion physical fitness related parameters such as strength endurance, cardio respiratory endurance and leg strength among college obese boys at prior to end immediately after the training programme by using bend knee sit ups, leg lift with dynamometer and cooper's 12 min run/walk test independently with standardized test. The Collect data were analysis with analysis of covariance (ANCOVA) at 0.05 level of significant difference, if any among the groups. The result shows that Chhau Nritya training group was better than the control group and participated only regular general physical education programme group had significant improvement on selected physical fitness related variables among college obese boys.

State Aided College Teacher & Head, Department of Physical Education,
Karimpur Pannadevi College.

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Introduction

Chhau Nritya is a semi classical Indian cotillon with martial, ethnical and folk traditions with origins in eastern India. The cotillon ranges from celebrating martial trends, acrobatics, calisthenics and athletics performed in gleeful themes of a folk cotillon to a structured cotillon with religious themes.

It's set up in three styles named after the position where they are-

- The Purulia Chhau of Bengal, (Shaivism)
- The Seraikella Chhau of Jharkhand, (Shaktism)
- The Mayurbhanj Chhau of Odisha. (Vaishnavism)

The costumes vary between the styles, with Purulia and Seraikella using masks to identify the character. The stories legislated by Chhau Nritya include those from the Hindu epics the Ramayana and the Mahabharata, the Puranas and other Indian literature.

The dance is traditionally an all males troop, regionally celebrated particularly during spring every year, and may be a syncretic cotillon form that surfaced from a emulsion of classical Hindu dances and the traditions of ancient indigenous lines. The dance is amazing and brings together people from different socio-economic backgrounds in a gleeful and religious spirit.

The Seraikella Chhau developed in Seraikela, the present-day executive headquarters of the Seraikela Kharsawan quarter of Jharkhand, the Purulia Chhau in Purulia quarter of West Bengal and the Mayurbhanj Chhau in Mayurbhani quarter of Odisha. The most prominent difference among the three subgenres is regarding the use of masks. While, the Seraikela and Purulia subgenres of Chhau use masks during the cotillon, the Mayurbhanj Chhau uses none.

The quondam nobility of this region who were both its players and choreographers, and in the ultra-modern period people from all backgrounds dance it developed the Seraikella Chhau fashion and force. The Seraikella Chhau is performed with

emblematic masks, and the acting establishes the part the actor is playing. The Purulia Chhau uses expansive masks shaped in the form of the character

being played; for illustration, a captain character has a facemask of captain and body costumes too with the actor walking on all fours. These masks are drafted by potters who make complexion images of Hindu gods and goddesses and are primarily sourced from the Purulia District of West Bengal. In the Mayurbhanj Chhau is performed without masks and is technically analogous to the Seraikella Chhau.

In 2010, the Chhau cotillion was inscribed in the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

The Government of Odisha established a Government Chhau Dance Centre in 1960 in Seraikella and the Mayurbhanj Chhau Nritya Pratisthan at Baripada in 1962. These institutions engage in training involving original exponents, artists, patrons and representatives of Chhau institutions and guarantor performances. The state government also sponsors the Chaitra Parva jubilee, significant to the Chhau Dance. The Sangeet Natok Academy has established a National Centre for Chhau Dance at Baripada, Odisha.

Strength abidance is the muscles capability to produce strength or resistance over an extended period of time.

Strength abidance training is defined as adding the capability to use a certain chance of our minimal Strength over a long period. Cardiorespiratory abidance is a dimension of how well your heart, lungs, and muscles work together to keep your body active over an extended period. Trampolinists can ameliorate cardiorespiratory abidance by sharing in a program of regular aerobic exercise. Cardiorespiratory abidance is the position at which your heart, lungs, and muscles work together when you're exercising for an extended period. This allows you to exercise for longer ages without getting tired. Utmost people can increase their cardiorespiratory abidance by doing regular exercise

Muscular strength is the capability to ply minimal force in

one single compression, similar as lifting a weight that you could lift only formerly before demanding a short break. Muscular power refers to a great force product over a short period of time, similar as in fast leg kicks and explosive jumping. Muscular abidance is when lower force is sustained over a longer period similar as in gallops, skips, plies, and swings. hop frequently confuse abidance with strength, so it's occasionally useful to suppose of abidance as nonstop and strength as minimal.

Statement Of The Problem

The aim of the present study was to find out the effect of Chhau Nritya on selected physical fitness parameters among college obese boys.

Hypothesis

1. It was hypothesized that there may be a significant difference in chhau Nritya training group and control group on selected physical fitness parameter similar as strength endurance.
2. It was hypothesized that there may be a significant difference in chhau Nritya training group and control group on selected physical fitness parameter similar as cardio respiratory endurance.
3. It was hypothesized that there may be a significant difference in chhau Nritya training group and control group on selected physical fitness parameter similar as leg strength.

Methodology

The aim of the study was to find out the effect of Chhau Nritya on selected physical fitness parameters. To achieve the aim of the study, thirty men college obese boys studying bachelor's degree in the department of physical education, R. D. K. College, ziagonj, Mursidabad, and Karimpur Pannadevi College, Nadia district, West Bengal, India were selected as subjects at arbitrary grounded on their BMI scores. The age of the subjects was ranged from 18 to 21 years. The selected subjects were divided into two equal groups of fifteen subjects. The experimental group-1 was exposed to control group and group-2 was exposed to Chhau Nritya training group and group-1 participated only regular general physical education programme. The training was given indispen-

able three days per week for the period of twelve week. Group-1 acted as control in which they didn't suffer any special training programme. All the subjects of two groups were tested on the selected criterion physical fitness related parameters similar as strength endurance, cardio respiratory endurance and leg strength among college obese boys at prior to end immediately after the training programme by using bend knee sit ups, leg lift with dynamometer and cooper's 12 min run/walk test independently with standardized test. The Collected data were analysis with analysis of covariance (ANCOVA) was used to analysis the significant difference, if any among the groups. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at 0.05 level of confidence, which was considered as an applicable.

Statistical Variables

- ☐ Strength endurance
- ☐ Cardio respiratory endurance
- ☐ Leg strength

Statistical Analysis

The collected data were analysed statistically through analysis of covariance to find out the significant deference, if any among the groups. The 0.05 level of confidence was fixed for this test.

Table-1 STRENGTH ENDURANCE:

Analysis of covariance of the data on strength endurance of pre and post-tests score of chhau Nritya training group and control group.

Test		Chhau Nritya Training Group	Control Group	Source of Variance	Sum of Score	Df	Mean Score	F-Ratio
Pre-Test	Mean	31.88	30.28	Between	0.30	1	0.30	0.412
	S. D	1.21	1.26	Within	20.4	28	0.729	
Post-Test	Mean	36.57	30.43	Between	17.63	1	17.63	21.396
	S. D	1.14	1.24	Within	23.07	28	0.824	
Adjusted Post Test	Mean	36.89	30.37	Between	22.11	1	22.11	172.73
				Within	3.46	27	0.128	

The table value required for significance at 0.05 level of confidence with def. 1 and 28, 1 and 27 were 4.20 and 4.215 respectively.

Table-2

CARDIO RESPIRATORY ENDURANCE:

Analysis of covariance of the data on cardio respiratory endurance of pre and post-tests score of chhau Nritya training group and control group.

Test		Chhau Nritya Training Group	Control Group	Source of Variance	Sum of Score	Df	Mean Score	F-Ratio
Pre-Test	Mean	1401.12	1410.22	Between	0.004	1	0.004	0.032
	S. D	12.34	12.10	Within	3.52	28	0.125	
Post-Test	Mean	1580.23	1411.54	Between	119.56	1	119.56	52.67
	S. D	11.47	12.08	Within	63.56	28	2.27	
Adjusted Post Test	Mean	1581.41	1411.10	Between	117.69	1	117.69	37.48
				Within	84.72	27	3.14	

The table value required for significance at 0.05 level of confidence with def. 1 and 28, 1 and 27 were 4.20 and 4.215 respectively.

Table-3

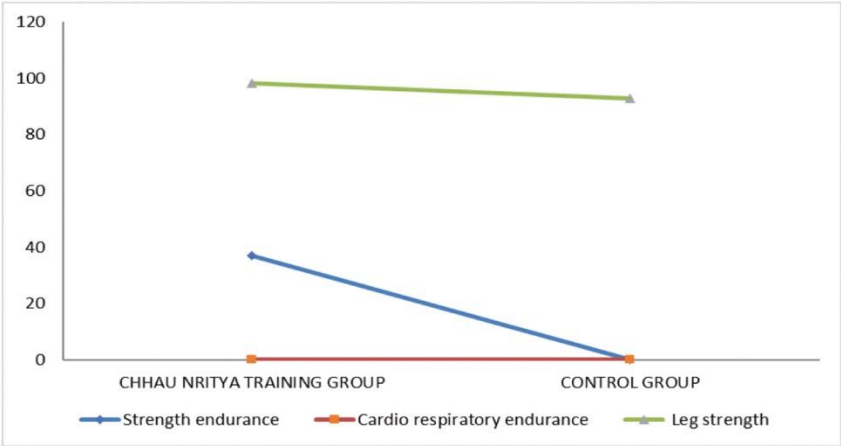
LEG STRENGTH:

Analysis of covariance of the data on leg strength of pre and post-tests score of combined weight and chhau Nritya training and control groups.

Test		Chhau Nritya Training Group	Control Group	Source Of Variance	Sum of Score	Df	Mean Score	F-Ratio
Pre-Test	Mean	93.24	92.89	Between	0.81	1	0.81	2.63
	S. D	2.94	2.96	Within	8.62	28	0.307	
Post-Test	Mean	98.11	92.92	Between	2.47	1	2.47	7.48
	S. D	2.71	2.95	Within	9.24	28	0.33	
Adjusted Post Test	Mean	98.24	92.91	Between	3.11	1	3.11	9.147
				Within	9.119	27	0.340	

The table value required for significance at 0.05 level of confidence with def. 1 and 28, 1 and 27 were 4.20 and 4.215 respectively.

FIGURE-1



Discussion Of Finding

The table-1 shows that the pre-test mean values on strength endurance of Chhau Nritya training group and control group are 31.88 and 30.28 independently. The obtained F-value of 0.412 of pre-test score is lower than the table value 4.20 for def. 1 and 28 needed for significance at 0.05 level of confidence on strength endurance.

The post-test mean values on strength endurance of Chhau Nritya training group and control group are 36.57 and 30.43 independently. The obtained F-value of 21.396 of post-test score is greater than the table value 4.20 for def. 1 and 28 required for significance at 0.05 level of confidence on strength endurance.

The adjusted post-test mean values on strength endurance of Chhau Nritya training group and control group are 36.89 and 30.37 independently on strength endurance. The obtained F-value of 172.73 for adjusted post-test score is greater than the table value 4.215 for def. 1 and 27 required for significance at 0.05 level of confidence on strength endurance.

The results show that there was a significance difference between the adjusted post-test mean of Chhau Nritya training group and control group on strength endurance.

The results of table-2 also shows that there was a significance difference between the adjusted post-test mean of

Chhau Nritya training group and control group on cardio respiratory endurance.

The table-3 shows that the adjusted post-test mean values on leg strength of Chhau Nritya training group and control group are 98.24 and 92.91 respectively on leg strength. The obtained F-value of 9.147 for adjusted post-test mean score is greater than the table value 4.215 for def. 1 and 27 required for significance at 0.05 level of confidence on leg strength.

The results of the study indicated that there was a significance difference between the adjusted post-test means of Chhau Nritya training group and control group on leg strength.

Conclusion

The result shows that Chhau Nritya training group was better than the control group had significant enhancement on selected physical fitness related variables similar as strength endurance, cardiorespiratory and leg strength among college obese boys.

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