EFFECT OF DIFFERENT DANCE TRAINING ON VITAL CAPACITY AMONG POST PUBESCENT GIRLS.

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Abstract

The pulmonary and circulatory system are responsible for moving blood from the heart to the lungs and back to the heart and getting rid of waste products in your blood while helping to distribute blood rich in oxygen. Dance training can help to strengthen and make this system more efficient. The aim of this study was to find out the effect of different dance training on Forced Vital Capacity. To achieve the purpose ninety (N=90) women students (mean age 17 ± 1.3 years) were randomly selected from, Jaffna, Sri Lanka as subjects and divided in to Aerobic Dance (AD), Bharathanatyam Dance (BD) and Kandyan Dance (KD) groups. They were practice their respective dance for 60±10min / day for 3 days / week over the period of twelve weeks. Data were collected on Forced Vital Capacity (FVC) by PC based USB Spirometer before and after the intervention programme. Dependent 't' test was used to find out the difference between pre and post test. After eliminating the influence of pre-test on post-test means of experimental groups the analysis of variance (ANOVA) was used to find out the mean gain differences. In addition to this, Scheffe's post-hoc test was employed (p=0.05). The results of the study shows aerobic (Percentage of Improvement (PI) 48.16), bharathanatyam (PI 37.56), kandyan (PI 32) dance training significantly (p=0.05) (F 8.18*) influence the forced vital capacity. Further the result of post hoc test showed that there was a significant difference between Aerobic and Bharathanatyam (Mean Gain Difference (MGD) 0.28*), Aerobic and Kandyan dance (MGD 0.41*) groups on Forced Vital Capacity. However between Bharathanatyam dance and Kandyan Dance (MGD 0.13) insignificant difference was observed on vital capacity. From the result it was concluded that aerobic, bharathanatyam and kandyan dance training positively influence on pulmonary function in respect of forced vital capacity.

Keywords: Bharathanatyam, Aerobic, Kandyan Dance, FVC,