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EFFECT OF SIX WEEK STATIC STRETCHING EXERCISE ON FLEXIBILITY OF D.Y.ED STUDENTS



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ABSTRACT


The purpose of the study was to know the six weeks static stretching exercise on flexibility of D.Y.Ed students. For this purpose researcher has selected forty (40) male D.Y.Ed students from Shri Shivaji College of Physical Education, Amravati, Maharashtra. Students were selected with simple random sampling methods; the design followed in this study was parallel group design, classifying the subjects in to experimental and controlled groups, twenty students in experimental group and twenty students in control group. The age of the students were ranged between 18 to 23 years. The criterion variable of flexibility was measured with the help of Goniometer. Static stretching exercises were practices every morning i.e. five days (Monday to Friday) per week. Selected static stretching exercise were as follows: Ankle stretch, Chest stretch, Biceps stretch, Upper Back stretch, Shoulder stretch, Shoulder and triceps stretch, Side bends, Hip and thigh stretch, Quadriceps stretch, etc. Pre-test was administered and after six weeks static stretching training post-test were administered and data were collected. To compare the effects of static stretching exercise on flexibility, paired sample ‘t’ test was used. Mean and SD were used as descriptive statistics, level of significance was kept at 0.05 level. Result of the study shows that on the basis of mean difference there was difference between the means of pre-test and post-test of control and experimental group of D.Y.Ed students in reference to flexibility. To see this difference is significant or not, researcher further calculated ‘t’ test and above table shows that there is significant difference between pre-test and post-test of experimental group, as the calculated ‘t’ value 2.185 is greater than tabulated ‘t’ value 2.101. But there is




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insignificant found between pre-test and post-test of control group, as the calculated ‘t’ value 1.125 is lesser than the tabulated ‘t’ value 2.101. Concluding we can say that experimental group shows significant difference in reference to flexibility of D.Y.Ed students as the differences may be attributed that stretching is basically needs for D.Y.Ed students according to their of activity. However, morning time is the best time for practicing for stretch as all the muscles are in normal tensions. Hence it is beneficial for muscles as well as performance. It also increases the ability of muscle to perform movement with large range of motion.

Keywords: Flexibility, static stretching exercise & D.Y.Ed. Students.

INTRODUCTION

The games and sports have been indispensable to mankind, and have become a part of culture. The games and sports are great unifying force and have tremendous effect on the national and international integration. Substantial research is under going to identify the factors that will be predictive for achieving the high level of skill in a given sport with proper coaching. The physical fitness qualities or components are cardiovascular endurance, muscular endurance, strength, power, speed, agility, balance co-ordination, flexibility, reaction time and accuracy. Though there are different ways to keep one healthy, but regularly practice of yoga promotes overall health in a balanced way. Yoga helps in recharging the body by promoting self healing, removing negative energies and enhancing personal powers. It simplifies your mind and thought process. One of the yoga postures which is simple form of daily workout for the mind and body is the Surya Namaskar.

In ancient times, worshipping to the sun has been practiced in India for prosperity and this has even been mentioned in the Vedas. Salutation to the Sun in the early morning was added as a daily routine for Hindus. Form that time people from all civilizations and society offered prayers to the sun, the ultimate source of life and energy. Students admitted in D.Y.Ed programme practices yoga and surya namaskar regularly.

Static stretching can be stated as any stretch that is performed by an individual without any movement. In other words, it can be stated as an individual stretch and holds the stretch for a specific period of time. When the muscle or group of muscles is stretched under tension by an individual is termed as static stretching. The antagonist muscles and the agonist muscles are to be stretched and relaxed. By this activity of the muscles the

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body is moved to increase the tension of the muscle or group of muscles being stretched. During this specific period the position is held or maintained to allow the muscles to be lengthened. A minimum time required to be hold is about 20 seconds to 60 seconds for the muscles to relax and start to lengthen. Static stretching is used to stretch the muscles while the body is at rest through various techniques that gradually lengthen the muscles for some specific period of time. During static stretching of after stretching exercise an individual may feel a mild uneasiness or warm sensation in the muscles. Static stretching exercises generate specific tension receptors in muscles or group of muscles. When the static stretch is done properly, it slightly lessens the sensitivity of tension receptors, which allows the muscle to relax and to be stretched to greater length. Recently, there has been a controversy. Excess static stretching can get you ready but it makes muscles weak. Athlete should go to more dynamic type stretching rather than static stretching exercise to enhance their hinder performance”.

DESIGN OF THE STUDY

The purpose of the study was to know the six weeks static stretching exercise on flexibility of D.Y.Ed students. For this purpose researcher has selected forty (40) male D.Y.Ed students from Shri Shivaji College of Physical Education, Amravati, Maharashtra. Students were selected with simple random sampling methods; the design followed in this study was parallel group design, classifying the subjects in to experimental and controlled groups, twenty students in experimental group and twenty students in control group. The age of the students were ranged between 18 to 23 years. Students did not use any ergogenic aids or supplementations and also they were all free from any injuries during the training ad collection of data.

Selection of the Variables:

- **Dependent variable: Flexibility.**
- **Independent variable: Static stretching exercise.**

The criterion variable of flexibility was measured with the help of Goniometer. Scoring was done through measurement recorded from four sides i.e. left, right, forward

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and backward bending and all the four scores were added together to get the final score. Pre test was taken prior to the static stretching exercise and post test was taken after six weeks of static stretching training. Static stretching exercises were practiced every morning i.e. five days (Monday to Friday) per week. Selected static stretching exercise were as follows: Ankle stretch, Chest stretch, Biceps stretch, Upper Back stretch, Shoulder stretch, Shoulder and triceps stretch, Side bends, Hip and thigh stretch, Quadriceps stretch, etc. After six weeks static stretching training post-test were administered and data were collected.

STATISTICAL ANALYSIS

To compare the effects of static stretching exercise on flexibility, paired sample ‘t’ test was used. Mean and SD were used as descriptive statistics, level of significance was kept at 0.05 level.

Table No. - 1

Comparison of Flexibility between Pre-test and Post-test of both group of Students

Group	Test	Mean	S.D	S.E	M. D	D. F	Obt ‘t’	Tab ‘t’	
Controlled	Pre	429.4	16.5	5.51	6.2	18	1.125	2.101	
	Post	435.6	18.3						
Experimental	Pre	428.8	16.7	5.39	11.8		2.185*		2.101
	Post	440.6	17.3						

*Significant at 0.05 Level

Result of the study shows that on the basis of mean difference there was difference between the means of pre-test and post-test of control and experimental group of D.Y.Ed students in reference to flexibility. To see this difference is significant or not,

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