



Influence of Physical Training on Flexibility among Special Children in Cuddalore District

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Abstract

The purpose of the study was to find out the effect of physical training on flexibility among special children in cuddalore district. To achieve this purpose of the study, thirty students were selected from the GV special school for the mentally retarded, Chidambaram, Cuddalore district, Tamil Nadu, India as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, Group I underwent physical training for three days per week for twelve weeks. Group II acted as a control group who did not participate in any special training programme apart from their regular curriculum. The following physical fitness variable, namely flexibility was selected as criterion variable. All the subjects of two groups were tested on selected dependent variable namely sit and reach test at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference if any between the groups. The .05 level of confidence was fixed level of significance to test the "F" ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study revealed that there was a significant difference between physical training group and a control group on selected flexibility and also the results of the study showed that there was a significant improvement on flexibility due to physical training.

Keywords: Physical Training, Flexibility, Physical Fitness variables, Analysis of covariance (ANCOVA).

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Introduction

Physical activity is an important step you can take to improve your health and quality of life. Regular physical activity may help prevent or delay many health problems. Being active may help you look and feel better, both now and in the future. Regular physical activity also may improve your quality of life right now. Become more active and you may enjoy a happier mood, less stress, and a stronger body. Everyone can benefit from physical activity. Health benefits are possible for adults and youth from a range of racial and ethnic groups studied, and for people with disabilities. Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality. There's not a magic formula that translates hours of physical activity into hours of life gained, but research suggests that people who are more active tend to be healthier and tend to live longer.

Regular exercise and physical activity increase muscle strength, bone density, flexibility, and stability. Physical fitness can reduce your risk for and resilience to accidental injuries, especially as you get older. For example, stronger muscles and better balance mean that

you're less likely to slip and fall, and stronger bones mean that your less likely to suffer bone injuries should you take a tumble. A sedentary lifestyle and a lack of physical activity can take a toll on a person's body. Physical inactivity is associated with an increased risk for certain types of cancer, numerous chronic diseases, and mental health issues. Exercise, however, has been shown to improve mood and mental health, and provides numerous health benefits. Of course physical fitness also allows you to do things that you may not otherwise be able to do.

Objective

The objective of the study was to find out the effect of physical training on flexibility among special children in cuddalore district.

Methodology

The purpose of the study was to find out the effect of physical training on flexibility among special children in Cuddalore district. Thirty students selected from GV special School for the mentally retarded, Chidambaram. The age of the subjects ranged between 15 – 18years. The subjects were divided into two equal groups and the distribution was done randomly. One experimental group (N=15 each) namely physical training group (PTG) and the second Group served as control group.(N=15 each) (CG).

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Collection of Data

Flexibility was chosen for the study. Standard test and measurement procedures were adopted to collect data for the study. The Flexibility was measured by using sit and reach test. The Pre and post test data of all the

subjects from two groups were collected before and after the experimental period of twelve weeks. The data was analyzed by employing Analysis of Covariance (ANCOVA) at the .05 level of significance

Results

Table 1

The mean, standard deviation and 'f' ratio values on flexibility of physical training group and control group

Test	Physical Training group	Control Group	Source of Variance	Sum of Squares	Df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	17.73	18.07	Between	0.83	1	0.83	1.31
S.D.	0.85	1.67	Within	17.87	28	0.64	
Post Test							
Mean	23.53	18.27	Between	208.03	1	208.03	22.87*
S.D.	0.68	0.57	Within	254.70	28	9.10	
Adjusted Post Test							
Mean	23.67	18.13	Between	220.25	1	220.25	173.39*
			Within	34.30	27	1.27	

*significant at .05 level confidence,

(The table values required for significance at .05 level of confidence with df 1 and 28 & 1 and 27 are 4.20 and respectively.

The table 1I shows that the adjusted post Test mean values on flexibility for physical training group and control group were 23.67 and 18.13 respectively. The obtained 'F' ratio 173.39 on flexibility which was greater than the required table value 4.21 for significance with df 1 and 27. The result of the study showed that there was significant difference between physical training group and control group on flexibility.

Findings and Conclusions

Based on the results of the study, the following conclusions were drawn:

1. There was a significant difference between physical training group and control group on flexibility.
2. The findings of this study proved that the physical training significantly improved the flexibility.

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