



RESEARCH OF THE EFFECT OF FOLK DANCE IN WOMEN ON 30 METER SPRINT PERFORMANCE

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Abstract:

In the study, it was aimed to examine the effect of folk dance practice of Gaziantep region on 30 meters sprint performance. A total of 64 women, 32 experimental groups and 32 control groups, who had no previous sports background and did not play folk dances voluntarily participated in the study. For eight weeks, the experimental group played games with high levels of movement, such as koseyri, maney, havarişko, sparrow, and hallum, belonging to the Gaziantep region, for two days three hours a week on Saturdays and Sundays. Measurements were taken as a pre-test before the training program started and as a post-test after the training program. In our study, 30 meter sprint test was used for the subjects. In the data obtained at the end of the study, a statistically significant difference was found in the comparison of the pre-test and post-test results of the 30 meter sprint performance values of the experimental group ($P < 0.05$). In comparison of the pre-test and post-test results of 30 meters sprint performance values of the control group; Statistical significance was not determined ($P > 0.05$). As a result, we think that the dances played in folk dances studies contributed positively to the speed development.

Keywords: woman, folk dance, sprint

1. Introduction

Folk dances are rhythmic movements that reflect the character, feelings, thoughts and spiritual values of people since the existence of humanity (Altuğ, 1991). The regular movements made by primitive people out of emotions such as war, death, birth, bravery, heroism, sadness and joy began to be called folk dances after a certain period. This occupation has become such that over time, it has become the only profession, livelihood and perhaps the biggest part of many people's lives (Cingöz, 1996). The benefits of exercise for humans are a well-known fact. When exercise is done consciously, it increases the quality of life of the person. Exercise also has factors such as increase in balance and

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movement skills, decrease in blood pressure, increase in flexibility, tension and relaxation (Zorba et al., 2004).

It is seen that regular exercises increase speed, strength, endurance and flexibility, as well as positively affect body composition (Yamaner and Hacıcaferoğlu, 1997). They state that during a competition, sprints of 2 and 4 seconds occur every 90 seconds, and the sprint covers 3% of the game time. Approximately 96% of sprints are shorter than 30 m and 49% are shorter than 10 m. Thus, the performance at distances above or below 10 m and the speed reached in the first step are key indicators of the player potential. Also, a match involves a lot of explosive moves and requires about 15 steals and 10 headshots, frequent hits and varying distance speeds (Chelly et al., 2010). The aim of this study is to examine whether the eight-week folk dance practice has an effect on speed and agility.

2. Methods

A total of 64 women, 32 experimental groups and 32 control groups, who had no previous sports background and did not play folk dances, participated voluntarily in this study. For eight weeks, the experimental group played games with high levels of movement, such as koseyri, maney, havarişko, sparrow, and hallum, belonging to the Gaziantep region, for two days three hours a week on Saturdays and Sundays. The control group was not subjected to any training. Measurements were taken as a pre-test before the training program started and as a post-test after the training program.

2.1. 30 m Sprint Test

The measurement was carried out in an indoor sports hall. The subjects debuted when they felt ready, without any exit command. Each subject was given 2 rights and their best scores were recorded as the test score in "sec". In the measurement of sprint times, a 3-door photocell device with an accuracy of 1/1000 sec and having 2 eyes with laser reflections on each door was used.

2.2. Statistical Analysis

SPSS IBM 22 statistical package program was used to calculate and evaluate the data obtained. The normality test of the data was tested with the One Sample Kolmogorov Smirnov test and it was found that it showed a normal distribution. According to normality test, the difference between groups was tested by t test in independent groups. Paired t test was used for in-group comparisons. The variance homogeneity test of the data was tested with the Levene test. In this study, the error level was accepted as 0.05.

3. Results

Table 1: Physical Characteristics of the Subjects Participating in the Study

Variables	Experimental group (N=32)	Control group (N=32)
	Average ± S.D	Average ± S.D
Age (years)	14,99±0,857	15,41±0,536
Size (m)	1,62±0,411	1,59±0,768
Body weight (kg)	55,99±4,859	54,86±4,724

When Table 1 was examined, the average age of the experiments included in the study as a subject group was found to be 14.99 ± 0.857 years, their average height was 1.62 ± 0.411 m and their body weight average 55.99 ± 4.859 kg. The subjects participating in the study as a control group, on the other hand, have a mean age of 15.41 ± 0.536 years, an average height of 1.59 ± 0.768 m, and a mean body weight of 54.86 ± 4.724 kg.

Table 2: Comparison of the Data Regarding the Subjects Participating in the Study According to the Groups

Variables		Experimental group (N=32)	Control group (N=32)	t	p
		Average ± S.D	Average ± S.D		
30 m. Sprint	Pre test	5,92±0,511	6,43±0,613	4,911	0,000*
	Post test	5,61±0,643	6,47±0,678	5,109	0,000*

*P<0,05

When Table 2 was examined, it was found that there was a statistically significant difference between the groups in the comparison of the pre-test values of the 30-meter sprint performance values of the subjects participating in the study in terms of the experimental and control groups ($P < 0.05$). In the comparison of the post-test results of the 30-meter sprint performance values of the subjects participating in the study in terms of the experimental and control groups, it was determined that the post-test values of the experimental group were statistically significantly lower than the post-test values of the control group ($P < 0.05$).

Table 3: Comparison of the Mean Difference of the Pretest - Posttest Values of the Groups

Variables			Difference of	t	p
			means ±S.D		
30 m. sprint	Experimental group	Pre test-Post test	0,31±0,305	5,648	0,000*
	Control group	Pre test-Post test	0,04±0,311	0,412	0,687

*P<0,05

When Table 3 is examined, it has been determined that there is a statistically significant difference in the comparison of the 30 meter sprint performance values of the experimental group participating in the study, the pre-test and post-test results ($P < 0.05$). In the comparison of the pre-test and post-test results of the 30-meter sprint performance

values of the control group participating in the study; Statistical significance was not determined ($P>0,05$).

4. Discussion and Conclusion

Folk dances are cultural indicators of the society to which they belong. Same time; it is the mirror of society with its structure and content. Folk dances have different movement characteristics and regular exercise characteristics regardless of the region. Therefore, folk dances have different effects on the organism. However, it is very difficult to reach concrete information due to the limited research on what kind of physical and physiological effects they have or may have (Ünveren, 2005).

When we examine the results of our research; A statistically significant difference was found between the groups in the comparison of the pre-test and post-test values in terms of experimental and control groups in 30-meter sprint performance values of the subjects ($P<0,05$). In addition, a statistically significant difference was found in the comparison of the pre-test and post-test results of the 30 meter sprint performance values of the experimental group ($P<0,05$). In the comparison of the pre-test and post-test results of the 30-meter sprint performance values of the control group participating in the study; Statistical significance was not determined ($P>0,05$).

When we examine the studies in the literature; In the study of Taşkın (2016) examining the effect of core training on functional performance in young women; It has been determined that the core training program has a positive effect on 30 meters sprint. In the study investigating the effect of proprioception training on quickness, agility and acceleration; Significant differences were found in the subjects' quickness, agility and acceleration values (Taşkın and Biçer; 2015). It is thought that the quickness performance and acceleration performances of the individual in the 30-meter sprint ability are important in the speed performance. Therefore, the work of Taşkın and Biçer supports our work. In a study examining the effect of six-week strength training on speed; It has been observed that strength training has a positive contribution to the development of speed (Kırıcı, 2019).

Looking at the features that affect high performance in sports, it can be said that speed, mobility (flexibility) and coordination characteristics are determinant. When we look at the above studies, it is seen that speed and quickness features are complementary features. In a study conducted on amputated football players, a positive correlation was found between speed and quickness skills (Taşkın et al, 2014). A significant difference was observed in the performance values of the Anaerobic Sprint Test (RAST) in a 4-month study on basketball players aged 15-16 years (Mindaugas et al, 2006). In the study investigating the effect of 8-week pliometric training on speed; When the pre-test post-test measurement values of the experimental group were examined, it was determined that the speed values showed a statistically significant difference. When the average values are compared, it is seen that the final test measurement values are better. We examined the effect of pliometric training program on some physical parameters of female handball players and a statistically significant difference was found in 30m speed

values (Ağılönü and Kıratlı, 2015). When we look at the studies in the literature; We see that the trainings applied contribute to speed development. Our study results are in parallel with the above studies. As a result, we think that the dances played in folk dances studies contributed positively to the speed development.

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