

# Effects of 12 weekly folk dance studies on some physical suitability parameters of works of different local area in primary school age children

Evrin ÇAKMAKCI, Erdal TASGIN, Metin ÖZLÜ, Aykut ZORLU

Selcuk University, Sports Science Faculty, Konya, Turkey

Address Correspondence to E. Taşgin, e-mail: [etasgin@selcuk.edu.tr](mailto:etasgin@selcuk.edu.tr)

## Abstract

In this study, it was aimed to determine the effect of Artvin region and Antep region folk dance program applied for 12 weeks on some physical fitness parameters on children at primary education level. The study aimed to examine the development of some of the motoric characteristics of folk dance studies of different regions applied in the 9-10 year old children two days a week. In Gaziantep region, 12 girls and 7 boys ( $X_{age}=10\pm0.61$ ), totally 19 children, and Artvin region as 10 girls and 5 boys ( $X_{age}=10$ ), totally 15 children participated in the study. Flexibility, Vertical Jumping, Stopping Long Jump, 20 m Sprint test values were evaluated before (pre-test) and end (test) 12 week application. For the analysis of the data, Wilcoxon t test was used in non-parametric tests in SPSS 20 package program. There were significant differences in sit-in, vertical jump ( $p<0.05$ ), stopping long-jump, and 20-meter sprint values while the Artvin group did not show any difference in weight values ( $p<0.05$ ). In the Antep region, there were significant differences in weight, sit-reach, vertical jumping and 20 meters sprint values while the practice group did not show any difference in stopping long jump values ( $p<0.05$ ). As a result, it has been observed that Artvin region and Antep region folk dances conducted for 12 weeks cause some physical values of children to develop and that the orientation of primary school children to folk dances has a positive and important effect for children.

**Key words:** Folk Dances, Artvin Region, Antep Region, Physical Fitness Measurements.

## INTRODUCTION

The folk dance is the integration of movement and music, conceptually blended with sound and rhythm units supported by aesthetic influence and excitement, mostly anonymous folk music, which is pleasant to the mouth and the ears (4). Folk dances that show differences according to climate of the geography, geographical position and socio-economic structure of the geography they are in each continent, tribe, tribal, clan and nation have their own style in certain steps and forms. Folk dances; a phenomenon that reflects the cultural values of the society, expresses a happiness, a sadness; is expressed as a whole, which is performed in music, single person or in groups (5).

It has been stated that regular and continuous activities are useful in all age groups. It has been reported that conscious exercises are effective in decreasing blood pressure, increasing flexibility, balance and mobility, reducing loss of muscle and bone mass, maintaining ideal weight, and

maintaining a healthy and long life (15). It has been expressed that the activity contributes to the development of many physical characteristics of the players in terms of folk dances, rhythmic movements, adaptation with music, high level of difficulty, skilful, uninterrupted and long-time application (9). Folk dances have proven by research conducted to be beneficial to the organism physically and physiologically. The horon played in the Eastern Black Sea region; fast rhythm, high skill, and coordinated folk dances at the same time (1). Gaziantep region has a structure in the form of a halay (anatolian folk dance) type game. It is expressed as the type of game played by the head of the anatolian folk dance, which is played in groups without any number limitation, accelerating gradually and sometimes using heavy games in between. The games played by one person are also performed as solos in many areas (2).

In many surveys of different regions of folk dances, it has been reported that movements related

to folk dances are positively influenced by parameters related to physical fitness (6, 8, 12).

## MATERIALS AND METHODS

The average age of the Gaziantep region children who participated in the survey was 10,  $14 \pm 0,61$ , and the average age of Artvin region children was 10. The first group is set as Anatolian folk dance species (Gaziantep region) and the second group is set as horon (a folk dance of the eastern black sea coastal region) species (Artvin region). 12 girls and 7 boys in the anatolian folk dance group and 10 girls and 5 boys in the horon group participated voluntarily. Flexibility in Work, Vertical Jumping, Stopping Long Jump, 20 m Sprint tests are aimed to be evaluated.

*Tests Implemented:* Vertical jump, long jump, 20 m speed run, flexibility tests were applied in our work.

*Length and Body Weight:* Participants were measured with a stadiometer with a bare foot sensitivity of 0.01 m in height and body weight with electronic scales with a sensitivity of 0.1 kg with only shorts on them.

*Vertical Jumping Test:* The vertical jumping test measures the ability to jump quickly in a vertical direction. Vertical jump test; In front of the wall hanging platform, the student tries to jump as high as possible with the double leg. Before the test, the normal arm length is determined in front of the platform to be tested. In the test result of the student, the difference between the jump distance and the arm length was determined and the vertical

jump distance was recorded in cm. Participants were asked to repeat the test twice and the best results were recorded.

*Stopping Long Jump Test:* At the end of a long jump without stopping in a standing position, with the two legs connected to each other, was measured in cm between the line at the bounce point and the distance the student left the last trace.

*20 meters Sprint Test:* The goal is to determine the speed. Subjects run 20 m at a maximum speed of 20 m in the designated area with high output. The running time is saved in seconds with the stopwatch. Participants were asked to repeat the test twice and the best results were recorded.

*Flexibility Measurements:* The flexure measurement uses a sit-reach test. The subjects sit around and rest their bare feet in a straight line on the test bench. The body is leaning forward and the ruler is slowly advanced forward as far as it can reach, so that the knees do not twist before the hand. At the farthest point, one or two seconds were waited forward or backward. The test was repeated twice and the highest value was recorded.

*Data Analysis:* Descriptive statistical analyses of the measurements were made in the SPSS 20 program. Data obtained in the study are presented as mean and standard deviation (SS). The Wilcoxon-t test was used for non-parametric tests because the data did not fit the lower limit of normal distribution. The statistical significance level was accepted as 0.05.

## RESULT

Table 1. Physical fitness values of participant in Gaziantep region anatolian folk dance group

Tests	X	SS	z	p
Weight pre-test	35.2368	10.15	-2.346	0.019*
Weight end test	36.0526	9.86		
Sit-reach T pre-test	16.5263	5.20	-3.413	0.001*
Sit-reach end test	19.7368	5.47		
Vertical Jumping pre-test	18.8421	5.53	-2.419	0.001*
Vertical Jumping end test	22.3684	3.62		
Stopping Long Jump pre-test	99.5789	15.40	-1.481	0.138
Stopping Long Jump end test	104.1579	16.31		
Sprint pre-test	5.3511	0.39	-3.280	0.001*
Sprint end test	5.0221	0.38		

\*p<0,05

The physical fitness values of participants in the Gaziantep region halay group are given in Table 1. As a result of comparison of the pre-test and post-test averages of the weight measurements of the primary school children, while in the Antep region,

there is no difference in the stopping long jump values of the practice group ( $p<0.05$ ), weight, sit-reach, vertical jump and 20-meter speed were found significant differences ( $p<0.05$ ).

Table 2. Physical fitness values of participant in Artvin region horon group

Tests	X	SS	z	p
Weight pre-test	34.8000	8.23711	-1.149	0.250
Weight end test	34.4667	8.14043		
Sit-reach pre-test	17.8000	4.57009	-3.314	0.001*
Sit-reach end test	21.0667	4.99238		
Vertical Jumping pre-test	18.8667	3.13657	-3.237	0.001*
Vertical Jumping end test	21.4667	2.58752		
Stopping Long Jump pre-test	107.8667	16.75396	-3.125	0.002*
Stopping Long Jump end test	117.5333	14.82694		
Sprint pre-test	5.3060	.33489	-3.408	0.001*
Sprint end test	4.8287	.35972		

\*p&lt;0.05

The physical fitness values of the participant in the Artvin region horon group are given in table 2. While there is no difference in the weight values of primary school children ( $p<0.05$ ), there were significant differences in the values of sit-reach test, vertical jumping, stopping long jump and 20 meters speed ( $p<0.05$ ).

## DISCUSSION

The purpose of this study is to include Artvin region and Antep region folk dance applied to elementary school children for 12 weeks. In terms of the rhythmic diversity of our folk dances seen in Anatolia, our research was dealt with in terms of game speeds and mobility; the results are discussed in terms of game differences.

If the benefits of regular exercise and culture are taken into account, many physical fitness programs have been developed to reduce discomfort caused by inactivity and to provide regular exercise habits to individuals. Dance and its variants are the most popular. Folk dances, which reflect the richness of our country's cultural folklore, are the most common practices in national education programs. Different dance movements combine with other rhythmic movements such as jumping and tabbing and are applied continuously in music accompaniment (11).

According to the results of our study; Children who participated in Antep local folk dances did not show any improvement according to the results of first and last tests at stopping long jump levels; significant changes were observed in favour of the last-test in the first and last test results in weight, sit-reach test, vertical jumping and speed values ( $p<0.05$ ). While the children participating in Artvin region folk dances did not show any difference in their weight; significant changes were observed in favour of pre-test in first and last test results in sit-reach, vertical jumping, stopping long jump and speed values ( $p<0.05$ ).

Saygin (14) found a significant difference in vertical jump between children with low activity levels and those with moderate activity levels. Hoffman et al. (7) found that children aged 12-14 with motion training showed a significant difference in the physical fitness parameters at ( $p<0.05$ ) these findings are similar to those of the researcher. Loko et al. (13) reported that the exercise last-test values showed a positive trend according to the control group in the speed tests on the children who were doing regular exercise during the developmental period. The results of the research conducted by Kien et al. (10) on the sample of middle school children aged 10-12 participating in the recreation programs are similar to those of our study and the results of Loko et al. Diallo et al. (3) found similar significant differences when we exercised at 20, 30 and 40 m sprint values for the 10-12 year-old children who exercise three times a week.

In conclusion, Folk dances, which are provided by the diversity of Turkish cultures and which are among the folklore areas is the phenomenon that faces the most in the formal education system and confronts the students in all the environments in which the organized learners are present. Supported by a number of studies on improving regular exercise and activity habits, social and individual life advances positively and consequently life quality levels are increasing. It is necessary to work with the children in the age of development, especially in the practice of habituation. Reason that the activity and exercise awareness that will become a necessity from the young age when making their lives bear a significant impact on the whole life of the individual in terms of health, social life, psychology and time management.

When considering the diversity of folk dances, in reference to the sampling effects of the two selected regions and the workshop, the physical fitness values that constitute the basis of almost all sports branches,

regardless of the applied sample and locality, have been reached as meaningful results for the end tests. From this, it can be said that the children who are in the age of development will have a positive effect on the physical fitness of the education given in their free time or the education to be given by special studies. Researchers can strengthen their work with applications from other regions, the projects to be carried out by the local government or the relevant ministries may reveal social and cultural differences as well as the development of children's motor skills.

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