

IMPACT OF HULA HOOP EXERCISES AND INDIAN CLUB EXERCISES ON SELF CONFIDENCE OF COLLEGE SPORTS MEN

Dr. C. SIVANANDHAPRABHU

Assistant Professor, Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi, Tamilnadu.

Dr. A. MURUGAN

Assistant Professor, Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi, Tamilnadu.

Dr. P. SURESHBABU

Associate Professor and Head, Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi, Tamilnadu.

Abstract

The aim of the investigation find the occurrence of self confidence in college sports men were required one among the students. The hula hoop exercise is designed to work the oblique and the muscles on sides of the abdominal muscles. Indian club exercises are mostly working on upper body. Self-motivation is the force that keeps pushing internal drive to produce, keep moving forward, develop and achieve. The idea behind the study was to realize the impact of hula hoop exercises and Indian club exercises on self-confidence of college sports men. Sixty inter-collegiate sports men were selected randomly as subjects from various sports team of Ayya Nadar Janaki Ammal College, Sivakasi. The age of the subjects was restricted into 18 to 20 years. The selected subjects were divided into two experimental groups and a control group. No steps were taken to equate the group in any manner. Group I underwent hula hoop exercises, Group II underwent Indian club exercises, on three days of every alternate days in a week for a training period of twelve weeks and Group III to be acted as Control group. The dependent variables chosen for this study were self-confidence. Self Confidence was measured with 56 question questionnaire of 'Agnihotri's Self Confidence Inventory' developed by Dr. Rekha Agnihotri (1987). The selected subjects were tested at the time of start of training and immediately after the training periods. The data obtained from the all three groups at the time of start of training and immediately after the training periods on selected criterion variables were statistically analyzed with dependent 't' test and analysis of covariance (ANCOVA). At whatever time the 'F' ratio for adjusted test were reached to be significant, the Scheffe's test were applied as post-hoc test to calculate the paired mean difference. In this study 0.05 level of significant were fixed. The result of the study also revealed that there was a significant improvement on self-confidence after the hula hoop exercises and Indian club exercises groups and significant difference was found between the training groups on self confidence in favour of hula hoop exercises groups.

Keywords: Hula Hoop Exercises, Indian club Exercises, and Self Confidence

INTRODUCTION

All the educational institutions like school and colleges are now implementing the new educational systems. New education systems promote the education as well as co-curricular activities. As a part of co-curricular activities sports and physical education play a vital role. Physical education and recreation is the oldest arts in the humanities. Physical education is play a fundamental role of human expression and it is essential form of nonverbal communication

like, music, art, literature and dance. In the latest studies have been conducted for analyze the merits of different physical fitness training programs. Our national and state government has realized the need of including the physical fitness in to the school and college curriculum.

Physical Education in Schools and colleges were earlier considered to be an extracurricular activity and it was pushed to the last seat, but now it is acknowledged as a co-curricular activity. This shows that education has taken responsibility of all-round improvement of the students through physical activity and the faculty have to use this opportunities to maintain and develop a physically fit body, a sound mind and a socially desirable outlook of the students. Physical activity may vary from simple to complex level. That develops the physical, physiological and psychological variables of the participants.

Hula Hoop exercise is a type of cardiac exercise and is also called as aerobic exercise. It doesn't involve a commute to the gym, overcrowded fitness classes or waiting for cardio machines. It is inexpensive and can practice anywhere like living room, ground or indoors. The success of hula hoop workouts has a lot to do with size of the hoop. The tip for beginner may use larger hoop to start spin more slowly. Start spinning the hoop in a counter-clockwise at the waist in a circular motion. The hula hoop exercise is designed to work the obliques and the muscles on sides of the abdominal muscles.

Indian club exercises are mostly working on upper body movement and fluidity, particularly in shoulders, elbows and wrist joints. The Indian club exercise is to train the stability of the wrist. Holding the Indian club with arm bent at side or fully extends in front of body. From that pronation and supination will occur the forearm until horizontal of both ways. The rotation should not occur from the shoulder. It increases joint mobility's, develop coordination and shoulder strength, improves flexibility of wrist and elbows and enhances neural coordination's.

Self-motivation is the force that keeps pushing internal drive to produce, keep moving forward, develop and achieve. Self-motivation is what pushes to go on. The students who are all self-motivated to do better in schools and colleges have a better overall sense of well-being. Finding the self-motivation for the students is a key element in their success and happiness at school and college.

INDEPENDENT VARIABLES

- Hula Hoop Exercises
- Indian Club Exercises

DEPENDENT VARIABLES

- Self Confidence

METHODOLOGY

The idea behind the study was to realize the impact of hula hoop exercises and Indian club exercises on self-confidence of college sports men. Sixty inter-collegiate sports men were selected randomly as subjects from various sports team of Ayya Nadar Janaki Ammal College, Sivakasi. The age of the subjects was restricted into 18 to 20 years. The selected subjects were divided into two experimental groups and a control group. No steps were taken to equate the group in any manner. Group I underwent hula hoop exercises, Group II underwent Indian club exercises, on three days of every alternate days in a week for a training period of twelve weeks and Group III to be acted as Control group. The dependent variables chosen for this study were self-confidence. Self Confidence was measured with 56 question questionnaire of ‘Agnihotri’s Self Confidence Inventory’ developed by Dr. Rekha Agnihotri (1987). The selected subjects were tested at the time of start of training and immediately after the training periods. The data obtained from the all three groups at the time of start of training and immediately after the training periods on selected criterion variables were statistically analyzed with dependent ‘t’ test and analysis of covariance (ANCOVA). At whatever time the ‘F’ ratio for adjusted test were reached to be significant, the Scheffe’s test were applied as post-hoc test to calculate the paired mean difference. In this study 0.05 level of significant were fixed.

RESULTS AND FINDINGS

1. Self Confidence

The findings of pre and posttest means, standard deviations and dependent ‘t’ test scores on Self Confidence of the subjects of hula hoop exercises group, Indian club exercises group and control groups has been represented in Table-1

**Table 1: Mean, Standard Deviation and Dependent ‘T’ Test Values
On Self Confidence**

Tests	Hula Hoop Exercises Group		Indian Club Exercises Group		Control Group	
	Mean	SD	Mean	SD	Mean	SD
Pre test	40.6	9.04	40.10	8.42	40.3	8.32
Post test	33.25	7.83	36.96	7.69	39.0	8.06
T-Test	4.75*		4.47*		0.13	

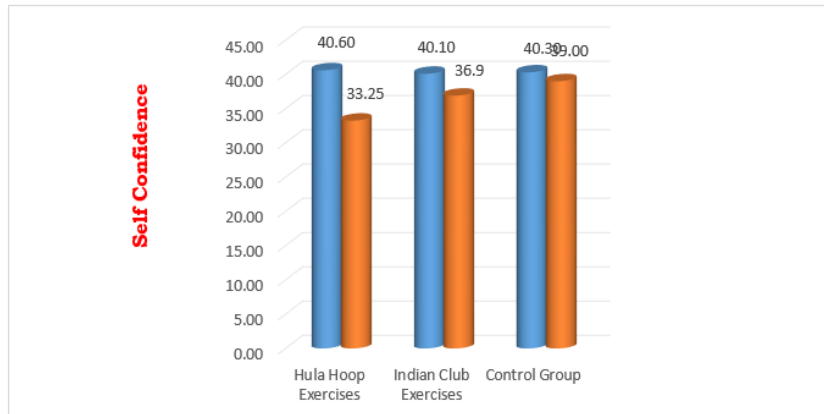
*Significant at .05 level. The table value required at 0.05 level with df 19 is 1.72.

Table – 1, shows that the obtained t-test value of hula hoop exercises group and Indian club exercises group were 4.75 and 4.47 respectively which are greater than the tabulated t-value of 1.72 with df 19 at 0.05 level of confidence. That means the hula hoops exercises and Indian club exercises groups had registered their significant improvement in Self Confidence. But the control group did not show their significant improvement on Self Confidence because they did not underwent any special training.

Figure I illustrate the pre and posttest means of moderate hula hoops exercises and Indian club

exercises groups and control group on Self Confidence of college sports men.

Figure I: Pre and Post Mean Values of Self Confidence



The results of the Analysis of Covariance and adjusted post test scores on Self Confidence of hula hoops exercises and Indian club exercises groups and control group were presented in Table – 2.

Table 2: Results of Analysis of Covariance on Self Confidence

Adjusted Post Test Means			Sources of Variance	Sum of Square	df	Mean Squares	F-ratio
Hula Hoop Exercises Group	Indian Club Exercises Group	Control Group					
33.39	36.68	39.21	Between	734.09	2	367.045	70.45*
			Within	291.88	56	5.21	

*Significant at 0.05 level. The table value required at 0.05 level with df 2 & 56 is 3.16.

The above table-2 shows that the obtained F-ratio value is 70.45, which is higher than the table value 3.16 with df 2 and 56 required for significance at 0.05 level. Since the value of F-ratio is higher than the table value, it indicates that there was significant difference among the adjusted post-test means hula hoops exercises and Indian club exercises groups and control group on Self Confidence. To find out which of the three paired means had a significant difference, the Scheffe’s post-hoc test was applied and the results are presented in Table-3.

Table 3: Scheffe’s Test for the Differences between the Adjusted Post Test Paired Means of Self Confidence

Adjusted Post Test Mean			Mean Differences	Confidence Interval
Hula Hoop Exercises Group	Indian Club Exercises Group	Control Group		
33.39	36.68		3.29*	1.92
33.39		39.21	5.82*	
	36.68	39.21	2.53*	

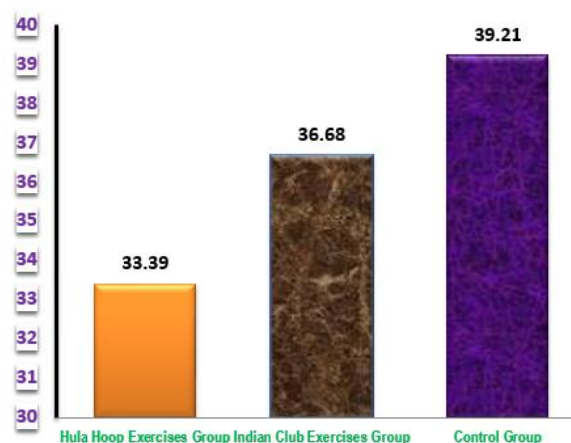
*Significant at 0.05 level.

Table-3 shows that the adjusted posttest mean differences on Self Confidence between hula hoop exercises group and Indian club exercise groups; hula hoop exercises group and control groups; and Indian club exercises group and control groups, 3.29, 5.82 and 2.53 which are greater than the confidence interval value 1.92, which shows significant difference at 0.05 level of confidence. It may be concluded from the results of the study that there was a significant difference on Self Confidence between hula hoop exercises group and Indian club exercise groups; hula hoop exercises group and control groups; and Indian club exercises group and control groups.

It was concluded that hula hoop exercises is better than Indian club exercises and control groups in improving self-confidence.

Figure II illustrates the adjusted posttest means of experimental and control groups on Self Confidence of college sports men.

Figure II: Adjusted Post Test Mean Values on Self Confidence



The lower the score, the higher the self confidence level and vice versa.

CONCLUSIONS

From the analysis of the data, the following conclusions were drawn. The hula hoop exercises groups significantly improved the self-confidence when compared with control group. The Indian club exercises groups significantly improved the self-confidence when compared with control group. There was a significant difference between hula hoop exercises group and Indian club exercises groups on improvement of self-confidence.

The result of the study also revealed that there was a significant improvement on self-confidence after the hula hoop exercises and Indian club exercises groups and significant difference was found between the training groups on self confidence in favour of hula hoop exercises groups.

References

Books

1. Albert V. Carvon, (1980), *Social Psychology of Sports*, USA: Movement Publications Inc,
2. Gilmore C.P., (1981), *Exercising for Fitness*, Canada: Time-Life Books Inc.,
3. Singh Hardayal., *Science of Sports Training*. New Delhi: D.V.S. Publications, 1991.

Journals

1. Alpaslan, G., Bekir, T., & Adela, B. (2017). The effects of three different type of exercises on aerobic and anaerobic power. *Physical education of students*, 21(4), 152-157.
2. Bostancı, Ö., Karaduman, E., & Mayda, M. H. (2019). Investigation of self confidence levels in elite extreme athletes. *Physical education of students*, 23(3), 106-111.
3. Fields, J. B., Merrigan, J. J., White, J. B., & Jones, M. T. (2018). Body Composition Variables by Sport and Sport-Position in Elite Collegiate Athletes. *The Journal of Strength & Conditioning Research*, 32(11), 3153-3159.
4. Mahadevan, T. P. D. V. (2018). Effect of 6 weeks battle rope training on selected psychological variables among inter collegiate volleyball players. *International Journal of Physiology, Nutrition and Physical Education*, 3(1).
5. Rajasuthakar, S., & Sebastian, P. J. (2019). Effect of small area games and yogic practices on selected stress and aggression of intercollegiate male volleyball players. *International Journal of Physiology, Nutrition and Physical Education* 2019; 4(1): 1915-1918
6. Subarna, S., Tangkudung, J., & Asmawi, M. (2019). The effect of eye-hand coordination on self-confidence levels among indoor volleyball referees. *Journal of Education, Health and Sport*, 9(4), 124-139
7. van de Pol, P. K., Kavussanu, M., & Ring, C. (2012). The effects of training and competition on achievement goals, motivational responses, and performance in a golf-putting task. *Journal of Sport and Exercise Psychology*, 34(6), 787-807