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Balinese Cultural Dances Improves Flexibility Score Among Medical's Student of Udayana University

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ABSTRACT

Individual's involvement in an exercise program depends on the culture of individu and the benefits of the program itself. Balinese cultural dance (BCD) is one of the most popular physical activity (PA) among the Balinese sand spread widely in Bali. Based on scientific point of view, it has characteristic of an activity that could improve ten aspects of physical fitness. Unfortunately, this cultural PA has not been developed yet as an alternative pnysical fitness program. This study aims to assess the benefits of CCTs on flexibility as one of the components of physical fitness. The study was conducted in Denpasar, involving 20 samples were divided into groups of dancers and non-dancers, the age of the both group was same. We measured the whole body flexibility, hip flexibility, upper arm girdle flexibility and then sum up the result to the flexibility score. The results of this study revealed better body flexibility scores in the dancer group compared to the group non-dancers group (P <0.01). Thus the development of TTB as a form of physical training should be improved.

INTRODUCTION

An individual will be more interested and motivated to participate in physical exercise programs in accordance with our culture and has been shown to provide benefits in a traditional Balinese dance nyata.1,2 (TTB) as part of art and culture has the potential to be developed into a model of physical training. Scientifically, TTB can be seen as a complex of physical activity and is closely related to the ten aspects of fitness jasmani.3 Until now, TTB has not been used as an alternative form of physical training, developed only as a work of art. This study aims to assess the physical fitness benefits of CCTs to medical students.

MATERIAL AND METHODS

This study involves a medical student as a sample, consisting of a group of dancers (P) and non-dancers (NP) and amounted to ten people. Both groups have a characteristic age and the same gender. Flexibility measurement was done by using the sit and reach test, stork standing balance test techniques - blind and posture assessed the quality of the photo and a side photo belakang.4 Data were analyzed statistically by conducting different test for unpaired samples.

RESULTS AND DISCUSSION

This study shows that the average group P has the flexibility of 9.4 + 1.2 cm compared to the NP group had poor flexibility of <4 cm (P <0:01). The balance of the group P is much better than the NP

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group at 220 + 16 seconds compared with 102 + 47 seconds (P <0:01). Quality posture for better P group compared with the NP group (P <0.05). These results are consistent with other studies that show that dance can increase the fitness of dancers. Flexibility and balance the fitness aspect of the dancer is enhanced by the TTB. Movements in TTB will train the leg muscles, coordination and balance in a way that increases flexibility and balance. Long-term exercise with flexion movements of the lower limbs and abdomen accompanied by lordosis on TTB will form a good posture.

CONCLUSION

Flexibility, balance and posture on the quality of the P group is better than the NP group. Thus, TTB as a form of physical activity is actually beneficial to our physical fitness. TTB utilization as a model of a physical training program should be improved in the future.

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