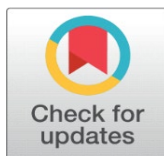
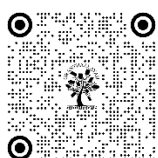


# HELPLESSNESS OF THREE MONTHS STRECHING ACTIVITY TRAINING PROGRAMME ON FLEXIBILITY OF HOUSEKEEPING FEMALE

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## ABSTRACT

The present study was undertaken to study and compare the effect of Three months stretching activity training programme on flexibility 60 Housekeeping females on different homes of Kolhapur (Maharashtra.) were taken as the subjects for this study. The subjects were further assigned into experimental group (N=30) and control group (N=30). Three months stretching activity training program for flexibility was given to female of experimental group only. Pre-test and post-test was conducted to measure flexibility through sit and reach test. The age of the subjects ranged between 25-45 years. To find out the significance of difference between pre and post-test means scores of the group, mean, SD and 't' test were computed, and significance level was set at .01 level. In overall statistical analysis, it was found that there was a significant difference in flexibility component of as physical fitness in experimental group and Control group.

**Keywords:** Housekeeping Female, Stretching Activity, Training Programme, Flexibility etc

## 1. INTRODUCTION

We know the result of regular stretching activity are development of total personality of the human to its fullness and perfection in body, mind, and spirit. where physical development underlines muscular fitness, physical strength, endurance, resistance to disease, correct posture, shapely body, effective and efficient movement. Large muscle activity, supported by balance diet and good environment, is the single important factor. Capable of ensuring proper growth and development of child within limits and limitation of the genetic potential. Regular participation in moderate vigorous physical activity stimulates respiratory, circulatory, digestive, excretory and other body system to work at an optimal level of efficiency resulting in increased vigour, resistance to diseases, better health, greater physical capacity for productivity in work. Naturel activity such as running, jumping, throwing, chasing, pulling, pushing, hanging etc., generally known as racially old forms of activity toughen body and sharpen intellect so that the participant acquires the courage and capacity to accept and throw challenges in life.

The level of fitness which an elite athlete requires and acquires so as to perform well in his sports is significantly different from the one required for a housewife, a business executive, a school teacher, a technician, an engineer or an industrial worker. Yet fitness is the very heart and soul of an abundant and efficient living. stretching activity is the anchor to achieve the objective of physical development.

## 2. OBJECTIVES OF THE STUDY

- To find out of the physical fitness Housekeeping Female
- To design the stretching activity training programme for Housekeeping Female.
- To determine the usefulness of stretching activity training programme for Housekeeping Female.

## 3. METHODOLOGY

### 3.1. SELECTION OF SUBJECTS

The subjects were selected from different homes of Kolhapur (Maharashtra). 60 female aged 25 to 45 years. The subjects were further assigned into two groups experimental and control group consist of 30 subjects in each group. The experimental group underwent three months training whereas control group was playing their regular routine.

### 3.2. TEST USED

The sit and reach test from AAPHERED health related physical fitness components was selected to measure the flexibility components of physical fitness.

### 3.3. CRITERION MEASURE

A typical measurement of flexibility is the sit and reach test, which precisely tests the stability of the lower back as well as hamstring muscles.

### 3.4. EQUIPMENT REQUIRED:

Sit and reach box Scoring: The score is recorded to the nearest centimetre or half inch as the distance reached by the hand. The level of the feet was marked as the zero mark.

### 3.5. COLLECTION OF DATA

Measurements for selected variables was recorded as per the instructions given in literature and manual. All the results were taken in numerical form for further analysis. These numerical scores of each test/measure recorded, represented the data for the present study.

Statistical Analysis To assess the flexibility of housekeeping female' significance of the difference between the pertest and post test scores, of flexibility of housekeeping female, 't' test was applied. Statistical The significance level was set at 0.05 level.

## 4. RESULTS

To find out the significance of the difference between the pre-test and post test scores on flexibility of housekeeping female in experimental and control groups, 'mean, SD and t-ratio were computed and data pertaining to this has been presented in Table 1 and 2 and depicted in figure

**Table 1**

Significance of Deffreence Between Pre-Test and Post-Test Mean Scores of Housekeeping Female on Flexibility of Experimental Group

Test	N	Mean	SD	MD	DM	t-ratio
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Pre- Test	30	7.21	1.45	0.85	0.20	4.10
Post Test	30	8.07	2.02			

\*Significant at 0.01 level

$t_{0.05(38)} = 2.02$

Table 1 indicates that the statistically significance of difference was observed between mean scores on Pre-test and post-test of experimental group housekeeping female on flexibility component of physical fitness, as the obtained t-value of 4.10 was higher than the required  $t_{0.05(38)} = 2.02$

**Table 2**

Significance of Difference Between Pre-Test and Post-Test Mean Scores of Housekeeping Female on Flexibility of Control Group

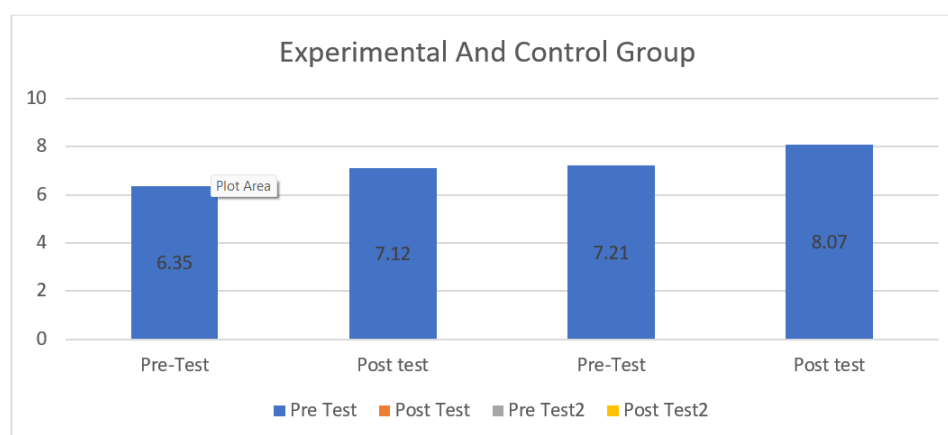
Test	N	Mean	SD	MD	DM	t-ratio
Pre- Test	30	6.35	1.48	0.66	0.22	2.02
Post Test	30	7.12	1.21			

\*Significant at 0.01 level

$t_{0.05(38)} = 2.02$

Table 2 indicates that the statistically significance of difference was observed between mean scores on Pre-test and post-test of control group housekeeping female on flexibility component of physical fitness, as the obtained t-value of 2.02 was similar with the required  $t_{0.05(38)} = 2.02$

**Figure 1**



**Figure 1** Mean Scores of Pre-Test and Post-Test Scores on Flexibility of Experimental Group and Control Group housekeeping Female

## 5. CONCLUSION

Finally, from the finding of the present study and from the above elaborate discussion, it can be concluded that stretching activity significantly increase the flexibility of Housekeeping Female of experimental group as well as control group were found to have significant difference in their Pre-test and post-test mean scores on flexibility component of physical fitness.

## CONFLICT OF INTERESTS

None.

## ACKNOWLEDGMENTS

None.

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