

## Comparisons of Body Weight among Chhau Dancers, Manipuri Dancers and Santali Dancers

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### Abstract

Body weight is a part of total fitness, if it maintains throughout life than there would be less chances to suffer from four diseases i.e. Obesity, Arthritis, Blood Presser and Diabetes (various studies proved). Therefore a way of reducing or maintaining body weight is regular dance practicing. This study has been shown that all three types of dancers could maintain their body weight significantly and in which Chhau dancers were more efficient to control body weight than other two dancers.

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### INTRODUCTION

By regular dance practicing, dancers can automatically develop their fitness. As a physical activity and a creative art form, it is believed that dance can make a significant contribution to the healthy-living agenda. It provides an active, non-competitive form of exercise that has potential positive effects for physical health as well as mental and emotional wellbeing. Dance can be a way of engaging young people, especially girls, in physical activity. The Chhau dance follows the basic principle of Hindu dance. Chhau dance is prevalent not only in Seraikela but also in the same form or the other in many parts of Orissa and West Bengal. Manipuri one of six dance styles, it is indigenous to Manipuri, the north eastern state of India and the indigenous people of this vally were said to be the dance expert Gandharvas mentioned in the epic Ramayana, Maha Bharata and other religious scriptures. The Santhal are largest group of Munda people, who live in Bihar, Orissa, West Bengal, and Jharkhand. An important part of social life is music, dance and singing in turn. Danes are linked with the facility of the harvest and they are performed separately by men and woman with various body movements before and after the early season, and between showing and harvesting.

Complete paucity of any data regarding the influence of habitual dance on cardiovascular-pulmonary fitness and body composition of female dancers prompted a study by Novak LP et.al (1978) in which 12 female dancers and 12 sedentary female students of the same age range participated as subjects. They found that the dancers had significantly lower weight, lower resting heart rate, and lower diastolic blood pressure. Systolic blood pressure was also lower in dancers but the difference between the means did not reach statistical significance. Maximal oxygen intake was higher in dancers when expressed in relative terms. Dancers had also significantly lower total body fat. They concluded that the dance with all the variations should be encouraged in schools as a suitable behavioral modifier of sedentary habits and for maintenance of physical fitness and ideal weight.

Flores R. conducted a study on “Dance for health: improving fitness in African American and Hispanic adolescents” in 1995. The objective of this study was to undertake a small-scale controlled trial to determine if Dance for Health, an intervention program designed to provide an enjoyable aerobic program for African American and Hispanic adolescents. A significant effect was found on improving aerobic capacity, helping students maintain or decrease weight, and on improving attitudes toward physical activity and physical fitness.

**OBJECTIVE OF THE STUDY:**

*To assess the body weight of Chhau dancers, Manipuri dancers and Santhali dancers.  
To compare the body weight of Chhau dancers, Manipuri dancers and Santhali dancers.*

**METHODS AND METERIALS:**

Three dances group were selected (Chhau i.e Group-1, Manipuri i.e Group-2 and Santhali dancers i.e Group-3) and only male dancers were the subjects of this study so that the samples were selected either chosen at random from a particular population or purpose sampling technique was used in this study. Based on literary evidence, discussion with expert and scholar’s own understanding following variables were selected.

The following tools were used to measure this variable:

1. Standard weighing machine,

**Comparison of weight among the three different dance groups**

**TABLE- 1 :-** Showing the mean and standard deviation of the weight of three different dance groups.

Group	N	MEAN	SD
1	100	54.050	5.77
2	100	52.240	5.88
3	100	57.320	6.33

**INTERPRETATION**

Table no – 1 indicate that mean weight of the Manipuri dancers is greater among the three types of dancers; therefore Manipuri dancers are heavy than another two dancers group.

**TABLE- 2 :-** Showing the analysis of variance among three different dance groups.

	Sum of squares	df	Mean square	F	Sig.
Between Groups	1325.847	2	662.923	18.413	.01
Within Groups	10692.750	297	36.003		
Total	12018.597	299			

### INTERPRETATION

Table No - 2, indicates that 'F' is significant at .01 level between groups. In this study, three separate dance groups were selected to compare the body weight of the groups. The result of 'F' test indicates that there was significant difference on the body weight of the groups.

**TABLE- 3 :-** Showing the significant of difference in the mean scores in weight, with the help of 't'.

GROUP	GROUP	Mean Difference	Std. Error	LEVEL OF SIGNIFICANCE
1	3	3.270*	.849	.01
1	2	1.810*	.849	.05
3	2	5.080*	.849	.01

\* Significant

### INTERPRETATION

To estimate the gain in favor of the group 't' test has been made. Table -3, indicates that the body weight of dancers of the groups Chhau and Manipuri differ significantly at .01 level and the gain in favor of Chhau dancers at .01 level. In case of comparison between Chhau and Santhali dancers, the difference between average weights is significant at .05 level however, the gain in favor of Santhali dancers. The comparison has also been made between Manipuri and Santhali dancers. It was revealed from the result of 't', that the gain in favor of Santhali dancers. The result leads to conclude that the Santhali dancers are establishing superiority over the Chhau and Santhali dancers in case of their weight.

### CONCLUSION:

After completion of all the work following conclusions were draw by the researcher:

- I. Chhau dancers were possessed lower body weight than Manipuri dancers and Santali dancers.

### RECOMMENDATION:-

1. This study indicated that Chhau dancers were more control body weight than another two dancers were. In addition, it is recommended that regular Chhau dance practice can be practiced to maintain body weight.
2. Similar studies may be conducted on different fitness component.
3. Similar studies may be conducted on female dancers.

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