

EFFECT OF SOME SELECTED FREEHAND AND STRETCHING EXERCISES ON WEIGHT LIFTING PERFORMANCE

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Introduction:

The weight training is must for every weight lifter but it does not include all the essentials for best performance. So many things are required for higher performance. Freehand exercises are the most prominent, effective and popular form of all Indians physical exercises. It does not require the aid of any special weight, performers own body weight act as a resistance. It also save money and the performer do it easily in limited area. This form of exercise claims its special advantages in the requirement of health and strength. It gives a prominent shape to the muscles, tending to develop wonderful stamina which is helpful to the weight lifters.

Keeping in view on the importance of freehand and stretching exercises, the research scholar made an attempt to know the effect selected freehand and stretching exercises on weight lifting performance of weight lifters.

It was hypothesised that there might be a significant contribution of the freehand and stretching exercises on the performance of weight lifters.

Procedure

For testing the hypothesis 40 male weight lifters of Amravati district, Amravati was selected by using purposive method of sampling, the age of the subjects ranged between 17 to 25 years. The subjects were equally divided in two groups i.e. experimental and control group. Each group consist of 20 subjects. The experimental group gone through a training programme of freehand and stretching exercises for period of six weeks whereas the control group engaged in general physical activity.

The training programme for the experimental group was carried out for six weeks. The experimental group was given the training for three days in a week in the morning session for thirty minutes. The training days were Monday, Wednesday and Friday. The subjects performed four exercises in a session. There were combination of two freehand exercises and two stretching exercises. The recovery between the sets was 30 seconds to 1 minute.

The data was collected by using snatch and the clean & jerk technique, before and after the training programme. Six trials were given to the each subject, three for snatch and three for clean & jerk and the best performance was recorded in kilograms from both the initial and final test.

To find out the significant difference of mean performance of control group and experimental group t-test was applied. To test the hypothesis the level of significance was set at 0.05 level of confidence.

Findings

Table-1

Significance of mean difference between pre-test and post-test of control group

Control group	Mean	S.D	Mean difference	t-ratio
Pre-test	124.37	9.52	1.37	0.48
Post-test	125.75	8.54		

Tabulated $t_{0.05(20)} = 2.09$

Above calculation shows insignificant difference between the pre-test and post-test means of control group. Because the calculated 't' value i.e. 0.48 is less than the tabulated 't' value i.e. 2.09. Cal. 't' = 0.48 < tab 't' 0.05(20) = 2.09

Table-2

Significance of mean difference between pre-test and post-test of experimental group

Experimental group	Mean	S.D	Mean Difference	t-ratio
Pre-test	124.50	8.64	7	2.56
Post-test	131.50	8.67		

Tabulated 't' 0.05 (20) = 2.09

Statistical analysis indicates significant difference between the pre-test and post-test means of experimental group. Because the calculated 't' value i.e. 2.56 is greater than the tabulated 't' value i.e 2.09. Cal. T = 2.56 > tab t 0.05(20) = 2.09

Table-3

Significance of mean difference between post-tests of control and experimental groups.

Groups	Mean	S.D	Mean difference	t-ratio
Post-test (control-group)	125.75	8.54	5.75	2.11
Post-test (experimental-group)	131.50	8.67		

Tabulated $t_{0.05(40)} = 2.02$

Calculation reveals significant difference between the post-test means of control and experimental group. Because the calculated 't' value i.e. 2.11 is greater than the tabulated 't' value i.e. 2.02. Cal. $t=2.11 > \text{tab } t_{0.05(40)}=2.02$

Discussion of findings:

The obtained mean difference between the pre-test and post-test is not significant. Whereas the mean difference between the pre-test and post-test of experimental group is significant. It is found that overall performance of the experimental group have been developed significantly.

Calculation also shows that the post tests of experimental group have better performance as compared to the post test performance of control group. The statistical outcome indicates freehand and stretching exercises are effective to develop the weight training performance of weight lifters.

Conclusions:

Within the limitation of the study and on the basis of the findings the following conclusions are drawn:

- Freehand and stretching exercises improved the weight-lifting performance significantly.
- The insignificant improvement in control group which was engaged in daily simple physical activity also justify the importance of (experimental variable) freehand and stretching exercises for improving weight lifting performance.

References:

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