

Comparison of Sri Lankan Traditional Kandyan Dance Leg Exercises and Selected Sport Exercises on Leg Power Development

L.M.M.U. Lansakara* and W.A.W.S. Rupasinghe

Department of Sport Sciences and Physical Education, Faculty of Applied Sciences,
Sabaragamuwa University of Sri Lanka, Belihuloya, Sri Lanka.

*manishaudangi08@gmail.com

Dancing is a part of human culture, and foot drills (Pa sarabha) are exceptional among the dancing skills. This study aimed to determine the best method to improve leg power through traditional Kandyan leg exercises and selected sports exercises. This study is the first endeavour to compare the Kandyan pa sarabha on leg power development. Thirty-six females aged 14 to 15 years who did not train either for dancing or sports had recruited to do the study. The sample was divided into three groups; the dancing group ($n=12$), the sport group ($n=12$), and the control group ($n=12$). Pre and Post experimental research design was used, and the vertical jump test measured the leg power before and after the six weeks of training intervention. Wilcoxon Signed-Rank and the Kruskal-Wallis tests were used to test the significance of the leg power differences and considered significant at a 95% confident interval. The results revealed that there was no significant difference in the initial leg power in dance (15.5 cm), sport (16.5 cm), and control (17.0 cm) groups ($H_{(2)}=0.27$, $p=0.875$). However, the group differences in final leg power indicated a significant difference in dance (22.0 cm), sport (18.5 cm), and control (17.8 cm) groups ($H_{(2)}=11.29$, $p=0.004$). Dance and sport groups significantly developed their leg power throughout the training ($Z= 3.063$, $p=0.002$, and $Z=3.105$, $p=0.002$, respectively). The dance and sport groups post-test leg power comparison indicated a significantly higher improvement in the dance group ($H_{(1)}=5.60$, $p=0.018$). Therefore, the findings of the research suggest that Kandyan dance leg exercises more effectively develop leg power than that of the sports exercises.

Keywords: Leg Power, Kandyan Leg exercise, Sport Exercise