



Science, Movement and Health, Vol. XIV, ISSUE 1, 2014

January 2014, 14 (1): 183-187

Original article

THE EFFECT OF USING TAI CHI CHUAN EXERCISES ON SOME PSYCHOLOGICAL VARIABLES AND SOME PHYSICAL ABILITIES IN MODERN CREATIVE DANCE FOR FEMALE STUDENTS AT FACULTY OF PHYSICAL EDUCATION BEN SUEF UNIVERSITY

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Abstract

Purpose The research aims at recognizing the effect of using Tai Chi Chuan exercises on some psychological variables and some physical abilities in modern creative dance for female students at faculty of physical education- Beni Suef University through:

Methods level of self-confidence for female students at faculty of physical education- Beni Suef University.

Results Tai Chi Chuan consists of a set of movements performing slowly and smoothly with specific order. It is derived from movements of birds and animals

The researcher observed-through her work as a teacher of motor expression subject at faculty of physical education-Beni Suef University- low physical level for female students that is shown from motor performances in the subject of motor expressing, and female students giving up performance as a result of little self confidence in performance and sense of alienation with the rest female students.

Conclusions leading the researcher to conduct this study in an attempt to recognize the effect of Tai Chi Chuan exercises on some psychological and physical variables in modern creative dance for female student at faculty of physical education- Beni Suef University.

Key words: Tai chi- psychological- exercises- modern.

Introduction

All over centuries, the art of Tai chi Chuan remains one of the most important ingredients in Chin culture; recently, this art began to acquire high popularity in west, where doctors advise to apply it as one of effective methods to prevent pressure by which man suffers in modern societies.

The term of Tai Chi Chuan in Chinese language means "absolute high power" Tai Chi Chuan origins is due to traditional Chinese fighting arts.

But they are practiced to day in west as a mixture close to Yogi, and meditation.

Tai Chi Chuan consists of a set of movements performing slowly and smoothly with specific order. It is derived from movements of birds and animals

This is what (Lan, 2002; Li, F, Fisher ,2003) Ti Chi Chuan is based upon a theory stating that continuous exercise helps on training body for quick response in the case of a crisis.

Since movements concentrate on full relaxation and negative concentration, so it can be called "meditation during movement" "that is said it is a cure for nervous system, agility gentle movements with deep breath types that are said they reduce both blood pressure, impulse speed.

This is what (Kreg, 1999) Tai Chi Chuan movements were designed to improve physical and spiritual aspects.

Mention (Zeanab, 2001) It improves body awareness and strength, and work on coordinating between them to achieve inner peace of fractioned to reach high possible degrees.

Low level of sport activity helps on benefiting states of cardiac vessel where it is shown that deep breathing contributes in lowering breath function.

It is a wide range problem between eldest, and helps those who suffer from arthritis, because movements can reduce sclerosis and improve flexibility

The other benefit of practicing Tai Chi Chuan is that it regresses risks of injuries, Tai Chi Chuan movements are not very active and performed with very slow, they don't need a big hall but a distance of (10) meter to perform exercises.

This is what (Abdel, 2005) Creative dance as one of motor expression types is considered a new development of ancient art stemming from dance expressing viewer's emotions using body as a vehicle and movement as an organized method to communicate thoughts beside it provides an opportunity for physical, emotional and mental development because it uses mind, body and sensorial during dance

This is what (Fatma, 2009, Hussein, 2008) Modern dance movements can be performed through a set of

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basic movements divided into movements performed from steadiness representing in turns, falling, balance, extension, rebound, and swing.

Transition movements represent in hop, jump, running, walking, horse step, sliding, joggling

This is what (John, 1999) Creative dance influences general coordination of female student personality, for it provides her strong will and determination, as well as accuracy and order for what it's exercises left of good traditions during practicing sport in addition to develop physical fitness and improving psychological state of female student.

Psychological factor is considered basic factor in achieving winning and sport achievement, and in the forehead of psychological factors is emotional factor for female athletes, for it is one of psychological factor related with achieving winning and sport achievement, because emotional situations in sport competitions have an influence on physical, skilful and tactical state of athlete for it is considered a complete response of human creature relying on perceiving external situation.

Physical and physiological changes occur in internal systems of human body.

(Flores 1995) Alienation is considered one of emotions relating with athlete personality, so it influences his relation with athletes and his continuity in training.

It is noteworthy both (Terce 2002, Thomas 2000) Alienation may have clear effects representing in oddity of his thoughts, emotions and his sense of helplessness in performing skills, so it influences positively or negatively on motor performance. This is what (Mohamed 2005) confirmed that alienation is one of psychological concepts related. Psychologists, sociologists and researchers concerned with this concept and argued its existence as a psychological and social phenomenon having its negative effects on athletes in all individual and team sports with athletes personality in all games, influencing the extent of his continuity in training and competition.

Notes (Ramadan 2008) Alienation has multi symptoms, that are estrangement, loneliness, sense of helplessness, and inability to establish social relationships, sense of weak connect with his real self, inability to adhere to values and norms, can't express his thoughts and feelings, since alienation differs in its severity for athletes, when its severity increases this leads to low level in sport results that force athlete to communicate in training to achieve high sport results.

(Mohamed 2008), (Mihay 2003) Alienation of athletes makes them characteristic of inability on communication in performing sport skills in a good and

precise way, because he is confused, and cannot coordinate between movement aspects and its different dimensions leading to disappointment in achieving sport results because of not feeling of belonging to the group. Alienation is not just a case related with one athlete that other, but alienation is present for athletes as a result of psychological and social circumstances in which they experience and face several crises, conflicts, their feeling of loneliness and weak social relationships, hence they display a desire in escaping from the reality in which they suffer from isolation, and not feel of belonging to the group, so negative effects appear on their personality that lead to non sport coordination on one hand and on the level of achieving sport achievements.

Studying self-confidence level of female students at faculties of physical education is very important, since it contributes in knowing positive-negative behaviors of female student and recognizes the extent of possible achievement that can be obtained in school aspect. Self-confidence is a psychological concept developing for the individual by experience, practice and perception.

The researcher sees that several athletes believe that self-confidence is athlete anticipation to achieve success and winning based upon competition situations objectively that appear on the athlete during sport competition and what are things in which athletes make to achieve success.

Through the researcher's acknowledgment of previous studies such as Seedy Nour El Din indicating the importance of using Tai Chi Chuan exercises physically and psychologically, particularly, they are simple exercises performing collectively that leads to support the relationship between female students which in turn influence working in reducing alienation level and increasing the level of self-confidence.

The researcher observed through her work as a teacher of motor expression subject at faculty of physical education-Beni Suef University- low physical level for female students that is shown from motor performances in the subject of motor expressing, and female students giving up performance as a result of little self confidence in performance and sense of alienation with the rest female students, leading the researcher to conduct this study in an attempt to recognize the effect of Tai Chi Chuan exercises on some psychological and physical variables in modern creative dance for female student at faculty of physical education- Beni Suef University.

Goal of the research:

The research aims at recognizing the effect of using Tai Chi Chuan exercises on some psychological variables and some physical abilities in modern creative dance for female students at faculty of physical education- Beni Suef University through:

1-recognizing the level of some physical variables (muscular strength – balance – flexibility) for female students at faculty of physical education-Beni Suf University.

2-recognizing the level of alienation for female students at faculty of physical education-Beni Suf university.

3-recognizing the level of self-confidence for female students at faculty of physical education-Beni Suf University.

Hypotheses of the research:

1-here are statistically significant differences between means of pre-post measurements in the level

of some physical variables (muscular strength – balance – flexibility) for female students at faculty of physical education – Beni Suf University.

1-here are statistically significant differences between means of pre-post measurements in the level of alienation or female students at faculty of physical education- Beni Suf University.

2-here are statistically significant differences between means of pre-post measurements in the level of self-confidence for female students at faculty of physical education- Beni Suf University.

Table (1)

Differences significance between pre-post measurements for the experimental group in physical variables under research

Measurements	Variables	Measurement unit	Pre measurement		Post measurement		“T” value	Differences significance	Improve ment rate	significance
			Mean1	Standard deviation	Mean 2	Stand ar d devia tion2				
Physical	Muscular strength kg	kgm	27.4	13.3	33.8	3.22	2.98	6.4	18.9%	significant
	Flexibility	Centimeter	8.5	2.01	12.5	2.25	2.89	4.00	32%	significant
	Balance	second	12.5	1.15	18.5	1.95	2.26	6.00	33.4%	significant

Tabulated “T” value at level 0.5=2.14

It is shown from table (1) that there are statistically significant differences at level of 0.05 between pre-post measurements for the experimental group in the level of some physical variables where calculated “t” is greater than tabulated “t” Value at significance level (0.05).

Table (2)

Differences significance between pre-post measurements for the experimental group at level of alienation under research

Measurements	Variables	Measurement unit	Pre measurement		Post measurement		“T” value	Differences significance	Improve ment rate	Significa nce
			Mean1	Stand ar d devia tion	Mean 2	Stand ar d devia tion2				
Alienation	Social loneness	Score	52.10	5.52	50.7	5.5	2.25	1.4	-2.6%	significant
	Helplessnes	Score	42.00	8.55	38.5	8.89	2.26	2.5	-2.7%	significant
	Negativity	Score	36.50	8.50	33.3	8.60	2.30	3.3	-8.5%	significant
	Non meaning	Score	49.30	10.6	47.7	6.90	2.65	1.6	-3.2%	significant
	Rejection	Score	46.90	6.62	49.9	5.40	2.34	0.4	2.58%	significant

Tabulated “T” value at level of 0.05=2.14

It is shown from table (2) that there are statistically significant differences at level (0.05) between pre-post measurements for the experimental group in the level of alienation where calculated “t” value is greater than tabulated “t” value at significance level (0.05).

Table (3)
Differences significance between pre-post measurements for self-confidence under research

Measurements	Variables	Measurement unit	Pre measurement		Post measurement		“T” value	Differences significance	Improvement rate	Significance
			Mean1	Standard deviation	Mean2	Standard deviation2				
Self-confidence	Self confidence -	Score	31.5	3.18	35.5	2.98	2.35	4.00	11.2%	significant

It is shown from table (3) that there are statistically significant differences at level (0.05) between pre-post measurements for the experimental group in the level of self-confidence where calculated “T” value is greater than tabulated “T” value at significance level (0.05).

Secondly: discussing the result:

It is shown from table (3) that there are statistically significant differences at level (0.05) between pre-post measurements for the experimental group in the level of some physical variables (muscular strength – balance – flexibility) on behalf of post measurements for the experimental group.

(Song, 2003, Tarek, 2004) Both the researchers attribute these differences in the level of physical variables that Tai exercises movements are similar to dance movements and rely in the first place on developing balance and flexibility in performance and the nature of Tai exercises that require very slowness' during performance.

Homing adds that Tai exercises should be performed with gravity distributed with a rate of (70:30%) on legs, that is pivot is on leg and the other one supports to help performance in a good way that make some call it balance exercises for it's contribution greatly in developing balance for their parishioners.

argue that Tai Chi Chuan are exercises performed in dance institutes and schools under the name of “slow dance”, because it's movements are similar with dance and ballet dancers use item as a mental and physical warm up before starting dance

It is shown from table (1) that level of alienation for female students at faculty of physical education (experimental research sample) is lower than alienation of the research control group.

Variance rate for the experimental group range between (0.547%, 3.245%) where as for the control group (0.688% , 4.93%).

Both the researchers see this improvement in alienation sense for the control group occurs as a result of regularity in the suggested Tai Chi Chuan program.

Practicing sport in general plays an efficient role on psychological aspects for parishioners especially girls since précising team exercises and contacts with peers generate the spirit of cooperation and joy

between practiced individuals and sense of loneliness and alienation reduces.

This study accords with (Mohamed, 2005) hat psychological alienation is one of psychological concept related with athletes personality in all sport games and influences the extent of his contiguity in training and competition.

(Mohamed,1998) Over coming it is one of the most important basic requirements to continue in training, and practicing simple team exercises is considered one of aid methods in reducing the level of alienation.

It is shown from table (3) that there are statistically significant differences between mean of pre-post measurements for the experimental group in the level of self-confidence on behalf of post measurement for the experimental group, and that athlete's self confidence is one of efficient factors in which it's effect is reflected on the group as a whole of this (Essm2002) indicates that it is a psychological skill needs to training and practicing like sport skills and it can be developed by several matters among them are, developing cooperation spirit between group as a whole by practicing some simple and group exercises between team during practice periods.

Conclusions:

1-here are statistically significant differences between means of pre-post measurements in the level of psychological alienation for female students at faculty of physical education-Beni Suf University (the research sample).

2-here are statistically significant differences between means of pre-post measurements in the level of self-confidence for female students at faculty of physical education Beni Suf University (the research sample).

3-here are statistically significant differences between means of pre-post measurements in level of some physical variables (muscular strength – flexibility – balance) for female students at faculty of physical education- Beni Suf Univesity (the research sample).

Recommendations :

1-sing Tai program for it's positive effect on psychological and physical aspects.

1-onducting similar other researchers by using Tai programs on age stages and other variables.

2-he necessity of providing appropriating group educational climates for it's positive effect in the process of learning motor skills in creative dance.

3-he necessity of using enhancement principle because it helps in getting rid of errors and improving skilful performance in creative dance.

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