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EFFECT OF LEZIM EXERCISES TRAINING ON FLEXIBILITY AND ABDOMINAL MUSCLE STRENGTH

Dr. Aniket Anil Ambekar,*

*Assistant Professor, School of Education, Mahatma Gandhi, Antarrashtriya Hindi Vishwavidyalaya, Wardha, Maharashtra.
Email-Id: aniketambekar@hotmail.com*

Dr. Rajani Janardan Murkute,**

*Assistant Professor, Nagpur Sharirik Shikshan Mahavidyalaya, Nagpur, Maharashtra
Email-Id: rajani.murkute@gmai.com*

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Abstract

The purpose of the present study was to examine the effect of Lezim exercises on flexibility and abdominal muscle strength among college male students. For the study research scholar selected thirty college male students randomly at the age of 20 to 22 years and divided them into two groups i.e. experimental group (N=15) and the control group (N=15). The experimental group performed Lezim exercises for six days per week for three months and the control group did not participate in Lezim exercises. Pre and post-assessments of flexibility and abdominal muscle strength were conducted using standardized tests. Flexibility was measured with the help of the sit and reach test, while abdominal muscle strength was evaluated through the bent knee sit-ups. These findings suggest that Lezim exercises, a traditional Indian fitness activity, effectively enhance flexibility and abdominal muscle strength, offering a culturally relevant method to improve students' physical fitness.

Keywords: Lezim exercises, flexibility, abdominal muscle strength, physical fitness.

Introduction

The Lezium is one of the most popular traditional rhythmic activities in Maharashtra and is deeply rooted in the region's cultural history. It is an ancient and indigenous practice that continues to be a significant part of social and religious festivals, especially in rural areas of Maharashtra. Widely recognized for its numerous benefits, Lezium is believed to have high physiological, rhythmical, recreational, and demonstrative values. When performed correctly,

it provides an effective workout in a short amount of time, engaging multiple muscle groups and enhancing overall physical fitness. The Lezium is a fitness activity designed to promote physical well-being through structured workouts that combine dance, fitness, and rhythmic movements. The name "Lezium" is derived from the combination of "lez," which comes from the word "leisure," and "ium," meaning a place or environment. The concept behind Lezium is to create an enjoyable and accessible space where people can engage in fun, easy-to-follow exercise routines that are both effective and social.

The Flexibility is defined as the range of motion of muscles and connective tissues around a joint or group of joints. Unlike other general or systemic components of fitness, flexibility is highly specific to each joint in the body. Abdominal muscle strength refers to the strength and endurance of the muscles in the abdominal region, including the rectus abdominals, oblique's, and transverse abdominals. Strong abdominal muscles are crucial for overall core stability, as they support the spine and pelvis, improve posture, and enhance performance in a wide range of physical activities.

Statement of the problems

The study was undertaken to know the effect of Lezim exercises on flexibility and abdominal muscle strength among college male students.

Purpose of the study

The purpose of the study was to evaluate the effect of Lezim exercises on flexibility and abdominal muscle strength of college male students.

Objectives of the study

To study the effect of Lezim exercises on the flexibility of college male students.

To study the effect of Lezim exercises on abdominal muscle strength of college male students.

Hypothesis

It was hypothesized that Lezim exercises significantly improve the flexibility and abdominal muscle strength of college male students.

Delimitations

1. The study was delimited to thirty college male students only.
2. The subject for the present study was randomly selected.
3. The subjects were divided into two groups: the experimental group (N=15) and the control group (N=15).

Limitations

1. The dietary habits of the experimental group and control group subjects were not under the control of the researcher.
2. The daily activities of the participants were not controlled.

Methodology

For the present study, thirty subjects were selected with the help of a simple random sampling method. The age group of subjects was 20 to 22 years. The randomly selected subjects were divided into two groups. i.e. experimental group (N=15) and control group (N=15). The independent variable in the present investigation was Lezim exercises and the dependent variables were flexibility and abdominal muscle strength. The pre-post assessment of flexibility and abdominal muscle strength was conducted using a standardized test. Flexibility was measured with the seat and rich taste and abdominal muscle strength was measured with the help of bent knee sit-ups of both the groups. The experiment group underwent a Lezim exercise for three months, six days per week. The control group continued with their usual physical activities. The program was conducted for six days per week for 45 min. The first ten minutes were given to warm up the subjects thirty minutes for the Lezim exercise and the last five minutes for cool-down.

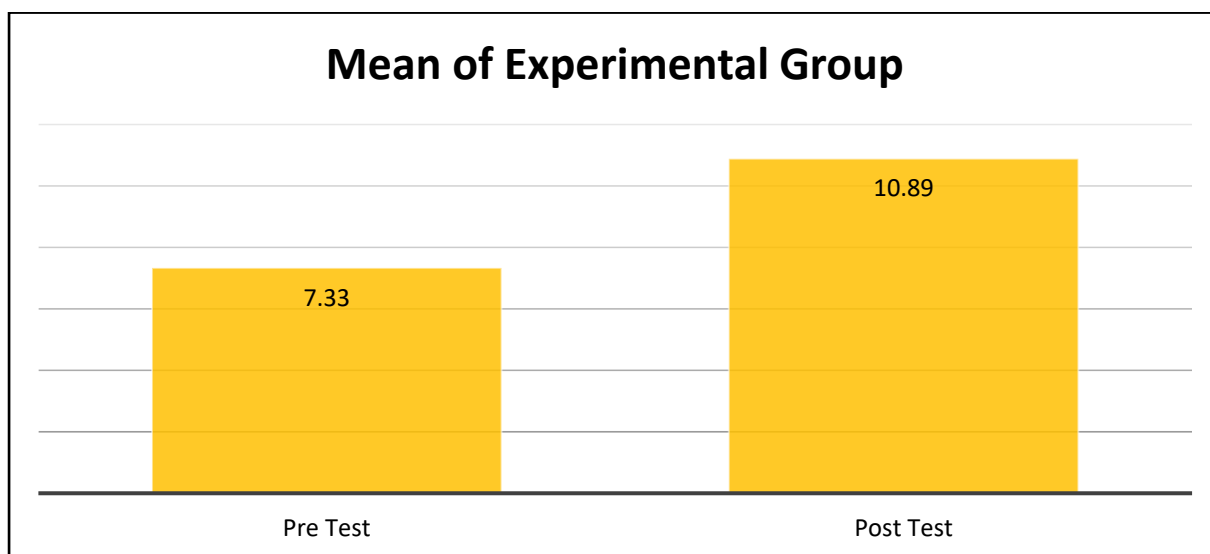
Results

Analysis of data and interpretation of result was done by using descriptive statistics and comparative analysis was done by using student ‘t’ ratio. The level of significance was kept at 0.05 level. It was hypothesized that there were significant changes found in flexibility and abdominal muscle strength of college male students if they did Lezim exercises.

Table 1. Showing the Pre-Test and Post-Test Score of Flexibility of an Experimental Group of College Male Students.

EG	N	M	SD	MD	SE	‘t’ ratio	Table value of ‘t’ ratio
Pre-test	15	7.33	1.49	3.56	0.46	7.74	2.14
Post-test	15	10.89	1.64				

Significant at 0.05 level



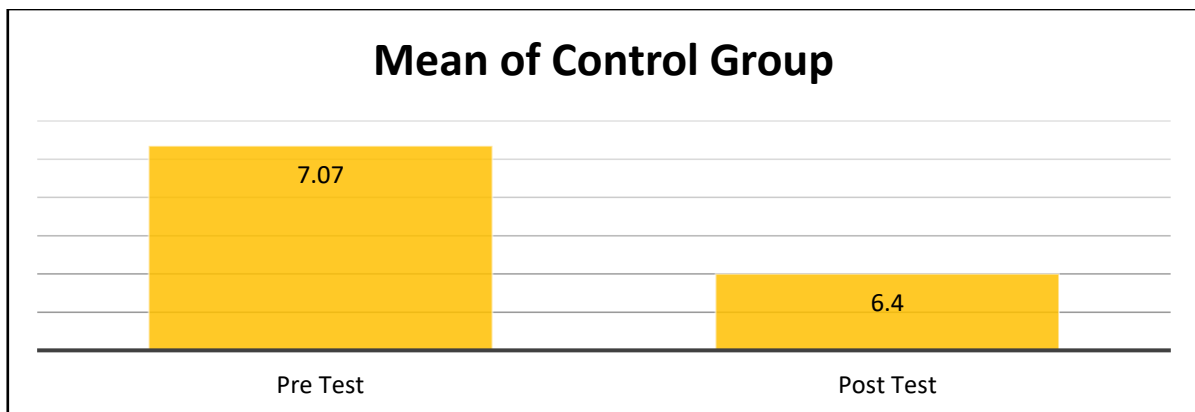
The Graph Showing the Pre-Test and Post-Test Means of Flexibility of Experimental Group of College Male Students

Table No. 1 shows the initial mean value of flexibility of the experimental group was measured with the help of the Sit and Reach Test of pre-test was 7.33. The final mean value of flexibility of the post-test was 10.89. Thus, the resultant mean difference between the pre-test and post-test was 3.56. College male students' flexibility was found statistically significant. The value of the 't' ratio was 7.74 this value was significant at 0.05 level because the value of the 't' ratio was greater than 2.14.

Table 2. Showing the Pre-Test and Post-Test Score of Flexibility of Control Group of College Male Students.

CG	N	M	SD	MD	SE	't' ratio	Table value of 't' ratio
Pre-test	15	7.07	1.53	0.67	0.403	1.66	2.14
Post-test	15	6.4	0.91				

Significant at 0.05 levels



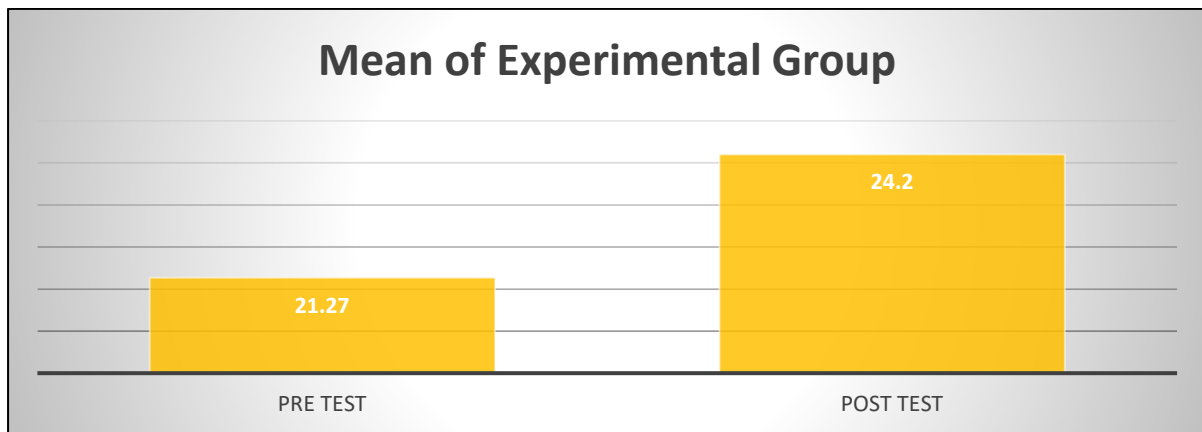
The Graph Showing the Pre-Test and Post-Test Means of Flexibility of Control Group of College Male Students

Table No. 2 shows the initial mean value of flexibility of the control group was measured with the help of the Sit and Reach Test of pre-test was 7.07. The final mean value of flexibility of the post-test was 6.6. Thus, the resultant mean difference between the pre-test and post-test was 0.67. College male students' flexibility was not found statistically significant. The value of the 't' ratio was 1.66 this value was not significant at the 0.05 level because the value of the 't' ratio was smaller than 2.14.

Table 3. Showing the Pre-Test and Post-Test Scores of Abdominal Muscle Strength of Experimental Group of College Male Students.

EG	N	M	SD	MD	SE	't' ratio	Table value of 't' ratio
Pre-test	15	21.27	1.39	2.93	0.45	6.5	2.14
Post-test	15	24.2	1.69				

Significant at 0.05 levels.



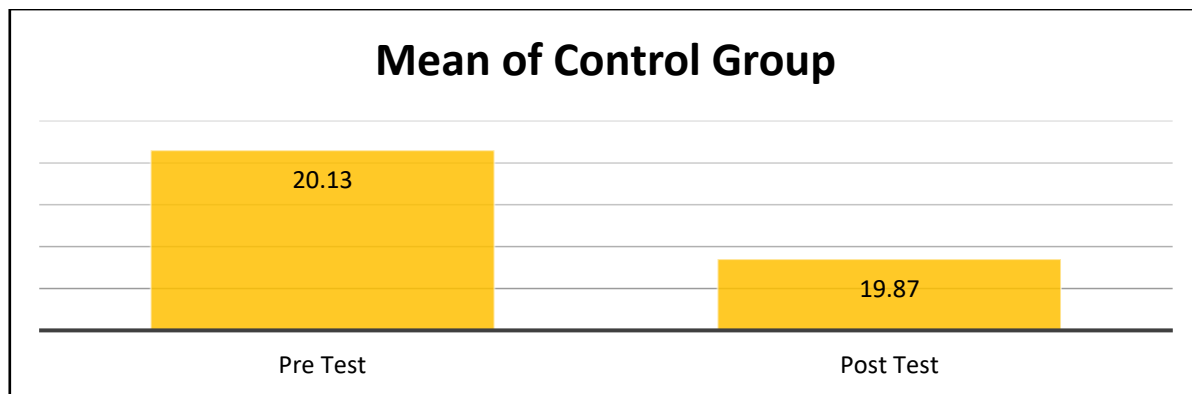
The Graph Showing the Pre-Test and Post-Test Means of Abdominal Muscle Strength of Experimental Group of College Male Students

Table No. 3 shows the initial mean value of abdominal muscle strength of the Experimental Group was measured with the help of bent knee sit-ups test of pre-test was 21.27. The final mean value of abdominal muscle strength on the post-test was 24.2. Thus, the resultant mean difference between the pre-test and post-test was 2.93. College male students' abdominal muscle strength was found statistically significant. The value of the 't' ratio was 6.5 this value was significant at 0.05 level because the value of the 't' ratio was greater than 2.14.

Table 4. Showing the Pre-Test and Post-Test Scores of Abdominal Muscle Strength of the Control Group of College Male Students.

CG	N	M	SD	MD	SE	't' ratio	Table value of 't' ratio
Pre-test	15	20.13	0.833	0.26	0.33	0.79	2.14
Post-test	15	19.87	0.83				

Significant at 0.05 levels.



The Graph Showing the Pre-Test and Post-Test Means of Abdominal Muscle Strength of Control Group of College Male Students

Table No. 4 shows the initial mean value of Abdominal Muscle Strength of the Control Group was measured with the help of bent Knee sit-ups test of pre-test was 20.13. The final mean value of Abdominal Muscle Strength of the post-test was 19.87. Thus, the resultant mean difference between the pre-test and post-test was 0.26. College male students' Abdominal Muscle Strength was not found statistically significant. The value of the 't' ratio was 0.79 this value was not significant at the 0.05 level because the value of the 't' ratio was smaller than 2.14.

Conclusion

The present investigation concluded that Lezim exercise significantly enhances flexibility and abdominal muscle strength in college male students. Engaging in Lezim exercise for 45 minutes daily led to notable improvements in both flexibility and abdominal muscle strength. These findings highlight the positive effects of Lezim exercise in this demographic. Future research should explore the impact of varying exercise intensities and examine the long-term benefits of Lezim. Additionally, regular participation in Lezim exercises has been shown to help prevent various health issues, including heart disease, hypertension, depression, obesity, and stress.

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