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COMPARISON BETWEEN EFFECTS OF DIFFERENT ARM EXTENSION ANGLES ON TRICEPS CONTRACTION THROUGH DIGITALISATION

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Abstract

The purpose of this study was to examine the comparison between effects of different arm extension angles on triceps contraction. The experimental model of the exercise schedule was realized two times in week, over a period of four week and the duration of each individual exercise was fifteen minutes. To attain the objective of the study, 24 boys of three different gyms from two different cities of Punjab (India) who were members of gym from past one year were selected randomly. The age of the subjects lies between 20 to 22 years. To estimate the effect of two arm angles on triceps contraction, tool of measurement tape test was used. To find out the significant difference between two arm angles, post-test of triceps contractions was applied. For this t-test was calculated on significant error at level of significance 0.05. Result of the study revealed that there is significant difference between both arm angles. It was found that more effective angle for triceps contraction was PNS angle.

Key words: Triceps, Angles, Arms and Digitalization.

1. Introduction

The mass media are diversified media technologies that are intended to reach a large audience by mass communication. The technology through which this communication takes place varies. The digital media comprises both Internet and mobile mass communication. Internet media provides many mass media services, such as email, websites, blogs, and internet based radio and television. In this way, they can utilize the easy accessibility that the Internet has, and the outreach that Internet affords, as information can easily be broadcast to many different regions of the world simultaneously and cost-efficiently.

Training is teaching, or developing in oneself or others, any skills and knowledge that relate to specific useful competencies. Training has specific goals of improving one's capability,

capacity, productivity and performance. Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes, and obesity. It may also help prevent depression, help to promote or maintain positive self-esteem, improve mental health generally, and can augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem.

Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug alluding to the wide variety of proven benefits that it can provide

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Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system.

Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. That is, contracting muscles release multiple substances known as myokines which promote the growth of new tissue, tissue repair, and multiple anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases. If you didn't already know, exercise technique is extremely important. Not only will you save yourself some pain and discomfort associated with poor technique, but you will also reap the benefits of increased repetitions and weight used by way of better movement patterns. I see many people come into gyms to lift with no care in the world for their exercise technique. They just keep adding weight to the exercise as their technique becomes exponentially poorer. This ultimately leads to aches and pains which might not have been there if they had paid more attention to their movement in the first place. So, this relates to you as a tactical athlete. You frequently have to carry rocks across tough terrain, often in poor conditions. Learning proper technique will help improve your existing endurance by sustaining proper positions in your movement. Basically, if you move properly, and can reach the correct positions, you will "condition" the muscles that should be conditioned, by "conditioned," I mean trained or worked, not the general sense of aerobic conditioning. So, in short, the better your technique is with every movement, the better you can target the muscles that should be working. In the end, you'll feel better and be more prepared for your duties. Don't be the guy in the corner that goes to town on squats and doesn't have a clue that he is about as close to herniating a disc as he could be without actually doing so. Pay attention to your exercise technique on every repetition

inside the gym and every movement outside of the gym. Remember, just because a movement isn't considered an exercise, doesn't mean it can't hurt you if you move improperly. Be mindful! The ideas, comments and materials presented herein are solely those of the author and do not necessarily reflect the NSCA's official position on an issue. The NSCA assumes no responsibility for any statements made by authors, whether as fact, opinion or otherwise. Physical training concentrates on mechanistic goals: training-programs in this area develop specific skills or muscles, often with a view of peaking at a particular time. Some physical training programs focus on raising overall physical fitness. In bodybuilding everybody wants better triceps; the triceps is a muscle on the backside of arms that acts to extend the elbow. It is a most impressive area to develop, and given their high visibility and superficiality; signify strength perhaps like no other body part. The main objective of the study was to find out significant difference of two angles (R-angle and PNS) of triceps.

2. Hypothesis

There will be significant difference of two angles (R-angle and PNS) of triceps.

3. Delimitations

- The subjects for this research were selected from Ludhiana (n-8), Ludhiana (n-8) and Hoshiarpur (n-8).
- The research was delimited to 24 members (Boys) those who members of the gyms from past a year., age ranged between 20 to 22 years and
- The study was delimited to two angles (R-angle and PNS) of triceps.

4. Limitation

The diet, health habits, style of daily living, socio-economic, cultural, geographical and educational back ground of the girls is considered as a limitation.



5. Methodology and Procedure

The researcher has used random sampling technique for this research. The 24 members were selected from Ludhiana (n-8), Ludhiana (n-8) and Hoshiarpur (n-8) from different gyms, age ranged between 20 to 22 years. The researcher has taken the one RM test of all the members of different gym with the help of 'tango call application and I-phone' and taken the pre-test on Wednesday. The 50% load has taken for the workout. After two days, All the members have done triceps extension with the repetition of 12-10-9-8 (4 sets) and taken the R-angle test with the help of measurement tape in the first week and got the post-test of R- angle test. In the next week, again the one RM test has taken and after rest of two days again the

repetition of triceps extension with the set of 12-10-9-8 and taken the data of PNS test with the help of measurement tape and got the post-test of PNS. To check the effect of r-angle and PNS, the researchers has compare the Post data of these two angles and applied statistically tool 't'-test and got results.

6. Statistical procedure

For analysis of the data collected from post-tests of two angles. Mean and standard Deviation were computed. For this purpose 't'-test was applied. For testing the hypothesis the level of confidence was set level of significance at 0.05 %.

7. Discussion and Finding

Table - 1: Comparison of two angles of biceps

	R-angle		PNS			
	Mean	S.D	Mean	S.D	M.D	t- value
Post-test	13.9	1.07	14.6	1.06	0.07	2.08

The Table - 1 shows a comparison of mean value between post tests of different two angles triceps. Mean value of post test of R-angle is 13.9 and PNS is 14.6. After applying t-test, there is a difference found between post tests of different angles of triceps. The calculated value of post test of different angles of triceps is 2.08 is more than the table value (1.645), we accept the hypothesis. There is a significant difference between post training of different two angles of triceps.

8. Conclusion

This study shows that there is significant difference between post tests of different two angles (R-angle and PNS) of triceps and hypothesis is accepted. More effective angle for triceps contraction was PNS angle.

9. References

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