EFFECTIVENESS OF VIDEO INSTRUCTIONAL MATERIAL HOME-BASED ECCENTRIC PROGRAM IN IMPROVING FLEXIBILITY AMONG STUDENTS TAKING UP ONLINE CLASSES

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ABSTRACT

Muscle tightness is a prevalent issue particularly now that students are unable to attend school due to the pandemic, requiring them to adapt to a new online learning environment that involves extended periods of sitting. Specifically, the low back and hamstrings are common areas that develop tightness, resulting in loss of flexibility, causing discomfort and hindrance to a person's daily activities. In the study, the intervention of eccentric exercise will be used as it helps in lengthening the muscle under tension and produces sarcomeres resulting in improved flexibility. Moreover, the video instructional material will serve as a medium by which participants will be able to easily access the exercise program. Thus, the purpose of the study is to investigate the effectiveness of video instructional material home-based eccentric program in improving flexibility among students taking up online classes. A single-group pretest-posttest design was used, with twenty-nine (29) participants with limited low back and hamstring flexibility being assigned to an experimental group that would receive a home-based eccentric program presented via video instructional material. The Information Technology students were selected as participants since they are more susceptible to long periods of computer work which can greatly contribute to muscle tightness. The V Sit and Reach Test was used to assess the low back and hamstring flexibility of the respondents before and after the implementation of the video instructional home-based eccentric program, which lasted 4 weeks with a total of 12 sessions. The computed t- value was greater than the computed critical t- value (- 8.46 > ± 2.05), signifying that there was a significant difference between the V Sit and Reach pretest and post-test measurements. The findings of the study showed that Video Instructional Material is an effective medium in delivering the Home- Based Eccentric program among the selected participants which improved their flexibility.

Keywords: Video Instructional Material, Home Based Eccentric Program, Information Technology Students, Muscle Tightness, Flexibility.