CHAPTER 4

ANALYSIS OF DATA AND RESULTS OF STUDY

4.1 Presentation of Data
4.2 Statistical Analysis
4.3 Standard of Significance
4.4 Results and Interpretation:
4.5 Discussion of Findings
4.6 Discussion of Hypothesis
Chapter 4

Analysis of Data and Results of Study

In this chapter research try to give presentation of data, Statistical Analysis, Standard of significance, Results and Interpretation, Discussion of Findings, Discussion of Hypothesis.

4.1 Presentation of Data:

How much effect does the training creates on subject? In which group training was affected? Does it increase or decrease? One can come to know from the presentation of data and analysis. The matter is in which index are given below?

<table>
<thead>
<tr>
<th>Appendix no.</th>
<th>Matter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>List of subject’s name of Asana group</td>
</tr>
<tr>
<td>2</td>
<td>List of subject’s name of Meditation group</td>
</tr>
<tr>
<td>3</td>
<td>List of subject’s name of Control group</td>
</tr>
</tbody>
</table>

4.2 Statistical Analysis:

The data related to asana group, meditation group and control group. A mean distinction of pre-test & post-test of Systolic Blood Pressure Test, Vital Capacity Test, Resting Heart Rate Test, L.D.L. Test and H.D.L. Test of asana group, meditation group & control group was evaluated. To test the aim of this study Mean, Standard Deviation, Standard Error and t test was calculated on base of data.

4.3 Standard of Significance:
To find the results of this study, and to know the significance difference of t value, the significant level was taken as 0.05 which is the sufficient for know the results of this study.

4.4 Results and Interpretation:

In this study, to measure Systolic Blood Pressure, Vital Capacity, Resting Heart Rate, L.D.L., H.D.L. of the subjects. Pre-test & post-test were taken on the subjects of Asana group, Meditation group and Control group. The significance was checked through ‘t’ test at the point of (0.05). In this point Total number of subjects in group, Total score of pre-test & post-test, Standard Error, Mean, Standard Deviation, ‘t’ value & level of significance was given in table. Results and interpretation of Systolic Blood Pressure Test, Vital Capacity Test, Resting Heart Rate Test, L.D.L. Test, and H.D.L. Test of asana group, meditation group & control group are given in table. Table shows that what’s the significance difference pre-test & post-test of Systolic Blood Pressure Test, Vital Capacity Test, Resting Heart Rate Test, L.D.L.

Test, and H.D.L.in Meditation group, Asana Group & Control group. There were five variables tested in this study. Test of asana group, meditation group and control group was evaluated. To test the aim of this study Mean, Standard Deviation, Standard Error and t test was calculated on base of data. Blood is conveyed from the heart to every parts of your body in vessels known veins. Pulse is the power of the blood pushing beside the dividers of the courses. Every time the heart thumps (around 50-70 times each moment very still); it pumps out blood into the conduits. Your circulatory strain is busy's most noteworthy at what time the heart thumps, pumping the blood. This is known systolic weight. At the point when the heart is very still, among pulsates, your pulse falls. This is the diastolic weight. You can quantify a man's fundamental limit utilizing a normal or wet spirometer. Joining this with other physiological estimations you can gauge the crucial ability to help figure out whether a patient is experiencing a hidden lung malady. Note
that activities can help to increment imperative limit while smoking declines it. For grown-ups 18 and more established, an ordinary resting heart rate is somewhere around 60 and 100 thumps for each moment (bpm), contingent upon the individual's physical condition & period. For kids ages 5 to 15, the typical resting heart rate is somewhere around 72 and 100 bpm, as indicated by the AHA. On the off chance that your HDL cholesterol point falls among the at-danger and attractive levels, you ought to continue attempting to build your HDL level to diminish your danger of coronary illness. In the event that you don't have the foggiest idea about your HDL level, approach your specialist for a gauge cholesterol test. In the event that your HDL quality isn't inside of an attractive extent, your specialist may prescribe way of life changes to support your HDL cholesterol.

### Study-1- Systolic Blood Pressure Test

#### Pre-test & post-test Comparison of Asana Group

**Null Hypothesis:**

There would be no major variation during attain of pre-test & post-test of Asana group in systolic blood pressure.

<table>
<thead>
<tr>
<th>Table-4.1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Test</strong></td>
</tr>
<tr>
<td>Pre Test</td>
</tr>
<tr>
<td>Post Test</td>
</tr>
</tbody>
</table>
In order to compare the systolic blood pressure among pretest and posttest of asana group independent t-test was applied. To determine the significance dissimilarity among means of score of pre-test & post-test of asana group, the level of significance was set at (00.05).

Since the considered t value is 7.03 which are greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there is significant difference on systolic blood pressure among pretest and posttest of asana group. Table 4.1 reveals that the significant difference on systolic blood pressure among pretest and posttest of asana group was 7.03 which is greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Asana group in systolic blood pressure” was rejected.

The results obtained from this table 4.1 are cleared from following graph.
Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Meditation group in systolic blood pressure.

Table-4.2
In order to compare the systolic blood pressure among pretest and posttest of meditation group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of meditation group, the stage of implication was put at 0.05.

Since the calculated t value is 6.99 which is greater than tabulated t value. So it was significant at 0.05 level. It may be fulfilled that there’s major difference on systolic blood pressure among pretest and posttest of meditation group. Table 4.2 reveals that the significant difference on systolic blood pressure among pretest and posttest of meditation group was 6.99 which are greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Meditation group in systolic blood pressure” was rejected.

The results obtained from this table 4.2 are cleared from following graph.
Pre-test & post-test Comparison of Control Group

Null Hypothesis:
There would be no major variation during attain of pre-test & post-test of control group in systolic blood pressure.

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>117.27</td>
<td>5.45</td>
<td>0.24</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>118.09</td>
<td>5.44</td>
<td>0.24</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the systolic blood pressure among pre-test & post-test of control cluster independent t-test was applied. To determine the significance variation among means of score of pre-test & post-test of control group, the level of significance was put at (0.05).

Since the calculate t value is 0.24 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on systolic blood pressure among pre-test & post-test of control cluster. Table 4.3 reveals that the significant difference on systolic blood pressure among pre-test & post-test of control cluster was 0.24 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of control group in systolic blood pressure” was accepted.

The results obtained from this table 4.3 are cleared from following graph.
Pre-Test: 117.27
Post-Test: 118.09
**Study-2: Vital Capacity Test**

**Pre-test & post-test Comparison of Asana Group**

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Asana group in Vital Capacity.

<table>
<thead>
<tr>
<th>Table-4.4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>Pre-Test</td>
</tr>
<tr>
<td>Post-Test</td>
</tr>
</tbody>
</table>

In order to compare the vital capacity among pretest and posttest of asana group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of asana group, the stage of implication was put at 0.05.

Since the calculated t value is 6.03 which are greater than tabulated t value. So it was significant at 0.05 level. It may be completed that there is significant difference on Vital Capacity among pretest and posttest of asana group. Table 4.4 reveals that the significant difference on vital capacity among pretest and posttest of asana group was 6.03 which are greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Asana group in Vital Capacity” was rejected.
The results obtained from this table 4.4 are cleared from following graph.

![Graph showing Pre-Test and Post-Test results]

- Pre-Test: 1.06
- Post-Test: 1.39
Pre-test & post-test Comparison of Meditation Group

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Meditation group in Vital Capacity.

Table-4.5

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>1.07</td>
<td>0.09</td>
<td>6.09</td>
<td>Significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>1.41</td>
<td>0.143</td>
<td>6.09</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the vital capacity among pretest and posttest of meditation group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of meditation group, the stage of implication was put at 0.05.

Since the calculated t value is 6.09 which are greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there’s significant variation on Vital Capacity among pretest and posttest of meditation group. Table 4.5 reveals that the significant difference on vital capacity among pretest and posttest of meditation group was 6.09 which are greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Meditation group in Vital Capacity” was rejected.
The results obtained from this table 4.5 are cleared from following graph.

Pre-test & post-test Comparison of Control Group
Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of control group in Vital Capacity.

Table - 4.6

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>1.06</td>
<td>0.07</td>
<td>0.99</td>
<td>Not Significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>1.01</td>
<td>0.09</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the vital capacity (VC) among pre-test and post-test of control cluster was independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of control group, the stage of implication was put at 0.05.

Since the calculated t value is 0.99 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on vital capacity(VC) among pre-test and post-test of control cluster. Table 4.6 reveals that the significant difference on vital capacity(VC) among pre-test and post-test of control cluster was 0.99 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of control group in Vital Capacity” was accepted.
The results obtained from this table 4.6 are cleared from following graph.
Study-3- Resting Heart Rate (Beats per Minute)

Pre-test & post-test Comparison of Asana Group

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Asana group in Resting Heart Rate.

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>73.28</td>
<td>4.20</td>
<td>1.10</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>N</td>
<td>15</td>
<td>73.27</td>
<td>4.99</td>
<td>1.10</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the Resting Heart Rate among pretest and posttest of Asana group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Asana group, the stage of implication was put at 0.05.

Since the calculated t value is 1.10 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pretest and posttest of Asana group. Table 4.7 reveals that the significant difference on Resting Heart Rate among pretest and posttest of Asana group was 1.10 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Asana group in Resting Heart Rate” was accepted.
The results obtained from this table 4.7 are cleared from following graph.
**Pre-test & post-test Comparison of Meditation Group**

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Meditation group in Resting Heart Rate.

**Table - 4.8**

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>71.68</td>
<td>4.01</td>
<td>0.94</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>72.01</td>
<td>3.99</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the Resting Heart Rate among pretest and posttest of Meditation group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Meditation group, the stage of implication was put at 0.05.

Since the calculated t value is 0.94 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pretest and posttest of Meditation group. Table 4.8 reveals that the significant difference on Resting Heart Rate among pretest and posttest of Meditation group was 0.94 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Meditation group in Resting Heart Rate” was accepted.
The results obtained from this table 4.8 are cleared from following graph.
Pre-test & post-test Comparison of Control Group

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of control group in Resting Heart Rate.

<table>
<thead>
<tr>
<th></th>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>72.04</td>
<td>4.19</td>
<td></td>
<td>1.03</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>71.31</td>
<td>4.91</td>
<td></td>
<td>1.03</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the Resting Heart Rate among pre-test & post-test of control cluster independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Control group, the stage of implication was put at 0.05.

Since the calculated t value is 1.03 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pre-test & post-test of control cluster. Table 4.9 reveals that the significant difference on Resting Heart Rate among pre-test & post-test of control cluster was 1.03 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of control group in Resting Heart Rate” was accepted.
The results obtained from this table 4.9 are cleared from following graph.
Study-4- LDL Cholesterol

Pre-test & post-test Comparison of Asana Group

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Asana group in L.D.L. Cholesterol.

Table – 4.10

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>110.51</td>
<td>10.53</td>
<td>1.65</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>104.24</td>
<td>8.39</td>
<td>1.65</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the L.D.L. Cholesterol among pretest and posttest of Asana group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Asana group, the stage of implication was put at 0.05.

Since the calculated t value is 1.65 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Asana group. Table 4.10 reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Asana group was 1.65 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Asana group in L.D.L. Cholesterol” was accepted.
The results obtained from this table 4.10 are cleared from following graph.

Pre-test & post-test Comparison of Meditation Group
Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Meditation group in L.D.L. Cholesterol

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>109.11</td>
<td>8.18</td>
<td>1.04</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>110.45</td>
<td>9.21</td>
<td>1.04</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the L.D.L. Cholesterol among pretest and posttest of Meditation group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Meditation group, the stage of implication was put at 0.05.

Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Meditation group. Table 4.11 reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Meditation group was 1.04 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Meditation group in L.D.L. Cholesterol” was accepted.
The results obtained from this table 4.11 are cleared from following graph.
Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of control group in L.D.L. Cholesterol

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>106.60</td>
<td>5.06</td>
<td>1.18</td>
<td>Not significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>107.09</td>
<td>7.70</td>
<td>1.18</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the L.D.L. Cholesterol among pre-test & post-test of control cluster independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Control group, the stage of implication was put at 0.05.

Since the calculated t value is 1.18 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pre-test & post-test of control cluster. Table 4.12 reveals that the significant difference on L.D.L. Cholesterol among pre-test & post-test of control cluster was 1.18 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of control group in L.D.L. Cholesterol” was accepted.
The results obtained from this table 4.12 are cleared from following graph.
**Study-5- HDL Cholesterol**

**Pre-test & post-test Comparison of Asanal Group**

Null Hypothesis:

There would be no major variation during attain of pre-test & post-test of Asana group in H.D.L. Cholesterol

**Table - 4.13**

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>35.89</td>
<td>2.58</td>
<td>3.09</td>
<td>Significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>33.55</td>
<td>2.02</td>
<td>3.09</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the H.D.L. Cholesterol among pretest and posttest of Asana group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Asana group, the stage of implication was put at 0.05.

Since the calculated t value is 3.09 which are greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Asana group. Table 4.13 reveals that the significant difference on H.D.L. Cholesterol among pretest and posttest of Asana group was 3.09 which are greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Asana group in H.D.L. Cholesterol” was rejected.

The results obtained from this table 4.13 are cleared from following graph.
Pre-test & post-test Comparison of Meditation Group

Null Hypothesis:
There would be no major variation during attain of pre-test & post-test of Meditation group in H.D.L. Cholesterol

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Pre-Test)</td>
<td>15</td>
<td>35.77</td>
<td>2.57</td>
<td>3.11</td>
<td>Significant at 0.05 level</td>
</tr>
<tr>
<td>(Post-Test)</td>
<td>15</td>
<td>33.58</td>
<td>2.04</td>
<td>3.11</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the H.D.L. Cholesterol among pretest and posttest of Meditation group independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Meditation group, the stage of implication was put at 0.05.

Since the calculated t value is 3.11 which are greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Meditation group. Table 4.14 reveals that the significant difference on H.D.L. Cholesterol among pretest and posttest of Meditation group was 3.11 which are greater than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of Meditation group in H.D.L. Cholesterol” was rejected.

The results obtained from this table 4.14 are cleared from following graph.
Pre-test & post-test Comparison of Control Group

Null Hypothesis:-
There would be no major variation during attain of pre-test & post-test of control group in H.D.L. Cholesterol

<table>
<thead>
<tr>
<th>Test</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-Value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test</td>
<td>15</td>
<td>33.58</td>
<td>2.61</td>
<td>1.04</td>
<td>Not Significant at 0.05 level</td>
</tr>
<tr>
<td>Post-Test</td>
<td>15</td>
<td>34.02</td>
<td>1.58</td>
<td>1.04</td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the H.D.L. Cholesterol among pre-test & post-test of control cluster independent t-test was applied. To determine the significance variation among means of gain of pre-test & post-test of Control group, the stage of implication was put at 0.05.

Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on H.D.L. Cholesterol among pre-test & post-test of control cluster. Table 4.15 reveals that the significant difference on H.D.L. Cholesterol among pre-test & post-test of control cluster was 1.04 which are less than the required value.

So the null hypothesis, “There would be no major variation during attain of pre-test & post-test of control group in H.D.L. Cholesterol” was accepted.

The results obtained from this table 4.15 are cleared from following graph.
4.5 Discussion of Findings:

The findings of results are given below.

1. Systolic Blood Pressure:

Since the calculated t value is 0.24 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on systolic blood pressure among pre-test & post-test of control cluster. Results reveals that the significant difference on systolic blood pressure among pre-test & post-test of control cluster was 0.24 which are less than the required value. Since the calculated t value is 6.99 which is greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there’s significant variation on systolic blood pressure among pretest and posttest of meditation group. A result reveals that the significant difference on systolic blood pressure among pretest and posttest of meditation group was 6.99 which are greater than the required value. Since the calculated t value is 0.24 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on systolic blood pressure among pre-test & post-test of control cluster. Results reveals that the significant difference on systolic blood pressure among pre-test & post-test of control cluster was 0.24 which are less than the required value.

2. Vital Capacity:-

Since the calculated t value is 6.03 which are greater than tabulated t value. So it was major at (0.05) level. It may’ be completed to there’s significant variation on Vital Capacity among pretest and posttest of asana group. Results reveal that the significant difference on vital capacity among pretest and posttest of asana group was 6.03 which are greater than the required value. Since the calculated t value is 6.09 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on Vital Capacity among pretest
and posttest of meditation group. A result reveals that the significant difference on vital capacity among pretest and posttest of meditation group was 6.09 which are greater than the required value. Since the calculated t value is 0.99 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Vital Capacity among pre-test & post-test of control cluster. Results reveals that the significant difference on vital capacity (VC) among pretest and posttest of control cluster was 0.99 which are less than the required value.

3. Resting Heart Rate:-

Since the calculated t value is 1.10 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pretest and posttest of Asana group. Results reveals that the significant difference on Resting Heart Rate among pretest and posttest of Asana group was 1.10 which are less than the required value. Since the calculated t value is 0.94 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pretest and posttest of Meditation group. Results reveals that the significant difference on Resting Heart Rate among pretest and posttest of Meditation group was 0.94 which are less than the required value. Since the calculated t value is 1.03 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pre-test & post-test of control cluster. Results reveals that the significant difference on Resting Heart Rate among pre-test & post-test of control cluster was 1.03 which are less than the required value.

4. L.D.L. Cholesterol:-

Since the calculated t value is 1.65 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Asana group. Results
reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Asana group was 1.65 which are less than the required value. Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Meditation group. Results reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Meditation group was 1.04 which are less than the required value. Since the calculated t value is 1.18 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pre-test & post-test of control cluster. Results reveals that the significant difference on L.D.L. Cholesterol among pre-test & post-test of control cluster was 1.18 which are less than the required value.

5. H.D.L. Cholesterol:

Since the calculated t value is 3.09 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Asana group. Results reveals that the significant difference on H.D.L. Cholesterol among pretest and posttest of Asana group was 3.09 which are greater than the required value. Since the calculated t value is 3.11 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Meditation group. Results reveals that the significant difference on H.D.L. Cholesterol among pretest and posttest of Meditation group was 3.11 which are greater than the required value. Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on H.D.L. Cholesterol among pre-test & post-test of control cluster. Results reveals that the significant difference on H.D.L. Cholesterol among pre-test & post-test of control cluster was 1.04 which are less than the required value.

4.6 Discussion of Hypothesis:
Before the statistical analysis researcher has constructed the Null Hypothesis for the statistical analysis. In various variables the Null Hypothesis was accepted or Rejected is given below.

1. “There would be no major variation during attain of of pretest and post -test of control groups in systolic blood pressure” was accepted.

2. “There would be no major variation during attain of pretest and post test of Meditation groups in systolic blood pressure” was rejected.

3. “There would be no major variation during attain of pretest and post -test of control groups in systolic blood pressure” was accepted.

4. “There would be no major variation during attain of pretest and post test of Asana groups in Vital Capacity” was rejected.

5. “There would be no major variation during attain of pretest and post test of Meditation groups in Vital Capacity” was rejected.

6. “There would be no major variation during attain of pretest and post -test of control groups in Vital Capacity” was accepted.

7. “There would be no major variation during attain of pretest and post test of Asana groups in Resting Heart Rate” was accepted.

8. “There would be no major variation during attain of pretest and post test of Meditation groups in Resting Heart Rate” was accepted.

9. “There would be no major variation during attain of pretest and post -test of control groups in Resting Heart Rate” was accepted.

10. “There would be no major variation during attain of pre-test & post-test of Asana group in L.D.L. Cholesterol” was accepted.
11. “There would be no major variation during attain of pre-test & post-test of Meditation group in L.D.L. Cholesterol” was accepted.

12. “There would be no major variation during attain of pretest and post-test of control groups in L.D.L. Cholesterol” was accepted.

13. “There would be no major variation during attain of pretest and posttest of Asana groups in H.D.L. Cholesterol” was rejected.

14. “There would be no major variation during attain of pretest and posttest of Meditation groups in H.D.L. Cholesterol” was rejected.

15. “There would be no major variation during attain of pretest and post-test of control groups in H.D.L. Cholesterol” was accepted.