Chapter 7

Conclusion

The study results suggest that horse back ride and yoga therapy might be the very efficient option for those who affected with autism. It shows that social stimulus and sensory sensitivity improved, inattentiveness and distractibility, are reduced by providing the Horse-back riding. More specifically, compared other teaching methods such as clue card and blackboard teaching method, Clue cards teaching method has provided well-stereotyped behaviour compared to another teaching method. The social interaction is high when the regular blackboard teaching method applied.

The following conclusion made from our research analysis

- Teaching methods might play a crucial role in social interaction and behaviour for autistic children.
- Mental task performance was poor for autism group as compared to controlled children.
- This thesis addresses the physiological signal variation in autistic children and controlled children.
  - Heart rate of autism group was higher as compared to control group
    - Due to the higher stress levels
  - Amplitude of the ectodermal activity- GSR was high for autistic subject
    - Due to more Autonomic nervous system activity.

- Proposed web camera based systems will provide better learning and monitoring mechanism for autistic children.

The study has the advantage that it can be done by non-professional people at home or clinics quickly and safely. The clinics can do this at affordable cost due to the availability of all the recent technology. The physiological signals will help not only the autistic children but also people around them to know for sure what they are going through or feeling at a point in time. Hence, there is a need to combine social
stimulus and technology to create a system that can help the individuals with ASD to lead a normal life.

7.1 FUTURE DIRECTION

Last two decade has witnessed tremendous move towards the therapeutic stage in autism research in the form of yoga, music, and assistive technology. There is no clear evidence how much impact it creates in healing part. Our future direction of the work will be towards the same stage with the inclusion of brain signal measurement along with yoga, music and horse riding for autistic children. The physiological signals might be the input to the clinicians and choose the best therapeutic method is effective towards the autistic children society. In future, we can consider a number of populations in the different region of India to conclude our findings.