CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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SUMMARY

The purpose of the study was to compare the training effect of yogic practices and physical exercises on health-related physical fitness and selected psychological variables among school boys. Yogic practices influenced both the mind and body whereas physical exercises had their effect only on body. The physical exercises are repetitive in character and utilise a lot of energy. yogic exercises help to conserve energy.

Today yoga is recognized and practiced as a very strong health tool for physical fitness. Further, people, young and old who discarded laziness will become successful in life if they regularly practiced yoga. Yoga helped one attain tranquillity of mind. In yoga system all movements are slow and gradual with proper breathing and relaxation. Yoga eliminates psycho-physical tensions. It is a known fact that a regular practice of physical exercises and yogasanas relaxes the mind and considerably brings down mental stress and physical strain.

Ninety subjects under study were selected by random from the schools in Madras City. The average age of subjects was 15 to 17 years. The selected students were further divided at random into three groups namely yogic practices, physical exercises and a
control group, which was excluded from all yogic practices and physical exercises. All the subjects were normal and healthy male students. The sample was considered as the true representative of population. The number of each group was thirty.

The criterion variables chosen for investigation were:

- Flexibility
- Trunk strength
- Functional strength
- Speed and agility
- Cardiorespiratory endurance
- Estimated body-fat percentage
- Anxiety
- Self-concept

While one group was assigned to undergo a general physical exercise programme, the other group was assigned to follow selected yogic practices and the third group was kept as a controlled one. Before the tests and collection of data all the subjects were briefed about the purpose of the study, the objectives of the project and the benefits, namely better physical fitness related to health and mental skills.

The subjects were impressed of the necessity of their co-operation. The investigator explained the procedure of the test variables of health related physical fitness
and psychological variables. The test in criterion variables was demonstrated. The subjects were allowed to practice test performance under expert supervision. These demonstrations helped the subjects not only to understand the test but also kindled the desire to feel the benefits of the health related physical fitness, anxiety and self-control.

The selected variables were measured before and after an experimental period of twelve weeks. The initial measurements on the criterion variables were taken as per test protocols, consisting of the inter-trials or test-retest and co-efficient of correlation as appropriate in each case.

The progression schedules in the practice of yogasanas were taught and trained by experts to yogic practices group. Selected physical exercises were given to the physical exercises group beginning with warming up exercises. The subjects in the control group were free while the subjects in the other two groups were engaged in performing their exercises and regular practices.

Each exercise session lasted thirty minutes excluding warming up on alternate days for a period of twelve weeks, except the Sundays of the weeks. Final measurements in the criterion variables were taken exactly as in the initial tests session.

The mean gains of the three groups were tested for significance of variability by analysis of co-variance wherever 'F' proved significant. The difference of pairs of groups mean gains were tested for significance by Scheffe’s Test.
CONCLUSIONS

The control group did not show any significant improvement in health-related physical fitness, level of anxiety and self-concept from pre test to post test.

It was observed through this study that the training effect of yogic practices group were significantly greater improvement than that of mere physical exercises with respect to flexibility and self-concept whereas level of anxiety was found lower.

The study further found that the physical exercises group made significant improvement over that of yogic practices group in speed and agility, reducing body fat percentage.

It was further understood by this study that the yogic practices group and physical exercises group did not differ in trunk strength, functional strength and cardiorespiratory endurance.

Since the control group was inactive, both the experimental groups had been found to be better.

Since both experimental programmes produced significant changes in the cardio-respiratory system, the experimental groups were found to be superior to that of the control group. Further it was observed that in flexibility, the yoga group was superior to
that of the exercise group and both the experimental groups were significantly better than that of control group. The level of anxiety in the yoga group was found to be less than that of the physical exercise group. With regard to trunk strength and functional strength no difference among the experimental groups could be attributed to more or less equal stress on the above two components in the yoga and physical exercise programme.

This study concluded that regular practices of yoga and physical exercises contributed to development of physical fitness by bringing about significant improvement in the components namely, flexibility, strength, speed and agility, endurance and body composition. In as much as training continued for a period of twelve weeks, both yogic and physical exercises done by the subjects might have enhanced efficiency of the various body systems and mental faculties and improvement of which depended on the above components. In the case of body composition, speed and agility, the reason for physical exercise group showing better performance as compared to yoga could be due to the fact that yoga programme might not have adequately emphasised on the vigorous movements. Whereas in the exercise group there might have been sufficient exercise developing mobility of joints.

**RECOMMENDATIONS**

It is recommended that yogic practices and physical exercises should be an integral part of the school and college curriculum. Some norms of fitness test should be a part of every school and college health examination.
The study can also be conducted on college students and school girls by including certain physiological variables and other psychological variables.

The effect of simple yogic exercises on school children from the age of ten to sixteen could be studied which may result in great benefit to the general health of the community.

Yogic exercises may be popularised in schools instead of physical training exercises and regular yoga classes held for at least 30 minutes duration for students of classes five to ten.

Anxiety and tension being the bane of modern life, the way to relaxation is only on yoga. So books on yoga in simple language with clear demonstration may be bought out for school children. Demonstration classes may be held for the school boys and girls.

The coaches may give yogic practices for sports persons to reduce level of anxiety.