Chapter 7
Findings, Suggestions and Recommendations
of the study

7.1 Introduction

In ancient teaching system, Vaidik Gyan was provided by listening, recitation, Sam-Gan according to the Gurukul tradition in which Yoga, music, knowledge of using weapons, Yagya, Tantra, art, literature etc. were taught. The lessons of Yoga and Vidya were taught in every Ashram. Practical and systematic knowledge of Yama-Niyama, Asanas etc. was given. The people were happy and satisfied. Today we think that we are modern and cultured but in fact never happy. We have to take sleeping pills for sound sleep, purgatives for excretion and tonics for strength. The use of painkillers and antibiotics has increased in our everyday life. Youth has diverted towards taking drugs and sleeping pills etc. all these leads the youth into the valley of downfall. The passion of wealth has turned our hearts into stones. Life values are in decay. Intense mental stress is born as a result of blind running in this competitive world. The bad results of this stress are seen in the form of various diseases raised in human body. If we want to be free from such above mentioned problems, one solution out of so many is Yoga exercises.

The matter of Yoga cannot be accepted easily in this age of technology. But on the other hand frustration, anxiety, unhappiness, mental stress etc. psychological diseases have caught the students of higher secondary schools. So sadness, worry, deservedness,
loneliness, aloofness, hatred etc. are seen among students. The effect of mental stress affects badly on their physical health and the mental development is obstructed. Its effect is seen on their Academic Achievement. Besides this, with a view to living peaceful life and adjusting in society and in efforts of progress, the level of mental development can be increased.

The researcher discussed with some higher secondary school teachers about the problems of students like frustration, sadness, anxiety, unhappiness etc. and the solution to make free from such problems. This thing inspired the researcher to select this problem and thought to conduct an experiment of Yoga exercises to solve the problem by examining its effect on Academic Achievement, Reasoning Ability and Memory of the students.

7.2 Findings of the Study

Null hypothesis were formed according to the objectives stated in chapter 1. The researcher tested them by using t-test. In this way, the researcher reached to the conclusions of this study. The conclusions of this study are as follows.

7.2.1 Findings Regarding to the Effect of Yoga exercises on Academic Achievement of the Students of Rural Area

1. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of controlled group were equal in the Academic Achievement in the pre test and the post test.

2. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group
at 0.05 and 0.01 levels. So it was concluded that positive effect of Yoga exercises was seen on the students of experimental group.

3. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group 0.05 and 0.01 levels. So it was concluded that both the groups were equal in the Academic Achievement before treatment of Yoga exercises.

4. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 and 0.01 levels. So it can be said that the Academic Achievement of the students can be increased by Yoga exercise.

7.2.2 Findings Regarding to the Effect of Yoga exercises on Verbal Reasoning Ability of the Students of Rural Area

5. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of controlled group were equal in the Verbal Reasoning Ability in the pre test and the post test.

6. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group at 0.05 and 0.01 levels. So it was concluded that the positive effect of Yoga exercises was seen on the students of experimental group.

7. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group at 0.05
and 0.01 levels. So it was concluded that both the groups were equal in Verbal Reasoning Ability before the treatment of Yoga exercises.

8. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 and 0.01 levels. So it can be said that the Verbal Reasoning Ability of students can be increased by Yoga Exercise.

7.2.3 Findings Regarding to the Effect of Yoga exercises on Short-term Memory of the Students of Rural Area

9. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of controlled group were equal in the Short-term Memory in the pre test and the post test.

10. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group at 0.05 and 0.01 levels. So it was concluded that positive effect of Yoga exercises was seen on the students of experimental group.

11. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group at 0.05 and 0.01 levels. So it was concluded that both the groups were equal in the Short-term Memory before treatment of Yoga exercises.

12. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 levels.
and 0.01 levels. So it can be said that the Short-term Memory of the students can be increased by Yoga exercise.

7.2.4 Findings Regarding to the Effect of Yoga Exercise on Academic Achievement of the Students of Urban Area

13. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of controlled group were equal in the pre test and the post test of Academic Achievement.

14. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group at 0.05 and 0.01 levels. So it was concluded that positive effect of Yoga exercises was seen on the students of experimental group.

15. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group at 0.05 and 0.01 levels. So it was concluded that both the groups were equal in the Academic Achievement before treatment of Yoga exercises.

16. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 and 0.01 levels. So it can be said that the Academic Achievement of the students can be increased by Yoga exercises.
7.2.5 Findings Regarding to the Effect of Yoga exercises on Verbal Reasoning Ability of the Students of Urban Area

17. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of controlled group were equal in the pre test and the post test of Verbal Reasoning Ability.

18. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group at 0.05 and 0.01 levels. So it was concluded that positive effect of Yoga exercises was seen on the students of experimental group.

19. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group at 0.05 and 0.01 levels. So it was concluded that both the groups were equal in the Verbal Reasoning Ability before treatment of Yoga exercises.

20. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 and 0.01 levels. So it can be said that the Verbal Reasoning Ability of the students can be increased by Yoga exercises.

7.2.6 Findings Regarding to the Effect of Yoga exercises on Short-term Memory of the Students of Urban Area

21. No significant difference was seen between the Mean scores of the pre test and the post test of the students of controlled group at 0.05 and 0.01 levels. So it was concluded that the students of
controlled group were equal in the Mean scores in Short-term Memory in the pre test and the post test.

22. Significant difference was seen between the Mean scores of the pre test and the post test of the students of experimental group at 0.05 and 0.01 levels. So it was concluded that positive effect of Yoga exercises was seen on the students of experimental group.

23. No significant difference was seen between the Mean scores of the pre test of controlled group and experimental group at 0.05 and 0.01 levels. So it was concluded that both the groups were equal in the Short-term Memory before the treatment of Yoga exercises.

24. Significant difference was seen between the Mean scores of the post test of controlled group and experimental group at 0.05 and 0.01 levels. So it can be said that the Short-term Memory of the students can be increased by Yoga exercises.

7.2.7 Findings Regarding to the Effect of Yoga Exercises on Academic Achievement of the Students of Rural Area in Relation to Sex

25. Significant difference was seen between the Mean scores of Boys of controlled group and Girls of experimental group in the post test at 0.01 and 0.05 levels. The Mean value of the Girls of experimental group in the post test was seen 43.5 where as it was 32.8 of the Boys of controlled group. So it was concluded that the effect of Yoga exercises was seen in favour of the Girls.
26. Significant difference at 0.05 level was seen between the Mean scores of Girls included in controlled group and Boys of experimental group in the post test. The Mean value of the Boys of experimental group in the post test was seen 42.5 whereas it was 38.2 of the Girls of controlled group. So it was concluded that the effect of Yoga exercises was seen in favour of the Boys.

27. No significant difference was seen at 0.05 and 0.01 level between the Mean scores of the Boys and Girls of experimental group. So it was concluded that the effect of Yoga exercises was seen equally on sex.

7.2.8 Findings Regarding to the Effect of Yoga exercises on Verbal Reasoning Ability of the Students of Rural Area in Relation to Sex

28. Significant difference at 0.01 and 0.05 level was seen between the Mean scores of the Boys of controlled group and Girls of experimental group in the post test. The Mean value of the Girls of experimental group in the post test was seen 60 whereas it was 47.80 of the Boys of controlled group. So it was concluded that the effect of Yoga exercises was seen in favour of the Girls.

29. Significant difference at 0.05 level was seen between the Mean scores of the Girls of controlled group and Boys of experimental group in the post test. The mean value of the Boys of experimental group in the post test was seen 57.1 whereas it was 46.8 of the Girls of controlled group. So it was
concluded that the effect of Yoga exercises was seen in favour of the Boys.

30. No significant difference was seen at 0.05 and 0.01 level between the Mean scores of Boys and Girls of experimental group. So it was concluded that the effect of Yoga exercises was seen equally on sex.

7.2.9 Findings Regarding to the Effect of Yoga Exercise on Short-term Memory of the Students of Rural Area in Relation to Sex

31. Significant difference at 0.05 and 0.01 level was seen between the Mean scores of Boys of controlled group and Girls of experimental group in the post test. So it can be said that the effect of Yoga Exercise was seen in favour of the Girls.

32. No significant different at 0.05 and 0.01 level was seen between the Mean scores of Girls of controlled group and Boys of experimental group. So it was concluded that the equal effect of Yoga Exercise was seen on Boys and Girls.

33. No significant difference at 0.05 and 0.01 level was seen between the Mean scores of the Boys and Girls of experimental group in the post test. So it was concluded that effect of Yoga exercises was seen equally on sex.

7.2.10 Findings Regarding to the Effect of Yoga Exercise on Academic Achievement of the Students of Urban Area in Relation to Sex

34. Significant difference at 0.01 and 0.05 level was seen between the Mean scores of the Boys of controlled group and the Girls of experimental group in the post test. The Mean value of the
Girls of experimental group in the post test was seen 44 where as it was 36.50 of the Boys of controlled group. This value was in favour of Girls. So it was concluded that the effect of Yoga exercise was seen in favor of the Girls.

35. No significant different at 0.05 and 0.01 level was seen between the Mean scores of Girls of controlled group and the Boys of experimental group. So it was concluded that the equal effect of Yoga Exercise was seen on the Boys and the Girls.

36. No significant different at 0.05 and 0.01 level was seen between the Mean scores of Boys and Girls of experimental group in the post test. So it was concluded that effect of Yoga Exercise was seen equally on sex.

7.2.11 Findings Regarding to the Effect of Yoga Exercise on Verbal Reasoning Ability of the Students of Urban Area in Relation to Sex

37. Significant difference at 0.01 and 0.05 level was seen between the Mean scores of Boys of controlled group and Girls of experimental group in the post test. The mean value of Girls of experimental group in the post test was seen 60.70 where as it was 47of the Boys of controlled group. This value was in favor of the Girls. So it was concluded that the effect of Yoga exercise was seen in favor of the Girls.

38. No significant difference at 0.05 and 0.01 level was seen between the Mean scores of Girls of controlled group and Boys of experimental group. So it was concluded that effect of Yoga exercises was seen equally on Boys and Girls.
39. No significant difference at 0.05 and 0.01 level was seen between the Mean scores of the Boys and the Girls of experimental group in the post test. So it was concluded that effect of Yoga exercises programme was seen equally on sex.

7.2.12 Findings Regarding to the Effect of Yoga Exercise on Short-term Memory of the Students of Urban Area in Relation to Sex

40. Significant difference at 0.01 and 0.05 level was seen between the Mean scores of the Boys of controlled group and the Girls of experimental group in the post test. The mean value of the Girls of experimental group in the post test was seen 40.45 whereas it was 28.85 of the Boys of controlled group. This value was in favor of the Girls. So it was concluded that the effect of Yoga exercise was seen in favor of the Girls.

41. No significant difference at 0.05 and 0.01 level was seen between the Mean scores of the Girls of controlled group and the Boys of experimental group. So it was concluded that the effect of Yoga exercises programme was seen equally on the Boys and the Girls.

42. No significant difference at 0.05 and 0.01 level was seen between the Mean scores of the Boys and the Girls of experimental group in the post test. So it was concluded that effect of Yoga exercises was seen equally on sex.

7.3 Suggestions

The following suggestions have been made based on experiences of the researcher during the experiment of this study.
7.3.1 Suggestions Regarding the Yoga Exercises Programme

1. Before to prepare Yoga exercises programme, the programme developer should have pre knowledge of Yoga.

2. To construct Yoga exercises programme, the guidance should be taken from Yoga experts.

3. No technical mistakes should be made in construction process, logical arrangement and continuity in presentation of Yoga exercises programme.

4. Ideally, Yoga exercises should be done empty stomach or at least 4-6 hours after taking meals.

5. Do not eat anything until about 30 minutes after you are done with the day’s Yoga exercises.

6. The most appropriate time for practicing Yoga is in the morning. It is the time when the mind is calm, composed, and fresh.

7.3.2 Suggestions for Schools

5. Yoga exercises should be included in teaching in Government and Private schools and enough financial funds should be arranged.

6. Schools should have enough equipments and physical aids for performing these types of exercises.

7. Such a situation should be created that Yoga experiments can be applied in schools with the help of lectures of experts.

8. The school authorities should review the results after using this method and also send to other schools.
7.3.3 Suggestions for Teachers

9. The teachers should arrange various experiments for developing memory, Academic Achievement and reasoning abilities of students.

10. For the mental and academic development of students, teachers should attend seminars, workshops, orientation classes etc. and should be always ready to get latest information and thoughts. Instead of teaching by traditional methods, new experiments should be done.

11. Yoga education should be given importance in class teaching.

7.3.4 Suggestions for Students

12. Self discipline by students should be maintained while implementation of innovative experiments.

13. Students should take part in Yoga activities everyday so that whole development can be possible.

7.4 Recommendations

The following points are recommended on the basis of Yoga exercises programme.

1. Students can be inspired by various Memory tests, Reasoning Ability tests and Academic Achievement tests.

2. Teaching-learning process can be made easy and dynamic through experiments.

3. Memory, Academic Achievement and Reasoning Ability of students can be increased by various activities related to Yoga.

4. Development of Memory and Intelligence can be possible by doing regular Meditation.
7.5 Suggestions for Future Researches

The suggestions for future researches are stated as follows.

1. Such researches can be done in preprimary, primary, secondary and higher secondary schools.

2. This research will become foundation for construction and standardization of Memory test, Reasoning ability test and Academic Achievement test.

3. To study the effect of Yoga training programme on school subjects in relation to various variables can be done.

4. Construction and try out of Yoga exercises programme for slow learning children can be carried out.

5. A qualitative study of Yoga ability of Baba Ramjdevji can be carried out.