Chapter V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1: SUMMARY

Overweight and obesity are growing problems in much of the world. Obesity has a negative impact on health and quality of life. Obesity is a chronic disorder that has multiple causes. Overweight and obesity have significant impact on both physical and psychological health. In addition, psychological disorders such as depression occur with increased frequency in obese. Overweight children are more likely to have cardiovascular and digestive diseases in adulthood as compared with those who are lean. It is believed that both over-consumption of calories and reduced physical activity are mainly involved in obesity. From the perspective of both the individual and society, it is therefore essential to identify strategies for managing this problem. Once present, obesity is difficult to treat, making effective preventive intervention is more important.

Preventive measures to contain the epidemic of obesity and hypertension have become a major focus of attention. Exercise is considered as an acceptable method for improving and maintaining physical and emotional health. A growing body of research evidence supports the belief that certain yoga techniques may improve physical and mental health. Overweight and obesity are associated with Hyperlipidaemia, hypertension, abnormal glucose tolerance, and infertility. Hypertension is a major public health problem and a key risk factor of cardiovascular diseases. Increased physical activity has been recommended as an important lifestyle modification for the prevention
and control of hypertension. However the optimal characteristics for a physical activity programme remain open to debate. Yoga is recommended by healthcare professionals as a form of exercise for controlling hypertension and obesity.

The purpose of the study was to determine the effect of yogic practices in middle aged people on selected body composition, obesity and hypertension. The subjects for the study were eighty middle-aged people (40 men & 40 women), selected from the residents of Nagercoil, Kanyakumari District, Tamilnadu State, India. The subject were employed various colleges in Kanyakumari District The selected subjects were further categorized into four sub-groups as 40-44 age group and 45-49 age group of 20 subjects each from both men and women. Random group design was used for the study, as it was the most appropriate technique. All the subjects selected for the experimental treatment were subjected to medical evaluation and certification from a doctor ensuring their health capacities to undergo the training programme. The requirement of the project was explained to all the subjects and all of them agreed voluntarily to undergo the testing and training programme.

The following dependent variables such as percent body fat, lean body mass, body mass index, systolic blood pressure, diastolic blood pressure were selected for the study. The data collected from different age category men and women prior to and after the completion of the training period were statistically analyzed for significant difference if any, by applying dependent ‘t’ test. To eliminate the influence of pretest, the net mean gains were computed separately. The paired mean gains of groups are tested for significance by applying independent ‘t’ ratio. Three-way analysis of variance was used to find out the influence of each factor independently and also their combined influence
on each of the selected variables. The level of confidence was fixed at 0.05 for significance.

5.2: CONCLUSION

The investigator has a vision that there would be a significant difference between men and women. Even though the investigation compares the men and women to check their selected body composition, Obesity and hypertension level at the middle age.

Based on the result obtained from the statistical analysis of the data the following conclusions have been drawn.

1. Due to the effect of twelve weeks of yoga training the percent body fat, lean body mass, body mass index, systolic blood pressure and diastolic blood pressure of 40 to 44 and 45 to 49 age category men and women were significantly changed.

2. In altering the percent body fat, lean body mass, body mass index, systolic blood pressure and diastolic blood pressure no significant difference exists between 40 to 44 and 45 to 49 age category men and there was no significant difference was found between these two age categories of women subjects.

3. To improve the lean body mass and decrease the body mass index and diastolic blood pressure there was no significant difference exists between 40 to 44 age category men and women and also between 45 to 49 age category men and women.

4. It was concluded that there was no significant differences exists between 40 to 44 age category men and women in decreasing the percent body fat and systolic blood pressure. However, when comparing the 45 to 49 age category the decrease
in percent body fat was higher for women than men and the decrease in systolic blood pressure was higher for men than women.

5. The result of the study also confers that the existence of insignificant difference on percent body fat, lean body mass, body mass index, systolic blood pressure and diastolic blood pressure among gender in relevance to different age categories during pre and post tests.

5.3: RECOMMENDATION

The following recommendations have been made based on the results of the study.

1. For the beneficial changes in obesity and hypertension, yoga training can be executed. Based on the outcome of the study, the investigator suggests yoga training as the effective training modality in enhancing variety of health-related outcome measures.

2. The findings of this study showed that the yoga training was significantly altered the obesity and hypertension in middle aged people. It could be recommended to the doctors to include yoga training in their regular schedule of remedial programme for those who are affected by obesity and hypertension.

3. Similar studies may be conducted by investigating the effects of yoga training on physical, physiological and biochemical parameters in middle aged men and women.

4. Further studies may be conducted by analyzing yoga training i.e, influence on cardiac risk factors among untrained people.
5. Similar study may be conducted to find out the effects of the short term and long term effect of yoga training with dietary intervention on body composition, obesity and hypertension.

6. Further studies are required to understand possible mechanisms underlying this beneficial immediate effect and to determine how long such a beneficial effect persists.

5.3.1: Suggestions for Further Research

During the course of this research, the investigators come across a number of ideas and based on the experiences gained the following suggestions are made for further research.

1. Similar research study may be conducted to find out the psychological impact due to yoga training.

2. A similar study may be conducted with a change of training protocol for other games.

3. A similar study may be conducted by adding number of physical and physiological variables.

4. A similar study may be conducted for various age groups.

5. A similar study may be conducted with Biochemical variables.