CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATION

SUMMARY

Every living being has to undergo stressful condition in its lifetime. Stress is an inevitable part of life. Managing stress properly is very important for one to be efficient in his life. Though stress is inevitable for the living organism, excessive stress is always hazardous. It can cause a Variety of cardiac diseases and several other psychosomatic disorders. Numerous medical and psychological studies have suggested that a large number of visits to a doctor by students are due to psychological problems and many due to acute and chronic problems. It is in this scenario that this particular study is being conducted.

The purpose of the study was to find out the effect of stress management techniques on selected psychological and physiological variables of college students. The study also aimed at comparing the effect of three types of stress management techniques.

The selected psychological and physiological variables were Aggression, Self-esteem, Self-confidence, Stress, Resting Heart Rate, systolic Blood Pressure and Diastolic Blood Pressure. The investigator selected the relevant tests designed to fulfil the objectives of the study.

The experimental design of this study was random group design. One hundred and sixty male subjects were randomly selected from Government polytechnic college, Kunnamkulam, Trissur district. The selected subjects were equally divided into four groups (n=40) namely: The Aerobic dance training group (ADTG), The Yoga training group (YTG), The Progressive relaxation training group (PRTG), and The Control group (CG). The age group of the subjects ranged from 16 to 19 years. All the subjects were tested
prior to, in between and after the training period. The data collected from the experimental groups and control groups were statistically analyzed for significant differences if any by applying Analysis of covariance (ANACOVA). Since no attempt was made to equate the groups in any manner and therefore to eliminate the variations in the pre test means analysis of covariance was applied.

**Step 1:** The Pre-test means of experimental and control groups were tested for significance by applying ANACOVA.

**Step 2:** The Mid-test means of experimental and control groups were tested for significance by applying ANACOVA.

**Step 3:** The Post-test means of experimental and control groups were tested for significance by applying ANACOVA.

**Step 4:** After eliminating the influence of Pre-test, the adjusted Post-test means of control and experimental groups were tested for significance by using ANCOVA.

In all the cases, to test to the significance 0.05 level of confidence was utilized. Analysis of co-variance was calculated as suggested by Clarke and Clarke

**CONCLUSIONS**

The results of the study permitted the following conclusions:

1. Progressive relaxation training, Aerobic dance training and Yoga proved upon improving the selected psychological variables Namely;
   - Stress factor 1
   - Stress factor 2
Stress factor 3
Aggression
Self esteem
Self confidence

2. Progressive relaxation training proved to be better among the experimental groups in improving upon the following psychological variables as compared to other groups:
   - Stress factor 1
   - Stress factor 2
   - Stress factor 3
   - Aggression
   - Self esteem
   - Self confidence

3. Progressive relaxation training, Aerobic dance training and Yoga did not bring in significant changes in the selected Physiological variables namely;
   - Systolic Blood pressure
   - Diastolic Blood pressure
   - Resting Heart Rate

RECOMMENDATIONS

In the light of conclusions drawn, the following recommendations are made:

1. A study may be undertaken for different age group and on female subjects.
2. Longitudinal studies may be undertaken by increasing the duration and intensity of training program.
3. Similar Studies may be undertaken in relation to various games and sports.