CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

Summary

The purpose of study was to investigate the **Effect of Yoga and Physical exercises training on selected psychological and motor and physiological variables of secondary school students**. The physiological variables selected for the studies such as Blood Pressure, Pulse rate, Vital capacity, Body fat content, and cardiovascular fitness and motor variables is speed and agility, and Psychological variables are Anxiety, Aggressive Behaviour, Social Maturity and Emotional Intelligence factor of boys studying in Government high school of Bijapur district of. The academic anxiety behaviour scale constructed by Dr. A.K. Singh (Patna), Dr.(Ms.) A. Sen Gupta (Patna) Aggressive behaviour scale devised by Dr. Guru Pyari Mathur (Raebareli) Dr. RajKumari Bhatnagar (Agra) Emotional intelligence scale constructed by Prof. Thimguzam and Social Maturity scale framed by Dr Nalini Rao was administered to collect data and assess the various personality psychological variables of school students. The sphygmomanometer was used to measure the blood pressure (Systolic and Diastolic). A Swiss made watch Calibrated to one tenth of second was used to take pulse rate. The wet Spirometr used for taking vital capacity. The skin foldcalliper was used for taking Body fat percentage. To measure cardiovascular endurance the skipping activities was assigned and total number of jumps has taken for one minute, agility performance was recorded with time taken to finish shuttle run, to measure speed ability 50 Mts dash was conducted to collect the data.

To facilitate the study, 300 students were selected from the Govt high school Nagathan of Bijapur District. And the above said variables were measured. Then the
subjects were randomly assigned to three groups of which one served as control group and other groups served as experimental group I (yogic exercise) experimental II (Physical Exercise). The experimental group I and experimental II did their respective training such as experimental group I did yogic exercise and experimental group II did physical exercises. Initially psychological factors such as Anxiety, Aggressive, Emotional intelligence and social maturity, physiological variables such as blood pressure, (systolic, diastolic), pulse rate, vital capacity, cardiovascular endurance and Body fat percentage were measured and recorded as pre test data. The twelve week intensive and systematic treatment was given to both experiment groups, the well planed, appropriate exercises and yogic exercise has made to learn and practice 6 days for a period 12 week. The final readings were measured by administering psychological questionnaire on the both group and physiological, motor, and physical fitness variable were recorded by using instrument and conducting specific test. The data was analyses statistically by computing mean, standard, F-ratio and ANOCOV test, the hypothesis were tested at 0,05 level. The significance of the mean difference of yogic exercise, Physical exercises groups for the pre-test and post test mean gains were determined by F-ratio through analysis of co-variance. The F-ratio for the adjusted post test means was computed by analysis of covariance and the significance of the difference between paired adjusted final means were computed by means of Scheffe’s post hoc test.

Adapting the same statistical techniques, a significant difference in decreased Blood pressure systolic was obtained at 0.05 level with a F-ratio of 9.448 for the adjusted means and also statistical techniques, a significant difference in decreased blood pressure diastolic was obtained at 0.05 level with a F-ratio of 1.691.
A significance difference was found in decreasing the Body fat percentage of the experimental II group comparing with their counterpart at 0.05 level within F-ratio of 55.736 for the adjusted means.

A significance difference increased in Vital Capacity of the Experimental Group I (Yogic Exercise) and obtained ‘F’ ratio is 220.052 which is greater than the table valve at 0.05 level. It shows that yogic exercise could result in better performance of the vital capacity among yoga practitioner. The significant difference also found in the Cardio Respiratory Endurance.

The Obtained result of ‘F’ ratio is 7.622 which is significance at 0.01 level. The result reveals that, The regular involvement in physical activities could develop better Cardio Respiratory Endurance comparing to their counterpart.

The significant difference was found the Agility performance, among the yogic exercise group comparing to physical exercise group, the study ravels that yogic exercise are best technique to develop agility in the body moments. The calculated F-ratio is 17.188; this value is greater than table value that is 0.05 level

A significance difference was found in increasing the Leg Explosive Power in the Experimental group II. The calculated ‘F’ ratio was 41.72 it is greater than the table value of 0.05 level. The result expressed that involvement of physical activities going to develop working capacity of the muscles.

The significant difference was found the Speed performance, among the physical exercise group comparing to yogic exercise group, the study ravels that physical exercise are best technique to develop speed ability in the students. The calculated F-ratio is 33.98this value is greater than table value that is 0.05 level

Adapting the same statistical techniques, a significant difference is not found among the experimental groups after exposing 12 weeks training. Decreased Blood
pressure systolic was obtained at 0.05 level with a F-ratio of 9.448 for the adjusted means, a significant difference was found in decreased blood pressure diastolic was obtained at 0.05 level with a F-ratio of 1.691.

There is slight significant difference was found in the Resting pulse rate in the physical exercise group comparing to physical exercise, the calculated F-ratio is 20.33, it is more than table valve 0.05 level, hence formulated hypothesis yogic exercises would help in the controlling the resting pulse rate is rejected alternative hypothesis is accepted

Adapting the same statistical techniques, a significant difference is found in decreasing anxiety, Aggressive behaviour and increased value of emotional intelligence and social behaviour in both experimental group. The significant decreasing difference was found in the anxiety behaviour in the yogic group comparing the counterpart and control group, the calculated F-ratio was 67.89, this value is greater than table of 0.05 level. The significant decreasing difference was found in the Aggressive behaviour in the physical exercise group comparing the counterpart and control group, the calculated F-ratio was 67.89, this value is greater than table of 0.05 level. It was assumed that physical activities are best way to release the mental stress and emotion disturbance in involving sports and physical activities of school.

The significant difference was found in the Emotional intelligence behaviour, among yogic exercise group comparing to physical exercise group, the study ravels that yogic exercise are best technique to develop emotional controlling and regulative ability in the students. The calculated F-ratio is 39.913, this value is greater than table value that is 0.05 level. And also slight significant difference was found in the social maturity between yogic and physical exercise group comparing to control group, the
study ravels that both exercise are best technique to develop social values and qualities and interpersonal communication ability in the students. The calculated F-ratio is 39.98; this value is greater than table value that is 0.05 level.