CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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Summary

Fit people make a fit nation. Fitness is that State which characterises the degree to which a person is able to function more efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively within his potentialities.

The body is the temple of Soul and to reach a harmony of the mind, body and spirit, the body must be physically fit. The human body is built for physical activity and movement. Throughout the ages, man has had to be physically active in order to procure his daily food to succeed in the battle for survival. Every individual physical activity is essential for harmonious physical and mental development.

Yoga helps to tone up the entire body to regularize blood compositions and improve blood circulations, tones up glands and visceral muscles. Regular practice of yoga helps to keep our body fit, controls cholesterol level reduces weight, normalizes blood
pressure and improves heart performance. Further, preliminary studies in the United States and India suggest that yoga may be helpful for specific conditions, such as Asthma, Epilepsy, anxiety, stress and others.

The benefits of yoga are numerous, including improved physical fitness, stress control, general well-being, mental clarity and greater self-understanding. The poses enhance muscle strength, coordination, flexibility and agility and can help a back feel better.

As for students, yoga can be a powerful enhancement in regular training exercises. Adding yoga in a routine training programme helps develop strength, flexibility, range of motion, concentration, cardiovascular health and reduces stress, tension and tightness. The most significant benefit of adding yoga to a training programme is its effect on mental performance. Yoga allows a student to train harder and at a higher level because the range of motion is greater and the fear of injury is lessened.

Nowadays yoga is becoming more and more popular. It attracts the attention of the whole world. Thousands of people both
men and women who are aware of the importance of personal growing have adopted yoga as a part of their life. Gradually, yoga is becoming a life style, almost a fashion of the modern world. People adopt yoga as a tool to keep the body and mind fit, to cure diseases by improving functions of the vital organs of the body. Yoga and yogic practices awaken the inner strength of the body. The health of our body and mind depends upon the soundness of the health of internal organs.

New researches help people to understand Yoga in its modern aspects. Yoga in general, meditation and pranayama in particular, have provided men a means to reach the subtler layers of the mind. It has been shown through experimental results on the pranayama and meditation that knowledge and creativity are structured in the subtler layer of the mind or the deeper state of consciousness (transcendental state). These creative and critical faculties of mind lay hidden in these higher state of consciousness (transcendental state).

The purpose of the present investigation is to find out the effects of yogic practice on arm strength, muscular endurance, agility,
explosive power, speed, endurance, systolic and diastolic pressure, and resting pulse rate.

To achieve this purpose, Group I consist of thirty literate students from Thanjavur District, Tamil Nadu who were studying tenth, eleventh and twelfth standard and Group II consist of thirty dropouts students from Thanjavur District, Tamil Nadu who were completed sixth standard and below were selected randomly as subjects. Their age ranged from 14 to 17 years. The experimental group I and II were subjected to yogic training programmes over the period twelve weeks and five sessions in a week in addition to their regular schedule.

Among the physical and physiological variables, the following variables were selected as criterion variables namely arm strength, muscular endurance, agility, explosive power, speed, endurance, systolic and diastolic pressure, and resting pulse rate. All the subjects were tested on selected criterion variables prior to and immediately after the training period. Arm strength, muscular endurance, agility, explosive power, speed and endurance were assessed by AAPHER youth fitness test. Systolic and diastolic pressures were measured by Sphygmomanometer and resting heart rate was estimated by radial pulse method.
All the subjects of two groups were tested on selected dependent variables before and after the treatment. The data pertaining to the variables in this study were examined by using dependent t-test to find out significant improvement and analysis of covariance (ANCOVA) for each variables separately in order to determine the differences if any among the adjusted post test means. The level of significance was fixed at 0.05 level of confidence for all the cases.

Conclusions

From the analysis of the data, the following conclusions were drawn.

1. Literate and dropout groups had achieved significant improvement on arm strength, muscular endurance, endurance, systolic and diastolic pressure and resting pulse rate.

2. Significant differences were found between literate and dropout groups towards improving the selected variables such as arm strength, muscular endurance, endurance, systolic and diastolic pressure and resting pulse rate by yogic training.

3. It may be concluded literate group is found to be better than dropout group to increase arm strength, muscular endurance,
endurance, systolic and diastolic pressure, and resting pulse rate through yogic training.

4. Literate and dropout groups had not achieved significant improvement on agility, explosive power and speed.

5. There was no significant difference found between literate and dropout groups on agility, explosive power and speed.

Recommendations

1. In the present study, it was concluded that arm strength, muscular endurance, agility, explosive power, speed, endurance, systolic and diastolic pressure, and resting pulse rate were improved by yogic training. Hence, it is recommended to the coaches, trainers and physical educators to adopt these findings to improve speed and strength parameters for their athletes.

2. A similar study may be conducted by selecting bio-chemical variables as criterion variables.

3. A similar study may be attempted by selecting the state or national level athletes or players as subjects.
4. A similar study may be conducted on female subjects.

5. A similar study may be undertaken and its influences on psychological and hematological parameters may be assessed.