CHAPTER VI

CONCLUSION

&

SUGGESTIONS
Conclusion

This study was mainly focused on the effect of blood group on anxiety, locus of control and blood pressure. The efforts of such kind are very common in medical science and doubtlessly various diseases are found to be linked with particular blood group also. But in the field of psychology, researches in this area are a few, and mostly of them are related to the whole personality (Eyesenck, 1977; V.V. Jogawar, 1997; Bhumika saxena & Dr. (Mrs.) G.P. Prakash, 1997) and not to specific dimension like level of anxiety and locus of control of the individuals. In the same way, blood pressure, which is known as the most common psychosomatic problem in India as well as in the world, is remained untouched in this area except one or two studies in this field (Azewado et al. 1964; Zudy Z. Miller et al. 1979). An effort to fill such gaps was made by the researcher here, and certainly some eye opening findings were reported here in the study, as, subjects of blood group ‘B’ were found to be highest on anxiety level while subjects of blood group ‘A’ were found to be lowest. After the in-depth result-analysis and discussion, the salient findings and conclusions of this investigation may be as follows-

- Blood group has a significant role in determining the level of anxiety. Subjects of blood group ‘B’ are having high level of anxiety while subjects of blood group ‘A’ are having low level of anxiety.


Conclusion & Suggestions

- There is no significant main effect of blood group on locus of control and blood pressure of the subjects.

- There is no significant effect of sex on anxiety, locus of control and blood pressure of the Subjects.

- There is a significant effect of age on anxiety of the subjects of different blood groups. Significant mean differences are found in the young and old-adult subjects of different blood groups in the level of anxiety while young adult males of blood group ‘A’ are found having low level of anxiety.

- There is significant effect of age on locus of control of the subjects.
  
    - Young subjects are more internally controlled in comparison to elder subjects who are found more externally controlled.

    - In blood group ‘A’, ‘B’ and ‘O’ significant mean differences are found between the young males and females and their older male and female counterparts.

- The main effect of age is not significant for both systolic and diastolic blood pressure.

- The interaction between blood group and sex is not significant for anxiety, locus of control and blood pressure.

- The interaction between blood group and age is not significant for anxiety locus of control and blood pressure.
The interaction between age and sex is not significant for anxiety, locus of control and blood pressure.

The three-way interaction among blood group, age and sex has a significant effect on anxiety, locus of control and blood pressure.

There is a significant relationship between blood group and anxiety level of the subjects

- 0% male and female subjects of blood group ‘A’
- 10% male and female subjects of blood group ‘O’
- 15% male and female subjects of blood group ‘AB’ and,
- 60% female and 25% male subjects of blood group ‘B’ are having extremely high anxiety.

There is no significant relationship between blood group and locus of control.

No significant relationship is found between blood group and blood pressure sex and anxiety.

There is no significant relationship between sex and locus of control.

There is no significant relationship between sex and blood pressure.

There is no significant relationship between age and anxiety.

There is no significant relationship between age and locus of control.

There is a positive and significant correlation between age and blood pressure.

There is a positive and significant correlation between anxiety and locus of control.
Conclusion & Suggestions

- Those subjects, who have external locus of control, are possessing comparatively high blood pressure.
- There is a significant and positive relationship between locus of control and blood pressure.
- Externally controlled subjects are possessing comparatively high blood pressure.

Suggestions

On the basis of aforesaid conclusions these suggestions might be offered for the professionals and experts working in this field –

- Blood group should be kept in mind while treating and counseling high anxiety and high blood pressure people. Individuals of B and AB blood groups are found to be high anxious and external in their perception of control. The professionals working in this field must deal them with special care and attention.
- Age factor should also be kept in view, while treating and counseling high anxiety and high blood pressure people. It was found in present investigation that anxiety, externality and blood pressure increase with age.
- Females are found to be slightly more anxious, external in perception and having high blood pressure in comparison to their male counterparts. It is suggested therefore that females must be handled with more care.
Highly significant and positive correlation was found between anxiety, externality and blood pressure. It is suggested therefore, that cognitive change towards internality may reduce and control their level of high anxiety and high blood pressure. It is suggested in this way that cognitive therapy may be more useful for such type of anxious, external and hypertensive subjects then that of drug therapy.

**Scope for Further Research:**

The study points towards a challenging field for clinical psychologists, pathologists and Doctors to investigate and find the answers of many burning questions such as – “Why only blood group ‘B’?” “Why only elderly women?” “Why not others blood groups, men and younger?” “Is there any biological reason behind all this?” If there is, then researches should be done in this area for prevention as well as cure of many causalities arising from negative affectivity like anxiety, depression and hypertension. The following suggestions are offered for verification by the further investigators-

- The study needs to be examined on a large sample including persons of Rh⁻ factor also.
- The alternative hypotheses, suggested in the discussion part should be further investigated.
Conclusion & Suggestions

- Low literate, illiterate, unemployed and employed in private sectors people should also be included in further investigation.

- Other psychological variables should also be investigated in perspective of the same and other relevant variables.

*****