CHAPTER V

CONCLUSIONS AND MAJOR FINDINGS

5.1 Introduction
5.2 Synopsis
5.3 Conclusion and major findings
5.4 Recommendation
5.5 Titles for further study
5.1 INTRODUCTION:

In the last chapter IV we have seen the analysis at the data and gathered using standardized psychological test in the form of test paper. The tabulation of the data is presented regarding to the hypothesis by using t-test and co-relation.

5.2 SYNOPSIS

Statement of the problem:

“Effectiveness of yoga on mental health of primary teachers”.

Key terms:

Mental Health:

Mental Health means emotional wellbeing at a person. Lack of mental Health a Man cannot live a healthy and happy life. Mental health effects on Physical health, relationship and daily life also. It is the ability of a man to enjoy life.

Yoga:

Yoga is art of life. Yoga is India’s oldest spiritual discipline. Yoga is method to control your mind and breath Yoga is the way to enrich the spiritual power as well as maintain mind and body.

Need of the Study:

Reviewing the previous studies conducted both inside & outside of the Indian it was found that the studies related to impact of yoga on
health of primary teacher are very few in number. Hence the investigator believes that the present study will be motivation for the further researcher, therefore a need was felled for knowing the effect of yoga on mental health of primary teachers. The research work is helpful to study the mental health of male & female primary teacher, primary teacher.

**Significance of the Study:**

1. The report of World Health Organization suggest that nearly half of the world’s population are affected by Mental illness with an impact on their self esteem, relationship and ability to function in everyday life. The teachers need mental health to work productively with children so the study is important.

2. The finding of this study would assist in designing suitable academic program to improve mental health.

3. Mentaining a good mental health is crucial to living a long healthy life. Good mental health can enhance teachers life, while poor mental health can prevent teachers from living and enhancing life. So, the study is important.

4. The teachers who Lac of imotional expressions are inclined to anti-students behavior. These behavior are a direct reflection of their mental health. So, this study will help teachers to find out the way to keep mental helth in good condition.

5. The finding of this study would help teachers and students to find out the way from mental health problems.

6. The study would help teachers and students to cope up with normal stresses of life.

7. The study would help teachers and students to cope up with emotions of life.
Objectives

1. To find the out the effect of the Yoga on emotional stability of primary teachers.
2. To find the out the effect of the Yoga on overall adjustments of primary teachers.
3. To find the out the effect of the Yoga on Autonomy of primary teachers.
4. To find the out the effect of the Yoga on Security-Insecurity of primary teachers.
5. To find the out the effect of the Yoga on Self Concept of primary teachers.
6. To find the out the effect of the Yoga on intelligence of primary teachers.
7. To find the out the effect of the Yoga on Mental health of primary teachers.
8. To find the out the correlation between emotional stability and overall adjustments of primary teachers.
9. To find the out the correlation between emotional stability and Autonomy of primary teachers.
10. To find the out the correlation between emotional stability and Security-Insecurity of primary teachers.
11. To find the out the correlation between emotional stability and Self concept of primary teachers.
12. To find the out the correlation between emotional stability and Intelligence of primary teachers.
13. To find the out the correlation between overall adjustments and Autonomy of primary teachers.
14. To find the out the correlation between overall adjustments and Security-Insecurity of primary teachers.
15. To find the out the correlation between overall adjustments and Self Concept of primary teachers.
16. To find the out the correlation between overall adjustments and Intelligence of primary teachers.
17. To find the out the correlation between Autonomy and Security-Insecurity of primary teachers.
18. To find the out the correlation between Autonomy and Self Concept of primary teachers.
19. To find the out the correlation between Autonomy and Intelligence of primary teachers.
20. To find the out the correlation between Security-Insecurity and Self Concept of primary teachers.
21. To find the out the correlation between Security-Insecurity and Intelligence of primary teachers.
22. To find the out the correlation between Self Concept and Intelligence of primary teachers.

Hypothesis Of The Study:

1. There would be no significant difference of Yoga on emotional stability of primary teachers.
2. There would be no significant difference of Yoga on Overall Adjustment of primary teachers.
3. There would be no significant difference of Yoga on Autonomy of primary teachers.
4. There would be no significant difference of Yoga on Security-Insecurity of primary teachers.
5. There would be no significant difference of Yoga on Self Concept of primary teachers.
6. There would be no significant difference of Yoga on Intelligence of primary teachers.
7. There would be no significant difference of Yoga on Mental Health of primary teachers.
8. There would be no significant Correlation between emotional stability and overall adjustment of primary teachers.
9. There would be no significant Correlation between emotional stability and Autonomy of primary teachers.
10. There would be no significant Correlation between emotional stability and Security-Insecurity of primary teachers.
11. There would be no significant Correlation between emotional stability and Self Concept of primary teachers.
12. There would be no significant Correlation between emotional stability and Intelligence of primary teachers.
13. There would be no significant Correlation between overall adjustment and autonomy of primary teachers.
14. There would be no significant Correlation between overall adjustment and Security-Insecurity of primary teachers.
15. There would be no significant Correlation between overall adjustment and Self Concept of primary teachers.
16. There would be no significant Correlation between overall adjustment and Intelligence of primary teachers.
17. There would be no significant Correlation between autonomy and Security-Insecurity of primary teachers.
18. There would be no significant Correlation between autonomy and Self Concept of primary teachers.
19. There would be no significant Correlation between autonomy and Intelligence of primary teachers.
20. There would be no significant Correlation between Security-Insecurity and Self Concept of primary teachers.
21. There would be no significant Correlation between Security-Insecurity and Intelligence of primary teachers.
22. There would be no significant Correlation between Self Concept and Intelligence of primary teachers.

Scope Of The Study :

1. The scope of the research study is related to primary teachers of Aurangabad district.
2. The scope of the research study is related to the effect of yoga on mental health of primary teachers.
3. The scope of the research study is related to the primary teachers from Z.P. primary schools of Aurangabad district.
4. The scope of the research study is related to the academic year 2012-2014.
5. The scope of the research study is related to the age group 19 to 22 years.

Limitation Of Study :

1. The present study will have the following limitation.
2. Related research work is limited to the primary teachers of Aurangabad district.
3. Related research work is limited to the find out the effect of yoga on mental health of primary teachers.
4. Related research work is limited for academic year 2012 – 2014 only.
5. Related research work is limited to the age group between 19 to 22 years only.

**Research Method :-**

For the present study researcher has selected experimental method for study the effect of Yoga on Mental Health of primary teachers.

**Research Tool:-**

The researcher selected standardized psychological research tools for the collection of data; the specification of tools has given below.

Mental health Battery (MBH), developed by Dr.Arun Singh(Patana) And Alpana Singh (Patana).

**Statistical Parameter :-**

t-test, Correlation.

**5.3 CONCLUSION AND MAJOR FINDINGS**

After the analysis and interpretation of collected data by using t-test, correlation following findings for present research study came in to existence.

1. There is excellent effect of Yoga on Emotional Stability of primary teachers.
2. There is excellent effect of Yoga on Overall Adjustment of primary teachers.
3. There is excellent effect of Yoga on Autonomy of primary teachers.
4. There is excellent effect of Yoga on Security-Insecurity of primary teachers.
5. There is excellent effect of Yoga on Self Concept of primary teachers.
6. There is excellent effect of Yoga on Intelligence of primary teachers.
7. There is excellent effect of Yoga on Mental Health of primary teachers.

8. The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.

9. The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.

10. The correlation between Emotional Stability and Security-Insecurity is not significant.

11. The correlation between Emotional Stability and Self Concept is not significant.

12. The correlation between Emotional Stability and Self Concept is significant at the 0.01 level.

13. The correlation between Overall adjustment and Autonomy is not significant.

14. The correlation between Overall adjustment and Autonomy is not significant.

15. The correlation between Overall adjustment and Autonomy is significant at the 0.05 level.

16. The correlation between Overall adjustment and Autonomy is not significant.

17. The correlation between Autonomy and Security-Insecurity is not significant.

18. The correlation between Autonomy and Self concept is not significant.

19. The correlation between Autonomy and intelligence is not significant.

20. The correlation between Security-Insecurity and Self concept is not significant.
21. The correlation between Security-Insecurity and Intelligence is not significant.
22. The correlation between Self concept and Intelligence is not significant.
23. The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.
24. The correlation between Emotional Stability and Autonomy is not significant.
25. The correlation between Emotional Stability and Security-Insecurity is not significant.
26. The correlation between Emotional Stability and Self Concept is not significant.
27. The correlation between Emotional Stability and Intelligence is not significant.
28. The correlation between Overall Adjustment and Autonomy is not significant.
29. The correlation between Overall Adjustment and Security-Insecurity is not significant.
30. The correlation between Overall Adjustment and Self Concept is not significant.
31. The correlation between Overall Adjustment and Intelligence is significant at the 0.05 level.
32. The correlation between Autonomy and Security-Insecurity is not significant.
33. The correlation between Autonomy and Self Concept is not significant.
34. The correlation between Autonomy and Intelligence is not significant.
35. The correlation between Security-Insecurity and Self Concept is not significant.

36. The correlation between Security-Insecurity and Intelligence is not significant.

37. The correlation between Self Concept and Intelligence is not significant.

5.4 RECOMMENDATIONS

Recommendation To Govt.

1. SCRET should prepare and developed the study material and handbook for the good mental health of primary teachers.

2. SCRET should prepare the training module on mental health and conduct massive training program for primary teachers of Maharashtra.

3. The training of workshop programs should be arranged on yoga the art of living, Vipashana, SSY for primary teachers.

4. In the state level training programs there should be one lecture on stress management techniques for good mental health of primary teachers.

5. Mental health and stress management techniques should be include in the curriculum of B.Ed and D.T.Ed.

6. District training programmed progress for good health be arranged by DIET.

7. Govt. should issue the circular on world mental health day on 10 Oct. to schools and college to celebration the day for awareness of mental health.

8. Govt. should aestivate all govt. agencies to celebration 10 Oct. world mental health day awareness congaing.
9. Govt. should make the founds available for the research in the field of mental health.

10. Govt. should awarde the people and agencies who contribute in the mental health.

Recommendations to Administrators:

1. Respectable treatment should be given to the teachers by administration or the higher authorities.
2. Care should be taken of the teachers mentality while school visit of higher authorities.
3. Care should be taken of the administrate stress and strain should and affect the primary teachers by the higher authorities.
4. Higher should give emotional support to the primary teachers for good mental health.
5. Higher should give directional suggestions in the visited book instead of criticize the teachers.
6. Teachers should be allotted the work according to their abilities.

Recommendations to the Teachers.

1. One period in a week should be kept for psychical and mental health.
2. Teachers should do yoga and Dayan-Dhahran regularly.
3. Teachers should do reading of books in the leisure time.
4. Do the proper planning of day to day work.
5. Do proper use of leisure time.
6. Give contribution, activity-based and joyful education shelve given to the students stress less learning.
7. Life – skills values, should be inculcation to the students given in curriculum syllabus and textbooks.
8. Teachers should his / her emotion and should control it.
9. Teachers should be mentally and physically prepared for the hard work so that he / she reduce mental stress.
10. Teachers should be co-operative with hi / her collogues.
11. Teachers should take the proper guidance from the higher authorities to solve the administrative and academic problem of schools.
12. Teachers should take action research project to solve the problems in the teaching-learning process.
13. Teachers should conserved the psychiatrist if he she comes under the stress and taken proper treatments in time.
14. Teachers should take spiritual practices for keeping mental health in good condition.
15. Teachers should try to develop his/her personality regularly.
16. Teachers should practices in all religious festivals.
17. Friends and books should be few but good according to this proved teachers should have good friends and they should read good book.
18. Nature is next to good, According place to they saying teachers should visit some national places and from a board with nature.
19. Teachers should take balanced diet and take sufficient sleep.
5.5 TITLES FOR FURTHER STUDY:-

1. Effect of silence on mental health.
2. Effect of music on mental health.
3. Effect of prayers on mental health.
4. Effect of meditation on mental health.
5. Effect of pranayam on mental health.
8. Correlative study of mental health and sports.
10. Impact of religion on mental health.
12. Correlative study of mental health of professional courses and academic courses of trainee.
15. Impact of Art education on mental health of trainee teachers.