Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

The aim of this research work was to determine the consequence of yogasana practices and aerobic exercise on the selected psychological and physiological variables among middle aged men. To accomplish this aim of the research, from the residents of Udupi District, Karnataka State, 45 middle aged men were randomly chosen as subjects for the research work. Further the subjects were distributed to 3 equal groups of fifteen each. Group first had undergone yogasana practice, group second had undergone aerobic exercise (Brisk walking) and group third represented the control group, which underwent none of the training.

The principle variables for the study, such as anxiety, self-concept, stress, resting pulse rate, expiratory reserve volume, tidal volume, vital capacity and blood pressure (systolic and diastolic) were chosen and the subjects were examined for the same variables just before and soon after the training period. The chosen norms like anxiety was assessed by means of Taylor’s Manifest Anxiety Scale, self-confidence was assessed by using Agnihotri Self-Confidence Inventory (ASCI), stress was assessed by using Girdano and Everly Stress Scale, resting heart beat was measured by calculating the heart beat in the relax state, expiratory reserve volume, tidal volume and vital Capacity were determined with the help of expirograph and blood pressure was assessed by using sphygmomanometer. The considerable disparity between the
experimental groups and the control group on chosen principle variables was found out using the analysis of covariance (ANCOVA) separately.

Experimenters and research workers choose several arbitrary standards for their convenience. These arbitrary standards are called level of significance. Most commonly used level of significance is 0.01 and 0.05 level as the level of significance to test its hypothesis.

To test the significance in all the cases, 0.05 level of confidence was fixed. The Scheffé $S$ test was used as pos-hoc test in this research work to analyze the involved three groups.

**CONCLUSIONS**

On the basis of research outcomes the subsequent inferences were made:

1. It was concluded that there was a significant reduction in anxiety after the yogasana practice and aerobic exercise programmes when compared with the control group. No substantial disparity was observed between the training groups after their respective training programmes on anxiety.

2. The yogasana practice group and aerobic exercise group had significantly increased the self-confidence when compared with the control group. The outcome of the research work indicated no substantial disparity in the self-confidence among the training groups, i.e. yogasana practice group and aerobic exercise group.

3. The outcome of the research indicated that there was a substantial decrease in the stress after the yogasana practice and aerobic exercise. And no substantial disparity was observed in stress among the training groups.
4. There was a significant decrease in resting pulse rate after the yogasana practice and aerobic exercise programmes. Besides the outcome of the research work revealed that there wasn’t any substantial disparity among the training groups in resting pulse rate.

5. Both, yogasana practice group and aerobic exercise group have significantly improved their expiratory reserve volume, tidal volume and vital capacity on comparing with the control group. Besides the outcome of the research work revealed that there wasn’t any substantial disparity among the training groups.

6. The yogasana practice group and aerobic exercise group has significantly decreased the systolic and diastolic blood pressure when compared with the control group. It was also found that no substantial disparity among the training groups on systolic and diastolic blood pressure has occurred.

**RECOMMENDATIONS**

On the basis of the research outcomes the following recommendations were proposed:

1. Further more studies can be conducted to explore the effect of yogasana practice and aerobic exercises on biochemical variables after considering the diet as one of the control variable.

2. Modern industrialization has resulted in a more inflating metabolic disorder, like, obesity in middle age. Hence, the consequence of yogasana practices and aerobic exercise can be assessed among obese and overweight middle aged male and females.

3. Similar studies may be conducted for diabetes, CHD, hypertension patients, in both male and female.

4. The outcome of yogasana practices and aerobic walking exercise can be assessed on health related fitness variables and physical fitness variables.