CHAPTER-V

CONCLUSIONS, LIMITATIONS & SUGGESTIONS
CONCLUSIONS, LIMITATION AND SUGGESTIONS

Results of the study lead to the following conclusions:-

PART'A'

1- There is no significant difference in the fear of death anxiety level among breast and leukemia cancer patients. The death anxiety level of cancer patients having only conventional treatment (control group) was higher than the patients who were practicing yoga based intervention (Kapalbhati Pranayam) along with conventional treatment.

2- There is a significant difference in the overall quality of life of breast and leukemia cancer patients. Breast and Leukemia cancer patients differed with each other on physical domain, social domain and spirituality domain, but no significant difference has been found in psychological domain, level of independence domain and environment domain. Cancer patients having only conventional treatment (control group) were lower on the measures of quality of life than the patients who were practicing yoga-based intervention (Kapalbhati Pranayam) along with conventional treatment.

PART-B

Results of part-B of the study show the progressive effectiveness of yoga based intervention (Kapalbhati Pranayam) throughout the entire tenure of the study. As the differences appear to be more marked between the baselines (pre-treatment) scores and the scores obtained after six months (post-treatment), the significance of differences between the means of these two conditions were tested by the wilcoxon Signed Ranks Test.
The results clearly demonstrate that yoga-based intervention (Kapalbhati Pranayam) practiced twice a day for about 20-30 minutes each time for six months leads to a significant alleviation of death anxiety in cancer patients. The findings of a significant increase in the post-treatment scores of the meditation group for quality of life scores and a significant reduction in the death anxiety scores indicate the relaxing and calming effects of yoga-based meditation (Kapalbhati Pranayam). Meditation thus produces beneficial effects on both quality of life and death anxiety among cancer patients, suggesting thereby that Kapalbhati Pranayam might enable an individual to combat rising morbidity and mortality associated with stress-related cancer disease.

The findings of this study therefore provide a strong rationale for using yoga-based intervention (Kapalbhati Pranayam) as a stress management therapy that reduces an anxiety level and increases quality of life of cancer patients. The findings also seem to have implications for developing effective programmers for the prevention of stress-related ailments.

LIMITATION AND SUGGESTIONS

➢ The study has been conducted on a limited sample of 100 female cancer patients (first stage), selected from Agra only. A more exhaustive study needs to be conducted on a wider sample selected from other cities.

➢ The study is conducted on the age group of 25 to 40 years of cancer patients only, further exhaustive research may also conducted on cancer from other age group.