CHAPTER - V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of yoga, meditation and brain training exercises on selected life skills, cognitive skills and intellectual skills of tribal school students. To achieve the purpose of the present study, eighty tribal school students from Attapadi, Palakkad District, Kerala, India were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects were divided into four equal groups of twenty each. Group I acted as Experimental Group I (Yoga Training), Group II acted as Experimental Group II (Meditation Training), Group III acted as Experimental Group III (Brain Training Exercises) and Group IV acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

The study was formulated as a true random group design, consisting of a pre-test and post-test. Eighty tribal school students from Attapadi, Palakkad District, Kerala, India were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects (N=80) were randomly assigned to four equal groups of twenty students each. Pre test was conducted for all the subjects on selected life skills, cognitive skills and intellectual skills. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II, Experimental Group III and Control Group in an equivalent manner. Experimental Group I was exposed to yoga training, Experimental Group II was exposed to Meditation Training, Experimental Group III was exposed to Brain Training
Exercises and Control Group was not exposed to any experimental training other than their regular daily activities. Experimental groups underwent their respective experimental training on five days in a week for sixteen weeks.

After the experimental treatment, all the eighty subjects were tested on their selected life skills, cognitive skills and intellectual skills. This final test scores formed as post-test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out the significance among the mean differences, whenever the ‘F’ ratio for adjusted test was found to be significant; Scheffe’s post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

5.2 CONCLUSIONS

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

1. The yoga training group had shown significant improvement in all the selected life skills, cognitive skills and intellectual skills of tribal school students after undergoing yoga training for a period of sixteen weeks.

2. The meditation training group had shown significant improvement in all the selected life skills, cognitive skills and intellectual skills of tribal school students after undergoing meditation training for a period of sixteen weeks.

3. The brain training exercises group had shown significant improvement in all the selected life skills, cognitive skills and intellectual skills of tribal school students after undergoing brain training exercises for a period of sixteen weeks.
4. The brain training exercises group had shown significant improvement in all the selected life skills, cognitive skills and intellectual skills of tribal school students than the yoga training, brain training and control groups.

5.3 RECOMMENDATIONS

5.3.1 Recommendations for Implication

1. The results of this research study clearly indicate that yoga, meditation and brain training exercises could enhance the performance of tribal school students in almost all the selected life skills, cognitive skills and intellectual skills. Hence it is recommended that tribal school students should give due importance to follow yoga and meditation along with brain training exercises.

2. It is also recommended that a tribal school student should have knowledge about yoga and meditation along with brain fitness exercises to improve the overall mental health.

5.3.2 Recommendations for Future Research

1. A similar study may be conducted on college men and women to assess their level in the selected variables.

2. A similar study may be conducted for the students of different game and sports.

3. To find out the improvement on criterion measures periodically, the same study may be designed with repeated measures.

4. A similar study may be conducted in greater detail to assess changes on social, psychological and physical fitness variables.

5. A similar study may be conducted on different age group of both genders.