Chapter-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to determine the Effect of Shavasana and OmKara on Occupational Stress and Social Adjustment of Gazetted Administrative Officers. A total of one hundred Gazetted Administrative officers who are working in different Administrative Department of Allahabad, Uttar Pradesh were selected for the purpose of the study. Subjects were randomly selected from both categories as a whole. Fifty subjects acted as experimental group who participated in scholars alternate therapy programs. Other fifty subjects acted as control group who continued with other usual program but not scholar yogic practice. Assessment of stress by using stress inventory questionnaire of Miller and Allen\(^1\). Assessment of social adjustment by using social assessment index of cowell’s\(^2\). To determine the Effect of Shavasana and Omkara on Occupational Stress and Social Adjustment of Gazetted Administrative Officers analysis of covariance was employed.

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Stastical analysis showed pre, post and adjusted mean value for the two variable as follows; **STRESS Pre Test** Experimental (8.28 ±3.99), Control (7.06 ±3.56), Total (7.67 ±3.81), **Post Test** Experimental (3.70 ±2.54), Control (4.32 ±2.17), Total (4.0100 ±2.37) respectively. For **SOCIAL ADJUSTMENT Pre Test** Experimental (5.22± 4.87), Control (5.50±6.41), Total (5.36± 5.67), **Post Test** Experimental (10.22± 5.01), Control (7.58±6.30), Total (8.90± 5.81) respectively.

**Conclusions**

Within the limitations of the present study, the following conclusions may be drawn.

1. Shavasana and omkara are highly effective for Occupational stress reduction.

2. Shavasana and omkara are highly effective for Social adjustment improvement.

3. To be significantly effective Shavasana and omkara programme should be of minimum of 8 weeks duration.

4. While programming Shavasana and omkara based Yogic exercise programmed the intensity, the duration and pitch should be decided after adequate experimentation on probable subjects.
Recommendations

In light of conclusions drawn, the following recommendations were made:

i. It is recommended that people suffering from occupational stress and social adjustment may practice Shavasana and omkara.

ii. Yoga has different forms of relaxation and chanting exercises: other types of relaxation and chanting exercises may apply for Occupational stress and Social adjustment.

iii. This type of study may also be done on those people suffering from hyper tension, psychic problem, and also suffering from other psycho somatic problems.

iv. Similar study may also be conducted on various age groups.

v. Similar study may be conducted on female subjects.