CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

Good health depends on good habits. Health and Better structure are mutually
dependent. A man’s posture is the index of his personality and good habits help to
develop a good posture. The early years of childhood and adolescence in an
individual’s life are vital stages in the process of one’s growth and development.

Posture denotes a physical position and a multi segment organism, such as the
human body, cannot be expected to have a single (standard or uniform) posture. As it
provides an index of one’s health, posture improvement is desirable for a person to
realize how it feels to stand, walk or sit the way he habitually does. Good habits also
enable him to adopt a good posture while sitting, walking, standing, sleeping, lying
down etc. The manner of carrying properly things on the arms, the back, the shoulders
or the head makes for a good posture, which is often envied. However, posture varies
with age, occupation, type of activity, physique and health.

The aesthetic appeal of erect posture and poise cannot be denied. Good posture
also improves social and economic efficiency, as he is full of confidence and is able to
properly interact with people. For any successful work, posture is important. Since
today’s children are the tomorrow’s citizen, good posture at childhood may contribute
remarkably for every success in life. Thus, the present study on postural characteristics
seems to have social relevance.
Posture is the mirror of an individual’s personality. Habits play an important role in developing the personality and posture. Good posture helps the body to work better with ease. Thus good posture means pleasant habits, smiling and smart personality, which reflects confidence, courage and well disciplined attitude and behaviour. It can be said that posture is the real index of health, both physical and mental would reflect the correct and accurate alignment of parts of the body to achieve balance in sitting, standing, walking and running. Thus we can say that habitual posture reflects the general health and the state of mind.

Working efficiency and ability depend upon good posture. Good appearance and good posture of an individual conveys good impression of his well-being. It reflects the alertness activeness, agility and wholesomeness of an individual’s personality. Lack of awareness regarding the concept of proper posture and continuously following the wrong or faulty posture is one of the major causes of deformities.

The Pilates method has been applied worldwide but its benefits are yet to be established for postural alignment, which is critical since one of the bases of this methods’ theory is the posture control. There is strong evidence in the literature related to the effect of Pilates increasing flexibility and balance, and moderate evidence concerning the increase of muscle strength. However, there are few reliable evidence concerning the benefits of the method to posture alignment in orthostatic position.

Yoga is a system of attaining perfect physical and mental health. It controls one’s sense, resulting in an integrated personality, free from stress, to lead healthy, happy and balanced life. Yoga is a positive way of maintaining physical up keep mental alternative and spiritual attainment. Positive changes in the life style of the people can be brought through yoga. Yoga helps to tone up the entire body.
In yoga, muscle and tissues are properly prepared and control over the muscles is achieved brought with power. Yoga further tones up glands, visceral muscles regulate function of various organs and helps to come psychosomatic alignments, digestive, metabolic and organic disorders. It is also helpful in correcting postural defects of the upper extremity. Some of yovic exercises improved blood circulation and tone of blood vessels. Its helps is seen in removal of accumulated toxins and the metabolic wastes from the body. Glands are also toned up improving the hormonal secretions. Deep breathing and pranayamas have congenial effect on health and the nervous system. In short good health and physical fitness are out comes of yovic practices.

For this study, One hundred and eighty (180) school boys of age ranged between 11 to 14 years having upper deformity of Kyphosis (N=60 boys), Lordosis (N=60 boys), and Scoliosis (N=60 boys) were selected from various high schools in Ernakulam, Thrissur, Kottayam Alappuzha district in Kerala State. The selected 180 boys were divided into three equal groups of Kyphosis, Lordosis, and Scoliosis, further the Kyphosis group (N=60) was further divided into four experimental groups of Pilates exercise group (n=15), Yoga practice group (n=15), Pilate exercise and Yoga practice group (n=15) and Control group (n=15). Lordosis group (N=60) was divided into four experimental groups of Pilate exercise group (n=15), Yoga practice group (n=15), Pilate exercise and Yoga practice group (n=15) and Control group (n=15). Scoliosis group (N=60) was divided into four experimental groups of Pilate exercise group (n=15), Yoga practice group (n=15), Pilate exercise and Yoga practice group (n=15) and Control group (n=15).
The dependent variables selected for this study were Kyphosis, Lordosis, and Scoliosis. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables.

The data obtained from the experimental groups and control group before and after the experimental period were statistically analyzed with dependent ‘t’-test and Analysis of covariance (ANCOVA). Whenever the ‘F’ ratio for adjusted post test means was found to be significant, the Scheffe’s Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 for all the cases.

5.2. CONCLUSIONS

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

1) A remarkable significant improvement in the functional aspect of the deformities of the spinal column such as Kyphosis, Lordosis and Scoliosis were found due to the influence of selected Pilates exercises among the school boys.

2) A remarkable significant improvement in the functional aspect of the deformities of the spinal column such as Kyphosis, Lordosis and Scoliosis were found due to the influence of selected Yogic practices among the school boys.

3) A remarkable significant improvement in the functional aspect of the deformities of the spinal column such as Kyphosis, Lordosis and Scoliosis were found due to the influence of selected Combined Pilates exercises and Yogic practices among the school boys.
4) Significant differences in achievements were found between Pilates exercises, Yogic practices group, Combined Pilates exercises and Yogic practices and Control group in all the selected criterion variables such as Kyphosis, Lordosis and Scoliosis among the school boys.

5) The Combined Pilates exercises and Yogic practices was found to have greater impact on the group concerned than the Pilates exercises, Yogic practices group and Control group in decreasing the spinal deformity of Kyphosis, Lordosis and Scoliosis

5.3 RECOMMENDATIONS

In light of the conclusion drawn, the following recommendations were made by research scholar:

1) Similar study can be taken up with girls students as the subject.

2) The same type of study can be taken up on different age groups.

3) The same type of study can be conducted with other parameters of deformity such as Knock Knee, Bow Legs, Round shoulders etc.

4) The study can be taken up by designing training programme of other corrective exercises or methods or duration.

5) This study would be useful for the sportsmen, parents, and students for the development of good posture and better performance in their respective fields of sports and games.