Chapter V: Summary, Conclusions and Recommendations

Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

This study was undertaken to investigate the effects of selected yogic practices on psycho-physiological variables on male students. 60 male subjects, age ranging 14-18 were randomly selected in two groups for the study; and they were the students of 10+2 Course from Dharm Samaj Inter College, Aligarh, U.P India. The selected subjects were randomly divided into two groups; comprising of two groups i.e. yogic practices group known as group ‘A’, and control group which was known as group ‘B’ each consisting 30 subjects. Apart from this, the investigator explained to them the purpose, importance of the experiment and the procedure to be employed to collection of data, instrument reliability, physiological tests and psychological questionnaire and the role of subjects during the experiment and testing process was explained to them in detail.

Intervention of yogic practices including asana, pranayama and yoga nidra were delivered to experimental groups. Subjects participated in their respective yogic training programme for a period of three months, five days per week. The intervention schedule timing was from 8:00 a.m. to 9:00 A.M. The experimental group was instructed to perform selected yogic practices for a specific time, which was determined by the researcher according to the schedule. The control group was not allowed administered any physical and yogic activity. This intervention was delivered in the morning under the observation of the researcher who himself had adequate level of training and knowledge of Yoga. The entire activity was assisted by the Principal, who were properly trained and orientated for the intervention.

Three months of Yogic practice (yogasana, pranayama, and yoga nidra) trainings were given to the experimental group. The training programme was conducted by a researcher and supervised by the supervisor. The subjects of the experimental group performed standing asanas which consisted of Tadasana, Utktasana, Trikonasana, Hastapadasana, Vrikshasasana, Garunasana; asanas of lying position consisted of, Bhujangasana Sarvangasana, Halasana, Chakrasana Shalabhasana, Dhanurasana, and Makrasana; and asanas of sitting position consisted
of Bajrasana, Ardha-Matsyendrasana, suptabajrasana Pashchimottanasana, and Pranayama consisted of Anulom-Vilom, Bhramari and bhasrika, yoga nidra. The duration and frequency of every asanas and pranayamas were increased whereas recovery times between asana and for the next asana were decreased after every four weeks. The control B’ group was strictly under control, without undergoing any interventional physical activity, except their daily routine.

To measure the selected psychological and physiological variable that was total 60 male subjects; students of Dharm Samaj Inter Collage Aligarh Uttar-Pradesh India were selected randomly after necessary legal formalities. Experimental and control group consist of 30 and 30 subjects respectively were drawn randomly. A daily base (5 days in a week) standard yogic programme consists of Yogasanas, Pranayama, and Yoga Nidra, in progressive manner for one hour was employed for three months on experimental group. The dependent variables were employed through testing with appropriate tools such as Personality Standard Questionnaire of Eyesneck’s Personality questionnaire (revised); Mental Health Battery for mental health - Arun Kumar Sinha and Self Concept inventory - Mukta Rani Rastogi & Blood Pressure (Systolic and Diastolic)- Sphygmomanometer and stethoscope, Respiratory rate - Stop watch; Vital Capacity- Wet Spirometer and Pulse rate- Stop watch & Breath Holding time - Stop watch were scored from the tests before and after three months yoga programme. After tabulating the data (paired sample t test) Statistical technique test was used to draw the results, the level of significance was set on 0.05.
CONCLUSIONS

Based on the past experience of the study as well as the overall experience of the research process, based on the narrative synthesis of the current results, the researcher has prepared conclusions and recommendations that can be used for future researchers, manufacturers, academics schools, families and Governments scheme.

1. It was concluded from the results that the personality of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

2. It was concluded from the results that the Mental Health of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

3. It was concluded from the results that the Self-concept of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

4. It was concluded from the results that the Blood Pressure (systolic and diastolic) of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

5. It was concluded from the results that the Respiratory rate of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

6. It was concluded from the results that the Vital capacity of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

7. It was concluded from the results that the Pulse rate of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.

8. It was concluded from the results that the Breath Holding time of the school students in experimental group was improved significantly after 3 months of yogic practices in comparison to control group.
RECOMMENDATIONS

1- A further research can be conducted by using other form of Yogic Practices, to check the effectiveness of psycho-physiological variables.

2- Yogic practices that are Asanas, Pranayama and yoga nidra are very effective in improving of various psychological and physiological variables therefore; its role should be appreciated by other researchers, so it is recommended that the school administration must include asana, Pranayama and yoga nidra in their school programme to get better result.

3- Similar study may also be conducted to find out the effects of yogasana, pranayama and yoga nidra on other variables of physiological and psychological studies.

4- Same study could be conducted with female subject to find out the effects of gender factor on the study.

5- Such studies shall be conducted for the University student, old age people and children in future.

6- The uncovered area in this study could be, taken up in further research and this present study can be enlarged for further investigation.

7- Similar study is necessary to examine the effect of yogasanas, pranayama and yoga nidra on psychological and physiological variables for the different age groups.

8- Similar study may be replicated with longer durations, different intensities of training other than mentioned in the present study.