Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was to compare selected psychomotor responses to varying levels (10 minutes, 15 minutes, and 20 minutes) of Yoga Nidra after induced physical fatigue among 30 male professional physical education students belonging to the age group 18-25 years were selected randomly as subjects. The entire subjects were residents of the college and they had the similar routine of diet, work, rest, sleep etc. The subjects were thoroughly acquainted with the testing procedure as well as the purpose of the study. All the subjects agreed to under go the testing programmed and cooperated during the course of study.

The necessary data on the selected psychomotor components were collected by administrating the test of these variables. The test on hand steadiness, reaction time, speed of movement were conducted in the human performance laboratory, where as, the testing on orientation ability and balancing ability were conducted on the field. In order to induce the different levels of Yoga Nidra after induce physical fatigue, the Physical fatigue was induced by running on treadmill continuously. As soon as the subject's individual pulse rate reached sub maximal level, the activity
continued for further 10 minutes under the same intensity. Yoga Nidra was administered for 10 minutes and the subjects were tested on one of the components of psychomotor variables on the same day.

In the same manner, other components of psychomotor variables were tested after treadmill running for 10 minutes and Yoga Nidra for 10 minutes on following days.

Similarly, after continuing treadmill running for 10 minutes duration under the same intensity. Yoga Nidra was administered for 15 minutes and the subjects were tested on one of the components of psychomotor variables on the same day. Other components of psychomotor variables were tested after treadmill running for 10 minutes and Yoga Nidra for 15 minutes on following days.

Similarly, after continuing treadmill running for 10 minutes duration under the same intensity. Yoga Nidra was administered for 20 minutes and the subjects were tested on one of the components of psychomotor variables on the same day. In the same manner, other components of psychomotor variables were tested after treadmill running for 10 minutes and Yoga Nidra for 20 minutes on following days.

To analyse the effects of Yoga Nidra of different durations after induced physical fatigue on selected psychomotor components, the one-
way analysis of variance (F-ratio) was applied. This one-way analysis of variance was applied for each variable separately. The significance of F-ratio was obtained by one-way analysis of variables at 0.05 level of confidence. Wherever F-ratio was found significant LSD post hoc test was employed to test the significant of difference between paired ordered mean.

Findings shows that in the recovery process, all the three durations of Yoga Nidra were found significantly effected on all the five psychomotor components after induced 10 minutes physical fatigue.

Further, finding also shows that in speed of movement, reaction time and orientation ability significantly differed in 10 minutes, 15 minutes and 20 minutes duration of Yoga Nidra after induced physical fatigue. In case of hand steadiness and balancing ability effects were observed in similar level for 10 minutes, 15 minutes and 20 minutes duration of Yoga Nidra after induced physical fatigue.

**Conclusions**

Based on the findings and within the limitation of the present study, following conclusions were drawn.

1. Yoga Nidra is effective relaxation techniques and can be used as recovery from the fatigue with significant effect.
2. Yoga Nidra is significantly effective for relaxation and recovery from induced physical fatigue which affects psychomotor performance namely Speed of Movement, Hand Steadiness, Reaction Time, Balance Ability and Orientation Ability.

3. Yoga Nidra duration of 10, 15 and 20 minutes all are significantly effective to facilitate recovery rate in terms of psychomotor performance from fatigue.

4. Duration of Yoga Nidra is significant factor to cause effect of relaxation and recovery. A minimum of 10 min duration of Yoga Nidra is required for significant effects.

5. Movement performances which are critically based on specific perception, their recovery pattern are significantly improved by Yoga Nidra practice.

6. The mind to muscle relaxation inducement principle based on perceptual guidance of the Yoga Nidra process is highly effective and scientifically and psychologically proven technique.
**Recommendations**

Based on the conclusions of this study, the following recommendations have been made:

1. It is recommended that study with different duration of Yoga Nidra may be conducted after induced physical fatigue and compare it with different psychological variable which have not been employed in this study.

2. It is recommended that similar study may be conducted considering young school children to college students.

3. Similar study considering the older population may be conducted to find out the degree of differences in psychomotor components that may occur during ageing process.

4. Similar study may be conducted in different climatic conditions.

5. Further sophisticated instruments may be used to measure local muscular tension, status of brain functioning, lactic acid concentration etc to enlighten the research scholars on the area of science of Yoga in particular.

6. The result of the present study may be considered as a review for further study.