Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The world is moving very fast in the 21st Century. Growth and development in every sphere of life is taking place like it had never before. Society is changing its vision from time to time according to the demanding situations of today's fast life. When we talk of society then we automatically include both its components who make it — Men and Women. For many years undoubtedly it has been a man's world but as things have changed the women is so very important in today's life. Therefore her physical fitness, her appearance and contribution to the society has been of immense importance. So today's women cannot really afford to sit back and watch. She has to be fit and healthy enough to take things into her own hands.

This fitness and health therefore can only be attached by the modern women by maintaining her physical fitness regime through either exercise, yoga, meditation or proper diet. She, by no way should be diverting herself from the fitness schedule even after marriage as it used to be in the earlier days when it was a taboo for many to even
think of exercise because she was expected to involve herself in looking after the family, her husband, children and other members in specially Indian conditions. She could not continue her activities even if she used to be doing some running or jumping or climbing because she had to be an active participant in the household works of her family. The social conditions and circumstances were such that it really left no choice for the woman to be active even after getting married. Therefore the research scholar wishes to emphasize the fact that how important it is for today’s woman to be physically active and fit, under all conditions.

For the purpose of this study 50 sedentary and 50 active women were selected as subjects. The subjects belonged to various places of the country. All the subjects were duly aware of the testing protocol and had consented for their participation and cooperation.

For the specific purpose of the present investigation variables like resting pulse rate, vital capacity, airflow rate, peak flow rate, blood pressure, haemoglobin content, weight, height, cardiovascular endurance, strength and dynamic flexibility, fat percentage, biepicondylar humerus width and biepicondylar femur width were
recorded for both active and sedentary women before and after marriage.

The data of these variables were collected from both active and sedentary women, both before and after marriage from all over the country. For both active and sedentary subjects the same subjects were tested before and then after a gap of about 6-9 months of their marriage to see the effect of marriage on the various variables mentioned above.

The experimental design used for the study was pre-test, post-test single group design in which a test of the various physiological, physical and structural variables were taken for active and sedentary group of women both before and after marriage to compare the effect of marriage that brings changes in the two categories of women.

The statistical technique applied for the study was paired ‘t’ test which calculated the ‘t’ ratio of active women before and after marriage and then the ‘t’ ratio of sedentary women before and after marriage finally comparing both active and sedentary group of women with respect to the various variables.

In both active and sedentary women before marriage values of variables like body weight, resting pulse rate, blood pressure,
haemoglobin content and the ratio of systolic and diastolic blood pressure have no significant difference, whereas there was a significant difference in the various of vital capacity, which was 11% lower and fat percentage which was 10% higher in case of sedentary women other variables like airflow rate, peak flow rate, cardiovascular endurance, strength, dynamic flexibility, biepicondylar humerus width, biepicondylar femur width and body mass index had highly significant difference between active and sedentary women. As expected the active women had higher air flow (25%), peak flow (23%), cardiovascular endurance (36%), strength (21%), dynamic flexibility (39%), biepicondylar humerus width (19%) and biepicondylar femur width (21%) whereas sedentary women had a higher body mass index (5%).

While comparing both active and sedentary women after marriage, no significant difference was observed in again the similar variables like body weight, resting pulse rate, blood pressure, haemoglobin content and ratio of systolic and diastolic blood pressure. However, unlike before marriage, there was no significant difference in the values of body mass index among active and sedentary women. Vital capacity was significantly lower (11%) in sedentary women after
marriage compared to the active women. In case of variables like airflow rate (25%), peak flow rate (25%), cardiovascular endurance (36%), strength (9%), dynamic flexibility (10%), biepicondylar humerus width (3%) and biepicondylar femur width (5%) had significantly higher values in case of active women after marriage. But fat percentage (18%) was found to be significantly higher in case of sedentary women after marriage.

The post marital changes in active women in variables like body weight (5%), diastolic blood pressure (3%), biepicondylar femur width (3%), body mass index (5%) and ratio of blood pressure significantly increased. Whereas the values of the other variables like airflow (3%), vital capacity (6%), cardiovascular endurance (14%), strength (2.5%), dynamic flexibility (15%), haemoglobin content (4%), fat percentage (6%), and biepicondylar humerus width (4%) had reduced after marriage. There was no significant change in the values of resting pulse rate and peak flow rate in active women after marriage.

The effect of marriage on sedentary women also brought in many changes similar to those of active women except in case of variables like systolic blood pressure and biepicondylar femur width which were significantly different values of body weight (4%),
diastolic blood pressure (5%) and body mass index (4%) had increased after marriage as in case of active women. Besides these values of resting pulse rate (2%), fat percentage (1%), biepicondylar humerus width (2.5%) had also increased after marriage unlike the active group of women reduction of the values after marriage was found in case of air flow rate (3%), vital capacity (6%), cardiovascular endurance (14%) strength (1.5%), dynamic flexibility (10%) and haemoglobin content (2%) like that in the case of active women. In addition there was a highly significant reduction after marriage in peak flow rate (7%) against that of no significant difference in case of active women after marriage.

**Conclusions**

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

1. In both active and sedentary women before marriage, body weight, resting pulse rate, haemoglobin content and the ratio of systolic and diastolic blood pressure have no significant difference.
2. There was a significant difference in vital capacity and the fat percentage is higher in case of sedentary women before marriage.

3. Other variables like air flow rate, peak flow rate, cardiovascular endurance, strength, dynamic flexibility, bakepcondylar humerus width, bakepcondylar femur had highly significant difference between active and sedentary women before marriage.

4. Active women had higher air flow, peak flow, cardiovascular endurance, strength, dynamic flexibility, bakepcondylar humerus width, bakepcondylar femur width.

5. In case of sedentary women, they had a higher body mass index (BMI) compared to active women before marriage.

6. Both active and sedentary group after marriage showed no significant difference in body weight, resting pulse rate, blood pressure, haemoglobin content and ratio of systolic and diastolic blood pressure.

7. There was no significant difference in value of body mass index (BMI) among active and sedentary women after marriage.
8. The vital capacity was significantly lower in case of sedentary women after marriage compared with the active women.

9. Air flow rate, peak flow rate, cardiovascular endurance, strength, dynamic flexibility, biepicondylar humerus width and femur width had significantly higher value in case of active women after marriage.

10. Fat percentage was found to be significantly higher in case of sedentary women after marriage.

11. The post marital changes in active women in body weight, diastolic blood pressure, biepicondylar femur width, body mass index (BMI) and ratio of blood pressure significantly increased.

12. The values of airflow rate, vital capacity, cardiovascular endurance, strength, dynamic flexibility, haemoglobin content, fat percentage and biepicondylar humerus width had reduced after marriage.

13. There was no significant change in values of resting pulse rate and peak flow rate in active women after marriage.
14. In case of sedentary women values of body weight, diastolic blood pressure, body mass index (BMI) had increased after marriage as in case of active women.

15. The resting pulse rate, fat percentage, biepicondylar humerus width had also increased after marriage unlike the active women.

16. The air flow rate, vital capacity, cardiovascular endurance, strength, dynamic flexibility, haemoglobin content was found to be reduced after marriage like that in case of active women.

17. The highly significant reduction of peak flow rate after marriage in sedentary women against that of no significant difference in case of active women after marriage.

Recommendations

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

1. Similar study may be undertaken for a comparative study of various physiological, physical and structural variables of active and sedentary men before and after marriage.
2. A study may be undertaken to compare International sports women with university level sports women before and after marriage based on the various variables.

3. A similar study may be undertaken to compare International sportsmen with university level sportsmen before and after marriage on the basis of certain important physiological and physical variables.

4. A study related to compare the physical, physiological and structural variables of active and sedentary girls before and after menstruation.

5. A comparative study of various physiological and psychological variables of active and sedentary women before and after menopause may also be undertaken.

6. A comparative study of various physiological and psychological variables of active and sedentary boys before and after puberty can also be a related study.

7. A comparative study of various physiological, psychological and structural variables of active and sedentary women before and after pregnancy.
8. A comparative study of various physiological, physical and structural variables of active and sedentary older women before and after marriage belonging to an age group of 60 and above.

9. A similar study may be conducted like the above mentioned for older men belonging to an age group of 60 and above.