CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Adolescent Truancy is considered one of the major factors that affect the educational system of the country. In spite of several measures being taken by Government of India and other state governments, they find it very difficult to control the school drop outs to the minimum of 20%. Different methods are being adopted by different agencies to prevent adolescent truancy.

Participation in sport has been used as a treatment for delinquency with some success. Physical behaviors of sports are not in themselves moral or immoral. In addition, the experiences that children have in sports are far from uniform. The physical act of performing sports skills will not teach moral action. However, the potential does exist to enhance moral development through the social interactions associated with involvement in sports. The evidence for and against sports as contributing to moral development will focus on the areas of delinquency and aggression.

The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, and muscles and nerves no longer functions in harmony, rather they at in
opposition to each other. Therefore yoga aims at bringing the different body function into perfect co-ordination so that they work for the God of the whole body. In other systems of physical exercises, the internal organs of the body mostly do not get proper exercises, while yogic practices gives sufficient exercises to the internal organs of the body. Yoga practices have a greater impact on the mind and control the senses. Yogic practices make possible not only physical and mental development but also intellectual and spiritual development. Thus, Yoga practices are called a ‘non-violent activity’

The purpose of this study was to find out the effect of different packages of yogasanas on selected motor fitness, physiological and psychological variables among juvenile delinquents. To facilitate the study, ninety juvenile delinquents confined in different Rehabilitation Homes in Chennai were randomly selected in the age group of 14 to 17 years. The selected subject Boys only were randomly divided into three groups, namely, Iyengar Yoga group and Christina yoga group and control group consisting of 30 juveniles in each. Motor fitness variables - flexibility, muscular endurance, agility, physiological variables – vital capacity, vo2 max, cardio respiratory endurance, psychological variables – anxiety, aggression and self confidence were selected for this study. The study was formulated as a true random group design, consisting of a pre test and post test. Pre tests were conducted for all the subjects on selected motor fitness, physiological and psychological variables. The experimental groups participated
in their respective yogic practices package I and package II for a period of twelve weeks. The post tests were conducted on the above said dependent variables after the experimental periods from all the three groups. The differences between the initial and final means of the selected variables were the effect of different packages of yogasanas on juvenile delinquents selected. The obtained data were subjected to statistical treatment to find out the significance in the means using ANCOVA. In all cases 0.05 level was fixed to test the hypothesis set for this study scheffe’s post hoc test was used to find out the paired mean differences.

The results of this study proved that different packages of yogasanas significantly improved selected motor fitness variables, flexibility, muscular endurance, and agility; physiological variables, vital capacity, VO₂ max and cardiorespiratory endurance; reduced psychological variables anxiety and aggression and improved self confidence of the juvenile delinquents. The post hoc analysis results proved that there was no significant adjusted mean differences among the experimental groups on selected motor fitness variables, flexibility, and muscular endurance; physiological variables, VO₂ max and cardio respiratory endurance; and psychological variables anxiety and self confidence.
5.2 CONCLUSIONS

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved motor fitness variable, such as flexibility among juvenile delinquents.

2. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved motor fitness variable, such as muscular endurance among juvenile delinquents.

3. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved motor fitness variable, such as agility among juvenile delinquents.

4. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved physiological variable, vital capacity among juvenile delinquents.

5. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved physiological variable, VO$_2$ max among juvenile delinquents.
6. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved physiological variable, cardio respiratory endurance among juvenile delinquents.

7. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly reduced psychological variable, anxiety among juvenile delinquents.

8. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly reduced psychological variable, aggression among juvenile delinquents.

9. It was concluded that different yogic practices namely, Iyengar Yoga and Christina Yoga significantly improved self-confidence among juvenile delinquents.

10. It was concluded that there was significant differences among experimental groups, namely, Iyengar Yoga and Christina Yoga on agility, vital capacity and aggression.

11. It was concluded that there was no significant differences among experimental groups, namely, Iyengar Yoga and Christina Yoga on selected motor fitness variables, flexibility, and muscular endurance;
physiological variables, VO₂ max and cardio respiratory endurance; and psychological variables anxiety and self confidence.

5.3 RECOMMENDATIONS

The investigator based on the results of this study, makes the following recommendations.

1. It was found in this study that the different packages of yogic practices namely, Iyengar Yoga and Christina Yoga had significantly improved selected motor fitness, physiological and psychological variables than control group among juvenile delinquents; hence, it was recommended to administer the selected yogasanas among juvenile delinquents.

2. Efforts may be made to introduce yogasana practices to the juvenile delinquents as part of rehabilitation programme of these inmates.

3. The government and very particularly social defense health department and educational institutions should introduce yogic practices in various schemes for the benefit of the society.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. This study proved that different yogic practices would significantly improve on selected motor fitness, physiological and psychological
variables than control group. A study may be undertaken to find out the
effect of combined yogic practices and physical activities on similar the
variables selected among juvenile delinquents.

2. A study may be undertaken the effect of combined yogic practices and
physical activities on similar other variables not covered by this study.

3. A similar study with larger samples may be undertaken to support the
findings of this study.

4. A study with different levels of players (national, state, university,
intercollegiate) would throw more light on the findings of this study.

5. A similar study may be undertaken to find out the effect of
suryanamaskar and yogasanas among women.