CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 – Summary:

Now a day’s yogic exercise popularity is growing among the urban population irrespective of age, sex, creed and color as means for stress management. Many of us also like Yoga for promotion of health and fitness. Yoga has become popular in urban schools especially among school girls, women and old aged people with a view to maintain a good level of physical fitness and mental health.

Many yoga exercise and techniques derived from yoga practice are presented as a way of achieving greater synthesis of body and mind and increased ability for rejuvenating the body.

Sports training require a holistic approach. The human being is a psychosomatic unit. There is no mind-body separation. The mind influences the body and vice versa. Gymnasts are no exception to this rule. A holistic approach is required when aiming for top competitive results as well as when seeking a greater sense of well being and deeper unity of body, mind and spirit.

Yoga exercises and techniques derived from yoga indirectly affect technical and tactical preparation. Yoga exercises and techniques also have significant direct effects on the physical, psychological, theoretical preparation of the strength process. Further reports show better concentration, having clearer thoughts and experiencing less stress in gymnast.

This piece of research was, therefore, has been undertaken with the following objectives:

1) To measure the stress level of Gymnasts.
2) To study the relationship between stress level and yoga.
3) To prepare yoga training programme for Gymnasts.
4) To analyze the stress level and performance of Gymnasts.
5) To study and compare the stress during off-season and in-season training programme.
6) To give suggestions for further researchers.

The researcher, on the basis of research review, formulated hypotheses to have a safer side in managing stress of gymnast as a result of training with yogic exercises.

The problem as selected in this study has a large scope for research. Since this study has to be completed within a stipulated period of time with limited resources, the researcher has delimitated the project as under:

1) The subjects for this study were sportsmen from Gymnastics Center Marathawada Sanskritik Mandal, Aurangabad and Aurangabad District.
2) The study was conducted on subjects studying in IX to XII standard.
3) The study was conducted for age is 14 to 17 years.
4) The study was delimited to only male Gymnasts.
5) The study of stress was delimited for four factors were measured by Stress Scale named Bisht Battery Stress Scale (BBSS) such as frustration, conflict, pressure and anxiety.
6) This study was also delimited for a particularly designed yogic training programme.

While conducting the actual experiment, the researcher has come across may limitations as follows:

1) The hereditary aspects along with psychological makeup of gymnasts are limitations for the study.
2) There would be no control on socio economic status of the subjects.
3) The factors affecting residential and social climate for each gymnast would be a limitation.
4) Geographical conditions, diet and nutrition of subjects were no considered.
5) Past experiences that would affect the stress levels were a limitation for this study.
6) Stress in track and field for this study only considered.

For the purpose of this research study the assumptions are as follows:
1) All sportsmen would have stress during competition.
2) Subjects are psychologically sound people.
3) Subjects do not practice yoga or yogic exercises.
4) Subjects will respond positively to Yoga training programme and Stress scale test.

Although the subjects were assumed to be healthy, the investigator could not control their food habits and style of daily living. The investigator has used 2 X 2 factorial method of true experimental design for the present study that consists of two control groups and two experimental groups.

The investigator has carried out yogic training programme in Marathawada Sanskritik Mandal, Aurangabad; for male Gymnasts (n=100), aged 14 to 17 years, who were randomly divided into four equal groups viz. One experimental group and one control group from Gymnastics Center of Marathawada Sanskritik Mandal, Aurangabad and One experimental group and one control group from other Gymnastics Center of Aurangabad District, each group consisted of 25 gymnasts.

As none of the subjects had any health complaints, all of them were assumed to be physically fit.

After the pre-test with stress scale (paper-pencil test) named Bisht Battery Stress Scale (BBSS), both experimental groups from Gymnastics Center of Marathawada Sanskritik Mandal, Aurangabad and other Gymnastics Center of Aurangabad District, underwent a training programme of yogi exercises and both control groups did not participate in any of the above training programmes but they were following their daily routine.

All the training programmes have been conducted daily forty five minutes, Six days in week except Sunday and holidays. For total period 12 weeks. It is important to note that all the subjects had to continue their daily programme of the school. After the experimental period is over the subjects of all the groups were post-tested with the scale of stress named BBSS.
The stress was considered as the main dependent variable as selected in this study. This variable had some components, viz. frustration, conflict, pressure, anxiety which were measured by BBSS.

Here Yogic training programme was considered as the independent variable.

Post test was conducted after three months period, where all the subjects of the four groups participated again with stress scale named BBSS similar to pre-test.

Descriptive statistics have been applied to process the data prior to employing inferential statistics. Further, 2 X 2 factorial ANOVA followed by Scheffe’s post hoc test were employed to record the significant improvement, if any as a result of the training programme.

5.2 – Major Findings:

The major findings have been summarized as follows:

- **Result on Frustration score:**
  1) Control group did not show significant improvement in Frustration Score.
  2) Experimental group showed significant superiority over the control group in Frustration score.
  3) Residence wise there is no significant improvement in Frustration score.

- **Result on Conflict score:**
  1) Control group did not show significant improvement in Conflict score.
  2) Experimental group showed significant superiority over the control group in Conflict score.
  3) Residence wise there is no significant improvement in Conflict score.

- **Result on Pressure score:**
  1) Control group did not show significant improvement in Pressure score.
  2) Experimental group showed significant superiority over the control group in Pressure score.
  3) Residence wise there is no significant improvement in Pressure score.

- **Result on Anxiety score:**
  1) Control group did not show significant improvement in Anxiety score.
2) Experimental group showed significant superiority over the control group in Anxiety score.
3) Residence wise there is no significant improvement in Anxiety score.

- **Result on Frequency score:**
  1) Control group did not show significant improvement in Frequency score.
  2) Experimental group showed significant superiority over the control group in Frequency score.
  3) Residence wise there is no significant improvement in Frequency score.

- **Result on Quantity score:**
  1) Control group did not show significant improvement in Quantity score.
  2) Experimental group showed significant superiority over the control group in Quantity score.
  3) Residence wise there is no significant improvement in Quantity score.

- **Result on Total Stress score:**
  1) Control group did not show significant improvement in Total Stress score.
  2) Experimental group showed significant superiority over the control group in Total Stress score.
  3) Residence wise there is no significant improvement in Total Stress score.

**5.3 – Conclusion:**

On the basis of the results after testing hypotheses the investigator made the following conclusion.

Within the delimitations and assumptions stated in the present investigation it is generalized that “The selected yogic training programme for period of three months was found useful for reducing the stress level of Gymnasts”.

**5.4 – Recommendation and further suggestion:**

On the basis of the findings and conclusion of this study, following recommendations regarding its implications and suggestions for the further studies are made:

Properly designed yogic training programme can be implemented as a reliable and valid strategy for managing stress of Gymnasts.
The present study recommends that schedule of ‘yogic training programme’ be included in the curriculum not only to enhance the performance of Gymnasts but also to manage the stress of Gymnasts which causes further complications of various health problems.

5.5 – Contribution the knowledge:

This study contributed a schedule of yogic exercises that create interest among the participants and help to manage stress. Although this investigation was conducted not to establish a new theory, but the overall trend of the results opens a new way by which our Gymnasts of urban population could get a research based strategy for stress management which in turn facilities overall physical fitness and mental health. This study contributed one scientific as well as innovative schedule of yogic exercises that are found useful for the Gymnasts.