Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1: Summary

A psychological disorder is a mental health condition that disrupts the normal feelings, mood, or ability of one person to interact with others. A psychological disorder may be caused by genetic or inherited characteristics, or it may result from environmental factors. A healthy relationship between mind and body is fundamental to optimal athletic performance. Any disturbance in the equilibrium between physical and mental performance will usually create a cause and effect relationship: impaired mental health will lead inexorably to an equivalent physical result. There are common psychological disorders affecting athletes. Stress, anxiety and depression will significantly reduce the mental outlook of the subject; athletes suffering from depression often are uninterested in training or competition, they sustain a loss of appetite, and they often present as anxious. Anxiety is a sense of fear, upset, and dread, and is a condition that is often closely related to depression.

According to the traditional medical understanding of lifestyle, in regards to behaviour, the focus is on the individual’s responsibility for one’s own life and health. This can be achieved by stimulating the varmam points of the brain and by varmaniam massage using varmaniam techniques which is introduced by Siddhars; the varmam points and varmaniam thadaval are a part of the varmaniam art. These varmam points are Pranan (Vital energy) points and are medically considered as the most effective and the
best psychological problem reliever. It is even an essential part of the complementary and alternative medicine.

The main objective of the study is to find out the effect of varmaniam techniques in reducing the psychological variables (stress, anxiety and depression) in men athletes. The significance of the study would be to find out the purpose behind the varmam points and massage therapy, to alleviate pain and relieve stress, anxiety and depression.

To achieve the purpose of the study, the investigator selected 180 subjects of inter-collegiate male athletes from different colleges of Kanyakumari district and was divided into three groups. The first group acted as control and the second and third groups were experimental groups. The requirement of the project was explained to all the subjects and all of them agreed voluntarily to undergo the treatment. Treatment was given to the two experimental groups namely; varmam points (vital energy point) experimental group and varmaniam thadaival (massage) experimental group. The treatment programme was scheduled for six days in a week for both the groups for about 30 minutes and each method lasted for about 21 seconds for a period of eight weeks.

The treatment included two broad areas namely stress, and anxiety and depression. Stress includes 5 different parametric levels or test types. They are physical indicators, self indicators, behavioral indicators, emotional indicators, and personal habit indicators respectively. The anxiety and depression included 9 different parametric levels or test types. They are pure stress, pure anxiety, mixed anxiety and depression, over focused anxiety and depression, temporal lobe anxiety and depression, cyclic anxiety and depression, unfocused anxiety and depression, atypical depression and seasonal depression respectively. Initially the samples were allowed to fill up the questionnaire
without any treatment. Later after eight weeks of treatment they were again asked to fill up the questionnaire.

The pre and post-test data was collected from the experimental and control groups on selected psychological variables were statistically analyzed with the help of SPSS package version 21. Dependent ‘t’ test was applied to find out the significant differences if any between the pre and post-test data of the three groups on selected dependent variables. In order to make adjustments for difference in the initial means and test the adjusted post-test means for significant differences, the analysis of covariance (ANCOVA) was used. The scheffe’s test was used as post-hoc test to determine which of the paired means differed significantly. All of the statistical analysis tests were computed at 0.05 level of significance (P<0.05).

The varmam points located in the brain region stimulated the brain parts which are involved in the psychological disorders. The varmaniam thadaval locations are the same as that of varmam points, the only difference is that in varmam point technique continuous stimulation was given in a single point which goes deep into the brain whereas in varmaniam thadaval gentle massage was given which goes around the surrounding region where the other nearby points are also stimulated.

In the present study better results were obtained for varmam points and varmaniam thadaval treatment groups which showed significant change on selected psychological variables .The results of the study may provide guidelines to the physical educators and coaches in preparing the treatment schedules for their players in the respective games and add to the quantum of knowledge in the area of sports.
5.2: Conclusion

1. Due to the impact of varmam point and varmaniam thadaval treatment the selected psychological variables such as physical indicator, sleep indicator, emotional indicator, behavioral indicator, personal habits indicator, pure anxiety, pure depression, mixed anxiety and depression, over focused anxiety and depression, temporal lobe anxiety and depression, cyclic anxiety and depression, unfocused anxiety and depression, atypical depression and seasonal depression are significantly reduced.

2. It was also concluded that in altering the psychological parameters among men athletes no significant deference were found between the two experimental treatments. However, in the case of seasonal depression varmam points treatment is significantly better than varmaniam thadaval treatment.

5.3: Recommendations

The investigator has given the following recommendations as recommendations for implication and recommendations for future research.

5.3.1: Recommendations for Implication

1. The results of this research clearly indicated that varmam point and varmaniam thadaval treatment could enhance the performance of the athletes in reducing the psychological variables. Hence it is recommended that coaches and physical educators should give due importance to include varmam points and varmaniam thadaval treatment in their schedules.
2. It is also recommended that the coaches and physical educationists should have knowledge about varmam points and varmaniam thadaval treatment to train the players for enhancing their performance.

5.3.2: Recommendations for Future Research

1. A similar study may be conducted on National level athletes to assess their level in the selected variables.

2. A similar study may be conducted on different game and sports.

3. A similar detailed study may be conducted to assess changes on physical fitness variables, physiological and other psychological variables.

4. To find out the improvement on criterion measures periodically, the same study may be designed with repeated measures.