CHAPTER V

SUMMARY, CONCLUSION
AND RECOMMENDATIONS
5.1. SUMMARY

The chief notion of this study was to assess the standard of physical fitness of High School Boys in Tamilnadu and to determine the influences of selected yogic and physical Exercises on them.

Twenty thousand boys were selected at random from various High Schools in Tamilnadu for this survey. The subjects were the students studying between VI standard and X standard irrespective of the measurement of their height and weight. They were all aged from eleven to sixteen years. Scores made by those subjects were grouped in terms Excellent, Above average, Average, Below average and well Below Average.

Out of the well below Average subjects, One hundred and Twenty subjects from the Kamaraj Municipal Hr. Sec. School, Tirunelveli were selected at random for the treatment. Those 120 subjects were divided into four groups each thirty in Number-namely Experimental Group I, Experimental Group II, Experimental Group III and the control Group. The Experimental Group I had undergone the treatment of selected yogic exercises. The Experimental Group II had done the treatment of selected physical exercises designed for the total fitness development. The Experimental Group III had undergone the treatment of both yogic
and physical Exercises on alternative days. Treatments were given for half an Hour daily in the evening from Monday to Saturday for Twelve weeks. The control group was not given any exercise programme on those Twelve weeks. AAHPER youth fitness Test items were conducted again for all the one hundred and Twenty Boys after the Experimental periods were over.

The final Test-data of the Experimental and control groups were analysed by using F-ratio. The level of significance chosen was 0.05. The obtained F value 509.16 was significant, that is, more than the table value of 2.69 at 0.05 level of confidence for the degrees of freedom 116 and 3. Hence, the null Hypothesis was rejected and the hypothesis favouring the Experimental Groups was significant at 0.05 level of confidence.

5.2. CONCLUSION

The data on the physical fitness of High School boys and on the influences of selected yogic and physical Exercises on them were statistically analysed on the basis of the results obtained. The following were the conclusions drawn from the study.

1. The yogic and physical exercises had significantly improved the physical fitness of the high school boys.

2. Yogic group had a significant improvement on the physical fitness of high school boys than the physical Exercise group when the yogic group was compared with the physical Exercise group.
3. The combination of yogic and physical Exercises improved significantly the standard of physical fitness. The study proved that either individually or with combination, yogic exercises could produce better results than the other form of physical exercises. Thus, yogic exercises are indispensable for the optimum level of fitness of the High School Boys.

5.3. RECOMMENDATIONS

The following recommendations have been derived from this study:

1. The yogic and physical exercises may strongly be recommended for the improvement of physical fitness of high school boys.

2. Proper physical fitness programmes may be designed and implemented for the betterment of the students.

3. Similar studies may be undertaken for the boys and girls of Higher Secondary, Elementary and also for the college students.

4. Similar studies may also be conducted based on different age levels.

5. A comparative study on physical fitness between Athletes and non-athletes may be undertaken to find out the level of physical fitness.
6. Similar studies may be conducted for urban-rural based children, handicapped children, child labourers, privileged and non-privileged children including school children of the foreign countries to assess the level of fitness chiefly using the yogic Exercises.

7. Fitness Tests other than AAHPER youth Fitness test may be used.

8. Similar studies may be undertaken by performing different types of training like Aerobic, Anaerobic so on and so forth.

9. Efforts may be undertaken for using Audio-visual aids to educate the students on fitness and its effects may also be assessed.

10. The present study thus, needs to be strengthened or supported by more relevant research studies.