Chapter-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY:

Yoga is the contribution of India to the World. It has got physical, physiological, psychological and Emotional benefits.

The purpose of the study was to find out the effect of selected yogasanas on selected Motor abilities, Self Perception and Academic Performance.

To achieve the purpose 60 high school students were randomly selected from Jawahar Navodaya Vidyalaya, Doddaballapur, Bangalore Rural District. The students were divided into two groups of Thirty in each group. One group was utilized as the control group and the other as experimental group. Experimental Group was given yoga training for Twelve weeks.

The data on Motor Abilities (Static Strength, Arm and Leg Explosive Power, Flexibility, Speed and Cardiovascular Endurance), Self Perception and Academic Performance were obtained before (Pre-test) and after (Post-test) the Experimental period. (For obtaining the data on Motor Ability following tests were used. Grip dynamometer test, softball throw for distance, standing broad jump, sit and reach test, 30 meters dash and 800 meters run). For self perception Susan Harter’s Self Perception Profile was
used and for Academic performance, marks obtained in class tests and exams were used.

The data were analyzed statistically by computing mean, standard deviation and 't' test. The hypotheses were tested at 0.05 and 0.01 levels of confidence.

5.2 CONCLUSIONS:

On the basis of findings and within the limitations of the study following conclusions were drawn;

1. After 12 weeks of yoga training significant improvement was found in Arm and leg explosive power, flexibility and cardiovascular endurance.

2. There was no significant improvement in static strength and speed among the experimental group.

3. Significant difference was not found in the Motor ability variables among Control Group.

4. Significant improvement was seen in the Self Perception of Experimental group.

5. Control group did not show significant improvement in self perception.

6. Significant improvement was found in the academic performance of experimental group.

7. Control group did not show any significant improvement in academic performance.
5.3 RECOMMENDATIONS:

With the help of the results following recommendations were made:

1. Government of Karnataka should provide intensive training in Yoga for the physical education teachers and provide yoga and meditation hall in every schools.

2. Yoga should be made a mass movement and introduced in all the fields including the corporate sectors for human resource development thereby improving the economy of our country.

3. It is recommended that Regular Yoga and Meditation classes should be conducted to all the students at University level for the allround development of their personality.

4. It is recommended to conduct similar research to find out the improvement in other Motor Ability Variables including Static Strength and Speed.

5. It is recommended that similar studies may be conducted to find out the effect of Yogasana on other psychological variables also.

6. The colleges should also introduce yoga for improving Motor Abilities, Mental and Academic benefits and to reduce level of stress.

7. It is recommended to conduct similar studies at college level also.

8. The Coaches should adopt yoga in their training programmes for activation and relaxation.