CHAPTER 5

SUMMARY AND CONCLUSION
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CHAPTER 5

SUMMARY AND CONCLUSION

5.1 INTRODUCTION:

Every chapter has its own important in research. The report writing is a last and important aspect of research. It includes every aspect, right from the statements of problem to the findings of the study. The purpose of the research reports to communicate the result and discussion with readers. For that this is a required to be narrated in the form of a brief summary. It is only through this interpretation that the research can expose relations and process that underline the findings. The present study is a hypothesis testing study, if hypothesis are tested and upheld several times, the researcher may arrive at generalization.

5.2 SUMMERY

In the present research, the attempt has been made comparative study of obesity level (Condition), Academic Stress and Self Analysis between boys and girls obese level high and low of secondary, higher secondary and college obese Adolescents students.

The problem of the present research study was as under:

“A PSYCHOLOGICAL STUDY OF OBESITY LEVEL (CONDITION)
ACADEMIC STRESS AND SELF ANALYSIS OF OBESE
ADOLESCENTS STUDENTS”

In present research the problem has three independent variables.

(1) Gender
(2) Obese Level
(3) Education Level

In the 2× 2× 3 factorial design was used. Two groups of gender (1) Boys (2) Girls, Obese Level (1) high level (2) low level and three types of
education level (1) Secondary students (2) Higher Secondary students (3) College students were taken as independent variables. Scores of Obesity level (Condition), Academic stress and Self analysis were taken as dependent variables.

The present research work conducted on 720 Adolescents Students. The purposive sampling techniques were used for the selection of sample. The number of respondents were kept equal (n= 80) in all the cells. The Adolescent students were selected from various school and college of Rajkot city.

Following tools were used in present study

(1) Obesity level Questionnaire (OLQ) by her Guide Dr. B. D. Dhila. And researcher her self
(2) Academic stress Inventory (ASI) by Dr Alka mankad & Dr Harshben Kasundaria.
(3) Self Analysis Scale (SAS) by Dr Harkant & Charulata Badami

5.3 CONCLUSIONS:

1. Boys obese adolescents students do not differ significant on Obesity level (condition) component – A [Emotional level] as compared to girls obese adolescents students.

2. High level obese adolescents differ significant on Obesity level (condition) component – A [Emotional level] as compared to low level obese adolescents students.

3. Obese adolescents students of education level differ significant on Obesity level (condition) component – A [Emotional level] as compared to obese adolescents students of secondary, higher secondary and college.

4. Significant interaction effect is existed between gender and obese level of obese adolescents students on Obesity level (condition) component – A [Emotional level].
5. Significant interaction effect is existed between gender and education level of obese adolescents students on Obesity level (condition) component – A [Emotional level].

6. Significant interaction effect is existed between obese level and education level of obese adolescents students on Obesity level (condition) component – A [Emotional level].

7. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students of Obesity level (condition) component – A [Emotional level].

8. Boys obese adolescents students do not differ significant on Obesity level (condition) component – B [Social adjustment] as compared to girls obese adolescents students.

9. High level obese adolescents differ significant on Obesity level (condition) component – B- [Social adjustment] as compared to low level obese adolescents students.

10. Obese adolescents students of education level do not differ significant on Obesity level (condition) component – B [Social adjustment] as compared to obese adolescents students of secondary, higher secondary and college.

11. Significant interaction effect is existed between gender and obese level of obese adolescents students on Obesity level (condition) component – B [Social adjustment].

12. Significant interaction effect is existed between gender and education level of obese adolescents students on Obesity level (condition) component – B [Social adjustment].

13. Significant interaction effect is existed between obese level and education level of obese adolescents students on Obesity level (condition) component – B [Social adjustment].
14. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students of Obesity level (condition) component – B [Social adjustment].

15. Boys obese adolescents students differ significant on Obesity level (condition) component – C [Educational adjustment] as compared to girls obese adolescents students.

16. High level obese adolescents differ significant on Obesity level (condition) component – C [Educational adjustment] as compared to low level obese adolescents students.

17. Obese adolescents students of education level differ significant on Obesity level (condition) component – C [Educational adjustment] as compared to obese adolescents students of secondary, higher secondary and college.

18. Significant interaction effect is existed between gender and obese level of obese adolescents students on Obesity level (condition) component – C [Educational adjustment].

19. Significant interaction effect is existed between gender and education level of obese adolescents students on Obesity level (condition) component – C [Educational adjustment].

20. Significant interaction effect is existed between obese level and education level of obese adolescents students on Obesity level (condition) component – C [Educational adjustment].

21. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students of Obesity level (condition) component – C [Educational adjustment].

22. Boys obese adolescents students differ significant on Obesity level (condition) component – D [Life development] as compared to girls obese adolescents students.
23. High level obese adolescents differ significant on Obesity level (condition) component – D [Life development] as compared to low level obese adolescents students.

24. Obese adolescents students of education level do not differ significant on Obesity level (condition) component – D [Life development] as compared to obese adolescents students of secondary, higher secondary and college.

25. Significant interaction effect is existed between gender and obese level of obese adolescents students on Obesity level (condition) component – D [Life development].

26. Significant interaction effect is existed between gender and education level of obese adolescents students on Obesity level (condition) component – D [Life development].

27. Significant interaction effect is existed between obese level and education level of obese adolescents students on Obesity level (condition) component – D [Life development].

28. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students of Obesity level (condition) component – D [Life development].

29. Boys obese adolescents students differ significant on Obesity level (condition) component – E [Family adjustment] as compared to girls obese adolescents students.

30. High level obese adolescents do not differ significant on Obesity level (condition) component – E [Family adjustment] as compared to low level obese adolescents students.

31. Obese adolescents students of education level do not differ significant on Obesity level (condition) component – E [Family adjustment] as compared to obese adolescents students of secondary, higher secondary and college.
32. Significant interaction effect is existed between gender and obese level of obese adolescents students on Obesity level (condition) component – E [Family adjustment].

33. Significant interaction effect is existed between gender and education level of obese adolescents students on Obesity level (condition) component – E [Family adjustment].

34. Significant interaction effect is existed between obese level and education level of obese adolescents students on Obesity level (condition) component – E [Family adjustment].

35. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students of Obesity level (condition) component – E [Family adjustment].

36. Boys obese adolescent students differ significant on Overall Obesity level (condition) as compared to girls obese adolescents students.

37. High level obese adolescents do not differ significant on Overall Obesity level (condition) as compared to low level obese adolescents students.

38. Obese adolescents students of education level differ significant on Overall Obesity level (condition) as compared to obese adolescents students of secondary, higher secondary and college.

39. Significant interaction effect is existed between gender and obese level of obese adolescent students on Overall Obesity level (condition).

40. Significant interaction effect is existed between gender and education level of obese adolescents students on Overall Obesity level (condition).

41. Significant interaction effect is existed between obese level and education level of obese adolescents students on Overall Obesity level (condition).

42. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students on Overall Obesity level (condition).
43. Boys obese adolescent students differ significant on Academic stress as compared to girls obese adolescents students.
44. High level obese adolescents do not differ significant on Academic stress as compared to low level obese adolescents students.
45. Obese adolescents students of education level differ significant on Academic stress as compared to obese adolescents students of secondary, higher secondary and college.
46. Significant interaction effect is existed between gender and obese level of obese adolescent students on Academic stress.
47. Significant interaction effect is existed between gender and education level of obese adolescents students on Academic stress.
48. Significant interaction effect is existed between obese level and education level of obese adolescents students on Academic stress.
49. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students on Academic stress.
50. Boys obese adolescent students differ significant on Self analysis as compared to girls obese adolescents students.
51. High level obese adolescents do not differ significant on Self analysis as compared to low level obese adolescents students.
52. Obese adolescents students of education level differ significant on Self analysis as compared to obese adolescents students of secondary, higher secondary and college.
53. Significant interaction effect is existed between gender and obese level of obese adolescent students on Self analysis.
54. Significant interaction effect is existed between gender and education level of obese adolescents students on Self analysis.
55. Significant interaction effect is existed between obese level and education level of obese adolescents students on Self analysis.
56. Significant interaction effect is existed among gender, obese level and education level of obese adolescents students on Self analysis.

57. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys high level and secondary.

58. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys high level and secondary.

59. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys high level and secondary.

60. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys high level and higher secondary.

61. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys high level and higher secondary.

62. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys high level and higher secondary.

63. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys high level and college.

64. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys high level and college.

65. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys high level and college.
66. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys low level and secondary.

67. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys low level and secondary.

68. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys low level and secondary.

69. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys low level and higher secondary.

70. Significant correlation is not existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys low level and higher secondary.

71. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys low level and higher secondary.

72. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of boys low level and college.

73. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of boys low level and college.

74. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of boys low level and college.

75. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls high level and secondary.
Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls high level and secondary.

Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls high level and secondary.

Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls high level and higher secondary.

Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls high level and higher secondary.

Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls high level and higher secondary.

Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls high level and college.

Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls high level and college.

Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls high level and college.

Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls low level and secondary.

Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls low level and secondary.
86. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls low level and secondary.

87. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls low level and higher secondary.

88. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls low level and higher secondary.

89. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls low level and higher secondary.

90. Significant correlation is existed between Obesity level (condition) and Academic stress with regards to obese adolescents students of girls low level and college.

91. Significant correlation is existed between Obesity level (condition) and Self analysis with regards to obese adolescents students of girls low level and college.

92. Significant correlation is existed between Academic stress and Self analysis with regards to obese adolescents students of girls low level and college.

5.4 SUGGESTIONS FOR FUTURE STUDY

1. Here in only the obese adolescents students of the Rajkot city are studied. Similar studies can be carried out regarding the obese adolescents students of other city of Gujarat and of other state of India and the cross comparisons also can be searched out.

2. Here only boys and girls obese adolescents students are included in the sample. So similar research needs to be undertaken to check whether the same results turn out even with respect to the fair sex of other places.
3. Such studies can be conducted with respect to students of B.Ed., Engineering, Diploma Medical etc educational branches.

4. The sample of the present study is a small one but the researcher can take large sample also.

5. In future a more detailed research can be undertaken with respect to other independent variables like the adjustment, ability and interest, personality and such other variables.

6. A scorching inquiry is necessary as to why the degree of correlations even with respect to significant correlations is so moderated. Theoretically Obesity level (Condition) Academic stress and Self analysis should go hand in hand yet why is it that here the correlations are so low?

7. In this research Obesity level (Condition), Academic stress and Self analysis are treated as dependent variables but a research should be undertaken where in these variables are manipulated as independent variables too.

8. Similar kind of investigation is worth conducting to find out the effect of educational structure, educational method, educational climate upon Obesity level (Condition) Academic stress and Self analysis of obese adolescents students and their results to be replicated and verified through similar from other parts of the country.

5.5 LIMITATIONS OF THE STUDY

1. The researcher humbly accepts that she has not thoroughly inquired about all the aspects of obese adolescents students. There are various other variables which do affect the Obesity level (Condition) Academic stress and Self analysis of the adolescents students, yet they are not touched upon at all variables like stress and strain, accident proneness, self perception, socio personal relations, the general outlook of the obese adolescents students, psychological climate, both of the family as well as of the organization do affect these three, yet the researcher due to his various limitations have not at
all covered these variables. Secondly here sample has been restricted to boys
girls obese adolescents students. The fair sex has been represented.

2. In correlation analysis only the significance of simple correlation is
established. But the significance between two or more correlations is not
inquired. It means why there is or is not a correlation is not carried out at all.

3. Certain partial correlations are studied where as certain others are left out.

4. Motivation, communication, organizational commitment, informal grouping
etc. are not at all directly touched upon in this small piece of research.

5. Research design with respect to the nature of the job are no doubt inquired.

Similarly factorial design is not applied to all the important variables. The
researcher knew that resident, age, economic level of the family, mothers' education,
father education and such other variables are not at all unworthy for obese adolescents
students. The researcher was definitely conscious of these things, even then she was
not able to restrict the inquiry to merely to few null hypothesis. Even then she had
studied quite a large number of null hypothesis.

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