Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to find out the effects of varied packages of yogic practices on selected motor ability components, physiological, hematological and bio chemical variables among college men students. To achieve this purpose of the study, sixty college men students studying in Sir Theagaraya College, Chennai, SRM College of Arts and Science, Chennai and Patrician College, Chennai, Tamil Nadu, India were randomly selected as subjects. The age of the subjects were ranged between 18 to 24 years. The selected subjects were divided in to three equal groups of twenty subjects each. Group I underwent first packages of yogic practices and Group II underwent second packages of yogic practices for five days per week for twelve weeks. Group III acted as control that did not participate in any special training programme apart from their regular activities as per their curriculum. The following motor ability components, physiological, hematological and biochemical variables namely flexibility, cardio respiratory endurance, resting pulse rate, breath holding time, hemoglobin, red blood corpuscles, total cholesterol and blood sugar were selected as dependent variables. All
the subjects of three groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, three groups were compared, whenever the obtained ‘F’ ratio for adjusted post test was found to be significant, the Scheffe’s test to find out the paired mean differences, if any. The .05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate.

5.2. CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

1. There was a significant difference among first package yogic practices group, second package yogic practices group and control group on selected motor ability components namely flexibility and cardio respiratory endurance.

2. Significant improvements were noticed on selected motor ability components namely flexibility and cardio respiratory endurance due to first and second packages of yogic practices among college men students.
3. There was a significant difference among first package yogic practices group, second package yogic practices group and control group on selected physiological variables namely resting pulse rate and breath holding time.

4. Significant reduction was noticed on resting pulse rate due to first and second packages of yogic practices among college men students.

5. Significant improvement was noticed on breath holding time due to first and second packages of yogic practices among college men students.

6. There was a significant difference among first package yogic practices group, second package yogic practices group and control group on selected hematological parameters namely hemoglobin and red blood corpuscles.

7. Significant improvements were noticed on selected hematological parameters namely hemoglobin and red blood corpuscles due to first and second packages of yogic practices among college men students.
8. There was a significant difference among first package yogic practices group, second package yogic practices group and control group on selected bio chemical variables namely total cholesterol and blood sugar.

9. Significant reductions were noticed on selected bio chemical variables namely total cholesterol and blood sugar due to first and second packages of yogic practices among college men students.

5.3. RECOMMENDATIONS

Based on the results of the study, the following recommendations were drawn.

1) In the present study, it was concluded that first package of yogic practice had much influence on all the criterion variables. Hence, it is recommended to the coaches, trainers, physical educators and yoga educators to adopt this practice to improve selected bio motor ability components, physiological and hematological parameters.

2) The duration of the training period may be increased upto 15 – 18 weeks to examine the training effect.
3) The similar study may be carried out by selecting national or state level players as subjects.

4) The similar study may be conducted by selecting women students as subjects.

5) The similar study may be conducted with large number of samples.