Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Movement and physical activity are basic functions for which the human organism was created. Advanced modern technology, however have nearly eliminated the need of physical activity in almost every one’s daily life. Exercise is no longer a natural part of our existence. The available scientific evidence shows that physical inactivity and sedentary life style have become a serious threat to our health and significantly increases the deterioration rate of the human body.

A healthy and fit person is an asset to humanity, while an unfit individual is a curse on himself as well as to the society. Physical fitness is one among the different health components that can be attained by taking regular exercise. Achieving and maintaining physical fitness helps to prevent the premature occurrence of numerous illnesses and diseases. The development of physical fitness by an exercise programme does help to promote and maintain performance in sports and games.

Many psychologists, physical education fitness experts and research scholars by means of their intensive investigations have proved that fitness training has tremendous effect on positive grading on physical fitness parameters, which are directly responsible for higher levels of general and specific fitness in sportsmen and sportswomen.
In the present study the investigator attempted to know the changes brought about by the different types of trainings namely aerobic and yoga exercise training on the health related physical fitness variables, psychomotor domain and exercise identity. The study would enable the physical educationists and researchers to utilise aerobic and yogic exercises as effective training methods for overall development of health related physical fitness in individuals.

For the present study, one hundred and thirty five students from Stella Matutina College of Education, Chennai were randomly selected and grouped them with three groups, who served as aerobic, yoga and control groups. Forty four students from YMCA college of Physical Education, Chennai were also selected on purpose sampling to conduct the exercise identity scale.

The criterion variables were muscular endurance, muscular strength, flexibility, percent body fat, cardio respiratory endurance, balance and kinesthesis. The aerobic and yoga trainings were given six days per week for a period of 10 weeks. The data was collected on physical fitness variables, before the training and after the ten weeks of training. Exercise identity questionnaire was given to both the training groups, B.P.Ed trainees and B.Ed trainees.

The significance of the difference among the means of aerobic, yoga and control groups was found through the Univariate Analysis of Variance. The 'F' ratio for the adjusted post-test means was computed. The level of significance between paired adjusted final means were computed by means of post hoc test.
Exercise identity results of aerobic, yoga and control groups were compared by using one way ANOVA. The effect of physical fitness variables through training were compared with exercise identity by using regression analysis backward elimination method. B.Ed Trainees (n=135) was divided into Arts and Science groups and their mean difference in their exercise identity scale was compared by using 't' analysis. B.P.Ed and B.Ed teacher trainees exercise identity scale was compared by using one way ANOVA.

CONCLUSIONS

Within the limitations imposed by the experimental conditions, the following conclusions were drawn

1. Muscular endurance, muscular strength, cardio respiratory endurance, percent body fat, balance and kinesthesis were improved by experimental treatments (aerobic and yogic exercises) when compared to the control group.

2. Muscular endurance, percent body fat, cardio respiratory endurance and kinesthesis variables mean differences were higher due to aerobic training. whereas higher mean differences were obtained in muscular strength, flexibility and static balance due to yoga training.

3. Higher mean differences were obtained between aerobic exercise group and yoga exercise group in psychomotor domain. In balance the mean was greater in yoga group and in kinesthesis the mean was higher in aerobic group.
4. The relationship between exercise identity and health related physical fitness variables were obtained only in muscular endurance, cardiovascular endurance and static balance among the health related physical fitness variables.

5. B.P.Ed Teacher trainees mean difference was greater in exercise identity than the B.Ed trainees. The mean difference of arts group students was greater than the science students among B.Ed trainees.

RECOMMENDATIONS

Based on the findings of the present study the following recommendations are presented here for further investigation.

1. Aerobic exercise training may be recommended for the improvement of muscular endurance, cardiovascular endurance body composition and kinesthesia.

2. Yoga exercise training may be recommended for the improvement of muscular strength, flexibility and static balance.

3. A similar study may be carried out on male teacher trainees.

4. A similar study can be recommended for women college students from other disciplines.

5. A similar study may be recommended for housewives to integrate health fitness components.
6. A similar study may be conducted for career women, prisoners and the aged.

7. A similar studies may be undertaken for different age groups.

8. A suitable physical education programme may be formulated incorporating aerobic exercise and yoga training for the improvement of physical fitness variables among the college students.

9. Exercise identity may be recommended for regular exercise men and women so as to improve their personality and health.

10. It is also recommended that similar study may be undertaken for the people of rural and urban areas.

11. Similar study may be conducted utilizing other functional fitness variables in addition to variables chosen in this study.