CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The summary of the present study was to find out the effects of Yoga and Aerobics on selected Physical variables such as Shoulder strength, Abdominal strength, Speed and Muscular power and on selected Physiological variables namely Breath Holding Time, Pulse Rate, Systolic Pressure, Diastolic Pressure and on selected Haematological variables such as Red Blood Corpuscles, Haemoglobin, Packed Cell Volume and on selected Bio-chemical variables such as Blood Cholesterol, High Density Lipoprotein Cholesterol, Triglycerides, Low Density Lipoprotein Cholesterol and Total protein. To achieve this purpose, forty five women subjects were randomly selected from among two hundred women students of Madras Veterinary College, Chennai-7. Their age group ranged from 18 to 23 years. As the subjects were the residential inmates of the Hostel, there was not much difference either with food habits or in the pattern of their life. The subjects were randomly divided into two experimental groups and one control group, each group consisting of 15 subjects. Of the two experimental groups, one was assigned Yoga program and the other was given Aerobics. The subjects of the control group were not allowed to participate in any of the training program except in their routine activities.
Among the Physical, Physiological, Haematological and Biochemical variables the following variables were selected as criterion variables namely shoulder strength, abdominal strength, speed, muscular power, breath holding time, resting heart rate, systolic pressure, diastolic pressure, red blood cells, haemoglobin, packed cell volume, blood cholestrol, HDL - cholestrol, triglycerides, LDL - cholestrol and total protein.

The data on Physical Fitness parameters were collected by administering AAHPERD Health Related Fitness test. With the help of stop watches and by Sphygmomanometer Breath Holding Time, Pulse Rate and Blood Pressure was found out. Fasting blood samples from every subject was taken in the morning and it was assayed for Red blood cells, Haemoglobin and Packed Cell Volume, Blood Cholesterol, High Density Lipoprotein Cholesterol, Triglycerides, Low Density Lipoprotein Cholesterol and Total protein in a clinical laboratory. The data were collected first at the beginning (pre test) and at the end of the experimental period of 12 weeks (post test).

The study was aimed at mainly in finding out the effects of training on selected dependent variable. In addition to that it had been analysed if there was any difference between the Yoga and Aerobics program. The collected data from three groups were statistically analysed for significant difference, if any, applying the analysis of covariance. Whenever the 'F' ratio was found to be significant for adjusted post means,
Scheffe’s test was followed as a post-hoc test to determine the level of significant difference between the paired means. In all the cases 0.05 level of significant was fixed to determine the significance.

**CONCLUSIONS**

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

1. Two experimental groups namely yoga and aerobic training groups have achieved significant improvement on Shoulder strength, Abdominal strength, Speed and Muscular power when compared to the control group.

2. Significant improvement were found in yoga and aerobic training groups as compared to control group towards improving the selected criterion variables such as Breath Holding Time, Resting Heart Rate, and Blood Pressure (Systolic and Diastolic pressure).

3. Significant improvement were found in yoga and aerobic training groups as compared to control group towards improving the selected criterion variables such as Red Blood Cells, Haemoglobin and Packed Cell Volume.

4. Yoga and aerobic training groups have achieved significant improvement on Blood Cholesterol, High Density Lipoprotein Cholesterol, Triglycerides, and Low Density Lipoprotein Cholesterol as compared to control group.
5. It is concluded that yoga training group found to be better than aerobic training in improving Breath Holding Time, Resting Heart Rate and Blood Pressure (Systolic and Diastolic pressure).

6. It is also concluded that aerobic training found to be better than yoga training in developing the selected Physical, Haematological and Bio-Chemical variables.

RECOMMENDATIONS

1. In the present study, it was concluded that the selected Physical, Physiological, Haemotological and Bio-chemical variables were improved by yoga and aerobic training. Hence it is recommended to the coaches, trainees and physical educators to adopt these finding to improve physical, physiological, haematological and bio-chemical variables.

2. A similar study may be conducted by selecting psychological variables as criterion variables.

3. A similar study may be attempted by selecting the state or national level athletes or players as subjects.

4. A similar study may be conducted on male subjects.