SUMMARY
5.1 Summary

The yogic discipline is a way of life, which helps moving forward slowly but steadily towards the goal of physical, mental and spiritual perfection. Just as there cannot be any spiritual discipline without mental discipline, there cannot be any mental discipline without a disciplined body. Yoga plays an important role in educating man and integrating various aspects of human personality and thereby prevents mental and physical illness.

Rapid technological changes, industrialization, urbanization, family and social causes leading to psychoneurotic ailments, emotional and behavioural problems, students indiscipline, problems of adolescence, crime, suicide, massive drug addiction and variety of turmoil are becoming part of life. The natural system is on the decline and human life has become so haphazard. Then the question which arises here: Is there any way to overcome this problem? The probable answer is yes. Yoga is one of the most important and surest ways that has some promises.

Yoga is a psychological discipline. So if the principles of yoga are taught to every one from the beginning then humanity will truly evolve into fullness of life which is the birth right of every human being. Yoga practice opens the door of inner perception. It will help in extending the frontiers of knowledge about the nature of man and his inner potentialities, a fuller realization of which will raise the perceptive level of humans.

The present study was undertaken with the main objective of knowing the impact of yoga on Self-concept, State anxiety, Trait anxiety and Subjective Well-being of yoga practitioners in comparison with non practitioners of yoga. The study has analyzed whether or not yoga intervention has any effect on the practitioners Self-concept, State Trait anxiety and Subjective well-being. Further, the study has also attempted to find the inter relationships of these
variables of Bachelor of Naturopathy and Yogic Sciences and Bachelor of Medicine and Bachelor Surgery college students.

The following hypotheses were formulated and tested:

$H_{a1}$ Bachelor of Naturopathy and Yogic Sciences (Experimental group) and Bachelor of Medicine and Bachelor of Surgery (Control group) college students differ significantly from each other on Self-concept.

$H_{a2}$ Bachelor of Naturopathy and Yogic Sciences (Experimental group) and Bachelor of Medicine and Bachelor of Surgery (Control group) college students differ significantly from each other on State anxiety.

$H_{a3}$ Bachelor of Naturopathy and Yogic Sciences (Experimental group) and Bachelor of Medicine and Bachelor of Surgery (Control group) college students differ significantly from each other on Trait anxiety.

$H_{a4}$ Bachelor of Naturopathy and Yogic Sciences (Experimental group) and Bachelor of Medicine and Bachelor of Surgery (Control group) college students differ significantly from each other on Subjective well-being.

$H_{a5}$ There is a significant difference in the Self-concept of Bachelor of Naturopathy and Yogic Sciences college students before and after practice of yoga.

$H_{a6}$ There is a significant difference in the State Anxiety of Bachelor of Naturopathy and Yogic Sciences college students before and after practice of yoga.

$H_{a7}$ There is a significant difference in the Trait Anxiety of Bachelor of Naturopathy and Yogic Sciences college students before and after practice of yoga.

$H_{a8}$ There is a significant difference in the Subjective well-being of Bachelor of Naturopathy and Yogic Sciences college students before and after practice of yoga.
There is a significant relationship between State anxiety and Self-concept of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant relationship between State anxiety and Subjective well-being of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant relationship between Trait anxiety and Self-concept of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant relationship between Trait anxiety and Subjective well-being of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant association between Self-concept and Subjective well-being of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant association between Subjective well-being and Self-concept of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant joint effect of Self-concept and Subjective well-being on State anxiety of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students.

There is a significant joint effect of Self-concept and Subjective well-being on Trait anxiety of Bachelor of Naturopathy and Yogic Sciences, and Bachelor of Medicine and Bachelor of Surgery college students sample.
The total sample selected for the study consists of 550 professional college students studying in colleges of Belgaum, Dharwad, Dakshin Kannada districts of Karnataka State and Ootacamund district of Tamil Nadu State. Among these 550 students, 250 students were selected from Naturopathy and Yogic Sciences colleges (BNYS boys and girls students) who were studying from second year to fourth year of BNYS course. Another 50 students of BNYS Course (both boys and girls) were selected to study the intervention effect of yoga. The BNYS students practice yoga necessarily and regularly. While, 250 students were selected from Medical colleges (MBBS boys and girls students) studying from second year to fourth year of MBBS. These students none of them practice yoga.

The following four measures were used to collect the data:

1. Personal data sheet has been used to collect the information regarding name, age, class, sex, religion, early home background, hostelite or not, whether practicing yoga or not, and yoga practice experience in years.

Method

In the beginning of academic year, investigator approached the Principals of respective colleges, explained about the research study and got the permission. Then he contacted respondents of the study personally in their respective colleges class-wise in a classroom situation. In the first session, investigator asked the students to fill the required information given in personal data sheet and then administered the Self-concept scale and completed it in one sitting. Next day in another session State, Trait Anxiety Inventory and Subjective Well-being scale were administered and completed it in one sitting.
To find the yoga Intervention effect, investigator selected another group of fifty- students of first year BNYS. Investigator asked the respondents to fill the personal information in the data sheet. Then he administered the Self-concept Scale, State-Trait anxiety Inventory, and Subjective well-being Inventory once, in the beginning of the course when they took admission newly, and once again exactly after a gap of one year, when the same students were admitted in the second year of BNYS, in the beginning of academic year.

The obtained raw scores were entered into the computer and were transformed into the standard scores and these standard scores were subjected to statistical analysis.

Statistical Analysis

Obtained raw scores were transformed into standard scores and subjected to statistical analysis.

Descriptive Statistics, Student 't' test, Paired 't' test, Karl Pearson's Correlation of co-efficient, Multiple Regression Analysis were the statistical techniques applied for the present study.

5.2 Conclusions

On the basis of the obtained facts and their discussions, the followings conclusions are drawn.

- Bachelor of Naturopathy and Yogic Sciences college students have significantly higher Self-concept compared to the Bachelor of Medicine and Bachelor of Surgery college students.

- BNYS college students have significantly lower State anxiety compared to the MBBS college students.

- BNYS college students have significantly lower Trait anxiety compared to the MBBS college students.
- BNYS college students have significantly better Subjective well-being compared to the MBBS college students.

- BNYS students' (Experimental group) Self-concept is significantly higher due to yoga practice compared to MBBS (Control group) students who did not practice yoga.

- BNYS students' (Experimental group) State anxiety is significantly lower due to yoga practice compared to MBBS students (Control group) who did not practice yoga.

- BNYS students' (Experimental group) Trait anxiety is significantly lower because of practice of yoga compared to MBBS students (Control group) who did not practice yoga.

- BNYS students' (Experimental group) Subjective well-being is significantly better because of practice of yoga compared to MBBS students (Control group) who did not practice yoga.

- Self-concept of Bachelor of Naturopathy and Yogic Sciences college students is higher after the practice of yoga compared to the one before practice of yoga.

- State anxiety level of Bachelor of Naturopathy and Yogic Sciences college students is found decreased after the practice of yoga compared to the one before practice of yoga.

- Trait anxiety level of Bachelor of Naturopathy and Yogic Sciences college students is found decreased after the practice of yoga compared to the one before practice of yoga.

- Subjective well-being of Bachelor of Naturopathy and Yogic Sciences college students is higher after the practice of yoga compared to the one before practice of yoga.
• Significant negative correlation is found between State anxiety and overall Self-concept of MBBS college students. Whereas, no significant correlation is found in BNYS college students.

• Significant negative correlation is found between State anxiety and Subjective well-being of BNYS and MBBS college students.

• Significant negative correlation is found between Trait anxiety and overall Self-concept of MBBS college students. Whereas no significant correlation is found in BNYS college students.

• Significant negative correlation is found between Trait anxiety and overall Subjective well-being of BNYS and MBBS college students.

• Significant positive correlation is found between overall Self-concept and Subjective well-being of BNYS and MBBS college students.

• Significant positive correlation is found between Overall Subjective well-being and Self-concept of BNYS and MBBS college students.

• Significant joint effect of Self-concept and Subjective well-being on State anxiety of BNYS and MBBS college students is found.

• Significant joint effect of Self-concept and Subjective well-being on Trait anxiety of BNYS and MBBS college students is found.

5.3 Suggestions for Further Research

The findings of the present study suggest a number of problems for further research on the positive influence of yoga practices in psychological aspects. The following may be considered as more important ones:

1. A study of Self-concept, Anxiety and Subjective well-being of BNYS students and Physiotherapy students.

3. A study of Personality, Work Values and Achievement Motivation of BNYS students and other professional college students.


6. A study of yoga intervention effect on students' Attitudes, Study Habits, Achievement Motivation and Happiness.

7. A comparative study on Impact of yoga on Anxiety, Fear of Failure, Feelings of Security Insecurity, and Academic Achievement of PUC College Students.

8. A comparative study of Self-concept, Anxiety and Subjective well-being of professional and non-professional college students.


10. A study of Influence of Yoga Practice on Role Conflict, Occupational Stress, Frustration Tolerance and Marital Happiness of Married Dual career Couples.


12. A study of Temperament, Level of aspiration, and defense mechanism of yoga Practitioners and Non-practitioners of yoga.