SUMMARY, CONCLUSIONS
AND
RECOMMENDATIONS
CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. INTRODUCTION

Yoga is a physical and mental practice that involves the body, mind and spirit. The practice which originated in India is designed to enhance awareness, create a mind-body-spirit balance, cleanse, heal and strengthen the body, liberate the true "Self and improve fitness. The most common form practiced in the U. S. is Hatha yoga, which includes specific movements or postures, various breathing techniques and is often complimented with meditation.

Yoga's most obvious benefits relate to stress reduction, flexibility and relaxation. But as more studies are conducted, there is evidence of other tangible health benefits. While it’s no cure, yoga can be an effective adjunct therapy for a variety of conditions, including heart disease, arthritis, asthma, diabetes, depression, fibromyalgia and migraines. Even if one is in perfect health, one can benefit from yoga. It helps to improve strength, flexibility, coordination and range of motion. And since yoga promotes relaxation, improves circulation and reduces stress and anxiety, it enhances cardiovascular health and benefits the respiratory and nervous systems. Because it promotes relaxation, yoga also aids sleep and digestion. Yoga can make one more aware of one’s own body more conscious of its strengths, weaknesses and needs.

Medical experts are not sure why yoga offers so many health benefits, but more studies are underway. Some of its physiological effects can be attributed to stress reduction and relaxation; since many health
problems are triggered or aggravated by stress, stress-reduction can only help. And when one practice the yoga, especially meditation and breathing exercises, one often induces what is known as the relaxation-response, a stress-neutralizing physiological state that boasts a wide-range of physical and mental benefits.

Even if there is mental stress, so long as the person is practising yoga, the body does not feel the impact. It is easier to protect the body than the mind. Hence the ancients advised us to practice yoga so that at least the body is kept healthy and gradually, some day, the mind that is under stress can also be made likewise.

Autogenic training is a useful friend and a skill for life. The art of physical and mental relaxation should be learnt by everyone with an interest in keeping physically healthy and psychologically fit. Autogenic training provides a flexible approach to a wide variety of physical and psychological problems with surprisingly favourable results.

Clinical improvement has been shown in sleep problems, stress syndromes, asthma, phobias, irritable bowel syndrome, arthritis, mild hypertension, muscular pain and tension, migraine, fatigue, bladder disorders, anxiety and unresolved grief, to name but a few.

Autogenic training has been used by many people in the fields of sports, education and industry where improvements in peak performance, creative output, intellectual work and interpersonal relationships have all been reported. It has been used by NASA in-training for astronauts combating zero gravity problems; in-flight air cabin crew to overcome stress and jetlag; by Canadian and Japanese school children to improve classroom learning skills and behaviour; by
the Police Force and Ambulance Service for stress reduction; and by the British Olympic Rifle Squad Team to reduce performance anxiety.

So yoga and autogenic training’s primary emphasis is upon general well-being. Although yoga and autogenic training has been shown to be beneficial in a variety of conditions, it is not considered a therapy for specific illnesses. Rather, yoga and autogenic training employ a broad holistic approach that focuses on teaching people a new lifestyle, way of thinking and way of being in the world. In the process, however, it is also found to bring a myriad of healing effects. By attending to practices for improving, regaining or retaining general good health, a person is likely to find that some of his more specific difficulties tend to disappear. Many of the healing effects of yoga and autogenic training are clinically verified. It will look at the healing effects of yoga and autogenic training. However, one of the most important benefits of yoga and autogenic training is its application in relieving stress, fatigue, invigoration and vitality and its anti-aging properties and its application for relaxation therapy. Therefore, a scientifically framed combination of specific yogic exercises with autogenic training programme for the middle aged men employed in Engineering Colleges is of great importance.

5.1.1. PROCEDURE

The subjects for this investigation were sixty middle aged men who had been working in the Engineering Colleges of Coimbatore District. The subjects were randomly selected and divided into three groups-namely, specific yogic exercise group, combination of specific yogic exercises with autogenic training group and control group. The selected subjects were in the age group, of thirty to fifty years. The
subjects were residential and same professional people.

The criterion variables were the selected physiological variables such as pulse rate, vital capacity, percent body fat, diastolic blood pressure, systolic blood pressure, selected psychological variables such as job anxiety, occupational stress and selected biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin and blood urea were selected. The tests were administered prior to training (pre test), after twelfth week (second test) and twenty fourth week (post test) of the training period.

In order to find out whether the obtained differences between the means of the selected variables in the pre test, second test and post test are statistically significant, repeated measures of Analysis of Variance (ANOVA) were applied. When the F ratio was found to be significant, Newman Keuls test was applied to test which of the possible comparisons among the means are significant.

Analysis of Co-Variance was applied to determine the significant difference among the three groups in the development of selected variables after twenty fourth week of training programme. When F-ratio was found to be significant, the Scheffe's test was applied to test the significance of pairs of adjusted final group means.

5.2. FINDINGS

The findings of the study are given below:

The combination of specific yogic exercises with autogenic training group shows significant (P<0.05) improvement in the selected physiological variables such as pulse rate, vital capacity, percent body
fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin and blood urea at the end of the twenty four weeks of training.

The specific yogic exercises group shows significant (P<0.05) improvement in the selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea at the end of the twenty four weeks of training.

ANACOVA reveals that the combination of specific yogic exercises with autogenic training group made significant (P<0.05) gain over the specific yogic exercises group in selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin and blood urea at the end of the twenty four weeks of training.

The combination of specific yogic exercises with autogenic training group made significant (P<0.05) gain over the control group in selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin and blood urea at the end of the twenty four weeks of training.
The specific yogic exercises group made significant (P<0.05) gain over the control group in the selected physiological variables such as vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea at the end of the twenty four weeks of training.

There is a significant and systematic effect in selected physiological variables such as pulse rate, vital capacity, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea at the end of the twelve weeks of training programme due to the combination of specific yogic exercises with autogenic training programme among the middle aged men.

There is a significant and systematic effect in selected physiological variables such as percent body fat and biochemical variables such as hemoglobin at the end of the twenty four weeks of training programme due to the combination of specific yogic exercises with autogenic training programme among the middle aged men.

There is a significant and systematic effect in selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea at the end of the twelve weeks of training programme due to the specific yogic exercises programme among the middle aged men.
There is a significant and systematic effect in selected psychological variables such as job anxiety at the end of the twenty four weeks of training programme due to the specific yogic exercises programme among the middle aged men.

There is a significant improvement from the pre test to twelfth week practice of combination of specific yogic exercises with autogenic training in the selected physiological variables such as pulse rate, vital capacity, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea than the thirteenth week to twenty fourth week of practice.

There is a significant improvement from the thirteenth week to twenty fourth week practice of combination of specific yogic exercises with autogenic training in the selected physiological variable such as percent body fat and biochemical variable such hemoglobin than the pre test to twelfth week of practice.

There is a significant improvement from the pre test to twelfth week practice of specific yogic exercises programme in the selected physiological variables such as pulse rate, percent body fat, vital capacity, psychological variable such as occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea than the thirteenth week to twenty fourth week of practice.
There is a significant improvement from the thirteenth week to twenty fourth week practice of specific yogic exercises programme significantly improved the selected psychological variable such as job anxiety than the pre test to twelfth week of practice.

The control group did not show any significant change in any of the selected variables at the end of the twelfth week and also at the end of the twenty fourth week.

5.3. CONCLUSIONS

The following conclusions were drawn based on the findings of the study:

Twelve weeks' practice of combination of specific yogic exercises with autogenic training significantly improved in the selected physiological variables such as pulse rate, vital capacity, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea than the twenty four weeks of practice.

Twenty four weeks' practice of combination of specific yogic exercises with autogenic training significantly improved in the selected physiological variable such as percent body fat and biochemical variable such as hemoglobin than the twelve weeks of practice.

Twelve weeks' practice of specific yogic exercises programme significantly improved in the selected physiological variables such as pulse rate, percent body fat, vital capacity, psychological variable such as occupational stress and biochemical variables such as high density
lipoprotein, low density lipoprotein, fasting blood sugar and blood urea than the twenty four weeks of practice.

Twenty four weeks' practice of specific yogic exercises programme significantly improved in the selected psychological variable such as job anxiety than the twelve weeks of practice.

Practice of the combination of specific yogic exercises with autogenic training programme is significantly effective than the specific yogic exercises programme and control group in promoting desirable changes in selected physiological variables such as pulse rate, vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin and blood urea among the middle aged men.

Practice of the specific yogic exercises programme is significantly effective than the control group in promoting desirable changes in selected physiological variables such as vital capacity, percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar and blood urea among the middle aged men.

5.4. RECOMMENDATIONS

Based on the major finding of the present study the following recommendations are made:

This study has proved that combination of the specific yogic exercises with autogenic training programme enhanced all the selected
physiological, psychological and biochemical variables. It is suggested that the yoga instructors, sports psychotherapists and yoga therapists can follow this training programme to train the students and patients.

It is suggested that similar type of combination of the specific yogic exercises with autogenic training programme for middle aged women also can be designed and implemented.

It is proposed that similar type of combination of the specific yogic exercises with autogenic training programme for various employee categories can be designed and implemented.

A similar study may be undertaken for different age groups of men and women.

An identical study may be undertaken which includes the nutritional effects on the selected physiological, psychological and biochemical variables.