CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
Summary

Introduction

The History of human being is witness to the fact that as long as woman was busy in her day to day routine work in the absence of modern means of life she did not have the problems faced by the to-day’s women. The natural course of life in terms of physical activity is affected by biological aging along with sociological constraints. If an active life style is to be continued in the later years and a relatively high level of physical and physiological functioning is retained as compared to the physically inactive, one has to do some physical activity to protect from the dangerous diseases like obesity, cardio vascular diseases, high blood pressure and diabetics. As a result of continuity of physical activity one can be engaged in vigorous activities protecting the body from diseases safety and successfully.

Physical activity in this statement is defined as “bodily movement produced by skeletal muscles that require energy expenditure” that produces healthy benefits. Exercise, a type of physical activity, is defined as “a
planned, structured and repetitive bodily movement done to improve or maintain one or more components of physical fitness.”

Physical activity denotes a level of activity that is needed to maintain good health. Physical inactivity characterizes most Indians. Exertion has been systematically engineered out of most occupation and life styles. In 1991, 34 percent of adults reported to have no regular physical activity. About 50 percent of high school students reported that they were not enrolled in physical education classes.

**Procedure**

The purpose of the study was to find out the physical and physiological responses resulting from walking, walking with stretching exercise program in middle aged obese women. To achieve these purpose forty-five middle aged women were selected aged from thirty to fifty in Coimbatore District. The selected subjects were divided into three equal groups, each group consisting of fifteen subjects in which group-I underwent walking program, Group- II underwent walking with stretching exercise and group-III acted as control that did not participate in any special training. The subjects were tested on selected criterion variables such as Body Mass Index, Abdominal Muscular Endurance, Flexibility, Percent Body Fat,
Resting Heart Rate and Cardio Respiratory Endurance at prior to and immediately after the training period. The analysis of covariance (ANACOVA) was used to find out the significant difference if any, among the experimental groups and the control group on selected criterion variables separately. In all the cases, 0.01 levels and 0.05 level of confidence was fixed to test the significance, which was considered as appropriate. If the ‘F’ ratio was found to be significant Scheffe’s post hoc test was administered to find out which of the paired adjusted mean difference was significant.

Findings

The findings of the study are given below:

1. It is found that there is a significant decrease in Body Mass Index after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly decreased than the control group.

2. It is found that there is a significant increase in Abdominal Muscular Endurance after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly increased than the control group.
3. It is found that there is a significant increase in Flexibility after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly increased than the control group.

4. It is found that there is a significant decrease in percent body fat after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly decreased than the control group.

5. The result of this study shows that there is a significant decrease of Systolic Blood Pressure after the training, in the walking group when compared to control group.

6. There is no significant difference among walking, walking with stretching exercise and control groups on Diastolic Blood Pressure.

7. It is found that there is a significant decrease in Resting Heart Rate after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly decreased than the control group.
8. It is found that there is a significant increase in Cardio Respiratory Endurance after the walking and walking with stretching exercise. The analysis reveals that both walking and walking with stretching exercise groups significantly increased than the control group.

9. Based on the overall results of the study, there is no significant mean difference for selected variables between walking and walking with stretching exercise group.

Physical training is one of the most important part of the human life. The research has shown that exercise and physical activity like walking and walking with stretching exercise directly contribute to the reduction of Body Mass Index, Percent Body Fat, Resting Heart Rate and improves Abdominal Muscular Endurance, Flexibility and cardio-respiratory endurance. Further it is found through the medical analysis that a concrete and accurate measurement can be made on this and hence the research authenticates once again the goodness of exercises. For further research, this idea may be deeply explored taking diet and life style modifications as the factors for analysis.
Conclusions

Based on the results of the study, the followings were the findings

1. Participation in physical training reveals a significant reduction in Body Mass Index, Percent Body Fat and Resting Heart Rate on experimental groups when compared with control group.

2. Participation in physical training reveals a significant improvement in Abdominal Muscular Endurance, Flexibility and Cardio respiratory on experimental groups when compared with control group.

3. The walking group significantly reduced the Systolic Blood Pressure as compared to control and walking with stretching exercise groups. Though the walking with stretching exercise group also showed reduction in Systolic Blood Pressure, it was not statistically significant.

4. Diastolic Blood Pressure level does not change significantly for any group.
Recommendations

1. The investigator did not make any attempt to control the diet. Hence it was recommended for further studies to explore the effect of walking and walking with stretching exercise, after considering the diet as one of the control variable.

2. Similar studies may be conducted for longer period on different age group people for those who are suffering from obesity, diabetes and hypertension.

3. The effect of this training can be assessed on motor fitness components also.

4. Studies may be conducted on other variables on obese college men and women, since the present college students lead the sedentary habits especially women due to multi media like TV, Computer, Internet browsing and two wheelers which make them avoid physical exercise.

5. Similar studies may be conducted for people suffering from degenerative diseases like diabetes and hypertension.