CHAPTER - V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

Sport is in its origin and intention a movement into transcendence which carries over from the founding decision to play and which builds upon that decision an intensified thrust towards the values of self-consciousness tested through performance, competition and victory. There is certainly a return to seriousness in the discipline of formal sport. There is training, performance and competition. Sport can be demanding, but its essence is as delicate as any perfume and can be as readily dissipated.

Sport participation is good preparation for handling everyday events. Because sport involves both victory and defeat, it provides people with opportunities to experience success and failure. In addition, the lessons of these experiences are believed to be unique and valuable. Sport is essentially different from the rest of our lives. In everyday life one seldom faces the opponents in a direct manner. But in sport, opponents are faced directly, scores are always complete, and people have no doubts about when the games are over. Actions in sport have a moral component that is usually only related to a particular sport setting. In addition, the consequences of those actions have no serious meaning for life apart from sport.

Sport has symbolic power because essential testing and refinement of skill and mastery are classified as human challenges. Sport translates simple themes into complex dimensions of style and, in so doing, provides dramatic satisfaction. It enhances experiences by requiring and rewarding stylistic decisions about how to be and how best to triumph. The spirit of sports will bring out the best in the sportsmen,
the fruit of hard training, of perfect synthesis of mind and body; the reward being strengthening the bonds of friendship; breaking the barriers of race, religion, culture, politics and ideology.

Sports’ training in its typical and most effective form is a pedagogically organized process characterized by all the main traits of a strictly directed process of teaching, upbringing and self-education. And also the system of exercises, so arranged as to reach a maximum developing effect in the condition of full control of the process of perfection constitutes the methodological foundation of sports training. The athlete’s training is multi-sided process of the expedient use of aggregate factors (means, methods and conditions) so as to influence the development of an athlete and ensure the necessary level of preparedness.

Training is a systematic scientific programme of conditioning exercise and physical activities designed to improve the physical fitness and skills of the players. Though many methods prevail to develop Selected Physical and Physiological parameters, the role of conventional exercises and Yoga asana training is undisputed.

The word ‘yoga’ refers primarily to an ancient Hindu spiritual tradition intended to overcome the narrow sense of individual selfhood, though its usage ranges from the very general to the specific and highly technical. The word is probably derived from the Sanskrit root yuj, which implies a yoke or harness, invoking the notion that when the ox and the cart are connected via the yoke, the resulting complex is greater than the sum of its parts. In its most general sense, yoga involves harnessing or integrating the forces of embodiment (mind, body, and spirit) in order to transcend embodiment.
Yoga benefits diabetes in many ways. Many diabetes care providers recommend it for their patients to deal with stress management. Moreover, living with diabetes can be very stressful.

There is now a therapeutic yoga, which is becoming increasingly popular with medical professionals. This type of exercise is a combination of gentle traditional breathing work, a lot of guided meditation, and healing. Practitioners will create environments where their pupils feel secure and safe enough to sense feelings within their bodies. This type of guided meditation will help a person to learn why they feel the way they do.

“Power yoga” and “vinyasa yoga” are generic terms that may refer to any type of aerobically vigorous yoga exercise derived from Ashtanga yoga. Power yoga moves and exercises have been invented to strengthen the whole body and develop on a person’s willpower. These workouts are known to burn calories, improve the muscle mass, reduce fat and increase the Basal Metabolic Rate. People often do power yoga for weight loss. It is generally recommended to do power yoga workout about thrice a week and for 45 minutes each time.

Pilates designed a comprehensive method of muscle stretching and strengthening with the goal of building a strong body under the philosophy of mind-over-body control. Pilates exercises provide benefits in physiological (e.g., resistance, strength, muscle power), psychological (e.g., mood, attention, motivation), and motor functions (balance, static and dynamic posture, general coordination).

Pilates provides complete coordination of body, mind and spirit. Pilates is based on six principles, which enable to increase attention, motivation and enhance cognitive
functions while minimizing stress on the body. Pilate’s technique is regarded as exercises that help to give the right form of body to prominent muscles and strengthen weak muscles.

In this context, the investigator attempted to determine the effects of yoga, power yoga and Pilates on selected physical, physiological, biochemical haematological and psychological variables of College women students.

For this study, sixty (N=60) women College students studying in Euphrasia Training College for women, Kattor, Kerala, India during the year 2014-2015 were randomly selected as subjects. The subjects were assigned at random into four groups of fifteen each (n=15). Group-I underwent Yoga Practices, Group-II underwent Power yoga Practices, Group-III underwent Pilates Exercises and Group-IV acted as Control. Among the physical, physiological, biochemical, haematological and psychological related variables, the following variables were selected as criterion variables namely Flexibility, Muscular Endurance, Resting Pulse Rate, Vital Capacity, Total Cholesterol (TC), Triglycerides (TGL), Blood Sugar, Blood Urea, Self-confidence and Anxiety. All the groups were tested on selected criterion variables prior to and immediately after the training periods. Flexibility was assessed by Sit and Reach test, Muscular Endurance was assessed by Bent Knee Sit-ups, Resting Pulse Rate was assessed by radial pulse method, vital capacity was assessed by Wet Spirometer, Total Cholesterol(TC) was assessed by Calorismetric method, Triglycerides(TGL) was assessed by Blood samples test, Blood Sugar was assessed by Folin – wu Method, Blood Urea was assessed by Diacetyl Monoxime Method, Self-confidence was assessed by Self Confidence Inventory (ASCI) developed by Rekha Agnihotry and Anxiety was assessed by Sports Competition Anxiety Test (SCAT).
The data collected from the three groups before and after the experimental period were statistically analyzed for significant improvement by dependent ‘t’ test.

Sixty subjects were divided at random and assigned into four groups of fifteen each. No attempt was made to equate the groups in any manner. Hence, to make adjustments for difference in the initial means and test the adjusted post test means for significant differences, the analysis of covariance (ANCOVA) was used. Since three groups were involved, 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 which of the paired means difference was significant. In all the cases 0.05 level was fixed as level of significance to test the hypotheses.

5.2. CONCLUSIONS

From the analysis of the data, the following conclusions are drawn.

1. The experimental groups namely, Yoga Practice, Power yoga Practice and Pilates Exercise groups had significantly improved in physical, physiological, biochemical, haematological and psychological related variables such as Flexibility, Muscular Endurance, Resting Pulse Rate, Vital Capacity, Total Cholesterol (TC), Triglycerides (TGL), Blood Sugar, Blood Urea, Self-confidence and Anxiety.

2. Significant differences in achievement were found between Yoga Practice, Power yoga Practice and Pilates Exercise groups in physical, physiological, Biochemical, haematological and psychological related variables such as Flexibility, Muscular Endurance, Resting Pulse Rate, Vital Capacity, Total Cholesterol (TC), Triglycerides (TGL), Blood Sugar, Blood Urea, Self-confidence and Anxiety.
3. Pilates Exercise group was found to be better than the Yoga Practice, Power yoga Practice and Control Group in developing Flexibility, Muscular Endurance, Resting Pulse Rate, Vital Capacity, Total Cholesterol (TC), Triglycerides (TGL), Blood Sugar, Blood Urea, Self-confidence and Anxiety.

5.3. RECOMMENDATIONS

1. From the Present Study, it may be concluded that Flexibility, Muscular Endurance, Resting Pulse Rate, Vital Capacity, Total Cholesterol (TC), Triglycerides (TGL), Blood Sugar, Blood Urea, Self-confidence and Anxiety were improved by Pilates Exercise group. Hence, Coaches, trainers and Physical Educators can adopt these trainings in their training schedule.

2. A similar study may be conducted by selecting other physical, physiological, biochemical, haematological and psychological variables as criterion variables.

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

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