Chapter-VIII
Conclusion
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Suggestion
CONCLUSION

From the present study it was found out that Dance Movement Therapy has a positive effect on developing body attitude. The children who were intervened with DMT showed immense gain in their means from pre-session to post I session. Thus DMT develops body attitude improving, body awareness, body coordination; understanding of space, environment and these developments in turn, affects socialization and communication in autism.

The present study was aimed to fulfill the following objectives:

1. To develop a scientific scale to measure body attitude of the person with autism.

The present research study has successfully constructed and standardized a new scale on 'Body Attitude' for the persons with Autism on Indian population. In India, the work on DMT is few and specific work on a particular population for the development of that group is limited. The main aim of this research was to utilize DMT as a tool by which we can cooperate and help a group which is suffering from dreadful menace like autism. Thus construction of the scale only for autism in an Indian context to measure the effect of DMT quantitatively was essential and thus the researcher has successfully constructed a scale which can be utilized as a tool for measuring the body attitude of children with autism.

2. To find out whether there is any positive effect of DMT on body attitude of autistic children.

The most important aspect which is related to dance movement therapy is the understanding and proper use of body, gesture, posture and emotions through body expression, either facial or through muscular movement patterns. Body Image plays a great role in development of
body attitude. Proper understanding of one’s own body image i.e. self identification, self body coordination, and use of body for initializing motor actions are the important factors which help in development of body attitude. Through this improved attitude, it became easier for children with autism to express their wants more directly and the reduction of clumsy body movement helped them in expressing needs in a much easier way. The present study did show a positive effect of DMT on Body attitude of subjects with autism.

3. To find out the effect of DMT on communication of autistic children.

DMT aims to develop the total body image and body coordination, understanding of self and overall body attitude which in turn helps in improvement in communication both verbally and non-verbally. In this study, the effect of DMT was shown more on non-verbal part of communication in comparison to that of verbal part. Thus DMT did have effect on communication of autistic children.

4. To find out the effect of DMT on socialization of autistic children:

Development in all the areas like communication, developed body attitude and reduced problem behavior does play a positive role in increased socialization which in turn shows that DMT has a positive effect on socialization on children with autism.

5. To find out the effect of DMT on reducing problem behavior.

Excessive problem behavior reduces functional ability of the children with autism. Through DMT children with autism start understanding simple instructions and reciprocate to the stimuli through simple movement and gestures. Anxiety gets reduced and they are found to be more relaxed as they can communicate easily with the society through gestures and postures. Through this improved attitude, it may became easier for children with autism to express their wants more directly and the reduction of clumsy body movement the resultant effect of which may
reduced problem behavior which ultimately helps in communication and socialization in autism. Thus this study was able to reduce the problem behavior in autism and DMT was found to have a positive effect in reducing problem behavior in autism.

Thus, it can be said that development of Body attitude through DMT is interrelated to decrease in problem behavior and improvement of communication and socialization and which are the other important variables of the study, for better living of the autistic individuals.

Though it has been perceived that Communication improves more by speech therapy as speech therapy directly deals with verbal and non-verbal communication but present research has also shown the importance of DMT in shaping a life.

Thus it can be concluded that Dance Movement therapy is one of the sorts after process in recent time for controlling the traumatic behaviors in autism and at the same time develop body attitude of the children which will ultimately help them in communication and socialization. It is a process by which we can fight with a dreadful menace like autism.

**LIMITATIONS:**

No research is free from any limitations. So, the present research is also not an exception. The limitations of the present research are as follows:

1. For the study to be more effective the candidates who received DMT in the experimental group should have been given more sessions instead of 20 sessions (for each child). More sessions would have been more effective for the development in communication and socialization.
2. During training sometimes it was hard to maintain 45 minutes for every individual. Depending on the child’s cooperation level often time was adjusted. So, time of the therapy was not very fixed for all in experimental condition. Moreover time and number of the therapy
sessions sometimes cannot be followed strictly through the study for experimental condition.

3. Due to the limited number of females in the sample it was not possible to highlight the improvement after DMT based on sex differences separately.

4. It would be better if other therapeutic interventions could be stopped and DMT used as the only intervening method. But for ethical reason it was not exercised.

5. For DMT wider space is required to administer the movements but due to lack of space sometimes the movements were restricted to small space.

6. The movement module was sometimes designed according to the need of each individual to help the individuals recognize movements and start relating to the movement in the initial stage of the study.

7. The individual were not divided into hypo and hyper group related to their sensory integration problems.

SUGGESTION:

Every research has a purpose behind it. For the present work, the most important one is to develop a scientific body attitude scale and movement curriculum for the persons with autism on Indian culture to prove the importance of flexibility in autism which can be achievable by practicing DMT. The research was carried on a group of individuals aged 3- 14 years. The researcher while pursuing research observed the following to be added in future research:

1. The present study shows a little effect of DMT on communication. Here, emphasize was made both on verbal and non-verbal communication for obvious reasons for impairment of speech of autism. But it has been found that through DMT the non-verbal communication part was better
addressed in comparison to verbal communication. So it is suggested for further research with DMT emphasizing totally the non-verbal mode of expression through movement for better socialization and communication in autism.

2. The study using DMT can be used for healing the population affected with Mental Retardation, Cerebral palsy, Other Pervasive Developmental Disorders etc and a comparison study can be done showing how DMT helps the population suffering from all these above mentioned ailments compared to a work on autism using DMT.

3. Emotional development is an important aspect in DMT and the children with autism are often found to have problems in expressing their emotions in appropriate way. An elaborate study can be done using DMT as a mode in development of emotions through various postures and gestures through proper use of facial expressions to reciprocate emotions in a right way.

4. DMT can also be used for further study on clinical population as well as non-clinical population for stress management, healing depression, anxiety etc.

5. Sensitizing parents, special educators and caregivers for continuous practice of these skills either in school or at home can be the subject of future research and this can be done to facilitate general awareness.