Chapter - V

Summary, Conclusions and Recommendations
Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The present study was conducted to find out the effect of specific yogic asanas on selected motor, physiological and psychological variables of secondary school children. For the purpose of this study one hundred students were randomly selected from Murarji residential school among them fifty girls and fifty boys of 8<sup>th</sup> to 10<sup>th</sup> grade with the age group from 13 to 15 years. Six weeks training program was framed with selected yogic asanas as suggested for the secondary school children by D.S.E.R.T in its ‘sadhanapatha’ program.

The first variable represents the single experimental group adopted for the study upon which the pre-designed training programs with selected yogic asanas were administered. The second variable represents the subjects (fifty girls and fifty boys) selected from Murarji Residential School for the present study. The third categorical variables were the selected motor, physiological and psychological variables to be tested with the selected single group of girls and boys.

Data of the selected motor, physiological and psychological variables were collected before and after the completion of six weeks training with selected yogic asanas. The data collected was treated with the ‘t’ test statistical technique to find out:
1. The effect of six weeks training program with selected asanas on the selected motor variables among girls and boys.

2. The effect of six week training program with selected yogic asanas on the selected physiological variables among girls and boys.

3. Result of six weeks training program with the selected yogic asanas on the selected psychological variables among girls and boys.

Conclusions

The data obtained regarding the effect of six weeks training with selected yogic asanas on motor, physiological and psychological variables among girls and boys was statistically analyzed and on the basis of the results obtained following conclusions were drawn.

1. There is an improvement in all the motor variables selected for this study after the six weeks training with selected yogic asanas.

2. There is an improvement in all the psychological variables representing the socio-genic need satisfaction, after the six weeks training with selected yogic asanas.

3. There is no observable difference in the physiological variables- pulse rate, systolic and diastolic blood pressure. But there is reduction in reaction time and increase in vital capacity implies that the training with selected yogic asanas also has positive influence on some of the physiological variables.
4. There exists difference across the selected psychological variables among the girls and boys. The influence of the training was also different among the girls and boys as far as the psychological variables are considered.

5. There is significant improvement at 0.05 level of significance across the motor variables explosive strength of legs, lower abdominal strength, upper back strength and lower back strength among girls after six weeks training with selected yogic asanas.

6. There is significant improvement, across the motor variables arm strength, explosive strength of legs, lower abdominal strength, upper back strength and lower back strength among boys after the six weeks training with selected yogic asanas.

7. There is no significant improvement been observed across any of the selected physiological variables among both boys and girls after the six weeks training with selected yogic asanas.

8. There is significant improvement across the psychological variables of positive need satisfaction-dominance among girls after the six weeks training with selected yogic asanas.

9. There is no significant improvement at 0.05 level of significance across the psychological variables of positive need satisfaction among the boys after the six weeks training with selected yogic asanas.
10. There is significant decrease in the psychological variables of negative need satisfaction-rejection, isolation and differentiation among girls after six weeks training with selected yogic asanas.

11. There is significant decrease across all the psychological variables of negative need satisfaction-rejection, isolation, differentiation and submission among boys after the six weeks training with selected yogic asanas.

**Recommendations**

1. Based on the results obtained by the study, the school authorities may make yoga as compulsory in schools, which could help the students to improve physically, physiologically and psychologically.

2. Authorities may take measures to include yoga in school curriculum for around development of a child.

3. Physical education teachers may realize and include of yogic asanas as a part of their academic curriculum with an aim of enhancing physical, physiological and psychological fitness of children.

4. Similar study may be conducted on the various age groups of students.

5. Similar study may be conducted on people belong to different profession.
6. This helps not only for physical education teachers, but also sports coaches and trainers to include yogic asanas in their training schedule to reap the highest performance.

7. Similar study may be conducted on students belonging to other types of schools which were not considered for the study.

8. Similar study may be conducted on college students.

9. Similar study may be conducted on physically and mentally challenged students.

10. Similar study may be conducted on sports person and non sports person and the results may be compared to attain good performance.

11. Similar study may be conducted to compare effect of yogic asanas and other physical fitness activities.

12. The same study may be conducted on the students belong to different geographical conditions.

13. The similar study may be conducted on rural and urban students.