

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of varied packages of yogic practices on selected lipid profile status, physiological and psychological variables among overweight middle aged women. To facilitate the study, forty five overweight middle aged women were selected at random from Chennai and Kanchipuram District, Tamil Nadu. Their age was ranged between 40-50 years. They were assigned into three groups, experimental Group I, experimental group II and third one as control group. All the subjects were tested prior to and immediately after the 12 weeks treatment in progression on lipid profile status such as total cholesterol, high density lipoproteins, low density lipoproteins, very low density lipoproteins and triglycerides; physiological variables such as plasma glucose and cortisol; and psychological variables such as anxiety, self esteem and mental health. The initial and final scores were put in-to statistical treatment using Analysis of Covariance (ANCOVA) to find out the significant mean differences. Scheffe's post hoc test was used to find out the paired mean differences. In all the cases the 0.05 level of confidence was fixed.

5.2 CONCLUSIONS

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn:

1. It was concluded that the lipid profile status such as total cholesterol has significantly decreased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control

- group. But particularly in the experimental group II was significant decrease in the total cholesterol level when compared to the experimental group I.
2. It was concluded that the lipid profile status such as high density lipoproteins has significantly increased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant increase in the high density lipoprotein level when compared to the experimental group I.
 3. It was concluded that the lipid profile status such as low density lipoproteins has significantly decreased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant decrease in the low density lipoproteins level when compared to the experimental group.
 4. It was concluded that the lipid profile status such as very low density lipoproteins has significantly decreased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women. But there was no significant difference on very low density lipoproteins between experimental group II and experimental group I.
 5. It was concluded that the lipid profile status such as triglycerides has significantly decreased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant decrease in the triglycerides level when compared to the experimental group I.
 6. It was concluded that the physiological variable such as plasma glucose has significantly decreased due to the influence of twelve weeks practice of different

packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant decrease in the plasma glucose level when compared to the experimental group I.

7. It was concluded that the physiological variable such as cortisol has not significantly altered due to the influence of twelve weeks practice of different packages of yogic practices among overweight women.
8. It was concluded that psychological variable such as anxiety has significantly decreased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant decrease in the anxiety level when compared to the experimental group I.
9. It was concluded that psychological variable such as self esteem has significantly increased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant increase in the self esteem level when compared to the experimental group I.
10. It was concluded that psychological variable such as mental health has significantly increased due to the influence of twelve weeks practice of different packages of yogic practices among overweight women compared to the control group. But particularly in the experimental group II was significant increase in the mental health level when compared to the experimental group I.

5.3 RECOMMENDATIONS

On the basis of the findings and conclusions of the present study, the following recommendations were framed,

1. The same study may be extended to further time period.

2. It was recommended that a similar study may be conducted on the special population.
3. The present study was mainly focused on women only; men may be considered for further study.
4. Similar study may be conducted on obesity women with the same lipid profile status, physiological and psychological variables.
5. Similar study may be conducted on obesity men with the same lipid profile status, physiological and psychological variables.
6. Yoga may be included in other schemes of the government for the welfare of the society.
7. The findings of study proved that different packages of yoga improved lipid profile status, physiological and psychological variables. Teachers, physician and coaches can suitably include Yogic Practice for strengthening the students in general.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

The researcher make following suggestions for further researcher:

1. A study may also be undertaken to find out the Effect of different packages of yogic practices on similar other independent and dependent variables not covered by this study.
2. A study may be undertaken to find out the effect of different packages of yogic practices on sports and games.
3. Similar study with larger samples may be undertaken to find out the Effect of different packages of yogic practices among college.
4. Similar study may be conducted on various other variables such as motor ability, physical fitness, hematological and bio-chemical variables.

5. Similar study may be conducted for various other age groups.
6. Similar study may be repeated by employing normative studies.
7. The present study needed to be strengthened or supported by more relevant research studies.