

CHAPTER -V

SUMMARY, CONCLUSIONS AND RECOMMENDATION

5.1 SUMMMARY

The purpose of the study was to find out the effect of the three programmes (Aerobic Training, Pranayama Training, Combined Training) on physical, physiological and Bio-Chemical variable such as flexibility, body fat, vital capacity respiratory rate, bio chemical variables cholesterol and Hemoglobin.

At the initial stage 110 Asthma person belonging to Ariyalur District, Tamilnadu were randomly selected as the subjects prior to the pre -test data collection.

After the pre-test date collection, 40 male 40 female were finally selected as subjects for the study. They were randomly divided into four groups and each group consisted of 15 male subjects. Group A underwent pranayama training, group B underwent Aerobic training, group C underwent a combination of pranayama and Aerobic training while group D acted as the control group. The age of the subject ranged between 35 to 50 years.

The experimental-groups underwent the experimental training programmes for a period of twelve weeks with three training sessions in a week. The subjects underwent their

respective training programme under the strict supervision of the research scholar. All the subjects, involved in the training programme, were enquired about their stature, mood and health, and none of them reported any difficulties or discomfort during the training period.

The pre and post-test data were collected on the selected physical, physiological and biochemical variables of the three experimental groups and one control groups.

In order to test the effect of training, the collected data from all the three groups before, during and after the experimentation on health related physical fitness variables as mentioned above were statistically analyzed by using the two way (3x3) technical analysis of variance with last factor repeated measures.

The data collected from the three groups at post experimentation on health related physical fitness variables were statistically analysed by using the two way factorial ANCOVA with last factor repeated measures.

Whenever two way factorial ANCOVA with last factor repeated the obtained 'F' ratio interaction values are found to be significant the simple effect list is used. When the obtained 't' ratio -value in simple effect is found significant the Scheffe's test is applied as post hoc test to determine which of the period mean

had significant differences. In all the cases the level of confidence is fixed at 0.05 to test the significance.

5.2 CONCLUSIONS

On the basis of the results of the study the following conclusions were drawn

1. The pranayama group showed significant improvement and change from pre and post-test means on selected variables, namely Flexibility, body mass index, vital capacity, Tidel volume, Bio chemical variables such as such high density lipoproteins, low density lipoproteins, Hemoglobin.
2. The aerobic group showed significant improvement and change from pre and post-test means on selected variables, namely Flexibility, vital capacity, Tidel volume, respiratory rate, Bio chemical variables such as cholesterol, Hemoglobin.
3. The combined group showed significant improvement and change from pre and post test means on Flexibility, vital capacity, Tidel volume, Bio chemical variables such high density lipoproteins, low density lipoproteins, Hemoglobin.
4. The control group showed no significant improvement and change from pre test and post means on Flexibility, vital capacity, Tidel volume, Bio chemical variables such high density lipoproteins, low density lipoproteins, Hemoglobin.

5.3 Selected variables

All the three experimental training programmes. Namely pranayama group, Aerobic group and combined programme group showed significantly better performance and change when compared to the control group on all the variables.

The present study concludes that the three different yogic practice methods (PT,AT,CT) help improve the Flexibility, vital capacity, Tidel volume , respiratory rate, Bio chemical variables such as HDL cholesterol, Hemochlpion and reduce the LDL cholesterol.

5.4 Recommendation to the society

The following recommendation are made with strong feelings that they would further encourage the other professional colleagues and pave way for further studies in this area.

1. The findings of the study showed that there is improvement in the Flexibility, vital capacity, Tidel volume, respiratory rate, Bio chemical variables such as cholesterol, Hemoglobin level, HDL level and reduce the LDL level. So it is recommended that the doctors and yoga trainers to include them in their regular schedule of remedial of training programmes for reducing the asthma level.

2. Similar studies may be conducted to find out the effect of other yogic practice such as asana and meditation on selected variables.
3. Similar gender-wise studies may be conducted to observe the gender differences if any, on the selected variables.
4. It is also recommended that the present study, thus needs to be strengthened or supported by more relevant research studies.
5. The intensity of the training and number of training sessions can be fixed according to the performance level of the subjects.