

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the Random Group Experimental study was to find out the effects of Traditional Yoga (Group I) and Tibetan Yoga (Group-II) on selected Physiological, Bio Chemical and Psychological variables among Type II Diabetic women.

To facilitate the study, 45 Type II Diabetic women were selected at random from Chennai as subjects aged between 35 to 45 years.

In this study yogic practices were given to experimental group for the period of twelve weeks. The pre test was taken from the subjects before administering the training. The subjects were involved with their respective training for a period of twelve weeks. At the end of the twelfth week training post test were taken.

After the experimental period of twelve weeks post test scores were obtained from all the three groups. The scores on Physiological, Bio Chemical and Psychological variables were considered as the effect of Traditional Yoga (Group I) and Tibetan Yoga (Group-II) practices on Type II Diabetic women. The mean differences were tested for significance at 0.05 level of confidence using Analysis of Covariance (ANCOVA) among the three groups on selected Physiological, Bio Chemical and Psychological variables were considered as the effect of Traditional Yoga (Group I) and Tibetan Yoga (Group-II) practices on Type II Diabetic women patients. To find out the paired mean differences, scheffe's post hoc test was also used. The hypotheses were accepted at 0.05 level of significance.

The results proved that there were significant differences in selected physiological, biochemical and psychological variables due to twelve week yogic practices among Type II diabetic women.

5.2 CONCLUSIONS

Within the limitations of the present study, the following conclusions were drawn:-

1. It was concluded that the Yogic practices of Traditional Yoga and Tibetan Yoga decreased the Physiological variables such as BMI, Blood pressure and Pulse rate; decreased the Bio-chemical variables such as Fasting blood sugar, HbA1c, Total Cholesterol and reduced the Psychological variable Anxiety and improved the other Psychological variables such as Work & Social Adjustment and Satisfaction with Life than the Control group among Type II diabetic women.
2. It was concluded that Yogic practices of Traditional Yoga was slightly effective than Tibetan Yoga in decreasing Blood pressure, Pulse Rate, BMI, Fasting blood sugar, HbA1c, Total Cholesterol, in reducing Anxiety and improving Work & Social Adjustment and Satisfaction with Life among Type II diabetic women.

5.3 RECOMMENDATIONS

1. Yogic practices may also be recommended for controlling diabetic men.
2. Yogic practices may be recommended for other types of diabetic patients also.
3. Yogic practices may be included in the health sectors, especially hospitals and primary health centers also.
4. The government may encourage yogic practices to improve health status.
5. Yogic practices may be done by all the peoples in their daily routine.
6. Yogic practices may be done to promote fitness and wellness of the people.

5.4 SUGGESTIONS FOR FURTHER STUDY

1. Similar study may be conducted on various other age groups also.
2. Similar study may be conducted for the extension period of experimentation too.
3. The present study was mainly focused on women patients only. The same study may be done on men also.
4. Similar study may be undertaken by selecting a large sample.
5. Dependent variables other than Physical, Biochemical and Psychological aspects may also be studied.
6. Combination of both Traditional yoga and Tibetan yoga practices may also be incorporated with other group of study.
7. Similar study may be conducted for other diseases.
8. Similar study may be conducted with other yogic techniques.
9. Similar study may also be conducted on all the walks of life.