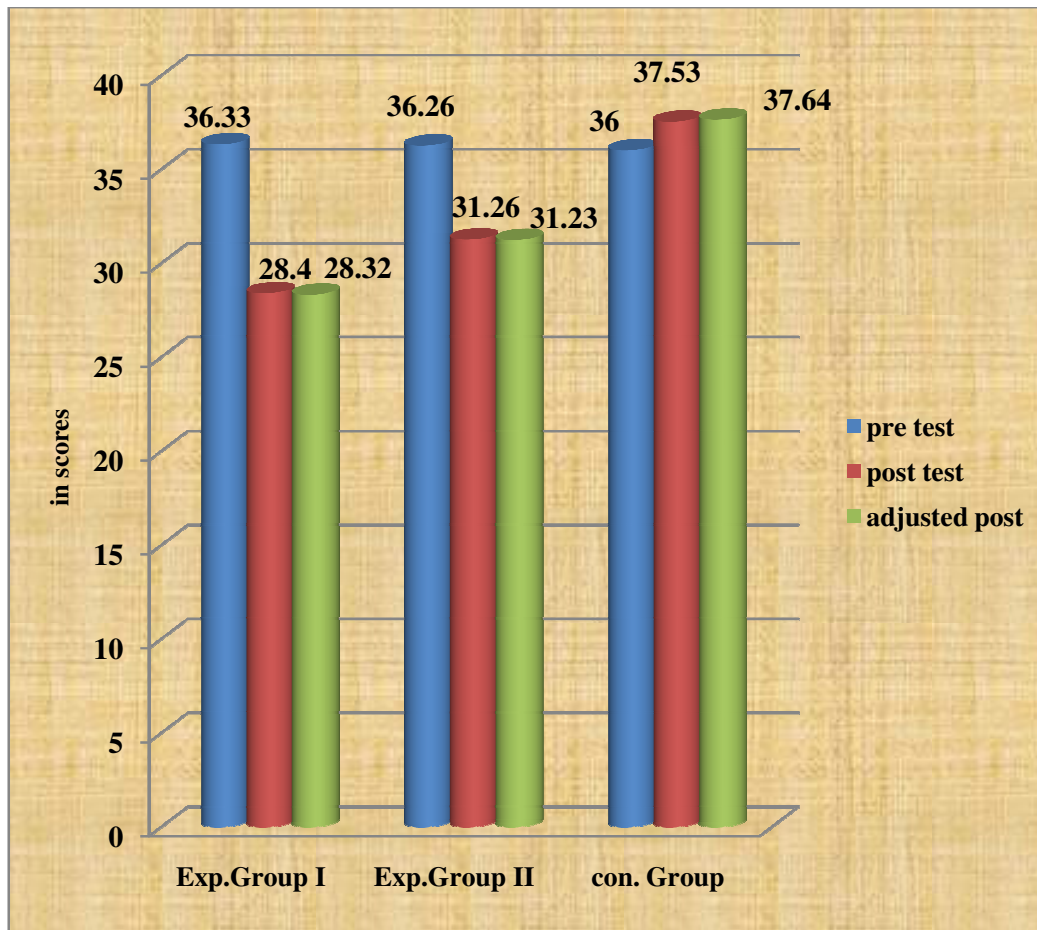


The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 91.

**BAR DIAGRAM SHOWING THE ADJUSTED POST TEST MEANS OF  
EXPERIMENTAL AND CONTROL GROUPS ON SELF CONFIDENCE  
(in Scores)**



**FIGURE 91**

**4.12.1 DISCUSSION ON THE FINDINGS OF SELF CONFIDENCE**

The Table XXIV (A) shows that Scheffe's confidence interval values of self-confidence among yogic practices with moderate physical activities (Group-I), yogic

practices without moderate physical activities (Group-II) and Control Group (Group-III) of middle aged obese men.

From the Table XXIV (A) it is clear that the adjusted post mean value of yogic practices with moderate physical activities (Group-I), yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) of middle aged obese men were 28.33, 31.23 and 37.64 respectively.

The mean difference between yogic practices with moderate physical activities (Group-I) and yogic practices without moderate physical activities (Group-II), Yogic Practices of Yogic practices with moderate physical activities (Group-I and Control Group (Group-III), Yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) were 2.90, 9.31 and 6.41 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 2.33 and the difference between yogic practices of Yogic practices with moderate physical activities (Group-I), Yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) of Middle aged obese men were greater than required confidence interval and hence the groups were significant.

The result of this study on self-confidence has in line with the study conducted by **Hanton et.al., (2004)**, on the symptom responses associated with competitive anxiety through a fine-grained measurement approach and found that the self-confidence increased significantly as like the present study.

#### 4.13 RESULTS ON JOB SATISFACTION

**TABLE XXV COMPUTATION OF ANALYSIS OF COVARIANCE OF TRAINING GROUPS AND CONTROL GROUP ON JOB SATISFACTION (in scores)**

Test	EXP GROUP-I	EXP GROUP-II	CON GROUP	SV	SS	Df	MS	F
Pre test	45.53	44.6	46	Between	15.24	2	7.62	<b>0.87</b>
				Within	365.33	42	8.69	
Post test	54.73	50.13	45.8	Between	598.71	2	299.35	<b>22.40*</b>
				Within	561.06	42	13.35	
Adjusted	54.60	50.79	45.26	Between	655.76	2	327.88	<b>45.61*</b>
				Within	294.72	41	7.18	
Mean gain	9.2	5.53	0.2					

**\*Significant at 0.05 level of confidence (Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.22, 2 and 41 (df) =3.23).**

As shown in Table XXV the obtained F value on the scores of pretest means 0.87 was less than the required table of 3.22 value, which proved that the random assignment of the subjects were successful and their scores in job satisfaction before the training were equal and there was no significant differences.

The obtained F value on posttest means was 22.40, which was greater than the required table value of 3.22 the study was significant.

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 45.61 was greater than the required table value of 3.23 and hence it was accepted that there was significant differences among the treated groups.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in Table XXV (A).

**TABLE XXV (A) SCHEFFE'S CONFIDENCE INTERVAL TEST SCORES ON  
JOB SATISFACTION (in scores)**

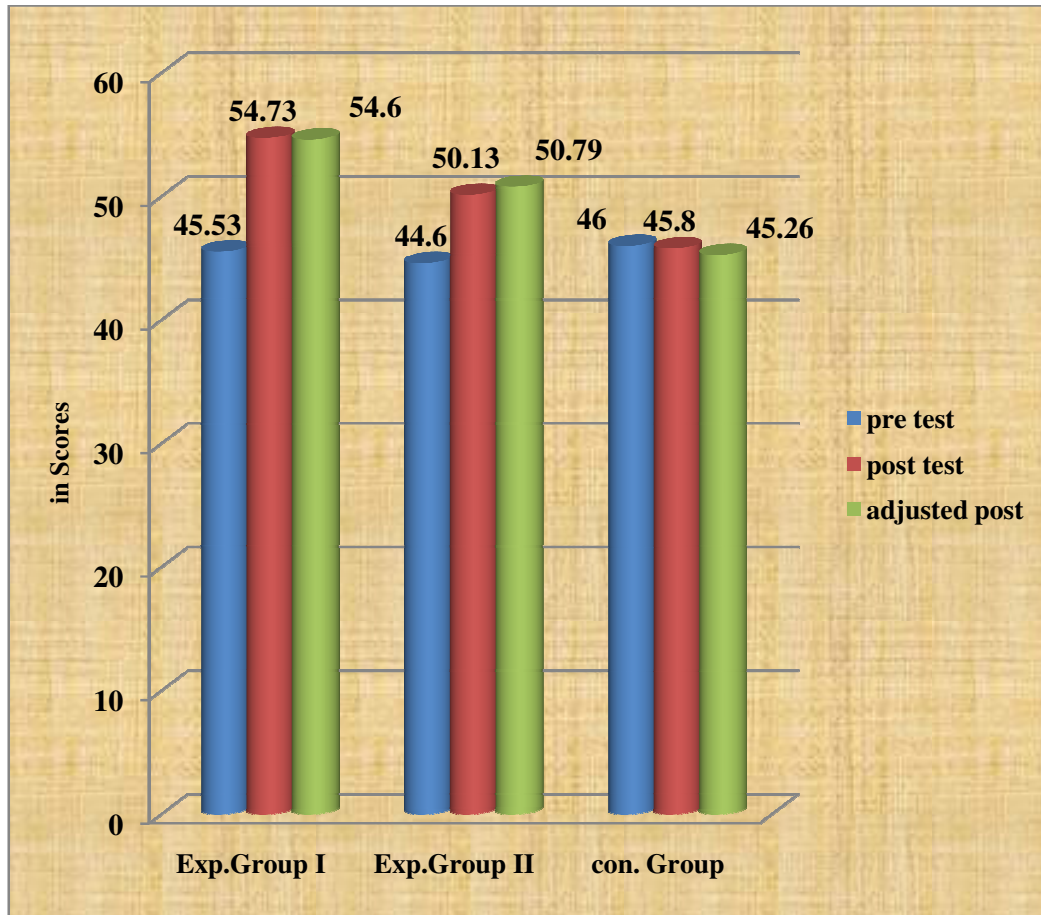
<b>EXP GROUP-I</b>	<b>EXP GROUP-II</b>	<b>CON GROUP</b>	<b>MD</b>	<b>CI</b>
54.60	50.80		<b>3.80*</b>	2.49
54.60		45.27	<b>9.33*</b>	
	50.80	45.27	<b>5.53*</b>	

**\* Significant at 0.05 level of confidence.**

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between yogic practices with moderate physical activities group and control group and there was significant differences existed between yogic practices without moderate physical activities and control group and there was significant differences existed between moderate physical activities group and yogic practices without moderate physical activities group on Job Satisfaction.

The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 92.

**BAR DIAGRAM SHOWING THE ADJUSTED POST TEST MEANS OF  
EXPERIMENTAL AND CONTROL GROUPS ON  
JOB SATISFACTION (in scores)**



**FIGURE 92**

#### **4.13.1 DISCUSSION ON THE FINDINGS OF JOB SATISFACTION**

The Table shows that Scheffe's confidence interval values of job satisfaction among yogic practices with moderate physical activities (Group-I), yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) of middle aged obese men.

From the Table it is clear that the adjusted post mean value of yogic practices with moderate physical activities (Group-I), yogic practices without moderate

physical activities (Group-II) and Control Group (Group-III) of middle aged obese men were 54.60, 50.80 and 45.27 respectively.

The mean difference between yogic practices with moderate physical activities (Group-I) and yogic practices without moderate physical activities (Group-II), Yogic Practices of Yogic practices with moderate physical activities (Group-I and Control Group (Group-III), Yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) were 3.80, 9.33 and 5.53 respectively. The required Scheffe's confidence interval to be significant at 0.05 level was 2.49 and the difference between yogic practices of Yogic practices with moderate physical activities (Group-I), Yogic practices without moderate physical activities (Group-II) and Control Group (Group-III) of Middle aged obese men were greater than required confidence interval and hence the groups were significant.

The result of this study on Job Satisfaction has in line with the study conducted by **Kim H J (2013)**, on the relationship between the level of physical activity and body satisfaction in collegiate females and found that the Job Satisfaction improved significantly like the present study.

#### **4.14 DISCUSSION ON HYPOTHESIS**

It was hypothesized that there would be significant differences due to yogic practices with and without moderate physical activities on selected risk factors among middle aged obese men than the control group.

The results presented in the tables of Analysis of co-variance(ANCOVA) proved that there were significant differences due to yogic practices with moderate physical activities (Experimental Group I) and yogic practices without moderate physical activities (Experimental Group-II) on selected Physiological variables namely systolic blood pressure, diastolic blood pressure and body mass index (all decreased), Bio chemical variables such as low-density lipoprotein (LDL) and Total Cholesterol (all decreased) and HDL (increased), and Psychological variables such as Self Confidence and Job satisfaction (all improved) and Anxiety (reduced) among middle

aged obese men than the control group. Hence the formulated research hypothesis was accepted at 0.05 level of significance.

It was hypothesized that there would be significant differences between Yogic practices with moderate physical activities and Yogic practices without moderate physical activities groups on selected risk factors among middle aged obese men.

The post hoc analysis of the results proved that yogic practices with moderate physical activities (Experimental Group-I) was considerably effective than yogic practices without moderate physical activities (Experimental Group-II) in decreasing physiological variables such as Systolic Blood Pressure, Diastolic Blood Pressure and Body Mass Index (BMI) (all decreased), Biochemical variables such as low-density lipoprotein (LDL) and Total Cholesterol (all decreased) and High-density lipoprotein (HDL) (Increased) and in improving psychological variables such as Self confidence and Job satisfaction and Anxiety (Reduced) among middle aged obese men. Hence the formulated research hypothesis was accepted at 0.05 level of significance.

## **CHAPTER - V**

### **SUMMARY CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 SUMMARY**

The purpose of the Random Group Experimental study was to find out the effects of Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group-II) on selected risk factors among Middle aged obese men.

To facilitate the study, 45 Middle aged obese men were selected at random by using Random Sampling design from Chennai as subjects aged between 40 to 50 years.

In this study yogic practices with and without moderate physical activities were given to experimental groups for the period of twelve weeks. The pretest 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 posttest were taken.

After the experimental period of twelve weeks post test scores were obtained from all the three groups. The scores on risk factors were considered as the effect of Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group-II) practices on Middle aged obese men. The mean differences were tested for significance at 0.05 level of confidence using Analysis of Co-variance (ANCOVA) among the three groups on selected risk factors were considered as the effect of Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group-II) practices on Middle aged obese men. 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 on selected Risk factors due to twelve week yogic practices with and without moderate physical activities among Middle aged obese men.



## 5.2 CONCLUSIONS

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

It was concluded that Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group II) decreased Physiological variables such as systolic blood pressure, diastolic blood pressure and body mass index than the Control group among middle aged obese men.

It was concluded that Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group II) decreased Bio chemical variables such as low-density lipoprotein (LDL) and Total Cholesterol and Increased high-density lipoprotein (HDL) than the Control group among Middle aged obese men.

It was concluded that Yogic practices with moderate physical activities (Group I) and Yogic practices without moderate physical activities (Group II) improved the Psychological variables such as Self Confidence and Job satisfaction and reduced Anxiety than the Control group among Middle aged obese men.

It was concluded that Yogic practices with moderate physical activities (Group I) were slightly effective than Yogic practices without moderate physical activities (Group II) on selected physiological variables such as systolic blood pressure, diastolic blood pressure and body mass index (all decreased) among Middle aged obese men.

It was concluded that Yogic practices with moderate physical activities (Group I) were slightly effective than Yogic practices without moderate physical activities (Group II) on selected Bio-chemical variables such as low-density lipoprotein (LDL) and Total Cholesterol (all decreased) and High-density lipoprotein (HDL) (increased) among Middle aged obese men.

It was concluded that Yogic practices with moderate physical activities (Group I) were slightly effective than Yogic practices without moderate physical activities (Group II) on selected psychological variables such as Anxiety (reduced), Self Confidence and Job satisfaction (all improved) among Middle aged obese men.

### **5.3 RECOMMENDATIONS**

#### **Suggestions for Social Development:**

- Yogic practices with moderate physical activities may also be recommended for total well-being of men.
- Yogic practices with moderate physical activities may be included in the health sectors especially hospitals and primary health centers, too.
- The government may encourage yogic practices with moderate physical activities to improve health status of people.
- Yogic practices with moderate physical activities may be done by all the people in their daily routine.
- Yogic practices with moderate physical activities may be done to promote fitness and wellness of the people.

#### **Suggestions for Furtherance of Research**

- Similar study may be conducted on various other age groups also.
- The present study was mainly focused on men only. The study may be done on women also.
- A study may be undertaken by selecting a large sample and longer duration.
- Dependent variables other than Physiological, Bio chemical and Psychological aspects may also be studied.
- The study may be conducted on other problems also.
- The study may be conducted with other independent variables.
- Like minded study may also be conducted on other walks of life.

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## APPENDICES

### APPENDIX A

#### ANXIETY QUESTIONNAIRE FORM BY TAYLOR'S(in Scores)

**NAME:**

**AGE:**

**SEX:**

S.NO	STATEMENTS	Yes	No
1.	I do not line quickly.		
2.	I am troubled by attacks of nausea.		
3.	I believe I am no more nervous than most others.		
4.	I have very few head-aches.		
5.	I cannot keep my mind on one thing.		
6.	I work under a great deal of tension.		
7.	I worry over money and business.		
8.	I frequently notice my head shakes when I try to do something.		
9.	I blush no more often than others.		
10.	I have diarrhea once a month or more.		
11.	I worry quite a bit over possible.		
12.	I practically never blush.		
13.	I am often afraid that I am going to blush.		
14.	I have nightmares very few nights.		
15.	My hands and feet are usually warm enough.		
16.	I sweat very easily even on cool days.		
17.	Sometimes when embarrassed. I break out in a sweat which arroyos me greatly.		
18.	I hardly ever notice my heart pounding and I am seldom short of breath.		
19.	I feel hungry almost all the time.		
20.	I am very seldom troubled by constipation.		
21.	I have a great deal of stomach trouble.		
22.	I have had period in which I lost sleep over worry.		
23.	My sleep is fitful and disturbed.		
24.	I dream frequently about things that are best kept to me.		

S.NO	STATEMENTS	Yes	No
25.	I am easily embarrassed.		
26.	I am more sensitive than most other people.		
27.	I frequently find myself worrying about something.		
28.	I wish I could be as happy as others seem to be.		
29.	I am usually calm and not easily upset.		
30.	I cry easily.		
31.	I feel anxiety about something of someone.		
32.	I am happy most of the time.		
33.	It makes me nervous to have to wait.		
34.	I have periods of such great restlessness that I cannot sit long in a chair.		
35.	Sometime I become so excited that I find it hard to get to sleep.		
36.	I have sometimes felt that difficulties were piling up so high that I could not overcome them.		
37.	I must admit that I have at times been worried beyond reason over something that easily did not matter.		
38.	I have very few fears compared to my friends.		
39.	I have been afraid of things or people that I know could not hurt me.		
40.	I certainly feel useless at times.		
41.	I find it hard to keep my mind on a task or job.		
42.	I am usually self-conscious.		
43.	I am inclined to take things hard.		
44.	I am a highly strung person.		
45.	At times I think I am no good at all.		
46.	Life is a strain for me much of the time		
47.	I am certainly lacking in self-confidence		
48.	I sometimes feel that I am about to go to pieces		
49.	I shrink from facing a crisis of difficulty		
50.	I am entirely self- confident		



## APPENDIX B

## SELF CONFIDENCE QUESTIONNAIRE FORM BY REKHA AGNIHOTRI

S.NO	STATEMENTS	True	False
1.	It always happens to you that you cannot come to a first decision / conclusion to the last moment of your work.		
2.	Whenever a subject is brought to you / or asked about the subject you don't hesitate to give answer to it.		
3.	Whenever you have a meeting with the public you experience self-confidence.		
4.	Your feeling sometimes hurt other.		
5.	Whenever you don't want to meet some people you change your route.		
6.	You always fear that others don't like you.		
7.	Without any distress you confuse on any difficult problems.		
8.	For a silly thing people unjustly blame.		
9.	You always deny playing certain games because you know you are not good at it.		
10.	You always worry / think more an every subject matter.		
11.	You don't plainly explain your feeling.		
12.	You think everyone is always interested to get the best out of you.		
13.	Whenever you start a work you have the fear of losing / not succeeding it.		
14.	At times when needed you feel that you are unable to give the correct answers that express your feelings.		
15.	You feel life is very strenuous.		
16.	You get yourself concentrate on a subject is very difficult.		
17.	To keep you concentrate on a subject is very difficult.		
18.	Most of the times you have neglected to do the work the assignment has given to you. Because you feel that you are incapable of doing it.		
19.	You feel that you are not facing the problems in an orderly manner.		
20.	You spend most of your time, simply thinking of your future.		

S.NO	STATEMENTS	True	False
21.	You have lost some of your golden chances because you are unable to take a quick and final decision.		
22.	It is believed that you always live in a depressed mood.		
23.	You make friendship in no time as other do.		
24.	Whenever your feelings do not match with others you feel much discouraged		
25.	It is believed that you are satisfied with others you feel much discouraged.		
26.	You don't have positive way to take any job.		
27.	You get discouraged immediately.		
28.	Whenever you get upset it takes more time for you to get back to normality.		
29.	You feel that nobody understands you.		
30.	Sometimes you feel discomfort (or) uneasy to sit quietly in one place.		
31.	When you are single you experience yourself courage and boldness.		
32.	You are simple and you feel yourself that there is no one for you.		
33.	You feel difficulty in making new friends.		
34.	You face difficulty in making new friends.		
35.	At any social gathering discussion instead of active participation you keep yourself aloof / away.		
36.	You feel yourself insecure.		
37.	It is difficult for you to speak before a large gathering.		
38.	Whenever someone looks at you, you can't do better than normally you do the job.		
39.	Whenever someone comments either favorably or unfavorably you feel distressed.		
40.	You admire yourself a man of success.		
41.	You admire yourself a man of success.		
42.	You always feel that whatever you want to do you can do it.		