CHAPTER IV

RESULTS AND DISCUSSIONS

OVERVIEW

This results and discussions chapter deals with the two groups of experimental group and another one group of control group were analyzed for the variations in health related risk factors in relation in pre test, post test.

In these study 45 Men with andropause taken as subjects and their age was ranged from 35 to 45 years and analysis of co variance [ANCOVA – Analysis of covariance] was applied at 0.05 level of confidence and this chapter well along with graphical applications.

TEST OF SIGNIFICANCE

This is the crucial portion of the thesis in arriving at the conclusion by examining the statistical hypotheses and either by accepting the null hypothesis or rejecting the same in accordance with the results obtained in relation to the level of significance fixed by the investigator.

LEVEL OF SIGNIFICANCE

The level of significance is probability level below which we rejected the hypothesis is term as the level of significance. The F- ratio obtained analysis of co-variance needed 3.22 for significant at 0.05 level. In addition to that the significant difference between the paired adjusted means were tested by computing the confidence interval value utilizing the Scheffe's post-hoc test, in which the obtained

means difference value needed to be greater than the Scheffe's post hoc interval values value for significance.

COMPUTATION OF ANALYSIS OF COVARIANCE AND POST HOC TEST

RESULTS OF FLEXIBILITY

The Flexibility was measured through standardized test. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 7

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON FLEXIBILITY

(Scores in cms)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	22.267	22.600	21.533	A	8.933333	2	4.466667	2.174
				W	86.26667	42	2.053968	
POST TEST	25.867	23.867	20.133	A	254.04	2	127.0222	45.51*
				W	117.20	42	2.790476	
ADJUSTED POST TEST	25.86	23.85	20.16	A	236.3123	2	118.1561	41.38*
				W	117.0442	41	2.854735	
MEAN GAIN (M.G)	3.6	12.67	1.4					

*Significant

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

This table shows that the pre (Initial) test mean scores of Flexibility for yogic training (with and without diet) groups and control group (no training) were 22.26, 22.60 and 21.53 respectively and the obtained 'F' value on pre (initial) test values 2.174 was less than the 'F' value of 3.22 to be significant at 0.05 level of confidence . This results shows that there was no significant differences among this three groups.

The post (final) test mean scores of three group such as yogic training (with and without diet) groups and control group (no training) were recorded as 25.86, 23.86, 20.13 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 45.51 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 41.38 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on physical variable of Flexibility .

Since significant improvements (changes) were recorded , the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table IV

TABLE 8

SCHEFFE'S (POST-HOC) TEST FOR FLEXIBILITY

Gr. I	Gr. II	C. Group	Mean difference	C.I
25.86	23.85		2.014*	*1.790*
25.86		20.16	5.702*	1.790
	23.85	20.16	3.688*	1.790

*significant

4.4.2. DISCUSSION AND FINDINGS OF FLEXIBILITY

The Table-IV shows that Scheffe's post hoc interval values of Flexibility of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause .

From the Table--IV it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 25.86, 23.85 and 20.16 respectively.

The mean difference between three groups such as yogic training (with and without diet) groups and control group (no training) were 2.014, 5.702 and 3.688 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 1.790 and the differences between three groups such as yogic training (with and without diet) groups and control group (no training) of men with andropause were greater than required confidence interval and hence it is significant.

The Flexibility result has in the line with the related study to conducted by Woodyard C.2011.

Figure 32

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Flexibility

(Total Scores In cms)
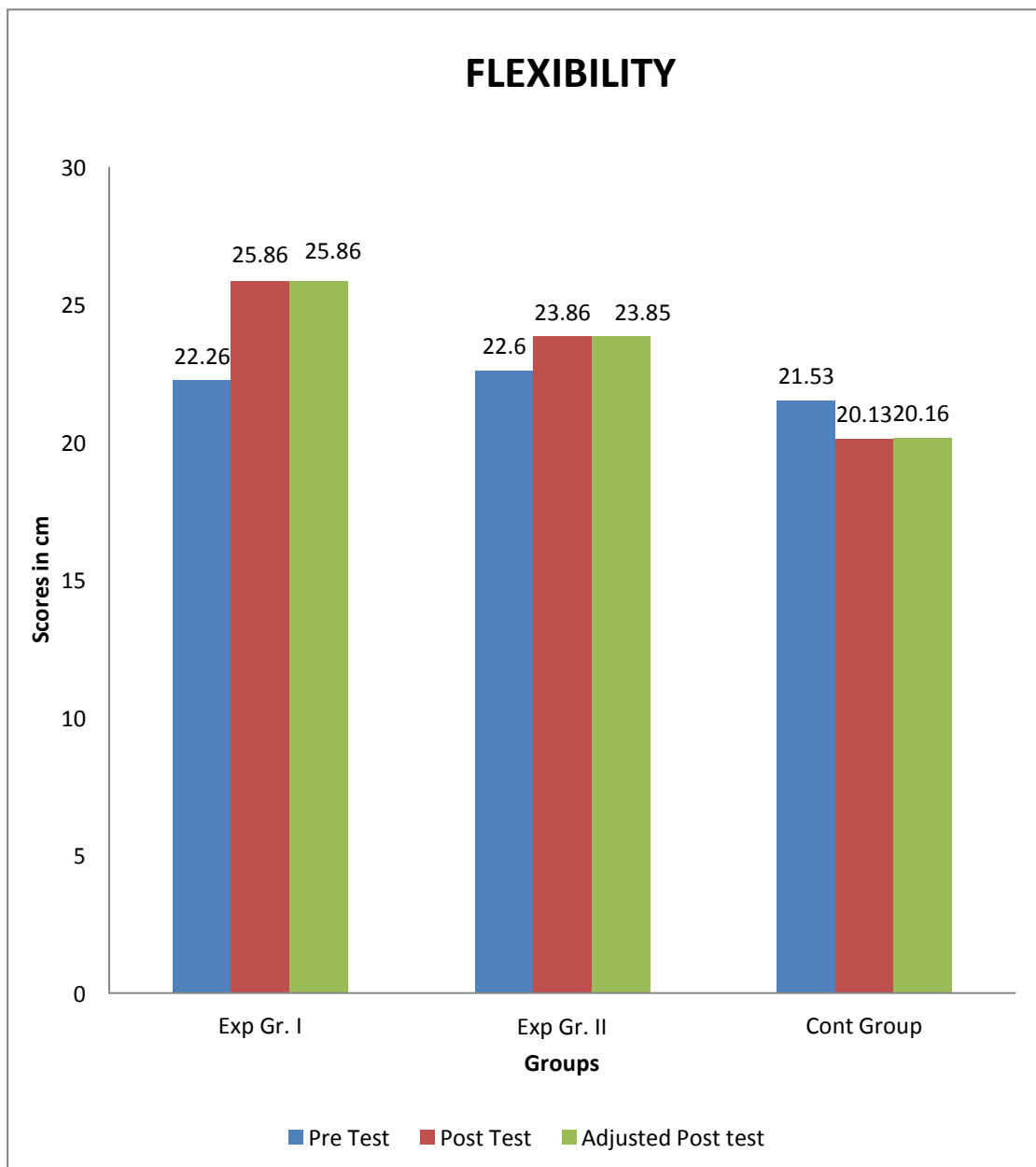
4.4.1. RESULTS OF SYSTOLIC BLOOD PRESSURE

The Systolic Blood Pressure was measured through standard equipment (sphygmomanometer and stethoscope). The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

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TABLE 9

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON SYSTOLIC BLOOD PRESSURE

(Scores in mm/hg)

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Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	141.40	143.13	142.53	A	23.24444	2	11.62222	0.8121
				W	601.0667	42	14.31111	
POST TEST	132.46	136.60	141.93	A	675.73	2	337.8667	24.370*
				W	582.27	42	13.86349	
ADJUSTED POST TEST	132.45	136.61	141.94	A	669.5582	2	334.7791	23.580*
				W	582.0844	41	14.19718	
MEAN GAIN (M.G)	8.94	6.53	0.6					

*Significant 1

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table III shows that the pre (Initial) test mean scores of Systolic Blood Pressure for yogic training (with and without diet) groups and control group (no training) were 141.40, 143.13, 142.53 respectively and the obtained 'F' value on pre (initial) test values 0.812 was less than the 'F' value of 3.22 to be significant at 0.05 level of confidence. This results shows that there was no significant differences among this three groups.

The post (final) test mean scores of three group such as yogic training (with and without diet) groups and control group (no training) were recorded as 132.46, 136.60, 141.93 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 24.37 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 23.58 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on physiological variable of Systolic Blood Pressure.

Since significant improvements (changes) were recorded, the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table IV

TABLE 10

SCHEFFE'S (POST-HOC) TEST FOR SYSTOLIC BLOOD PRESSURE

Gr. I	Gr. II	C. Group	Mean difference	C.I
132.45	136.61		4.164*	*3.99*
132.45		141.94	9.486*	*3.99*
	136.61	141.94	5.323*	*3.99*

*significant

DISCUSSION AND FINDINGS OF SYSTOLIC BLOOD PRESSURE

The Table-IV shows that Scheffe's post hoc interval values of Systolic Blood Pressure of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause.

From the Table--IV it is clear that the mean value of three groups such as yogic training with and without diet groups and control group of Men with andropause were 132.45, 136.61 and 141.94 respectively.

The mean difference between three groups such as yogic training (with and without diet) groups and control group (no training) were 4.16, 9.4 and 5.3 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 3.94 and the differences between three groups such as yogic training (with and without diet) groups and control group (no training) of men with andropause were greater than required confidence interval and hence it is significant.

The Systolic Blood Pressure result has in the line with the related study to conducted by Pramanik T,et.al,(2009).

Figure 33

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Systolic Blood Pressure

(Total Scores in mm/hg)

SYSTOLIC BLOOD PRESSURE
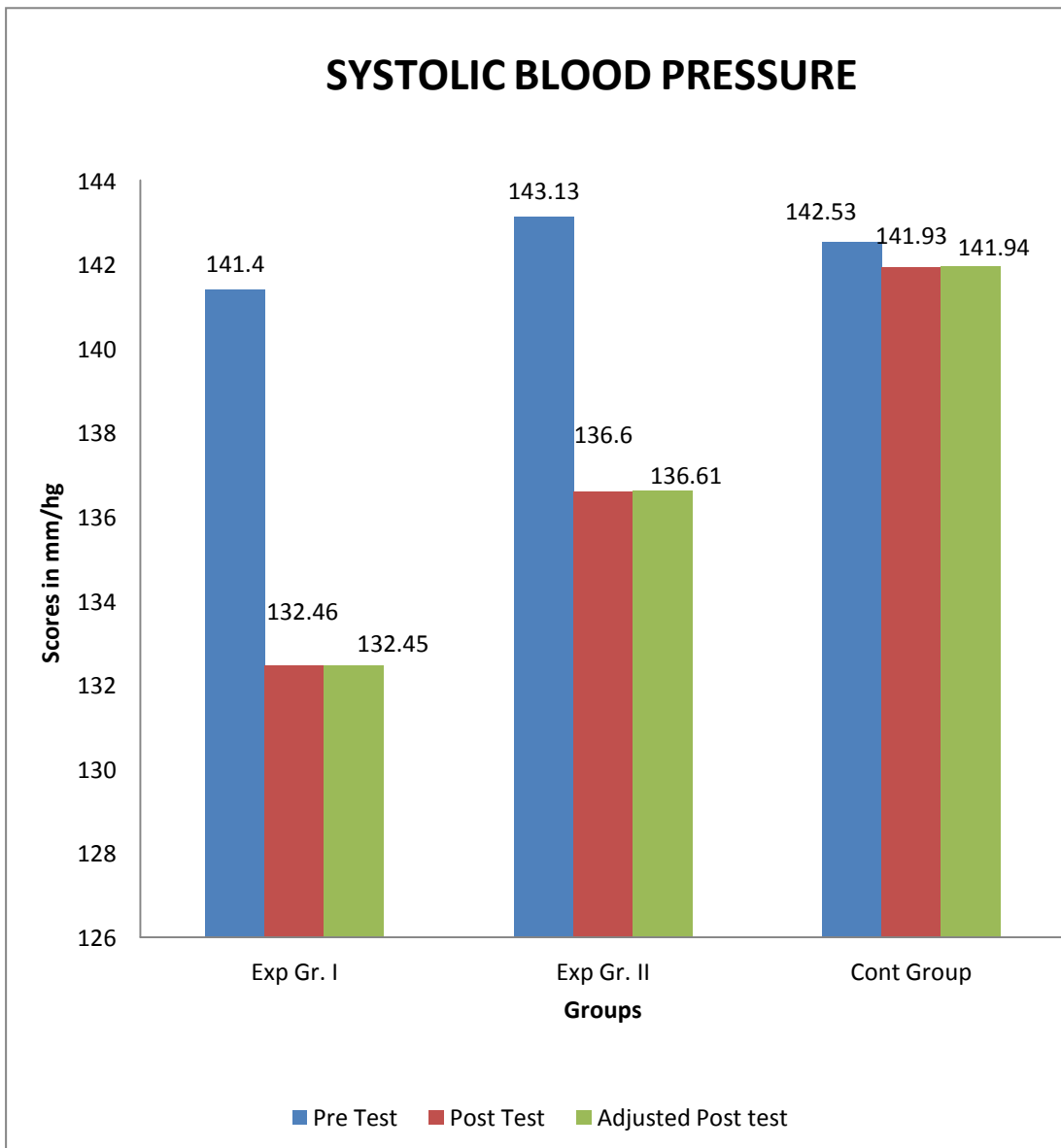
4.4.2   RESULTS OF (BODY MASS INDEX)

The physiological variable body mass index was measured through stadiometer and weighing machine. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 11

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON BODY MASS INDEX

(Total Scores in BMI = Weight(kg) / Height (m)^2)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	24.900	24.647	24.093	A	5.105333	2	2.552667	0.490
				W	218.4267	42	5.200635	
POST TEST	20.107	22.020	24.627	A	154.43	2	77.21489	30.3192*
				W	106.96	42	2.54673	
ADJUSTED POST TEST	20.10	22.02	24.64	A	152.2149	2	76.10743	29.204*
				W	106.8464	41	2.606011	
MEAN GAIN (M.G)	4.79	2.627	0.534					

*Significant 1

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table V shows that the pre (Initial) test mean scores of Body mass index for yogic practices with and without diet   group and control group were 24.90, 24.64, 24.09 respectively and the obtained 'F' value on pre (initial) test values 0.490 was less

than the 'F' value of 3.22 to be significant at 0.05 level of confidence . This results shows that there was no significant differences among this three groups .

The post test (final) mean scores of yogic practices (with and without diet) groups and control group (no training) were recorded as 20.10, 22.02, 24.62 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 30.31 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 29.20 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on physiological variable of body mass index.

Since significant improvements (changes) were recorded, the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table VI.

TABLE 12

SCHEFFE'S (POST-HOC) TEST FOR BODY MASS INDEX

Gr. I	Gr. II	C. Group	Mean difference	C.I
20.10	22.02		1.919*	*1.7104*
20.10		24.64	4.539*	*1.7104*
	22.02	24.64	2.619*	*1.7104*

*significant

4.4.2 DISCUSSION AND FINDINGS OF BODY MASS INDEX

The Table-VI shows that Scheffe's post hoc interval values of Body mass index of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause .

From the Table--VI it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 19.79, 23.55 and 23.91 respectively.

The mean difference between three groups such as yogic training (with and without diet) groups and control group (no training) were 1.91, 4.53 and 2.61 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 1.71 and the differences between three groups such as yogic training (with and without diet) groups and control group (no training) of men with andropause were greater than required confidence interval and hence it is significant.

The Body Mass Index result has in the line with the related study to conducted by **Relwani R, Berger D, Santoro N, Hickmon C, Nihsen M, Zapantis A, Werner M, Polotsky AJ, Jindal S.2011.**

Figure 34

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Body mass Index

(Total Scores in wt/ht. mt2)
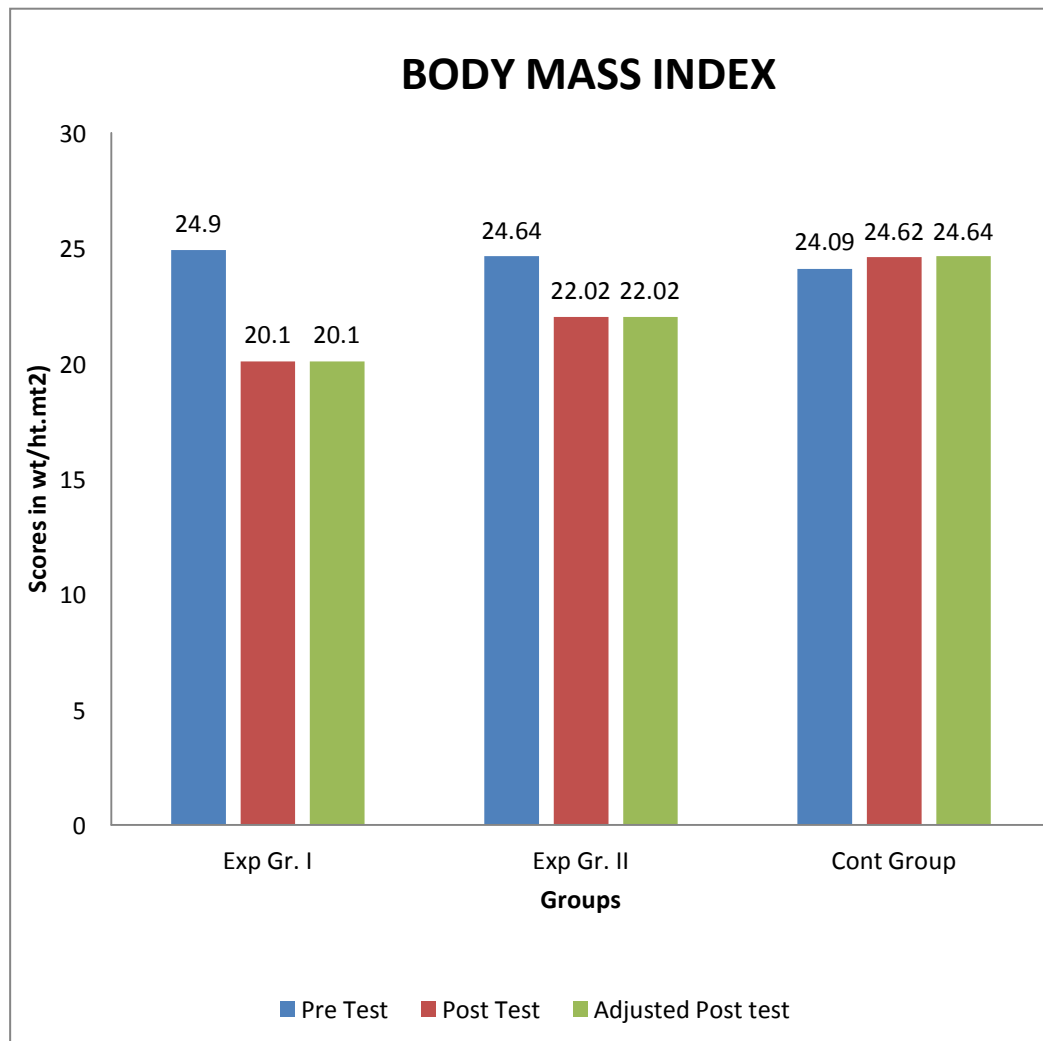
4.4.1. RESULTS OF RESPIRATORY RATE

The Respiratory Rate was measured through stop watch and stethoscope. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 13

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON RESPIRATORY RATE

(Scores in no. of breath/min)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	23.067	22.467	22.933	A	2.977778	2	1.488889	0.37
				W	167.6	42	3.990476	
POST TEST	17.867	19.400	21.200	A	83.51	2	41.75556	21.45*
				W	81.73	42	1.946032	
ADJUSTED POST TEST	17.88	19.39	21.20	A	83.27634	2	41.63817	20.95*
				W	81.48382	41	1.98741	
MEAN GAIN (M.G)	5.803	3.067	1.733					

*Significant

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table III shows that the pre (Initial) test mean scores of Respiratory Rate for yogic training (with and without diet) groups and control group (no training) were 23.06, 22.46, 22.93 respectively and the obtained 'F' value on pre (initial) test values 0.37 was less than the 'F' value of 3.22 to be significant at 0.05 level of confidence . This results shows that there was no significant differences among this three groups .

The post (final) test mean scores of three group such as yogic training (with and without diet) groups and control group (no training) were recorded as 17.66, 19.40, 21.20 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 21.45 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 20.95 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on physiological variable of Respiratory Rate .

Since significant improvements (changes) were recorded , the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table IV.

TABLE 14

SCHEFFE'S (POST-HOC) TEST FOR RESPIRATORY RATE

Gr. I	Gr. II	C. Group	Mean difference	C.I
17.88	19.39		1.510*	*1.49*
17.88		21.20	3.328*	*1.49*
	19.39	21.20	1.818*	*1.49*

*significant

4.4.2 DISCUSSION AND FINDINGS OF RESPIRATORY RATE

The Table-IV shows that Scheffe's post hoc interval values of Respiratory Rate of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause .

From the Table--IV it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 17.88, 19.39 and 21.20 respectively.

The mean difference between three groups such as yogic training (with and without diet) groups and control group (no training) were 1.510, 3.328 and 1.818 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 1.49 and the differences between three groups such as yogic training (with and without diet) groups and control group (no training) of men with andropause were greater than required confidence interval and hence it is significant.

The Respiratory Rate result has in the line with the related study to conducted by Upadhyay Dhungel K, et.al, (2008).

Figure 35

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Respiratory Rate

(Scores in no.of breath/min)
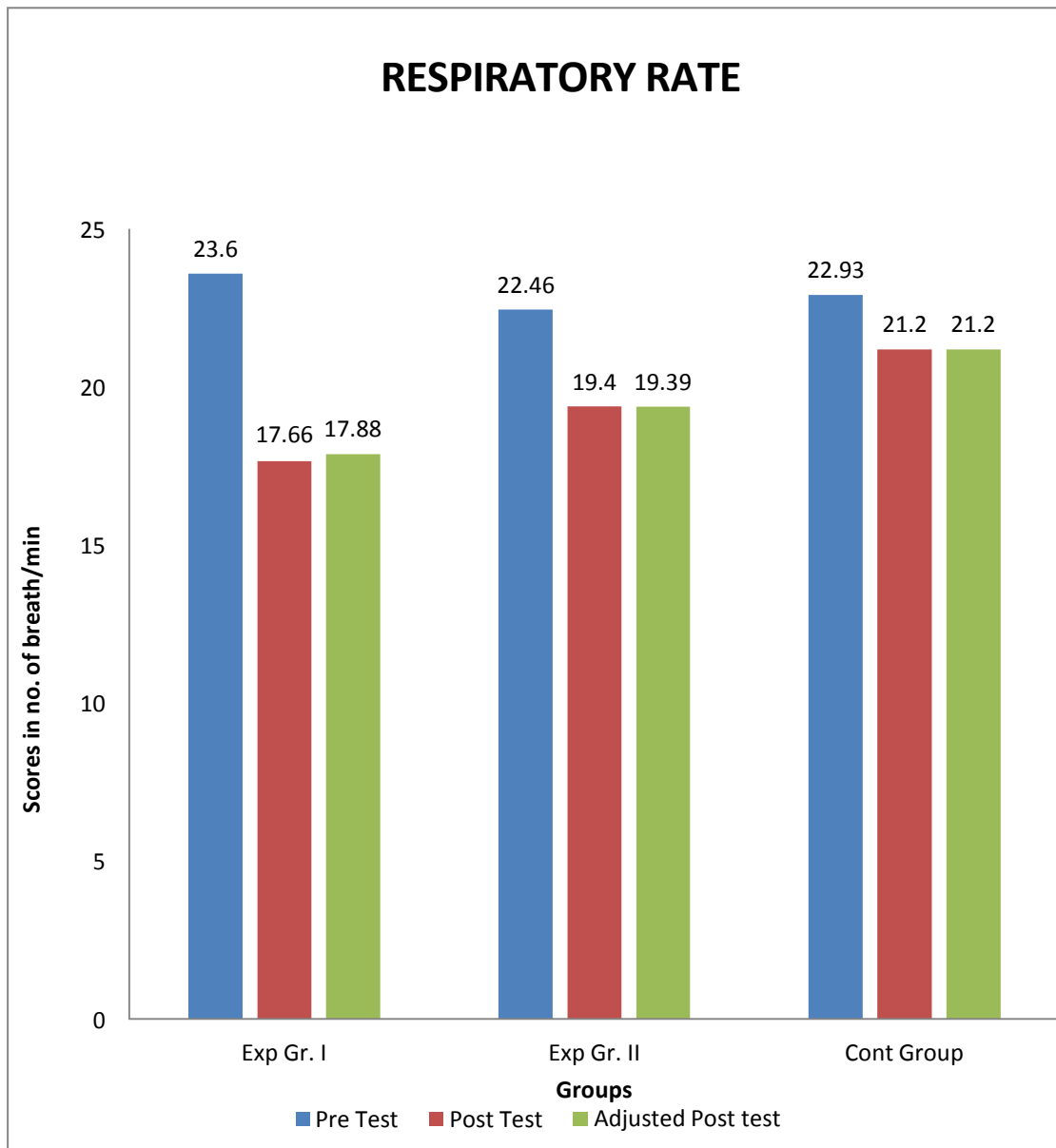
4.4.9. RESULTS OF STRESS

The stress was measured through Dr. latha sathish questionnaire. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 15

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON STRESS

(Total Scores in marks)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	70.200	68.533	69.600	A	21.37778	2	10.68889	0.061
				W	7315.733	42	174.1841	
POST TEST	42.067	55.933	68.800	A	5362.53	2	2681.267	18.34*
				W	6140.27	42	146.1968	
ADJUSTED POST TEST	41.72	56.35	68.73	A	5481.011	2	2740.505	24.40*
				W	4603.373	41	112.2774	
MEAN GAIN (M.G)	28.133	12.6	0.8					

*Significant

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table XI shows that the pre (Initial) test mean scores of stress of yogic practices with and without diet group and control group were 70.200, 68.53, 69.600 respectively and the obtained 'F' value on pre (initial) test values 0.61 was less than

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the 'F' value of 3.22 to be significant at 0.05 level of confidence . This results shows that there was no significant differences among this three groups.

The post test (final) mean scores of yogic practices (with and without diet) groups and control group (no training) were recorded as 42.067, 55.93, 68.80 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 18.34 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

Obtained 'F' value 24.40 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on yogic practices with and without diet on psychological variable of stress .

Since significant improvements (changes) were recorded , the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table XII.

TABLE 16

SCHEFFE'S (POST-HOC) TEST FOR STRESS

Gr. I	Gr. II	C. Group	Mean difference	C.I
41.72	56.35		14.631*	*11.22*
41.72		68.73	27.008*	*11.22*
	56.35	68.73	12.378*	*11.22*

*significant

4.4.2   DISCUSSION AND FINDINGS OF STRESS

The Table-XII shows that Scheffe's post hoc interval values of stress of yogic practices with and without diet , and control group of Men with andropause .

From the Table—XII it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 41.72, 56.35 and 68.73 respectively.

The mean difference between yogic practices with diet and control group (no training) were 14.63, 27.008 and 12.378 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 11.22 and the difference between yogic practices without diet and control group (no training) of Men with andropause were greater than required confidence interval and hence it is significant.

The Stress result has in the line with the related study to conducted by Sharma R, Bijlani RL.2006

Figure 36

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Stress

(Total Scores In marks)
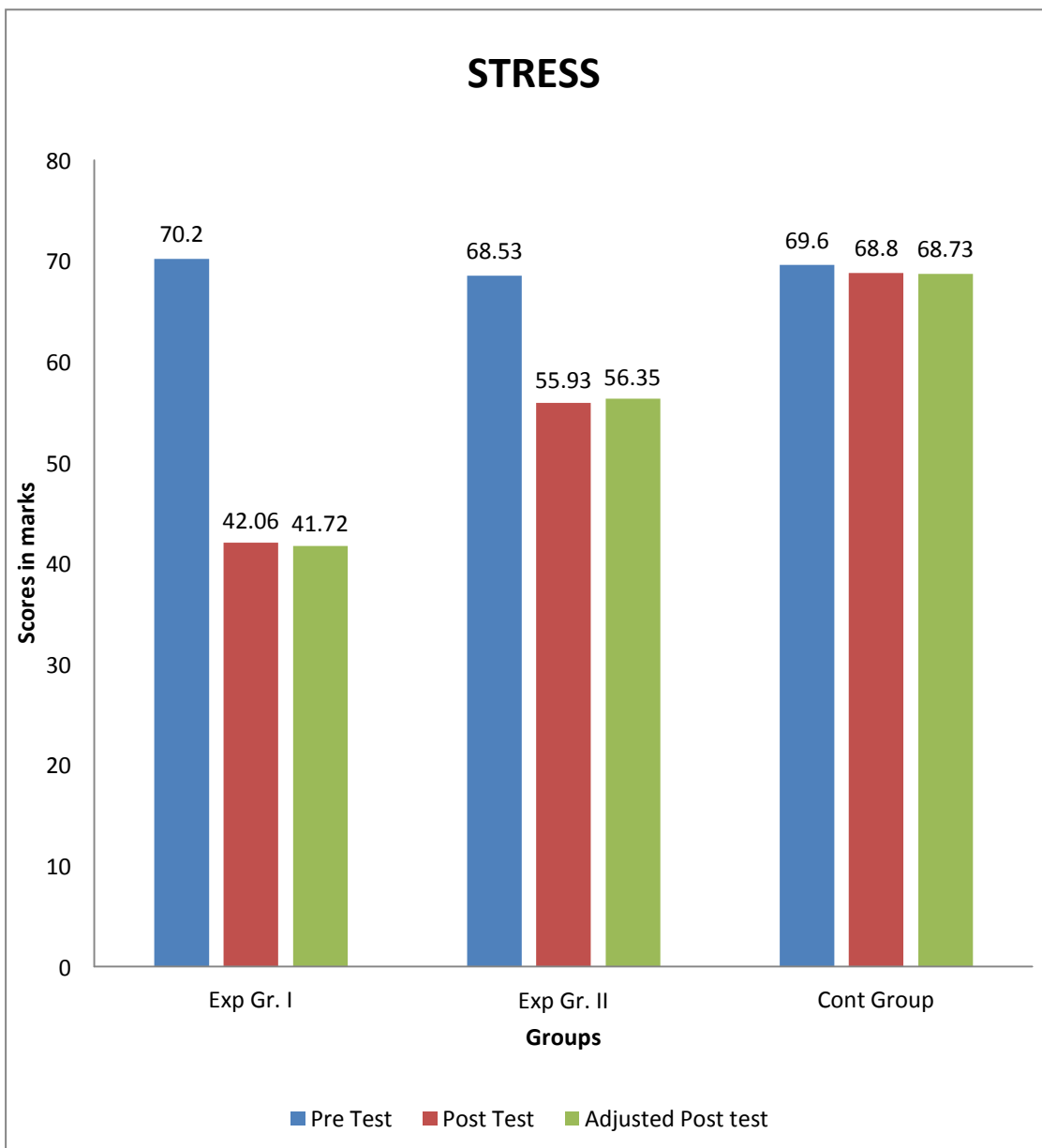
4.4.1. RESULTS OF SELF - CONFIDENCE

The Self - Confidence was measured through standard questionnaire. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 17

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON SELF - CONFIDENCE

(Total Scores in marks)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	'F' value
PRE TEST	21.467	22.267	22.667	A	11.2	2	1.75556	0.626
				W	290	42	2.8	
POST TEST	28.800	25.667	21.267	A	429.64	2	1180.82	101.87*
				W	484.67	42	11.5905	
ADJUSTED POST TEST	28.85	25.66	21.23	A	423.8645	2	1162.2	98.484*
				W	483.2781	41	11.8009	
MEAN GAIN (M.G)	7.33	3.4	1.4					

*Significant

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table III proved that the pre (Initial) test mean scores of Self - Confidence for yogic training (with and without diet) groups and control group (no training) were 21.467, 22.267, 22.667 respectively and the obtained 'F' value on pre (initial) test

values 0.626 was less than the 'F' value of 3.22 to be significant at 0.05 level of confidence. This results shows that there was no significant differences among this three groups.

The post (final) test mean scores of three group such as yogic training (with and without diet) groups and control group (no training) were recorded as 28.800, 25.667, 21.267 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 101.87 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 98.484 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on physiological variable of Self - Confidence .

Since significant improvements (changes) were recorded , the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table IV.

TABLE 18

SCHEFFE'S (POST-HOC) TEST FOR SELF - CONFIDENCE

Gr. I	Gr. II	C. Group	Mean difference	C.I
28.85	25.66		3.189*	*3.637*
28.85		21.23	7.616*	3.637
	25.66	21.23	4.428*	3.637

*significant

4.4.2   DISCUSSION AND FINDINGS OF SELF - CONFIDENCE

The Table-IV shows that Scheffe's post hoc interval values of Self - Confidence of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause .

From the Table--IV it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 22.667, 21.267 and 21.23 respectively.

The mean difference between three groups such as yogic training (with and without diet) groups and control group (no training) were 3.189, 7.616 and 4.428 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 3.637 and the differences between three groups such as yogic training (with and without diet) groups and control group (no training) of men with andropause were greater than required confidence interval and hence it is significant.

The self confidence result has in the line with the related study to conducted by Geeta S. Pastey et. Al (2007)

Figure 37

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Self - Confidence

(Total Scores in marks)

4.4.11. RESULTS OF ANXIETY

The anxiety was measured through standard questionnaire. The initial and final test means of the experimental group - I, II and control group statistically analyzed to find out the significance.

TABLE 19

COMPUTATION OF ANALYSIS OF COVARIANCE (ANCOVA) OF BOTH EXPERIMENTAL GROUP & CONTROL GROUP ON ANXIETY

(Total Scores in Marks)

Test	Gr. I	Gr. II	C. Group	S.V	S.S	df	M.S	' F' value
PRE TEST	22.667	24.733	25.867	A	78.977	2	39.488	1.140
				W	1454	42	34.619	
POST TEST	14.933	19.133	26.200	A	972.58	2	486.28	20.5668*
				W	993.07	42	23.644	
ADJUSTED POST TEST	16.24	18.90	25.12	A	595.73	2	297.86	66.366*
				W	184.01	41	4.4882	
MEAN GAIN (M.G)	7.734	5.6	0.34					

*Significant

Table value for df 2 and 42 was 3.21 and Table value for df 2and 41 was 3.22.

The table XIII shows proved that the pre (Initial) test mean scores of anxiety of yogic practices with and without diet group and control group were 22.667, 24.67, 25.86 respectively and the obtained 'F' value on pre (initial) test values 1.14 was less

than the 'F' value of 3.22 to be significant at 0.05 level of confidence. This results shows that there was no significant differences among this three groups .

The post test (final) mean scores of yogic practices (with and without diet) groups and control group (no training) were recorded as 14.93, 19.13, 26.20 respectively, showed improvement (changes) over the pre (initial) test scores. The obtained 'F' value on post (final) test scores 20.56 was greater than the required 'F' value 3.22. This results shows that there was significant changes (differences) among the post (final) test means of the subjects.

The obtained 'F' value of 66.36 of adjusted post test means was greater than the required table 'F' value of 3.22. This results shows that there was significant differences (changes) among the means due to sixteen weeks training on (yogic training with and without diet) on psychological variable of anxiety .

Since significant improvements (changes) were recorded , the results (values) were subjected to scheffe's post hoc analysis using confidence interval test. The results were presented in table XIV.

TABLE 20

SCHEFFE'S (POST-HOC) TEST FOR ANXIETY

Gr. I	Gr. II	C. Group	Mean difference	C.I
16.24	18.90		2.658*	*2.244*
16.24		25.12	8.880*	2.244
	18.90	25.12	6.221*	2.244

*significant

4.4.2   DISCUSSION AND FINDINGS OF ANXIETY

The Table-XIV shows that Scheffe's post hoc interval values of anxiety of yogic practices with and without diet , and control group of Men with andropause .

From the Table--XIV it is clear that the mean value of three groups such as yogic training (with and without diet) groups and control group (no training) of Men with andropause were 16.24, 18.90 and 25.12 respectively.

The mean difference between yogic practices (with diet) and control group (no training) were 2.692, 8.862 and 6.221 respectively. The required Scheffe's post hoc interval values to be significant at 0.05 level of confidence was 2.24 and the difference between yogic practices (without diet) and control group (no training) of Men with andropause were greater than required confidence interval and hence it is significant.

The Anxiety result has in the line with the related study to conducted by Li AW, Goldsmith CA.2012.

Figure 38

Bar diagram showing the mean difference among Experimental Group I (yoga practices with diet), Experimental Group II (yoga practices without diet) and Control Group (No training) of Anxiety

(Total Scores in marks)
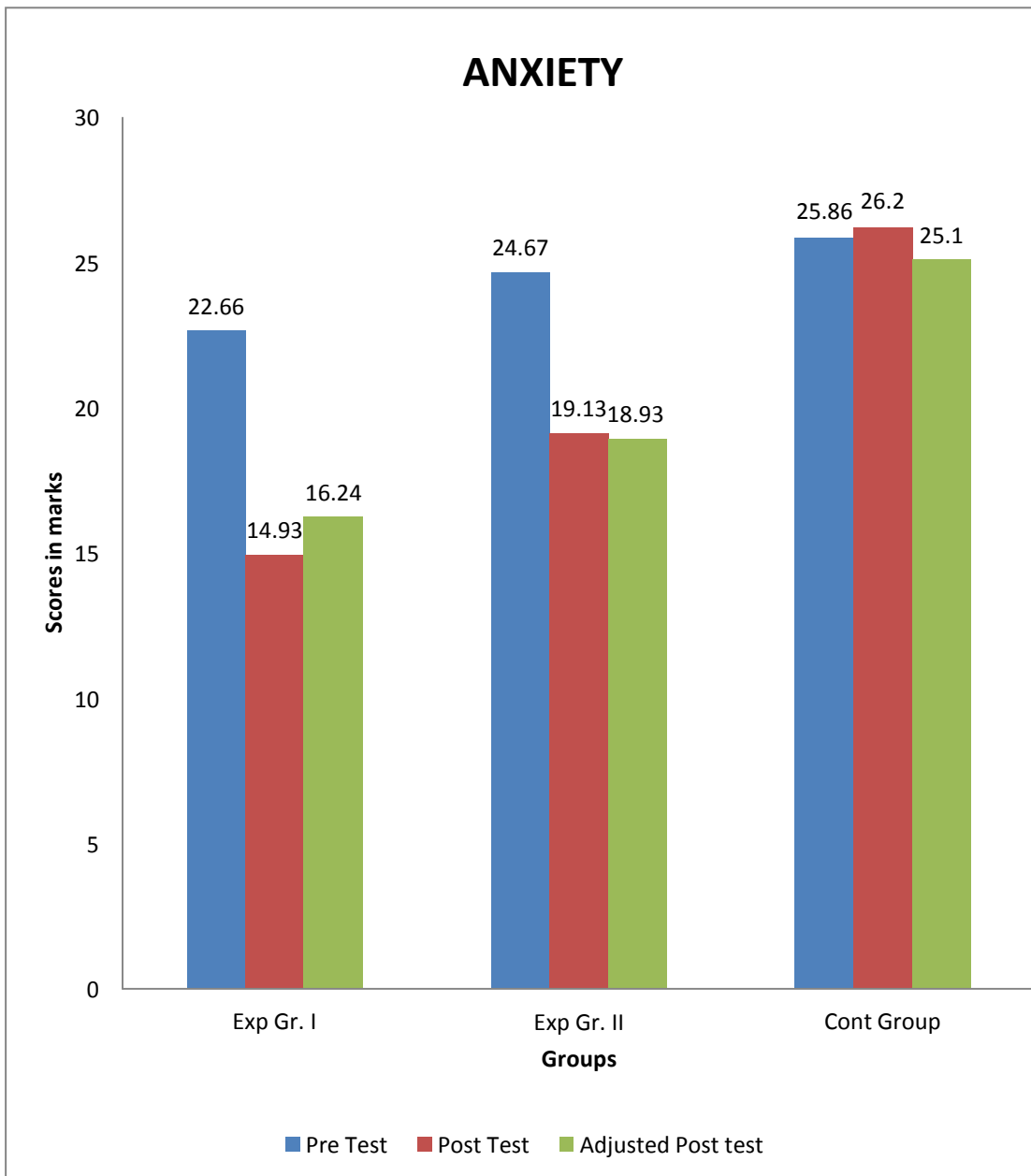
4.6   DISCUSSION ON HYPOTHESES

This was hypothesized that there would be significant differences on yogic training (with and without diet) groups and control group (no training) on selected risk factors among men with andropause.

The formulated first hypotheses results is presented in tables XII to XXVI proved that there would be a significant improvement of yogic training included and not included diet groups on selected (Physical, Physiological and psychological variables) such as (Flexibility, Systolic blood pressure, Body mass index, Resting Pulse Rate), (stress, self-confidence and anxiety) than the control group among Men with andropause. Hence the first research hypothesis was accepted and (null hypothesis was rejected).

The formulated second hypothesis results is presented in tables XII to XXVI proved that there would be a significant differences between of yogic training included and not included groups on selected (Physical, Physiological and psychological variables) such as (Flexibility, Systolic blood pressure, Body mass index, Resting Pulse Rate, stress, anxiety and self confidence) among Men with andropause. Hence the second (research hypothesis) was accepted and (null hypothesis was rejected).

Hence the discussion on hypothesized has accepted at 0.05 level of confidence.

Thus the researcher has successfully completed the study and presented the results clearly and proceeded with the summary and conclusions along with recommendations in the next chapter.