

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of this research study was to find out the effect of yogic practices (with and without diet) on selected risk factors among Men with andropause (Physical, Physiological and psychological variables) were dependent variables and a. yogic practices b. with and without diet were taken as independent variables.

In this research Forty five Men with andropause from Chennai were randomly selected as subjects. They were divided into three groups. Which were as follows:

- a. **Experimental Group – I** - (Yogic training with diet)
- b. **Experimental Group - II** – (Yogic training not with diet)
- c. **Group ‘C’** - (Control group, No training was provided).

The significance of the difference between the experimental groups I, II, and Group - III were found out by the pre test and post test. They were determined through analysis of covariance (ANCOVA). The adjusted post test means were also computed by scheff's post hoc test. Thus the following results were obtained after the statistical analysis.

CONCLUSIONS

Within the above mentioned scope of this study, the following conclusions are arrived as:

Even two Experimental Group I (Yogic Training with diet) and Experimental Group II (Yogic training not with diet) showed significant improvement in the physical variable flexibility (Increased), physiological variables such as Body Mass Index (decreased), Systolic blood pressure (decreased), respiratory rate (decreased) and psychological variables such as stress and anxiety (reduced) and self confidence (Increased) among Men with andropause . These results are observed to be better than the control group.

Between the Experimental Group I (Yogic Training with diet) and Experimental Group II, Experimental Group I (Yogic Training with diet) given a better results on all the dependent variables like physical, physiological and psychological variables than the Experimental Group II yogic training without diet.

RECOMMENDATIONS FOR PRACTITIONERS/ GOVERNMENT

The following recommendations have been derived on the basis of the study for practitioners.

1. It was found that yogic training and diet schedule should be useful for the subjects (Men with andropause) .
2. It was found that the yogic practices not included diet regulations also should be useful for subjects (Men with andropause).

3. It was found that the both practices yoga and diet are more suitable for the subjects (Men with andropause).
4. The government may be encouraged Yoga as a therapy of health centers.
5. yogic training with diet may be included in all menopause and andropause hospitals.
6. The state and central Govt may promote yoga and diet by introducing by various schemes for the betterment of the society.
7. Yoga and diet may be done by all countries people in their daily routine to prevent diseases.

FOR THE GOVERNMENT

1. The government of india and government of tamilnadu may introduce the awareness programme on yoga as well as the diet for the positive health of the all kinds of people.
2. Similar study may be conducted for various age groups.
3. Similar study may be conducted for the extension period of experimentation.
4. The present study is mainly focused on Men with andropause patients. The same study may be done on other ailments related to reproductive system also.
5. The other study may be conducted for the same age group to compare other variables.
6. The yogic training with diet can be compared to other types of ailments to find the effectiveness on dependent variables.

7. The other study study may be conducted for other health problems faced by women..

8. The other study study may be undertaken by selecting a large sample.

5.4. SUGGESTION FOR FURTHER RESEARCH

1. The other study study can be undertaken on other age groups of yogic training with diet

2. The other study study can be undertaken for menopause women also.

3. The other study study can be undertaken for (rural & urban) menopause women.

4. The other study study can be done for other diseases also.