

CHAPTER – V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The main effort of this research work was to assess the presence of physical and social vulnerability of coastal area children and to quantify the impact of adopted experimental training in the research. To achieve the purpose of the study One Thousand and Seventeen (1017) children were taken for analysis from the Chennai Coastal Area (CCA). The children age range was fixed from 10 to 14 years. They were analysed through a Physical and Social Vulnerability (PSV) checklist made for this research purpose. From the investigation, Six Hundred and Forty-One (641) children were identified with Physical and Social Vulnerability (PSV). Physical and social Vulnerability checklist with Thirty (30) statements was made for this research to assess the Vulnerability of Coastal Area Children (CAC), a score greater than 15 as fixed as Vulnerability. Among the Six Hundred and Forty-One (641) Vulnerable children Seventy-five (75) subjects were selected randomly for this Experimental training and they were assigned into three groups. Two experimental training groups and Non-Experimental Group (NEG), each group consist of 25 children at random. Group-I Physical Education Programme with Hatha Yoga Practices (PEPWHYP), Group-II

Physical Education Programme without Hatha Yoga Practices (PEPWOHYP) and Group-III Non-Experimental Group (NEG). Pre-test was accompanied for all the 75 subjects on selected Health-Related Physical Fitness (HRPF) variables namely Flexibility (FX), Muscular Endurance (ME), Muscular Strength (MS), Cardio-Vascular Endurance (CVE) and Psychosocial variables namely Quality of Life (QOL), Self-Esteem (SE), Depression (DP). The two Experimental groups underwent scheduled experimental training for a period of twelve weeks, five days a week scheduled from 4.00 pm to 5.15 pm. Non-Experimental Group (NEG) was not exposed to experimental training, other than their regular activities. Afterward, the Experimental training all the three groups was measured on above mentioned Health-Related Physical Fitness and Psychosocial variables. The pre-test and post-test scores were analyzed using statistical package of Analysis of covariance (ANCOVA), to find out the significant difference between the two experimental groups and the Non-Experimental Group (NEG). When the F-ratio indicated significant difference between the means, scheffe's post-hoc test was applied to identify which means are significantly different from each other. For this study, 95% confidence was fixed to test the stated hypotheses.

5.2 CONCLUSIONS

By the results and within the boundaries of this study that the following conclusions were drawn:

1. It was concluded that adopted experimental training of physical education programme with hatha yoga practices (PEPWHYP) was established appropriate to improve selected health-related fitness variables of this research such as cardiovascular endurance, muscular strength, muscular endurance and flexibility among Chennai coastal area children.
2. It was also concluded that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) was found suitable to improve on particular health-related fitness variables of this research such as cardiovascular endurance, muscular strength, muscular endurance and flexibility among Chennai coastal area children.
3. It was determined that the adopted experimental training of physical education programme with hatha yoga practices (PEPWHYP) was established appropriate to improve on selected psychological variables of this research such as quality of life, self-esteem and depression among Chennai coastal area children.
4. It was concluded that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) was found suitable to improve on

selected psychological variables such as psychological variables of this research such as quality of life, self-esteem and depression among Chennai coastal area children.

5. It was determined that the adopted Physical education programme with hatha yoga practices (PEPWHYP) were established to be enhanced in improving the selected health-related fitness and psychosocial variables of this research than the (PEWHOYP) in Chennai coastal area children.

5.3 RECOMMENDATION

The findings of the study proved that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) and experimental training of physical education programme without hatha yoga practices (PEPWHOYP) on the selected health-related fitness and psychosocial variables among Chennai coastal area children. Further, it was confirmed that hatha yoga practices (PEPWHYP) would produce a better significant improvement than the experimental training of physical education programme without hatha yoga practices (PEPWHOYP) on the selected health related fitness and psychosocial variables among Chennai coastal area children. In the light of these above conclusions, the subsequent commendations are prepared.

1. The study revealed that 63% of Chennai coastal area children were vulnerable to Physical and Social hazards. The Government and Non-Government organization Agencies may make effort to remove these hazards.
2. Efforts may be taken by physical educationists, yoga experts, psychologists, scientists and educational authorities to include the suggested schedules for experimental training of physical education programme with and without hatha yoga practices for children.
3. Fitness trainers and physical directors may implement the training protocols suggested in this study may be highly recommended for the benefit of children for their healthful living.
4. The experimental training of physical education programme with and without hatha yoga practices protocols suggested in this study may be included in the curriculum of school students to improve their overall fitness.
5. The research proved that the experimental training of physical education programme with and without hatha yoga practices outcomes that could be applied and tested on children, so that we can improve the children's health and psychological through physical education programme with and without hatha yoga practices.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

During the course of the study, the investigator comes across a number of new concepts, some of which few essential ones are planned for future researchers.

1. Further research maybe extended by choosing anthropometric, and other physical, physiological, psychological factors.
2. Further research may be designed at different levels of age groups to discover the effect of experimental training of physical education programme with and without hatha yoga practices.
3. The present covered the coastal area children only, similar research may be undertaken among other area children.
4. This research concept may be elaborated by the addition of physical, physiological and psychological parameters.
5. This proven training modules may applied for other age groups based on the need and nature.