

## CHAPTER ~ V

# **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

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### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1. SUMMARY

Yoga is the universal religion, a way of life, which above all caste, creeds, languages, regions and nations. It is simple and easy to practice, acceptable to the people of all professions and ages of India. Yoga exercises have been practiced since thousands of years. Now it is accepted that many yoga exercises are suitable for all people and recommended for long living and healthy life. The practice of yoga has been made systematic by the exponent of the system, Pathanjali' being an important teacher. The yoga exercises, according to Pathanjali have to be practiced in a systematic way and he advocated eight steps to progressive achievement, namely abstention (yama), regulations discipline (Niyama), easy posture ( Asana), control of breathing (Pranayama), sense of control(Pratyahara), concentration(Dharana), meditation (Dhyana), and superconscious state (Samathi).

The many aspects of yoga are blended in a synergistic flow as we express and experience life. Yoga is a way and a means to assisting us in experiencing the self theta within us and expanding that inner spirit and life force. Yoga is an Art and a way of living at the highest possible level for human experience and a way of creating inner joy and outer harmony with one's self and the external world.

Yoga is a pragmatic science that was developed by seers thousands of years ago that can be practiced by any person, regardless of age, sex, race, religion and origin of physical limitations. In researching the benefits and value of yoga, Patanjali, the author of the yoga Sutras, clearly defines the Eight Limbed path or Ashtanga, as a guidance system of hierarchical structure that gives the students an emphasis on which to concentrate upon.

The eight limbs are presented in a systematic core, however, just as all things flow in a synergistic wave with nature, as one approaches one limb or aspect and dedicates compassionate energy and focus that aspect, it is part of the natural process to be drawn to and evolve into another limb of the path. The paths consist of the following ethics and progress through physical and mental processes that ultimately connect us with the highest and the most intimate self.

The main purpose of the study was “Quantification of Anthropometric, Physiological and Psychological responses to yogic practices, physical exercises and combination of both among college men students”

In this study the following variables were selected:

### **Dependent variables**

#### **Physiological variables**

- a) Resting pulse rate
- b) Breath holding time

**Psychological variables**

- a) Anxiety
- b) Achievement motivation

**Anthropometric variables**

- a) Body weight
- b) Arm girth
- c) Thigh girth
- d) Calf girth
- e) Body fat.

In this study 120 men student were selected as subjects at random from Sri Venkateswara University constituent colleges and their age was between 18 to 25 years and they were divided into four groups namely yogasana groups , Physical exercise group and combination of physical exercise and yoga group and control group. The first group did selected yogic practices , the second group physical exercises and third group both yoga, physical exercise respectively for 6 weeks. The pre test and post test were conducted for all subjects before the start of training and after the completion of training of six weeks. The study was formulated as a true random group design, consisting of a pre – test and post- test.

In this study, analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post –test mean differences among the experimental groups. When the adjusted post-test result was significant, the

Scheffe's post hoc test was used to find out the paired mean significant differences. Level of confidence was fixed at 0.01 level.

## 5.2. CONCLUSIONS

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

1. There was significant improvement in body weight, arm girth, thigh girth, calf girth, body fat, resting pulse rate, breath holding time, anxiety and achievement motivation due to the influences of isolated and combined training of yogic practices and physical exercises among college men students in Andhrapradesh.
2. Combined training of yogic practices and physical exercises significantly improved the body weight, arm girth, thigh girth, calf girth, body fat, resting pulse rate, breath holding time, anxiety and achievement motivation greater than the isolated training of the yogic practices and physical exercise among college men students in Andhrapradesh.
3. Yogic practices significantly improved the body weight, arm girth, thigh girth, calf girth, resting pulse rate, breath holding time, greater than that of physical exercise among college men students in Andhrapradesh.

4. There was significant reduction in body fat, resting pulse rate, anxiety and achievement motivation due to the isolated and combined training of yogic practices and physical exercises among college men students in Andhrapradesh.

### 5.3. RECOMMENDATIONS

On the basis of the findings and conclusions, of the present study, the following recommendations are made.

Selected Physical exercises, followed by yogic practices ( combined training ) can be included as one of the training methods for the improvement of health related physical fitness , selected anthropometric physiological , and psychological variables among college men students in Andhrapradesh.

1. A similar study may be conducted on college women students
2. A similar study may be conducted on school girls
3. A similar study may be conducted on school boys
4. A similar study may be conducted on other State , National and International levels of sportspersons.