

CHAPTER V

SUMMARY CONCLUSION AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the present random group experimental study was to investigate the impact of astanga yoga with and without super brain yoga on selected behavioural cognitive and socio-psychological parameters among urban school boys with learning disabilities. To achieve the purpose 90 male children with learning disability were randomly selected by using random sampling design, from schools in Chennai region. Their age ranged between 10 years to 13 years. They were divided into three equal groups, by adopting random sample method. Group one acted as experimental group I –Astanga yoga with super brain yoga, group two acted as experimental group II- Astanga yoga without super brain yoga and group III acted as control group (CG). The nature and importance of the study was explained to the subjects in this study. The study was formulated as pre-test, post-test experimental design.

Pre-test was conducted for all the 90 subjects on selected behavioural parameters namely temperament, emotional stability and creativity and cognitive parameters namely study skill, memory and attention and socio-psychological parameters namely attitude, social adjustment and interpersonal relationship. This initial test scores formed as pre-test scores of the subjects. Experimental group I was exposed to Astanga yoga with super brain yoga. Experimental group II was exposed to Astanga yoga without super brain yoga. The control group was not exposed to any of the training program. The experimental period was for 16 weeks. After the experimental training, all the subjects were measured on the selected behavioural,

cognitive and socio-psychological parameters. This final test scores formed as post-test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out the significance among the mean difference, whenever the 'F' ratio for the adjusted post-test was found to be significant Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypothesis.

5.2. CONCLUSIONS

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

1. The results of the study proved that there was a significant difference on temperament due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the temperament than the astanga yoga without super brain yoga group.
2. The results of the study proved that there was a significant difference on emotional stability due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the emotional stability than the astanga yoga without super brain yoga group.
3. The results of the study proved that there was a significant difference on creativity due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the creativity than the astanga yoga without super brain yoga group.

4. The results of the study proved that there was a significant difference on study skill due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the study skill than the astanga yoga without super brain yoga group.
5. The results of the study proved that there was a significant difference on memory due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the memory than the astanga yoga without super brain yoga group.
6. The results of the study proved that there was a significant difference on attitude due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the attitude than the astanga yoga without super brain yoga group.
7. The results of the study proved that there was a significant difference on attention due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the attitude than the astanga yoga without super brain yoga group.
8. The results of the study proved that there was a significant difference on social adjustment due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the social adjustment than the astanga yoga without super brain yoga group.

9. The results of the study proved that there was a significant difference on inter personal relationship due to astanga yoga with and without super brain yoga among learning disability students. It was also concluded that astanga yoga with super brain yoga was better in improving the inter personal relationship than the astanga yoga without super brain yoga group.

5.3. RECOMMENDATIONS

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

1. It was found that astanga yoga and super brain yoga would be useful for the learning disability students.
2. These practices may be included in the school curriculum.
3. Yogic practices along with super brain yoga may be included in various rehabilitation centers.
4. Super brain yoga and astanga yoga may be recommended mainly for improvement of psychological problem among learning disability students.
5. The government may encourage the Super brain yoga and astanga yoga practices for the learning disability students in schools.
6. Mass programme in super brain yoga may be done as the awareness programme.
7. Yoga practices with super brain yoga may be encouraged for prevention learning disability and also other problems

5.4. SUGGESTIONS FOR FURTHER RESEARCH

During the course of the research study, the investigator came across a number of ideas, based on which the following suggestions are made for further research in this area.

1. Similar study can be undertaken on other gender and different age groups.
2. Same study can be undertaken with other disability students.
3. Similar study can be undertaken for students in rural and semi urban area .
4. This type of study can be undertaken with increased number of subjects.
5. Similar study can be conducted on combination of other independent variables.
6. Likeness study can be conducted on other dependent variables.
7. Similar study may be pursued in varied intensity and volume factors.
8. Same study may be conducted for the extended period of experimentation.
9. The present study needed to be strengthened or support by more relevant research studies.
10. This study was done on Govt school students, the same may be done on other schools like Matric, CBSE etcetera.