

Chapter - V

Summary, Conclusion and Suggestions

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Summary, Conclusions and Recommendations

In this chapter summary, findings, conclusions and recommendations are presented. This is followed by the educational implication based on the findings of the study. Recommendations for further researches on related area have also been outlined .

5.1 Summary of the Study

The present study was an attempt to investigate whether the mental health and level of anxiety of the students is affected by the yogic practices.

Variables of the study :

Independent variable : Yogic practices including selected yogasanas, pranayama and Sukshma Vyayam.

Dependent variables: Level of anxiety

Mental health

Demographic variable : Gender

The researcher used two groups, randomized subjects , post-test-only experimental design to find out the impact of yogic practices on level of anxiety and mental health of elementary level students.

For the present study the sample was selected using random sampling techniques. 70 students including 43 girls and 27 boys studying in grade VII were selected from Deep-Shika Govt. Primary School, Bhopal.

The tools used for this study were:

- Mental health scale (MHS) developed by Dr. (Smt) kamlesh Sharma

- Sarason's Test for anxiety scale for children (TASC) which was adopted to Indian conditions by Dr. A. Kumar

The collected data was tabulated and analysed using statistical techniques like mean, standard deviation (SD) and 't' test.

5.2 Major Findings

- Significant difference was found between mental health of students who were undergoing yogic practices and who did not attend yogic practices.
- Significant impact of yogic practices was recorded on mental health of grade VII students.
- Significant difference was found in mental health of boys and girls after undergoing yogic practices.
- Significant difference was found in mental health of girls who were undergoing yogic practices and who did not undergo yogic practices.
- Significant difference was found in mental health of boys who were undergoing yogic practice and who do not undergoing yogic practices.
- Significant difference was found between level of anxiety of students who are undergoing yogic practices and who did not undergo yogic practices.
- Significant impact of yogic practices was observed on level of anxiety of students of grade VII.
- Significant change was found in level of anxiety of boys and girls after undergoing yogic practices.
- Significant difference in level of anxiety was found between girls who are undergoing yogic practices and who do not undergoing yogic practice.

- Significant difference in level of anxiety was found between boys who are undergoing yogic practices and who do not undergoing yogic practices.

5.3 Conclusion

- yogic practices was observed more beneficial to High anxiety students.
- Yogic practices was observed more beneficial to poor and moderate mental health students.
- There was a significant decrease in the post test scores in TASC of both boys and girls. The decreased in post test score, decrement in level of anxiety. That means the level of anxiety of students was reduced.
- There was a significant increase in the post test scores in MHS of both boys and girls. The increased in post test score, improvement in mental health category. That means the mental health category of students was increased.
- Yogic practice would help students to reduce the level of anxiety.
- Yogic practices would help students to improve the mental health.
- The impact of yogic practice is nearly same for all students irrespective of their gender and Socioeconomic status.

5.4 Suggestions for further research Studies

The present study being exploratory, in nature brings into limelight several issues, in which further research can be undertaken. Following are the few suggestions for the further research.

- The sample for present study was limited to only Bhopal city. But the similar study can also be done by largest size sample at district or regional level.
- The similar kind of study can be conducted on teachers with groups having different types of practices.
- A study can also be undertaken by correlating different psychological, Physiological & phy-social variable of the student with the impact of yogic practices.
- A comparative study of yogic practice in different institutions can be undertaken.

5.5 Suggestions for Educational Implication

- Findings of the present study suggest that yogic practices have significant impact on the level of anxiety and mental health of the students. It means that the outline of the school curriculum which include yoga as a part of physical education provides more opportunities to reduce level of anxiety and improve mental health.
- The yogic practices may be introduced in all the schools at upper primary and secondary level.
- The students should be encouraged to participate actively in regular practice of yoga
- By various programmes, demonstrations and exhibitions, create interest among children for the practice of yogasana and meditation through which students earn the skill of self control, concentration, peace and relaxation to avoid the ill effect of stress, strain, anxiety, fatigue caused from routine life.
- Standardization of yoga education at school is essential.

- There is a need to motivate and train the principals and staff in schools regarding the importance of yoga education.
- There is a need to review the curriculum, Syllabus and pedagogy of the teachers training programme for yoga and physical education offered by institutes of Teacher education.
- It is appropriate to include yoga and physical education as a compulsory subject at school level.
- For yoga and health education there is need to provide minimum facilities like Hall having proper ventilation and sun light, play ground, mattresses etc.
- A separate branch needs to be identified for yoga teachers and yoga therapists.
- It may be made mandatory for all educational institutes to appoint trained and qualified teachers in yoga, health and physical education.
- Empowering teacher training institutions and increasing the capacity for training yoga teachers.