CHAPTER V SUMMARY, SUGGESTIONS AND RECOMMENDATION

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Summary, Suggestions and Recommendation

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CHAPTER V

Summary, Conclusion and Recommendation

Health is a multi-dimensional concepts because it is shaped by biological, social, economic, cultural factors. Health, nutrition and education are important of the overall development of an individual and these three input need to be addressed in a comprehensive manner.

Yoga and physical education contribute to not merely the physical development, physiological development of the child but have a positive impact on psycho-social and mental development as well.

The regular performance of yogasana leads to gain full control over one's emotions, thought process and giving the ability to face the situation of pleasure and pain with equanimity. The study can benefit the teacher trainees in several ways and is therefore thought to plane a research project with teacher trainees as sample.

5.1.0 Summary of the study

The present study was an attempt to investigate the "Impact of Yoga training on physical and physiological parameters of female teacher trainees."

Sakshma Kyayama, Yogasana, Pranayama were considered as independent variable while physical parameters such as explosive power, muscular endurance, flexibility and physiological parameters such as heart rate, breath holding time were the dependent variable in the present study.

As this study was an experimental research, the "Two Groups, andomized subjects, Post-test-Only design" research design was used.

Female teacher trainees studying in first year of RIE were taken as the sample. The total strength of class was 82. Out of these, 44 Female teacher

trainees were randomly selected and divided into two groups. One group was treated as experimental group while other group kept as control group.

Cooper's 8 min. run-walk test was used to assess the cardio-vascular endurance. Sargent's vertical-jump was used to measure the explosive power. Kraus-weber floor touch and reach test to measure the flexibility. Breath holding time was assessed through the duration of withhold the breath. Heart rate was assessed through pulse count.

Statistical techniques such as mean, standard deviation were calculated for all the variables involved in the study. 't' value for control and experimental group were calculated.

5.2.0 Major Findings

As a result of the study conducted on physical and physiological parameters of female teacher trainees, following finding have finally emerged from the study -

- > Yoga training significantly influences the cardio-vascular endurance.
- > Yoga training does not significantly affect the explosive power.
- > Yoga training significantly improves the flexibility.
- > Yoga training significantly influences the breath holding time.
- > Yoga training does not significantly affect the heart rate.

5.3.0 Conclusion

It may conclude that Yoga training significantly improves the physical parameters such as cardio-vascular endurance; flexibility and physiological parameters such as breathe holding time.

5.4.0 Suggestions for further research studies

- The study can be carried out on a larger scale
- The study can be carried out on a sample which includes sub groups, viz., the control group and two experimental group, viz., the Yogasana group, the Pranayama group.
- > The subjects under consideration can be other than the female teacher trainees.
- > The study can be carried out to identify the impact of specific Yogasana and Pranayama.

5.5.0 Educational Implications

- > Yoga should be introduced at school and college level as "Healthy body and alert mind are essential for good living."
- > Yoga should be introduced in Teacher Trainee Colleges so that we may have Yoga Teachers who know the correct and exact methodology.
- > Yoga education should be provided according to the need and requirement of students.