

## CHAPTER V

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# **SUMMARY CONCLUSIONS AND RECOMMENDATIONS**

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### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

Hartley TA, et.al. (2007) in his research found that Police officers are considered to be a highly stressed population due to the nature of the work where they perform. They indicated that exposure to multiple negative life events is significantly associated with elevated depression scores among this sample. Police agencies should consider the developing psychological assistance efforts to help affected officers cope with these events and deal with depression.

Having found the importance of motor ability, physiological and psychological variables for trainee Sub Inspectors, the Training schedule has theoretical and physical activities. However, in recent times, the authorities have tried on separate instances to impart yogic practices to the in-service and trainee police personnel, however, there lacks scientific researches to prove the importance of physical exercises, yogic practices and combination of physical exercises and yogic practices for the development of motor ability, physiological and psychological variables of trainee Sub Inspectors.

Therefore need for scientific research arose to find whether (1) the existing training programme for trainee Sub Inspectors has significant influence on selected motor ability, physiological and psychological variables (2) whether the specified physical exercise or yogic practices or combination of physical exercise and yogic practice has any significant influence on selected motor ability, physiological and psychological variables than the regular training for Trainee Sub Inspectors.

The purpose of the study was to find out the effect of physical exercise, yogic practice, combined physical exercises and yogic practices on selected motor ability, physiological and psychological variables among Trainee Sub Inspectors in Tamil Nadu. To facilitate the study eighty trainee Sub Inspectors were randomly selected from Tamil Nadu Police Academy, who have been selected to undergo training during the year 2010 – 2011. They were in the age group of 19 to 27 years. The requirements for the experimental protocol, collection of data through selected standard tests and administration of questionnaires were explained to the subjects so as to avoid any ambiguity of the effort required on their part and prior to the experiments and administration of the tests and questionnaire. All the subjects participated in this study voluntarily and cooperated throughout the study. Taking into consideration of feasibility criteria, availability of instruments and the relevance of the variables of the present study, the motor ability variables such as, speed, agility, abdominal strength, physiological variables such as, resting pulse

rate, vital capacity and anaerobic power; and psychological variables, anxiety, achievement motivation and self concept were selected. Randomly selected 80 trainee Sub Inspectors enrolled in the Tamil Nadu Police Academy were divided into four groups, namely, experimental group I, experimental group II, experimental group III and control group, consisting of 20 subjects in each group. Experimental group I underwent 12 weeks of physical exercises, experimental group II underwent 12 weeks of yogic exercises, experimental group III underwent 12 weeks of physical exercises and yogic practices and control group was kept under control not involving any additional exercises or treatments. Prior to the experimental protocol all the subjects were tested on their selected motor ability, physiological and psychological variables, which formed as pre test scores. After the completion of the experimental treatment for 12 weeks, scores were obtained on selected motor ability, physiological and psychological variables of the subjects, which formed as the post test scores. The difference between initial and final scores was considered as the effect of the experimental protocol on the subjects. In all cases 0.05 level was fixed to test the significance of the study.

The results of the study proved that physical exercises, yogic practices and combined physical exercises and yogic practices are significantly improved the selected motor ability variables, speed, agility, and abdominal strength, physiological variables, resting pulse rate and vital capacity; and psychological variables, anxiety, achievement motivation and self concept of the trainees Sub

Inspector. There was no significant improvement in anaerobic power due to experimental treatment. Overall the results proved that the combined group practicing physical exercise and yogic practices was found to be better than isolated groups, namely, physical exercises and yogic practices. Based on the results and discussions made in the previous chapter, the following conclusions were drawn.

## 5.2 CONCLUSIONS

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that physical exercises, yogic practices and combination of physical and yogic practices are significantly improved the motor ability variable, such as speed of the trainee Sub Inspectors..
2. It was found that combined physical exercise and yogic practices are significantly better than physical exercise group and control group on speed of the trainee Sub Inspectors.
3. It was concluded that physical exercises, yogic practices and combination of physical and yogic practices are significantly improved the motor ability variable, agility among trainee Sub Inspectors.
4. It was found that there was no significant difference among experimental groups in improving agility of the trainee Sub Inspectors.

5. It was concluded that physical exercises, yogic practices and combination of physical and yogic practices significantly improved motor ability variable, abdominal strength among trainee Sub Inspectors.
6. It was found that there was no significant difference among experimental groups in improving abdominal strength of the trainee Sub Inspectors.
7. It was concluded that physical exercises, yogic practices and combination of physical and yogic practices are significantly improved the physiological variable, resting pulse rate among trainee Sub Inspectors.
8. It was found that there was no significant difference among experimental groups in improving resting pulse rate of the trainee Sub Inspectors.
9. It was concluded that physical exercises significantly improved physiological variable, vital capacity among trainee Sub Inspectors.
10. It was found that there was no significant difference among experimental groups in improving vital capacity of the trainee Sub Inspectors.
11. It was concluded that there was no significant improvement in anaerobic power of the trainee Sub Inspectors due to physical exercises, yogic practices and combined physical exercises and yogic practices.

12. It was concluded that yogic practices significantly reduced psychological variable, anxiety among trainee Sub Inspectors.
13. It was found that there was no significant difference among experimental groups in reducing anxiety of the trainee Sub Inspectors.
14. It was concluded that physical exercises, yogic practices and combined physical and yogic exercises are significantly improved the psychological variable, achievement motivation among trainee Sub Inspectors.
15. It was found that there was no significant difference among experimental groups in improving achievement motivation of the trainee Sub Inspectors.
16. It was concluded that physical exercises, yogic practices and combined physical and yogic exercises are significantly improved the psychological variable, self concept among trainee Sub Inspectors.
17. It was found that there was no significant difference among experimental groups in improving self concept of the trainee Sub Inspectors.

### **5.3 RECOMMENDATIONS**

The findings of this study proved that the trainee Sub Inspectors' motor ability variables, speed, agility, abdominal strength, physiological variables, resting

pulse rate, vital capacity and psychological variables, anxiety, achievement motivation and self concept could be significantly altered by package of physical exercise, yogic practices and combined exercises In the light of the above findings, the following recommendations are made.

1. Efforts may be taken by the Government and the Police Department and authorities to include protocol of the suggested package of physical training, yogic practices and combined physical exercises and yogic practices in the training schedules of Police Officers.
2. During the course of the study, the investigator observed that trainee Sub Inspectors undergo strenuous training including physical activities. However, suitable training package was suggested in this study would not only improve motor ability, physiological and psychological fitness but also would give relaxation as yogic practices always tend to provide relaxation to these officials.
3. In the light of findings of the study, efforts may be taken to provide training for Sub Inspectors, which would be more beneficial to improve their motor ability, physiological and psychological levels, which would in turn help for the improvement in efficiency in discharging their duties.



#### 5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. The effect of protocols suggested in this study may be experimented with similar remaining motor ability, physiological and psychological variables, especially, stress and depression of the subjects.
2. A similar study may be conducted among women police trainees.
3. Since this study covered the trainees Sub Inspector men only, a similar research may be undertaken among trainee Constables and trainee police officers.
4. Research may be undertaken to find out the relationship between the work efficiency and selected motor ability, physiological and psychological variables of police personnel..
5. Comparisons may be made to find out the effects of the suggested training protocols among trainees at different levels.