

## CHAPTER V

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

Pre test and post test randomized group design was applied to this research. Hundred and twenty five Engineering college women randomly selected and they were assigned into five equal groups. Each group consists of twenty five subjects. Pre test was conducted for all the twenty five subjects on selected psychological variables namely self confidence, emotional adjustment, assertiveness, interpersonal relationship and stress management and physiological variables such as, Resting heart rate, blood pressure, Breath holding time, Vital capacity and Respiratory rate .This initial test scores formed as pre test scores of the subjects. Experimental Group I was exposed to Psycho-somatic Regulative programme of Yogic practices, Experimental Group II was exposed to Psycho-somatic Regulative programme of Jacobson Progressive Muscular Relaxation Technique Experimental Group III was exposed to Psycho-somatic Regulative programme of Physical Exercises, Experimental Group IV was exposed to Psycho-somatic Regulative programme of Combined of Yogic practices , Jacobson Progressive Muscular Relaxation Technique and Physical exercises and the control group was not exposed to any experimental training

other than their regular daily activities. The experimental period was for 12 weeks and Monday to Friday except Saturday and Sunday from 6.00am to 7.00am. Exercises were introduced in progressive manner simple to complex procedure was adopted. After the experimental treatment, all the subjects were measured on the selected psychological, physiological variables. 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 differences, whenever the 'F' ratio for adjusted test was found to be significant Scheffe's Post hoc test was used. In all cases 0.05 level of significance to find out whether the mean differences were significant or not.

## **5.2 LEVEL OF SIGNIFICANCE**

The purpose of the present study was to find out the effect of Psychosomatic Regulative programmes, namely, yogic practices, Jacobson relaxation techniques and physical exercises, on selected psychological variables such as Self confidence, Emotional adjustment, Assertiveness, Interpersonal relationship, Stress management and physiological variables such as, Resting heart rate, Mean arterial blood pressure, Breath holding time, Vital capacity and Respiratory rate among engineering college women. The data collected on selected criterion variables were subjected to statistical analyse using analysis of covariance (ANCOVA) to find out the significant

difference if any, between the groups on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate.

The results of the study proved that there was significant improvement in selected psychological variables namely self confidence, emotional adjustment, assertiveness, interpersonal relationship, stress management and physiological variables such as, resting heart rate, mean arterial blood pressure, breath holding time, vital capacity and respiratory rate combination of yogic practices, Jacobson progressive muscular relaxation technique and physical exercises training groups.

### **5.3 CONCLUSIONS**

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

1. It was concluded that Psycho-somatic Regulative programme of combined of yogic practices, jacobson progressive muscular relaxation technique and physical exercises training group showed significantly greater improvement on the selected psychological variables namely self confidence, emotional adjustment, assertiveness, interpersonal relationship and stress management than the Psycho-somatic Regulative programme of yogic practices,

Jacobson progressive muscular relaxation technique and physical exercises groups of the engineering college women .

2. It was concluded that Psycho-somatic Regulative programme of combined of yogic practices, jacobson progressive muscular relaxation technique and physical exercises training group showed significantly greater improvement on the selected physiological variables namely resting heart rate, mean arterial blood pressure, breath holding time, vital capacity and respiratory rate than the Psycho-somatic Regulative programme of yogic practices, Jacobson progressive muscular relaxation technique and physical exercises groups of the engineering college women .
3. It was concluded that Psycho-somatic Regulative programme of combined of yogic practices, Jacobson progressive muscular relaxation technique, physical exercises training group and yogic practices, Jacobson progressive muscular relaxation technique and physical exercises groups showed significant improvement on the selected psychological variables namely self confidence, emotional adjustment, assertiveness, interpersonal relationship and stress management of the engineering college women .
4. It was concluded that Psycho-somatic Regulative programme of yogic practices group showed significant improvement on the selected psychological variables, namely, self confidence, emotional

adjustment, assertiveness and stress management better than the Jacobson progressive muscular relaxation technique of the engineering college women.

5. It was concluded that Psycho-somatic Regulative programme of physical exercises group showed significant improvement on the selected psychological variables interpersonal relationship better than the Jacobson progressive muscular relaxation technique of the engineering college women.
6. It was concluded that Psycho-somatic Regulative programme of yogic practices group showed significant improvement on the selected physiological variables namely breath holding time, respiratory rate better than the Jacobson progressive muscular relaxation technique group
7. It was concluded that Psycho-somatic Regulative programme of physical exercises group showed significant improvement on the selected physiological variables namely resting heart rate, vital capacity better than the Jacobson progressive muscular relaxation technique group.
8. It was concluded that Psycho-somatic Regulative programme of combined and yogic practices, Jacobson progressive muscular relaxation technique and physical exercises training group showed

no significant difference on blood pressure of the engineering college women.

#### **5.4 RECOMMENDATIONS**

The findings of the research proved the twelve weeks isolated and combines training of effect of psycho-somatic regulative programmes, namely, yogic practices, jacobson relaxation techniques and physical exercises, on selected psychological variables such as self confidence, emotional adjustment, assertiveness, interpersonal relationship, stress management and physiological variables such as, resting heart rate, mean arterial blood pressure, breath holding time, vital capacity and respiratory rate based on these results, discussions and findings of the research the following recommendations are made.

1. In view of the benefits at the psycho-somatic regulative programmes combined and yogic practices, Jacobson relaxation techniques and physical exercises. Educational authorities may consider inclusion of these training as part of the physical education programme for college women students.
2. In view of the fact that the psycho-somatic regulative programmes combined and yogic practices, jacobson relaxation techniques and

physical exercises minimal equipment students may be encouraged to undergo these type of programme regularly for the total fitness.

3. Since the experimental treatment has produced positive results on such as physiological and psychological variables it is recommended that this could be practices on all the spots, games and institutions.
4. It is recommended that further study to be designed to investigator the effect of yogic practices and walking training programmed among healthy older men and women.
5. Further studies may be conducted comparing the detraining effects at these the yogic practices, Jacobson progressive muscular relaxation technique and physical exercises.
6. The similar study may be attempted by using obese people living in high attitude.
7. A similar study can be conducted on larger population.

## **5.5 SUGGESTION FOR FURTHER RESEARCH**

Based on the result and experience gained through this study, the investigator makes the following suggestion for the further research.

- 1.** Similar research necessary to explore the isolated and combined effect of yogic practices, physical exercises, Jacobson progressive muscular relaxation technique for the subjects of different age groups.
- 2.** Further study in this area may be conducted on female subjects
- 3.** Such studies may be undertaken to analyze the influence of yogic practices, Jacobson progressive muscular relaxation technique and physical exercises, on hormones and other biochemical parameters and hematological variables.
- 4.** It was suggested that a similar study may be conducted with larger samples, which would support the finding of this study.
- 5.** A similar study could be attempted by manipulating independent variables gender and mode training.