CHAPTER-V
SUMMARY CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY

Aerobic dance provides benefits to the cardio respiratory system, particularly to its engine, the heart. Aerobic means work in the presence of oxygen. The systems involved in oxygen transport for us to make any activity such as the respiratory and circulatory systems. With aerobic activity, our heart gets stronger and increases its size. This reduces the number of beats per minute and our heart becomes strong enough to supply the entire body with precious oxygen with only a few beats. In addition, the heart vessels increase their ability to carry blood and oxygen to small blood vessels and this improves the entire network of blood circulation inside our body. The lungs also improve their ability to attract and retain air outside a larger volume of oxygen, which is a good starting point to reach all the organs and tissues that need it. People who exercise on a regular basis and make aerobic dance exercises a part of their routine are people who tend to have more success with its long-term program. Generally regarded as physical exercise, yogasanas are more accurately “poses comfortably held”. Each asana involves the contraction of some muscle groups and the relaxation of their opposing muscles. Consequently, muscles that tend to atrophy through lack of regular exercise are now conditioned and receive an improved blood supply, while joints move freely as they lose their stiffness. In many of the asanas, the vertebral column is subjected to gentle traction, thus releasing pressure on spinal disc and nerves. Increased spinal flexibility can lead to reduction of pain and other discomforts, and posture is also improved. The synchronized breathing is required in the execution of all the exercises ensures good oxygen delivery to the working muscles. The full focusing of attention on the performance of the exercises has a tranquillizing effect on

the nervous system, leading to a sense of calm and control. These combined benefits, through regular practice over time, result in strengthening of mind and body and maintaining of wellness. Exercises in voluntary breath control are collectively referred to as “pranayam ”. They take advantage of the fact that the respiratory (breathing) system is the only body system that is both involuntary and voluntary. The primary function of the respiratory system is to provide oxygen for the body’s metabolic needs and to remove carbon dioxide from the tissues. Respiration works very closely with circulation so that tissues receive oxygen and nutrients, and the body is protected from agents of disease.

The purpose of the study was to find out the effects of aerobic dancing and yogic practice on health related fitness, psychological and bio-chemical variables among women college students. To achieve this purpose of the study, sixty women college students of Arulmigu Palani Andavar Arts College for Women, Palani,Tamilnadu were selected, and their age was between eighteen to twenty five years. The study was formulated as pre and post - test random group design, in which sixty students were divided into three equal groups. The experimental group – 1 (n = 20 AD group) underwent aerobic dancing, the experimental group – 2 (n = 20 YP group) underwent yogic practices and group - 3 (n= 20, CG) served as control group, who did not undergo any specific training. In the study, two different training approaches were adopted as independent variables i.e., Aerobic Dancing (AD) and Yogic Practices (YP). The training intervention for this study was 12 weeks of five days in a week.

The following health related fitness, psychology, biochemical variables were selected as dependent variables. They were listed as follows flexibility, cardio respiratory endurance, muscular strength endurance, stress, anxiety, self confidence, blood sugar,

high density lipoprotein and low density lipoprotein. As far as the health related fitness variables were concerned the flexibility, cardio respiratory endurance and muscular strength endurance were tested and measured by sit and reach test (in centimeters), 12 minutes run/walk (in meters) and modified sit-ups (in numbers) respectively. As far as psychological variables were concerned stress were tested and measured by questionnaire standardized by Shailendra Singh, anxiety were tested and measured by questionnaire standardized by Spielberger R.L. Gorsuch and R.E. Lushers and self confidence were tested and measured by Agnilotry Self-Confidence Inventory(ASCI) respectively. As far as the Bio Chemical variables were concerned the blood sugar, high density lipoprotein and low density lipoprotein were tested and measured by blood sampling analysis. The pre and post-test random group design was used as an experimental design in which sixty women college students were selected as subjects; the selected subjects were divided into three groups of twenty subjects each. Ancova was used to find out significant adjusted post - test mean difference of three groups with respect to each parameter and Scheffe's post hoc test was used to find out pair-wise comparisons between groups with respect to each parameter.

5.2 CONCLUSION

1. The nature of flexibility increased responses goes to yogic practices than the Aerobic Dancing.
2. The improvement of cardio respiratory endurance responses go to Aerobic dancing than the Yogic Practices.
3. The muscular strength endurance was highly favourable to yogic practice than the Aerobic Dancing.

4. The reduction of stress level is favourable to the Yogic Practices than Aerobic Dancing.
5. The reduction of anxiety level is favourable to the Yogic Practices than Aerobic Dancing.
6. The development of self confidence level is favourable to the Yogic Practices than Aerobic Dancing.
7. Aerobic Dancing maintains blood sugar level better than Yogic practices.
8. Aerobic Dancing maintains level of High Density Lipo protein than Yogic practices.
9. The reduction of Low Density Lipoprotein level is favourable to the Aerobic Dancing than Yogic Practices.
10. No Difference was found in the control group.

5.3 RECOMMENDATIONS

Based on the results of the study, the following recommendations were drawn.

Aerobic dance and yogic practice training have improved the selected health related fitness psychological and biochemical variables among the 60 women college students. Hence, the two methods of training are recommended to the coaches, physical educators and fitness instructors who required developing the general health fitness as well as holistic well-being.

1) The aerobic dancing programmes recommended for those students interested in developing the basic aerobic fitness qualities.

2) The aerobic dancing programmes recommended for junior athletes who are aiming to develop their basic and specific endurance qualities.

3) The aerobic training programmes are recommended for grassroots level sports practitioners, who need good cardio respiratory types of activities.

4) The increasing intensity and volume of the selected aerobic dance steps is favoured the elite level sports participants to enhance their high level of cardio vascular and cardio respiratory efficiency.

5) These yogic approaches are recommended for young children to maintain their physical and mental qualities.

6) The same yogic intervention can be to adopted by the pubertal population for maintaining their hormonal secretions.

7) The increasing intensity and volume of the selected asanas,pranayama and mudra are recommended to the elite level sports participants to enhance their mental toughness in the competitions.

8) The results of the study are recommended to the Government of Tamilnadu to incorporate these programmes in the curriculums by various Colleges and Universities

9) The results of the present investigations are recommended to the Sports Authority of India to add these two training programmes, in their curriculums.