

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to investigate the effects of the selected Yogic practices of Swami Satyananda Saraswati (Group A) and Swami Kuvalayananda (Group-B) on Police men with Health fitness components, Physiological and Psychologically.

To facilitate the study, 90 Police men were selected from Tamil Nadu Police Academy at vandalur, Chennai were selected as subjects and their aged between 30 to 45 years.

In this study yogic practices were given to experimental group for the period of Twelve weeks in progression. The pre test was taken from the subjects before administering the training. The subjects were involved with their respective training for a period of Twelve weeks. At the end of the Twelfth week training post test were taken.

After the experimental period of Twelve weeks post test scores were obtained from all the three groups. The scores on Health fitness components, Physiological and Psychological variables were considered as the effect of varied training of yogic practices on Police men .The mean differences were tested for significance using Analysis of Covariance (ANCOVA) among three groups on selected Health fitness components, Physiological and Psychological variables on Police men. To find out the paired mean differences, scheffe's post hoc test was used.

5.2. CONCLUSIONS

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

1. It was concluded that Endurance, Strength, Flexibility, VO2 Max, Breath holding time, Job Satisfaction, Job Involvement, Organizational climate were significantly improved and Body composition was significantly maintained and Resting Pulse rate, Blood pressure and Anxiety were significantly reduced due to the influences of Twelve week training Yogic packages of Swami Satyananda Saraswati (Group A) and Swami Kunalayananda (Group-B) than the control group C on Police men.
2. It was concluded that Yogic packages of Swami Satyananda Saraswati (Group A) was slightly effective than Swami Kunalayananda (Group-B) in improving Endurance, Strength, Flexibility, VO2 Max, Breath holding time, Job Satisfaction, Job Involvement & Organizational climate, maintaining the Body composition and reducing the Resting Pulse rate, Blood pressure and Anxiety on Police men.

5.3. RECOMMENDATIONS

The findings of this research proved that twelve weeks varied Yogic package practices significantly altered selected Health fitness components, Physiological and Psychological variables of Police men. Based on the results, discussions and findings of research, the following recommendations are made:

1. Yogic practices may be recommended for improvement the quality of life of Policemen.
2. Yogic practices may be included in the health sectors, Educational sectors and other management also.
3. The government may encourage yogic practices to improve good environment.
4. Yogic practices may be done by all the peoples in their daily routine.
5. The project will be a role model not only for police personnel but also for all work life.

5.4. SUGGESTIONS FOR FURTHER RESEARCH

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

1. Similar study may be conducted on various other age groups also.
2. Similar study may be conducted for the extension period of experimentation too.
3. The present study was mainly focused on male Police only. The same study may be done on female Police also.
4. Similar study may be undertaken by selecting a large sample.
5. Variables other than Health fitness components, Physiological and Psychological aspects may be done further.
6. The present study dissertation needed to be strengthened or support by more relevant research studies.