

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATION

5.1 SUMMARY

The purpose of the study was to find out the effect of varied Yogic practices on selected Physiological, Bio-chemical and Psychological variables among policemen.

Significance of the study was to find out the appropriate method to maintain best results on pulse rate, vital capacity, blood pressure, cholesterol, blood sugar, liver function, job involvement, stress and organizational behavior levels to lead a healthy life .by comparing the effects of varied yogic practices. The study also was done to bring out the importance of the Physiological, Bio-chemical and Psychological variables and their relevance to day to day functioning and create awareness among the people in the society about value of yogic practices.

The hypothesis of the study was that there would be significant difference's on yogic practices in (GroupA) (experimental 1) and yogic practices in (GroupB) (experimental group 11 than the control (groupIII) .The second hypothesis of the study was that there would be significant differences between yogic practices (GroupA) (experimental group1) and yogic practices (GroupB) (experimental group11) on selected Physiological, Bio-chemical and Psychological variables among policemen.

Based on the random group experimental design, this study was delimited only on men police for a period of twelve weeks. To facilitate the study, 90 traffic policemen were selected from Chennai city traffic department aged between 40 to 50 years at random and training was given to them at Rajarathinam stadium at Egmore.

In this study yogic practices (GroupA) (experimental group1) and yogic practices (GroupB) (experimental group II) were given to two separate batches of 30 traffic policemen for a period of 12 weeks each. The study was delimited on selected dependent variables as pulse rate, vital capacity, blood pressure, cholesterol, blood sugar, liver function job involvement, stress and organizational behavior. A pre-test and post-test were taken for each of the policemen..Subjects of the control group were inactive rest used only for one the end post test.

The results obtained after the 12 week experimental period showed considerable differences. The mean differences were tested for a significance using Analysis Of Co- variance (ANCOVA) among three groups on selected Physiological, Bio-chemical and Psychological variables on policemen. To find out the paired mean difference, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test the hypotheses.

5.2 CONCLUSIONS

Within the limitations and delimitations of the present study, the following conclusions were drawn after giving training in varied yogic practices two groups compared to control group.

It was concluded that physiological variables like pulse rate-was significantly decreased; vital capacity was significantly improved; blood pressure was significantly stabilized; , Bio-chemical variables such as cholesterol-was significantly decreased;, blood sugar-was significantly normalized; liver function-was significantly healthier. Psychological variables such as job involvement-was significantly promoted; stress-was significantly reduced; and organizational behavior significantly improved due to the effects of varied yogic practices than the control group among policemen.

2. It was also concluded that yogic practices (group 1) were slightly effective than the yogic practices (group 11) among policemen on the physiological variables like pulse rate-was significantly decreased; vital capacity-was significantly improved; blood pressure was significantly stabilized; Bio-chemical variables such as cholesterol was significantly decreased; blood sugar-was significantly normalized; liver function-was significantly healthier. Psychological variables such as job involvement-was significantly promoted; stress-was significantly reduced; and organizational behavior significantly improved.

5.3 RECOMMENDATIONS FOR PRACTITIONERS /GOVERNMENT

1. Yogic practices may be recommended for normalizing of diabetes, cholesterol, blood pressure levels and all other ailments including general health benefits.
2. Yogic practices are recommended for reducing stress levels of other people also.

3. Yogic practices may be recommended as a therapy for total well being depending on the individual.
4. Yogic practices may be included in all the health sectors/schemes.
5. Government may encourage yogic practices for all the employees.
6. Government may encourage yogic practices for all the departments
7. Both central and state governments may encourage schemes of yogic practice's in their schemes
8. Mass yoga programmes may be conducted for total well being of the public;
9. Yogic practices may be recommended in daily routine

5.4 SUGGESTIONS FOR FURTHER STUDY

1. Similar study may be conducted for various age groups.
2. Similar study may be conducted for extended period of experimentation.
3. The study could be focused on females also.
4. Similar studies may be undertaken by selecting a larger sample.
5. More other Physiological, Biochemical and Psychological aspects could be considered
6. Similar study may be done on other yogic practices and on all other walks of life,
7. The present study thesis needs to be strengthened by more relevant research studies.