

Chapter - V

SUMMARY CONCLUSIONS AND RECOMMENDATION

5.1. SUMMARY

The purpose of the study was to find out the effect of integrated modulus of yogic practices on selected biochemical and psychological variables among middle aged type II diabetic men. To achieve this purpose of the study, thirty diabetic middle aged men from Puducherry state were randomly selected as subjects and they were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogic practices for six days (Monday to Saturday) per week for twelve weeks and Group II acted as control group who did not participate in any special training apart from their regular activities. The subjects were tested on selected criterion variables such as blood glucose (both fasting and postprandial), HbA1c, total cholesterol, triglycerides, high density lipoproteins, low density lipoproteins, very low density lipoproteins, stress, anxiety and depression at prior and immediately after the training period. The selected criterion variables such as blood glucose (both fasting and postprandial) was measured by GOD-POD method, HbA1c, total cholesterol, triglycerides, high-density lipoprotein, low-density lipoprotein and very low-density lipoprotein were measured by ion exchange method and psychological variable such as depression, anxiety and stress were measured by using The Lovibond, S. H. & Lovibond, P. F. (1995) 42-DASS questionnaire method . The analysis of covariance (ANCOVA) was used to find out the significant difference if any, between groups on each selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

5.2 CONCLUSIONS

Based on the results of the study the following conclusions were drawn:

1. It was concluded from the result of the study that blood glucose (both fasting and postprandial) was decreased after the yoga practice when compared with the control group.

2. There was a significant decrease in HbA1c after the yogic practices when compared with the control group. It was also concluded from the result of the study there was a significant difference was occurred between the yoga practice group and control group on HbA1c.

3. It was concluded from the result of the study that the total cholesterol decreased significantly after twelve weeks of practicing the yoga.

4. The level of triglycerides was decreased after the twelve weeks of yogic practices when compared with the control group.

5. It was also concluded from the result of the study that there was a significant increase in the level of high density lipoproteins after twelve weeks of yogic practices.

6. It was concluded from the result of the study that there was a significant decrease in the level of low and very low density lipoproteins after twelve weeks of yogic practices.

7. Stress was decreased significantly after the twelve weeks of yogic practices when compared with the control group.

8. It was concluded from the present study that there was a significant reduction in anxiety due to the twelve weeks of yogic practices when compared with the control group.

9. The result of the study also concludes that there was significant reduction in depression after the twelve weeks of yogic practices when compared with the control group.

5.3 RECOMMENDATIONS

Based on the results of the study, the following recommendations were suggested:

1. Further studies may be conducted to explore the effect of yogic practices on health related fitness, after considering the diet as one of the control variable.
2. Modern industrialization has resulted in a more inflating metabolic disorder like obesity. Hence, the effect of training can be assessed among obese people and overweight people.
3. Similar studies may be conducted for hypertension patients, especially, working people.
4. The effect of these trainings can be assessed on body composition and motor fitness components also.
5. The study may be conducted to different age group other than mentioned in this study.
6. Similar study may be conducted using female subjects also.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. This study proved that yogic practices would significantly improve on selected Bio chemical and Psychological variables than control group. A study may be undertaken to find out the effect of combined yogic practices and physical activities on similar variables among selected Diabetes mellitus II.
2. A similar study with larger samples may be undertaken to support the findings of this study.
3. The duration of the yogic training may be increased to six months to one year for better result.
4. A similar study may be undertaken to find out the effect of Pranayama alone among middle aged diabetic II men
5. The same study also may extend to Diabetic I patients.