

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the random experimental study was to investigate the effect on hatha yoga practices on selected serological and psychological factors among high school thyroidism girls. To facilitate the study, 45 hyper and hypo thyroid's for high school girls were selected at random from various schools in Chennai. In this study Bihar School of Yoga were given to experimental group I and B.K.S. Iyengar Practices were given to experimental group II for the period of twelve weeks. The control group did not participate in any of the practices. The pretest was taken from the subjects before the commencement of the training. The subjects were involved with their respective training for five days in a week. The subjects were monitored throughout the sessions. At the end of the twelve weeks training posttest with respect to serological variables such as TSH, FSH, T3 AND T4 and psychological variable namely stress and depression and anxiety scale were measured using the standardized tests and methods. The significant difference between the means of the experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. Iyengar School of Yoga) and control group for the pre -test and post test scores were determined by analysis of covariance (ANCOVA). The level of significance was fixed at 0.05 level of confidence for the cases to test the hypothesis.

The results proved that there was a significant changes in the serological, and the psychological variables due to twelve weeks of hatha yoga sadhana practices.

5.2 CONCLUSIONS

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. Iyengar School of Yoga) would improve the selected Serological and Psychological variables as compared to control group (group III).

1. The Serological variable **TSH** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
2. The Serological variable **FSH** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
3. The Serological Variable **T3** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.

4. The Serological Variable **T4** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
5. The Psychological Variable **Stress** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
6. The Psychological Variable **Depression** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
7. The Psychological Variable **Anxiety** was significantly improvement due to Twelve weeks of Experimental group I (Bihar School Of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among Hyper and hypo thyroid's for high school girls comparing to the control group.
8. The post hoc analysis of the results proved that Bihar School Of Yoga (Experimental Group-I) was slightly effective than B.K.S Iyengar Practices (Experimental Group-II) in related serological variables such as **TSH, FSH, T3, AND T4**, and psychological variable namely **Stress, Depression and Anxiety**.

5.3 RECOMMENDATIONS

The following recommendations have been derived on the basis of the study for practitioners.

1. Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for Hyper and hypo thyroids for high school girls for all other diseases for better treatment.
2. Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for management as well as coping the Stress, Anxiety and Depression.
3. Hatha yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended mainly for improvement of psychological problem among Hyper and hypo thyroid's for high school girls.
4. Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for the improvement of the Hyper and hypo thyroid's for high school girls for general health.
5. The government may be encouraged Hatha Yoga Practices (Bihar School Of Yoga & B.K.S Iyengar Practices) as a part of health centers.
6. Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be included in academic curriculum in schools.
7. Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be done by all the people in their daily routine for regular work.

5.4 SUGGESTION FOR FURTHER RESEARCH

During the course of the research study, the investigator came across a number of ideas, based on which the following suggestions are made for further research in this area.

1. Similar study can be undertaken to find out the changes on Hatha Yoga Practices (Bihar School of Yoga & B.K.S Iyengar Practices) on other gender.
2. Similar study can be undertaken for Hyper and hypo thyroids for high school boys.
3. Similar study can be undertaken for Hyper and hypo thyroids for high school boys.
4. Similar study can be undertaken for rural and urban Hyper and hypo thyroids for high school boys.
5. This type of study can be undertaken on different age groups.
6. Since the research was selected on two experimental groups, more experimental groups can be compared for Hyper and hypo thyroids for high school boys.
7. Similar study can be conducted on other psychological and Serological variables also.
8. Similar study may be conducted for the extension period of experimentation by selecting a large sample.
9. The present study needed to be strengthened or support by more relevant research studies.

Various aspects like socio economic status, motivational aspects, family background and other demographic variables can also be a part of the future extensive and exhaustive research to prove the efficacy of Hatha Yoga Practices and make use of this wonder filled art and science of yoga for the betterment of humanity.

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