

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to find out the effect of yogic practices and therapeutic exercises on selected physiological, Biochemical and psychological variables among diabetic women.

Significance of the study was to find out the exact treatment for diabetes which is common in present society by comparing Yogic practices as well as Naturopathy Practices. Explain the qualities of Physiological, Biochemical and Psychological variables.

To create awareness among the disease prone people in the society about the values of the Yogic practices and Naturopathy Practices. The hypothesis of the study was that there would be significant difference on Yogic practices (Experimental group - A) and Naturopathy Practices (Experimental group - B) than the control group (group - C) on selected Physiological, Biochemical and Psychological variables among diabetic women. The second hypothesis of the study was that there would be significant difference between Yogic practices (Experimental group - A) and Naturopathy Practices (Experimental group - B) on selected Physiological, Biochemical and Psychological variables among diabetic women.

The study was delimited only on women with diabetic women, blood glucose level for more than 160 mg to 300 mg only. Ages of the subjects were ranged from 35 to 45 years only. The study was delimited only on 90 subjects, in which 30 for control group, 30 for group A, and 30 for group B and selected from various organizations, hospitals and clinics in Nagercoil only. The study was delimited on variables of Fasting blood glucose level, Post

prandial blood glucose level, Resting Pulse Rate, Blood pressure, Stress and Job Satisfaction only and treated with Yogic practices and Naturopathy Practices only.

In this study, yogic practices and Naturopathy Practices were given to experimental groups for the period of twelve weeks. The pre test was taken on the subjects before administering the training. The subjects were involved with their respective training. At the end of the twelfth week training post test was again done on all the three groups. The scores of physiological, Biochemical and psychological variables were considered as data on the effect of varied training of yogic practices and Naturopathy Practices on diabetic women. The mean differences were found for significance using Analysis of Co-variance (ANCOVA) among three groups on selected Physiological, Biochemical and Psychological variables of diabetic women. To find out the paired mean differences, Scheffe's post hoc test was used. In all cases, 0.01 level of significance was fixed to test the hypotheses.

5.2. CONCLUSIONS:-

Within the limitations of this study, the following conclusions were drawn,

1. It was concluded that Fasting blood glucose level, Post prandial blood glucose level, Resting Pulse Rate, Blood pressure, Stress were significantly reduced and Job Satisfaction were significantly improved due to the influences of Yogic practices (Group A) and Naturopathy Practices (group - B) than the control group (group – C) among diabetic women.

2. It was concluded that Yogic practices (Group A) were slightly effective than Naturopathy Practices (group - B) in improving Fasting blood glucose level, Post prandial blood glucose level, Resting Pulse Rate, Blood pressure, Stress were significantly reduced and Job Satisfaction among diabetic women.

5.3. RECOMMENDATIONS:-

5.3.1. Suggestions for Social Development:-

1. Yogic practices and Naturopathy Practices may be recommended for improvement of the diabetic women patients.
2. Yogic practices may be recommended for other patients.
3. Yogic practices may be included in the health sectors, especially rehabilitation centers, hospitals, Industries, Educational sectors etc.
4. The government may encourage yogic practices and Naturopathy Practices.
5. Yogic practices may be done by all the peoples in their daily routine.
6. Mass programmes in yoga and Naturopathy Practices may be done as the awareness programmes.

5.3.2. Suggestions for furtherance of Research:-

1. Similar study may be conducted for various other age groups;
2. Similar study may be conducted for the extension period of experimentation;
3. The present study is mainly focused on female diabetic patients. The same study may be done on male diabetic patients also;
4. Similar study may be undertaken by selecting a large sample;
5. Dependent variables other than physiological biochemical and psychological aspects may also be done further;

6. Similar study may be conducted on other diabetic patients;
7. Similar study may be undertaken on other metabolic problems;
8. Similar study may be done on other independent variables;
9. Similar study may be conducted with other yogic practices;
10. Similar study may be pursued in different intensity and density factors;
11. The present study thesis needed to be strengthened or support by more relevant research studies.