

## CHAPTER V

### SUMMARY CONCLUSIONS AND RECOMMENDATIONS

#### SUMMARY

The purpose of the study was to examine the effects of yogic practices with and without diet modification on selected physical, physiological, Bio-chemical and psychological variables among pregnant women. To achieve the purpose sixty primiparous (Pregnant for first time) women were randomly selected from various maternal health centres in and around Chennai city. Their age ranges between 23 years to 28 years. They were divided into three equal groups, by adopting random sample method. Group one acted as experimental group I –Yogic practices with diet modification (YWD), group two acted as experimental group II- Yogic practices without diet modification (YWOD) and group III acted as control group (CG). The nature and importance of the study was explained to the subjects in this study.

Pre-test and post-test randomized group design was applied to this research. Sixty pregnant women, who is been pregnant for the first time, from various maternal health centers in and around Chennai city were randomly selected and they were assigned into three equal groups. Each group consists of twenty subjects. Pre-test was conducted for all the sixty subjects on selected physical variable namely Body Mass Index, Physiological variables namely systolic blood pressure, diastolic blood pressure and resting pulse rate, Bio-chemical variables namely fasting and postprandial blood glucose level, Triglycerides, high density lipoprotein, low density lipoprotein and blood uric acid level, Psychological variables namely

perceived stress level and Anxiety. This initial test scores formed as pre-test scores of the subjects. Experimental group I was exposed to yogic practices with diet consultation pertaining to pregnancy. Experimental group II was exposed to yogic practices without any modification in their routine diet. The control group was not exposed to any of the training program or diet consultation other than their regular daily activities. The experimental period was for twelve weeks (from 13<sup>th</sup> week of gestation to 24<sup>th</sup> week of gestation- 2<sup>nd</sup> Trimester). After the experimental training, all the subjects were measured on the selected physical, physiological, Bio-chemical and psychological variables. This final test scores formed as post-test scores of the subjects. The pre-test and post-test scores were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out the significance among the mean difference, whenever the 'F' ratio for the adjusted post-test was found to be significant Scheffe's post hoc test will be used. In all cases 0.05 level of significant was fixed to test hypothesis.

## CONCLUSION

1. It was concluded that BMI was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
2. It was concluded that systolic blood pressure was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
3. It was concluded that diastolic blood pressure was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
4. It was concluded that resting pulse rate was decreased due to 12 weeks yoga with and without diet modification among pregnant women.

5. It was concluded that blood sugar (fasting) was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
6. It was concluded that blood sugar (2h- post prandial) was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
7. It was concluded that triglycerides was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
8. It was concluded that HDL was increased due to 12 weeks yoga with and without diet modification among pregnant women.
9. It was concluded that LDL was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
10. It was concluded that blood uric acid level was decreased due to 12 weeks yoga with and without diet modification among pregnant women.
11. It was concluded that stress was reduced due to 12 weeks yoga with and without diet modification among pregnant women.
12. It was concluded that anxiety was reduced due to 12 weeks yoga with and without diet modification among pregnant women.

## RECOMMENDATIONS

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

- It was found that integrated yoga modules should be useful for the pregnant women.
- It was found the diet modification also should be useful for pregnant women.

- Integrated yoga and diet modification may be recommended mainly for improvement of psychological problem among pregnant women.
- The government may be encourage the practice of yoga and diet modification as a part of health care centres for pregnant women.

#### 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.

- Similar study can be undertaken with different physical activities.
- Similar study can be undertaken with different diet modifications.
- Similar study can be undertaken for rural and urban pregnant women.
- This type of study can be undertaken with increased number of subjects.
- Similar study can be conducted on other physical, physiological and psychological variables also.
- Similar study may be conducted for the extension period of experimentation.
- 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 Integrated yoga modules

and make use of this wonder filled art and science of yoga for the betterment of humanity.