CHAPTER V
SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the random group experimental study was to investigate the effect of varied integrated yogic practices modules of selected motor fitness components, physiological and psychological variables among police with dysmenoria. To facilitate the study, 45 police with dysmenoria were selected at random from police academy avadi at 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 motor fitness components such as endurance and flexibility, physiological variables such as blood pressure (systolic and diastolic) and respiratory rate and psychological variables such as stress and depression 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 motor fitness components, physiological and psychological variables due to twelve weeks of integrated yoga module of yogic practices.
5.2 CONCLUSION

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 motor fitness, physiological and psychological variables as compared to control group (group III).

1. The motor fitness components **Flexibility** was significant 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 police with dysmenoria comparing to the control group.

2. The motor fitness components **Endurance** was significant 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 police with dysmenoria comparing to the control group.

3. The Physiological Variable **Systolic blood pressure** was significant decreased due to Twelve weeks of Experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among police with dysmenoria comparing to the control group.

4. The Physiological Variable **Diastolic blood pressure** was significant decreased due to Twelve weeks of Experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. IyengarSchool of Yoga) among police with dysmenoria comparing to the control group.

5. The Psychological Variable **Stress** was significant decreased due to Twelve weeks of Experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among police with dysmenoria comparing to the control group.
6. The Psychological Variable **Depression** was significant decreased due to Twelve weeks of Experimental group I (Bihar School of Yoga) and experimental group II (B.K.S. Iyengar School Of Yoga) among police with dysmenoria comparing to the control group.

7. 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) differences in motor fitness components such as **flexibility and endurance** and physiological variable such as **systolic blood pressure, diastolic blood pressure and respiratory rate** and psychological variable namely **Stress and Depression**. The hypothesis was accepted at 0.05 levels.

### 5.3 Recommendations

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

1. It was found that Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) should be useful for the police with dysmenoria.

2. It was found the Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) also should be useful for police with dysmenoria.

3. It was found that the combination of both also Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) are more suitable for the police with dysmenoria.

4. Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for police with dysmenoria for all other diseases for better treatment.

5. Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for management as well as coping the Stress and Depression.
6. Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended mainly for improvement of psychological problem among police with dysmenoria.

7. Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be recommended for the improvement of the police with dysmenoria for general health.

8. The government may be encouraged Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) as a part of health centers in police department.

9. Varied integrated modules of yogic practices (Bihar School of Yoga & B.K.S Iyengar Practices) may be included in academic curriculum in police.

10. Varied integrated modules of yogic 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 Integrated yoga modules (Bihar School of Yoga & B.K.S Iyengar Practices).
2. Similar study can be undertaken for men police.
3. Similar study can be undertaken for traffic police.
4. Similar study can be undertaken for rural and urban police with dysmenoria.
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 police with dysmenoria.
7. Similar study can be conducted on other motor, physiological and psychological variables also.
9. Similar study may be conducted for the extension period of experimentation by selecting a large sample.

10. 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 varied Integrated modules of yogic practices and make use of this wonder filled art and science of yoga for the betterment of humanity.