CHAPTER - V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of Hatha yoga sadhana on selected physiological, psychological and clinical variables among Anorexia syndrome teenage girls. To achieve the purpose of the study, thirty Anorexia syndrome teenage girls were selected and their age was 15 to 18 years. The subjects were randomly divided into two groups and each group consists of 15 subjects. Experimental group I underwent hatha yoga sadhana practices, for twelve weeks and control group no training. The following physiological variables (heart rate, systolic blood pressure and diastolic blood pressure) psychological variables (depression, emotional maturity and anxiety), and clinical variables (Total cholesterol and Hemoglobin) were selected as dependent variables whereas hatha yoga sadhana were taken as independent variables.

The analysis of covariance was (ANCOVA) used to analyze the significant difference, if any among the groups The 0.05 level of confidence was fixed as the level of significance to test the “F” ratio obtained by the analysis of covariance, which was considered as an appropriate.

5.2 CONCLUSION

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.
1. The physiological variable heart rate was significantly improved due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls comparing to the control group.

2. The physiological variable resting systolic blood pressure was significantly decreased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls comparing to the control group.

3. The physiological variable diastolic blood pressure was significantly decreased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls comparing to the control group.

4. The psychological variable depression was significantly decreased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls while comparing to the control group.

5. The psychological variable emotional maturity was significantly improved due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls while comparing to the control group.

6. The psychological variable anxiety was significantly decreased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls while comparing to the control group.

7. The clinical variable Hemoglobin was significantly increased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls while comparing to the control group.

8. The clinical variable Total cholesterol was significantly decreased due to twelve weeks of hatha yoga sadhana among Anorexia syndrome teenage girls while comparing to the control group.
9. Hatha yoga sadhana group was effective than control group for physiological variables (heart rate, systolic blood pressure and diastolic blood pressure) psychological variables (depression, emotional maturity and anxiety) and clinical variables (Total cholesterol and Hemoglobin).

5.3 RECOMMENDATIONS OF THE STUDY

The following recommendations have been derived on the basis of the above findings.

1. It was found that Hatha yoga sadhana practices are useful for the Anorexia syndrome teenage girls.

2. Hatha yoga sadhana practices may be recommended for men and women for all other diseases for better treatment.

3. Hatha yoga sadhana practices may be recommended for maintaining their mental and emotional stability.

4. Hatha yoga sadhana practices may be recommended mainly for the improvement of emotional maturity and maintaining their anxiety level among Anorexia syndrome teenage girls.

5. Hatha yoga sadhana practices may be recommended for the improvement of the women for general health.

6. Hatha yoga sadhana practices may be included as a part in all schools and colleges for the benefits of health and over all development of the patients.

7. Hatha yoga sadhana practices may be done by all the people in their daily routine to prevent diseases.
5.4 FOR THE GOVERNMENT

1. Hatha yoga sadhana practices may be introduced in curriculum of the schools and colleges.

2. Further, it is recommended that Hatha yoga sadhana practices or the combinations of both practices are beneficial for the Anorexia syndrome teenage girls.

3. The government may introduce the awareness programme on Hatha yoga sadhana practices for the better health of the people.

1.5 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 sadhana practices between male and female.

2. Similar study can be undertaken for college girls also.

3. Similar study can be undertaken for teen age boys also.

4. Similar study can be undertaken for rural and urban Anorexia syndrome teenage girls.

5. This type of study can be undertaken on different age groups.
6. Similar study can be conducted on other psychological, physiological and clinical variables also.

7. Similar study may be conducted for the extension period of experimentation by selecting a large sample.

8. Similar study may be conducted for other health problems faced by women as well as men.

9. The present study needed to be strengthened or support by more relevant research studies.