

# **Effect of Pranayama on Selected Psychological Variables among College Female Students**

A Thesis submitted in partial fulfilment of the requirements of the degree of

**Doctor of Philosophy**

by

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**February, 2021**

## CHAPTER 5

### Conclusions, Recommendations and Future Scope

It has been quite an interesting study carried out by the researcher to evaluate the impact of pranayama – a breathing control tool available in yoga which has been practiced in India since ancient time and embraced the world over with an all time high popularity in the 21<sup>st</sup> century on the negative emotions as expressed psychological variables such as depression, anxiety and stress in comparison to those who remain neutral to it.

The ever increasing life style diseases such as cardiac issues, diabetes (type 2), asthma, arthritis have a lot to do with the flow of chemicals in the body which are generated through the quality of thoughts emerging in the human mind. The study revelations are being summarized as below:

#### **5.1 Conclusions**

The results of the tests that were performed on college going girls have provided the following sense of direction to the study:

- 5.1.1** The selected psychological variable, namely, anxiety documented significant experimental effect on yoga pranayama practicing group.
- 5.1.2** The selected psychological variable, namely, stress documented significant experimental effect on yoga pranayama practicing group.
- 5.1.3** The selected psychological variable namely, depression documented significant experimental effect on yoga pranayama practicing group.
- 5.1.4** The selected psychological variables namely stress, anxiety, depression - a total of three variables, documented significant experimental effect of pranayama group.

## 5.2 Recommendation

From the above, the usefulness of pranayama practice on regular basis emerges as a key revelation for those who are constantly enshrouded with negative emotions such as depression, anxiety and stress. It is a practice that reduces the severity of these psychological variables, which if remain untreated can cause permanent damage to the quality of life with life style and interminable diseases making their way in to human body and making it a permanent abode. The validated proven results emerging out of experiments strongly advocate embracing yoga pranayama as an integral part of life to lead a life that is full of cheerfulness and fun with meaningful contribution through productivity during the life span. Pranayama is known to make a substantial contribution in the life of a living person through various ways and means – all critical to provide a sense of direction to efforts.

## 5.3 Future scope of study

The study conducted by the researcher may be given a new dimension by the future researchers as recommended below:

### 5.3.1 Productivity Enhancer Tool

The researchers in the years to come may evaluate the degree of impact of pranayama practice on psychological variables such as depression, anxiety and stress to emphatically declare the contribution of pranayama in terms of its relative effectiveness to suppress these negative emotions and its role in enhanced productivity through better focus on work with improved mental health.

### 5.3.2 Part of Curriculum

The future researchers will have to evaluate the possibility of including pranayama in the school, college and university curriculum to banish undesirable psychological variables from the human system by default to make this world a better place to live in with happiness all around.

### 5.3.3 Cross check findings in other states & Evolve Standard Set of Rules

Other researchers will have to come forward to evaluate differentiation, if any, in the outcome of studies in other states of India involving college going girls and if results are found similar, then a standard set of rules may have to be created to benefit all citizens of India.

### **5.3.4 Proliferation of benefits**

The benefits of pranayama may have to be proliferated vigorously in future through academic world's intense involvement through online publications of articles related to its benefits, expert lectures, seminars, conferences on recent developments etc.

### **5.3.5 Study on Different Age Groups**

Studies akin to the one conducted for females by the researcher may be done in younger/ elderly females in Rajasthan and compared with one another to find out differentiation, if any in the future.

### **5.3.6 Evaluation of results for different type of work cultures**

There is a need to conduct similar studies on both male and female candidates who are engaged in varied activities. They might be from different walks of life such as sportspersons, doctors, engineers, housewives, teachers etc. They might belong to different classes of society in terms of economic status with different altitude, habitat and environments etc. Results obtained may be compared with one another for differentiation, if any.

### **5.3.7 Different in Genders**

The future studies may be done on both the genders in Rajasthan to find out the relative degree of influence of pranayama on psychological variables such as depression, anxiety and stress. Hence, promote practice of pranayama in a particular gender, if the results are different and skewed towards one particular gender.

### **5.3.8 Studies on other meditations**

There is a need to conduct similar sort of studies on other forms of meditations and evaluate the relative significance and/ or superiority to help millions of people across globe to practice to pursue a good life full of contentment and joy.