

**EFFECT OF CORE TRAINING WITH AND
WITHOUT YOGIC PRACTICES ON SELECTED
HEALTH FITNESS COMPONENTS AND
PSYCHOLOGICAL VARIABLES AMONG
COLLEGE WOMEN STUDENTS**

A THESIS

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CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The aim of the present investigation was to find out the effect of core strength training with and without yogic practices on selected health fitness components and psychological variables among college women students. For the purpose of the study sixty adolescent women's, they would be selected randomly in Chennai, Tamil Nadu, India as subjects for this study, age range of the subjects from 17 to 25 (24 ± 1.7) years. They were randomly split into four equal set, and all group contains of fifteen ($n=15$) subjects, in which they known as group I core strength training group, group II yogic practice group, group III combined (core strength training and yogic practices) and the group IV would be considered as control group, which did not undergo any specific training. Experimental groups underwent various physical training and yogic exercise for a phase of 15 weeks, 6 days per week and 45 minutes a session. Health related fitness and psychological variables namely body composition (height weight ratio), muscular strength (squat test), muscular endurance (modified sit-ups), flexibility (sit and reach test), cardiovascular endurance (cooper's 12 minutes run or walk test), emotional intelligence (questionnaire, Jayaraj B and Dr.H.Samsananda Raj), self esteem (questionnaire, Dr.Rosenberg) and study skill (questionnaire, M.Kanchana) were selected as criterion variables and tested. All the persons of the four groups were examined on selected dependent variables at earlier to and right away after the training program tested for significance by applying analysis of variance (ANOVA). Subsequent to annihilating the impact of pre-test, the balanced post-test methods for trial bunches were tried for hugeness by utilizing ANCOVA. In addition, Scheffe's post-hoc test was employed, when the obtained F-ratio of the adjusted post-test means found significant, to find out the paired mean difference if any among the groups for each variable separately. The independent 't' test applied to know the individual effect of training on each group. Further, the magnitude of improvement between initial and final mean of experimental groups and control group were assessed by using percentage

calculation on selected criterion variables. The level of confidence is fixed at 0.05, for significance. The data's on selected criterion variables were analyses by using IBM SPSS - 21.0 statistical software.

5.2 CONCLUSIONS

The following conclusions with the rationale of results on selected dependent variables on the influence of independent variables were present below in a logical manner.

1. There was a significant difference among experimental groups and control group on selected health related fitness variables and psychological variables due to isolated and combined core strength training and yogic practices.
2. The combined core strength training and yogic practices shows better improvement on entire criterion variables selected for the present study such as body composition, muscular strength, muscular endurance, flexibility, cardiovascular endurance, emotional intelligence, self esteem and study skill when compare with isolated core strength training and yogic practices groups.
3. There was no significant difference shown between isolated core strength training group and yogic practice group on muscular strength, flexibility, cardio respiratory endurance, body mass index, self esteem and study skill.
4. There was a significant difference shown between isolated core strength training group and yogic practice group on muscular endurance and emotional intelligence. Further, the core strength training group shows better improvement on muscular endurance whereas the yogic practice group shows better improvement on emotional intelligence.
5. Based on entire results of the present study, the combined core strength training and yogic practices improves the selected health related fitness such as body composition, muscular strength, muscular endurance, flexibility, cardiovascular endurance and psychological variables such as emotional intelligence, self esteem and study skill.

5.3 RECOMMENDATIONS

5.3.1 Recommendations for Implication

The recommendations based on the conclusions drawn for the present study as follows.

1. Combined core strength training and yogic practices may be suggested to improve the psychological variables of adolescent women.

2. Combined core strength training and yogic practices may be suggested to improve the health related fitness among adolescent women.
3. Neither the combined training protocol suggested for improving health related fitness components and psychological parameters nor the isolated training protocol among adolescent women's.
4. Pre adolescents and adolescents may be given this type of combined training to improve the health related fitness components and psychological parameters.
5. Combined training may be given to improve the skill performance among the sports persons for better achievements.
6. Low intensity combined training may be given to senior citizens to maintain or improve the health related fitness components and psychological quality.
7. The study may be extended more duration to get better results.
8. Food habits, academic stress, hormonal functions, physical activity level during experiment, life style are unable to control by the researcher. It may be taken into account for future research.

5.3.2 Recommendations for Future Research

The following suggestions were considered as scope for further research.

1. A study of similar research design may be carried out with men athletes.
2. Similar study with numerous subjects would support the findings of the research.
3. Similar study will be appropriate for varied age groups.
4. A study of similar kind will be appropriate for assessing numerous health related fitness and psychological variables that were not used in this study.
5. Similar study might include various levels in schools.