

Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary

The purpose of the study was to compare the level of physical activity, premenstrual syndrome, health status and to find out the effect of physical activity intervention among the college women students. To achieve the purpose of the study, 1000 female were selected from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli at random. Stratified random sampling method was adopted for this study. Five women's colleges were selected from Tirunelveli districts such as Rani Anna College–Tirunelveli, Sarah Tucker College–Tirunelveli, Sri Saratha College–Tirunelveli, Rose Mary College–Tirunelveli and Sri Parasakthi College–Tirunelveli. Two hundred students were selected at random from each college.

This study consists of two parts. In part I, 1000 students were selected as participants to compare the level of physical activity, premenstrual syndrome and health status by using descriptive statistics, chi-square, t-test and simple ANOVA with Scheffe's post hoc test. In part II, thirty subjects were selected and they were divided in to two groups namely experimental and control groups. Experimental group underwent 12 weeks of exercise intervention programme and control group didn't participated in any specific activity. The effect of exercise intervention on health status and premenstrual

syndrome were analyzed. The data for the study were analyzed using the Statistics Package for the Social Science (SPSS 20.0).

The variables selected for this were physical activity level, health status and premenstrual symptoms. The selected variables were tested with standardized questionnaire. The data collected from the subjects were statistically examined for Chi Square, Descriptive Statistics, independent t test, dependent t test, ANOVA, Scheffe's Test, ANCOVA test. In this case, the criterion for statistical significance would set as 0.05 level of confidence.

5.2 Conclusions

- It is highly evident that the students ensures good health after post test than pre test
- Physical activity was a part of the human daily life. It has been significantly improved the students life style.
- Physical activity appears to relieve symptoms of depression and anxiety and improve mood.
- There is promising evidence that strength training and other forms of exercise in students preserve the ability to maintain independent living status and reduce the risk of falling.
- Physical activity feels the students to feel better and get more energy, happy and relaxed, and sleep better.
- This study provides valuable research to the growing body of knowledge on physical activity, health status and premenstrual symptoms.

- There is strong support from the results after training the students, can help individuals develop healthy habits of physical activity and premenstrual symptoms.
- Experimental group and control group were compared. Experimental group better than control group.

5.3 Recommendations

- It is recommended that further research be designed to investigate the effects of physical activity on menstrual symptoms.
- It is recommended that further research be designed to investigate with an elite subject population.
- It is recommended that further research be designed to investigate with previously endurance and resistance trained subjects
- It is recommended that further research be conducted using more subjects.