Summary, Conclusions and Recommendations

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of varied dance fitness programme with yoga on selected cardio-pulmonary, physical fitness and psychological variables among obese school girls. The body mass index data test was administered on one thousand school girls at the age group of 14 - 18 years from Sri Sarada Vidhyalaya Girls Higher Secondary School, Holy Angels Girls Higher Secondary School and St. Joseph Girls Higher Secondary School in Salem District. Further, eighty girls who fallen in overweight and obese category according to the data of the body mass index score were selected as subjects for the study using purposive sampling method. The selected subjects were then divided into four equal groups consisting of twenty subjects in each in simple random method. These four groups were named as Experimental Group I (n=20) whom underwent high intensity aerobic dance with yoga training, Experimental Group II (n=20) whom underwent low intensity aerobic dance with yoga training, Experimental Group III (n=20) whom underwent zumba dance with yoga training for a period of twelve weeks and the Group IV acted as control group whom were not engaged with any training for a period of twelve weeks. The test was conducted on selected physical fitness (body composition, flexibility, muscular strength endurance and cardio respiratory endurance), selected physiological variables (VO_2 max, breath holding time, resting heart rate and vital capacity) and psychological variables (stress, anxiety, achievement motivation and self-concept).

In each training session, the training was imparted for a period of 90 minutes which included warm up, yoga fitness dance and warm down in the after the training programme for three days per week for a period of twelve weeks. The training session were held between 6.30 am to 8.00 am. Pre-post test was conducted before and after the training period from the four groups and was statistically analyzed to find out the significant improvement if any due to the training of selected variables among the selected subjects. No attempt was made to equate the group in any manner.

Descriptive statistics such as mean and standard deviation are founding order to get the basic idea of the data distribution. In order to find out the individual effect dependent 't' test was applied. Analysis of covariance (ANCOVA) was used to test the significance of 'adjusted post test mean' differences between the experimental and control groups for each variable. Whenever, the obtained 'F' ratio for adjusted post test mean was found to be significant, Scheffee's post hoc test was applied to test the significant difference between the paired adjusted means and 0.05 level of confidence was fixed to test the level of significance.

5.2 CONCLUSIONS

1. Within the boundaries and the results, it was concluded that all the three selected experimental groups significantly improved all the selected variables such as cardio-pulmonary variables namely breathy holding time, resting pulse rate, VO_2 Max and vital capacity, physical variables namely body composition, flexibility, muscular strength and cardio respiratory endurance and psychological

variables namely stress anxiety, achievement motivation and self-concept of school girls than the control group.

2. The control group did not show any improvement in all the selected parameters.
3. Zumba Dance With Yoga Group produced significant improvement in all the selected variables such as cardiopulmonary, physical and physiological variables than Control Group.
4. Low Intensity Aerobic Dance with Yoga Group produced significant improvement in all the selected cardiopulmonary, physical and physiological variables than Zumba Dance with Yoga Group and Control Group.
5. High Intensity Aerobic Dance With Yoga Group produced greater improvement in all the selected variables such as cardiopulmonary, physical and physiological variables than other all three groups such as Low Intensity Aerobic Dance with Yoga Group, Zumba Dance with Yoga Group and Control Group.
6. Hence, it was concluded that the High Intensity Aerobic Dance with Yoga Training could be an alternative exercise modality that generates notable improvements in a wide range of cardiopulmonary, physical and physiological dimensions which in turn, helps to reduce the obesity risks associated with sedentary behaviors and improve the quality of life in obese girls.
7. From the result of the study it was also concluded that the application of varied dance fitness programme with yoga for school girls is decisive due to the modern way of living, which is characterized by the absence of adequate

kinetic activity. Moreover, it could be used as a preventive measure against potential disorders, since today's unhealthy children are tomorrow’s potential adult patients.

5.3 RECOMMENDATIONS

The following are the recommendations suggested based on the result of the study.

1. Researcher of the study recommends that the high intensity aerobic dance with yoga training, low intensity aerobic dance with yoga training and zumba dance with yoga training may be included in the school physical education programme as it is a successful strategy to improve the cardiopulmonary, physical and physiological variables in obese school girls with theoretical and empirical support.
2. Similar studies can also be conducted on the other health related physical fitness parameters.
3. Similar studies can also be conducted with different intensity or load.
4. Similar research studies can be conducted for the boys, men and women of different age groups.
5. The implementation of a dance fitness program is easy for physical education teachers as it is in enjoyable form for students and it can be performed without equipment.
6. Physical education teachers in schools shall recommend this varied dance fitness training programme to obese girls to learn and to do it in their home also to enjoy the glow of good health.