

9.0 APPRAISAL

9.1 SUMMARY AND CONCLUSION

Early childhood stress like parental loss or separation, poverty has a severe effect on the physical, psychological and social well-being of orphans. Yoga has a profound knowledge base and practical solutions for these traumatic consequences. The aim of the study was to measure the effect of IYP compared with the WLC group on outcome measures physical and psychosocial well-being of orphans. Eighty apparently healthy orphans voluntarily took part in the study. Total participants randomly divided into yoga (40) and WLC (40) group. Yoga group received intervention over a period of three months. Rejecting the null hypothesis, yoga intervention showed significant improvement in physical health, executive functions, psychomotor performances and psychosocial variables of orphans which may help them to increase their physical and psychological health and to gain their academic excellence. Considering the scientific evidence discussed, it is fair to conclude that our IYP can be used as a beneficial tool for all around developments of orphan adolescents.

9.2 THE STRENGTHS OF THE STUDY

To the best of our knowledge, this is the first randomized study with adequate duration of intervention and requires sample size. The novel aspects of this study were (a) Use of well-validated measures like euro-fit physical measures, cognitive functions tests and psychosocial parameters while the research staff and statistician were blinded (b) Investigate the physical parameters of the orphan (c) Significance of findings was good, and study power satisfactory (d) active supervised intervention.

9.3 LIMITATIONS OF THE STUDY

The study was on selected group adolescents belonging to one orphanage and hence not generalizable. Few drawbacks of the study were (a) absence of active control group (b) a wider age group (c) uncontrolled physical activities in their schools and time effect or growth effect may play as confounding variables (d) some students may not have participated in the testing to the best of their ability (e) despite specific criteria to minimize heterogeneity in our orphan population, it is likely that there were residual individual differences in family and social background, which may limit the generalization of results (f) lack of follow-up after the study.

9.4 IMPLICATIONS OF THE STUDY

The current study provides scientific evidence on improving physical, cognitive and psychosocial measures in orphans. Hence, based on this study results all institutions caring for orphans can be recommended to include yoga as a component in their training programs. Particularly the sustained effect of yoga on cognitive functions observed in the present study may have potential implications in handling the adverse circumstances, providing a preventive measure for mental health problems, improving learning and classroom behavior in orphans.

9.5 SUGGESTIONS FOR THE FUTURE RESEARCH

The study might be improvised in design by further reducing the age range of participants, by developing a yoga module especially for orphans and by conducting the multi-centric trial for promotion of positive health for orphans. Similar, more comprehensive studies include children from various orphanages/institutions with other stringent variables as bio-chemical, bio-physiological, genetic, FMRI can be recommended for further study. The clinical application of yoga in orphan children may be studied.