

## **8. APPRAISAL**

### **8.1 FINDING'S SUMMARY**

This Study confirmed that the psychological well-being and academic performance of the college students had significant improvement after the practices of Yoga.

### **8.2 CONCLUSIONS**

We can conclude from the above results and discussion that Yoga enhances the psychological wellbeing and academic performance among college students than the control groups. It should be noted that yoga practices contain Asanas, Pranayama (regulated breathing) and Meditation which enhances self-regulation, self –care and self-aware. If we assume psychological wellbeing as positive functioning of students, then yoga-based training will have effect on overall performance of students.

### **8.3 IMPLICATIONS OF THE STUDY**

Social media made our Youth *online* while our research made them “*On life*”. This research offers to students to involve in that activity only which gives happiness in greater depth. Living with true self will enhance self-empowerment to manage crucial disease during student life. Psychological wellbeing and academic excellence are potent factor to solve the crisis of student life. This research is in interest of parents who crave for the progress of child and also to know the progress of their growing children. This research will not allow a single youth to lead their life with disgust. This research will ascertain the role of parents, teachers and college managements:

- Based on the findings we can assess the college students to work with true self.
- The findings of this study might play a potential role in solving the crisis of psycho-physiological disorder student life
- Parents can monitor the growth of their wards during college life

- Carrier decidedness can be used to forecast good job which will take them on life instead online
- Universities can increase the academic performance and their graduation rate for nation building
- The findings of the study would help to explore the yoga practices among College students.
- This study would bring out the relative effect of yoga practices and psychological wellbeing among college students.
- This study would give adequate knowledge about the effect of yoga practices among college students.
- This study will describe the changes in Psychological wellbeing and academic performance due to yoga practices among College students.
- The findings of the study would help to adopt the suitable training program to balance the personal adjustment, concentration, lack of anxiety, general academic skill, internal motivation/confidence, external motivation/future, socializing, instructor efficacy, carrier decidedness, external motivation/current for college students.
- The findings of the study would be helpful for the further research studies, also helpful for the college students.

#### **8.4 APPLICATIONS OF THE STUDY**

Nation needs the good human being with multi-facet personality. A good human being is most useful person for nation building and same beingness of the human is achieved by PWB.

This study can be applied in admission process like **NET, CAT, JEE Advance, NEET, ZIPMARG and AIIMS etc.** since scores can be envisioned in professional courses. **National testing agencies** can save the time of youth by analyzing all the domain of both the scales so that

after admission need not to find out the at-risk/struggling students and saving the time of Institution and helping towards the nation building.

Good psychological wellbeing and academic performance not only benefits the individual but would also positively impact the society.

The findings of research conducted proved that 60 days training of yoga practices has significantly altered the selected psychological wellbeing and academic performances College students. Based on the results the recommendations may be derived.

1. Yoga practices may be recommended for improvement of the College students.
2. Yoga practices may be recommended for all diseases for better treatment.
3. Yoga practices may be recommended for management as well as the psychological wellbeing and academic performances.
4. The findings of the study recommended to the doctors, psychiatrists, yoga instructors, therapist to embrace in their corrective program to make better healthy psychological wellbeing and academic performances.

## **8.5 STRENGTH OF THE STUDY**

- Selection of holistic intervention like Yoga
- This study is an attempt to measure PWB and AP in college students
- This is the unique study to assess psychological wellbeing and academic performance among college students.
- Assessment used in this study is questionnaire type.
- The significant result shows Yoga enhances the psychological wellbeing and academic performance among college students, thus rejecting the null hypothesis is yet a great strength of this study.

## **8.6 LIMITATIONS OF THE STUDY**

While conducting this research study, some factors were overlooked due to paucity of time and facilities that may be considered as limitation, which are presented as follows:

- All the participants were from one college at Visakhapatnam, Andhra Pradesh, South India.
- All the participants were from modern education system.
- The study was with limited sample size.
- The study was limited to only college student's 1<sup>st</sup> year.
- The present study has been restricted to Ryff's scales of psychological well-being (RPWB) and academic success inventory for college students (ASICS) variables only.
- To generalize different colleges in different places can be considered.
- The socio-economic status was not taken into consideration.
- An inclusion criterion of physical exercises for Yoga group was not monitored.
- Control group has also gone sports activity and spiritual discourse.
- Certain factors like lifestyle, level of diet, medication, other training, other problems, other treatment, body structure, personal habits and family heredity were not taken into consideration for this study.

## **8.7 SUGGESTIONS FOR FUTURE STUDIES**

1. Based on the results achieved, future studies may propose research for long term impact on psychological well-being and academic performance with repeated measures and more variables, big sample size and gender specification.
2. Homogeneous studies may be conducted for female and male subjects.
3. Identical research is required for different age levels.

4. Separate scales can be used in another related research.
5. Findings of the different research will nourish this finding also.
6. The Yoga practices can be compared to other types of ailments to find the effectiveness on dependent variables.