

Effect of Selected Yogic Practices on Self Esteem and Depression of Prisoners

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Abstract

The primary aim of the study was to determine the Effect of Selected Yogic Practices on Self Esteem and Depression of Prisoners. For the purpose of this study 60 male prisoners (30 for control group and 30 for experimental group) of District Central Jail, Amravati, Maharashtra were selected, the age of the subjects was ranging from 30 to 50 years.

The data were collected before the start of 3 months Yogic training session (pre-test) and immediately after completion of the 3 months Yogic training session (post-test) by administering Lilburn S. Barksdale's Self Esteem and Zung Self rating Depression questionnaires. The level of significance was set at 0.05 to check the significant difference between pre and post of control and experimental group.

The findings of statistical analysis revealed that there was significant difference between the means of pre and post test of experimental group ($t=2.506$ for self-esteem and $t=12.89$ for Depression), and also showed significant difference while the post test means of experimental group compared with the post test of control group ($t=2.973$ for self-esteem and also $t=12.89$ for Depression).

KEYWORD: Self-esteem, Depression, Yogic practices and Prisoners.

Introduction:

The word 'Yoga' comes from the Sanskrit verb root 'yug' which means 'to join'. The process of unification of atman with paramatman is yoga. The pioneer of yogic discipline Maharshi Patanjali believed that yoga is based on principle of morality. He described eight limbs of yoga, in which (Yama and Niyama) physical discipline, (Asana and Pranayama), Mental alertness (Pratyahara, Dhrana, Dhyana, Samadhi) are spiritual absorption. Yoga is an art, science and a harmonizing system for development of the body, mind and spirit, the continued practice of yoga will lead one to a sense of peace and well being and also a feeling of being in harmony with one's environment.

When dealing with inmates we need to be aware that in most cases the crime/crimes committed were due to distortions of the mind, inner stress, mental disharmony and unresolved tension. When there is imbalance in the relationship between the sympathetic and parasympathetic nervous systems and incorrect hormonal distribution in the body, then any sort of behavior can occur. Depending on whether an individual is sattvic, rajasic or tamasic in nature the hormonal balance varies and substances like adrenaline, non adrenaline and acetylcholine have a great role to play in the control of an execution of one's physical and mental behaviour. It is well known fact that these hormones can be balanced and regulated through yogic practices.

Self esteem is that feeling at the center your being of self worth, self confidence and self respect. It is an integral part of personal happiness high self esteem means that you feel good about yourself. "Do you have a positive attitude

about yourself .On the whole, how capable, on successful significant and worthy are you? Answers to these questions reflect our overall self esteem, our general evaluation of ourselves. Self esteem in the evaluative component of the self-concept.

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and sense of well-being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable or restless. They may lose interest in activities that were once pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present.

Statement of the Problem

In most cases the crimes committed were due to distortions of the mind, inner stress, mental disharmony and unresolved tension on the other hand practices of yoga help to remove the mental stress and tension, keep the body flexible. Hence the research scholar interested to undertake the study stated as "Effect of Selected Yogic Practices on Self Esteem and Depression of Prisoners".

Significance of the Study

1. The finding of this study may help in analyzing the self esteem and depression of prisoners.
2. The result may also educate the people for the desired level of modifications of self esteem and depression through yogic practices.

Hypotheses

On the basis of literatures search, discussion with experts and research scholar's won understanding--

- i. It was hypothesized that there would be significant effect of selected yogic practices on self esteem of prisoners.
- ii. It was further hypothesized that there would be significant effect of selected yogic practices on depression of prisoners.

Methodology

60 subjects (30 for control group and 30 for experimental group) prisoners was ranging from 30 to 50 years were randomly selected for the purpose of study from District Central Jail, Amravati.

Selection of Test

- i. Lilburn S. Barksdale's Self Esteem questionnaire was employed to assess the Self Esteem and the score was recorded in numbers.
- ii. Zung Self Rating Depression questionnaire was employed to assess the depression and the score was recorded in numbers.

Collection of Data

The data pertaining to the study were collected before the 3 months Yogic training session (pre-test) and immediately after completion of the 3 months Yogic training session (post-test) by administering aforesaid questionnaires on the selected subjects.

Yogic Training Programme:

Yogic Practices	Duration
1) Prayer and Chanting of Omkar	10 min
2) Cleansing Process	5 min
3) Sharir Sanchalana	5 min.
4) Asanas a)Yogmudra b) Bramha mudra c) Pavanamuktasana d) Dhanurasana e) Virasana	15 min.
5) Yoga Nidra / Shavasana	5 min.
6) Pranayama a) Anulom-vilome b) Bhramari	15 min.
7) Meditation	5 min
Total Duration	1 Hr.

Results and Discussion:

On the basis of pre test scores, 60 subjects were divided into two equal groups, one was control and other was experimental group. To determine the training effect on the selected variables 't' test statistical technique was employed. The findings are shown in the following tables ----

Table – 1**COMPARISON BETWEEN THE MEANS OF PRE-TEST AND POST-TEST OF CONTROL GROUP**

Variables	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t- ratio
Self-esteem	Pre-test	63.80	11.40	0.50	2.87	0.174 [@]
	Post-test	64.30	10.82			
Depression	Pre-test	73.73	2.86	0.33	0.60	0.55 [@]
	Post-test	73.40	3.11			

@ Not Significant at 0.05 level.

Tabulated $t_{0.05(29)} = 2.045$

The findings of table-1 reveals that the calculated t-value of 0.174 and 0.55 for Self-esteem and Depression respectively were less than the tabulated t-value of 2.045 at 0.05 level of confidence for 29 degrees of freedom, hence there are no significant differences in Self-esteem and Depression between the Pre-test and Post-test of Control group.

Table – 2

COMPARISON BETWEEN THE MEANS OF PRE-TEST AND POST-TEST OF EXPERIMENTAL GROUP

Variables	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t- ratio
Self-esteem	Pre-test	64.25	17.67	12.13	4.775	2.540*
	Post-test	76.38	19.28			
Depression	Pre-test	73.07	2.98	11.14	0.87	12.89*
	Post-test	61.93	3.73			

* Significant at 0.05 level.

Tabulated $t_{0.05(29)} = 2.045$

Table-2 reveals that the calculated t-value of 2.540 (Self-esteem) and 12.89 (Depression) were greater than the tabulated t-value of 2.045 at 0.05 level for 29 degrees of freedom, hence there were significant differences in Self-esteem and Depression between the Pre-test and Post-test of Experimental group.

Table – 3

COMPARISON BETWEEN THE MEANS OF POST-TESTS OF CONTROL AND EXPERIMENTAL GROUP

Variable	Group	Post-test Mean	Standard Deviation	Mean Difference	Standard Error	t- ratio
Self-esteem	Control Group	64.30	10.82	12.08	4.037	2.992*
	Experimental Group	76.38	19.28			
Depression	Control Group	73.4	3.11	11.47	0.89	12.89*
	Experimental Group	61.93	3.73			

* Significant at 0.05 level.

Tabulated $t_{0.05(58)} = 2.001$

It is evident from the above table that the calculated t-value of 2.992 (Self-esteem) and 12.89 (Depression) were greater than the tabulated t-value of 2.001 at 0.05 level for 58 degrees of freedom, hence there were significant differences in Self-esteem and Depression between the Post-test of Control and Experimental group. Mean differences have been shown through graphical representation in the following figure 1 and 2.

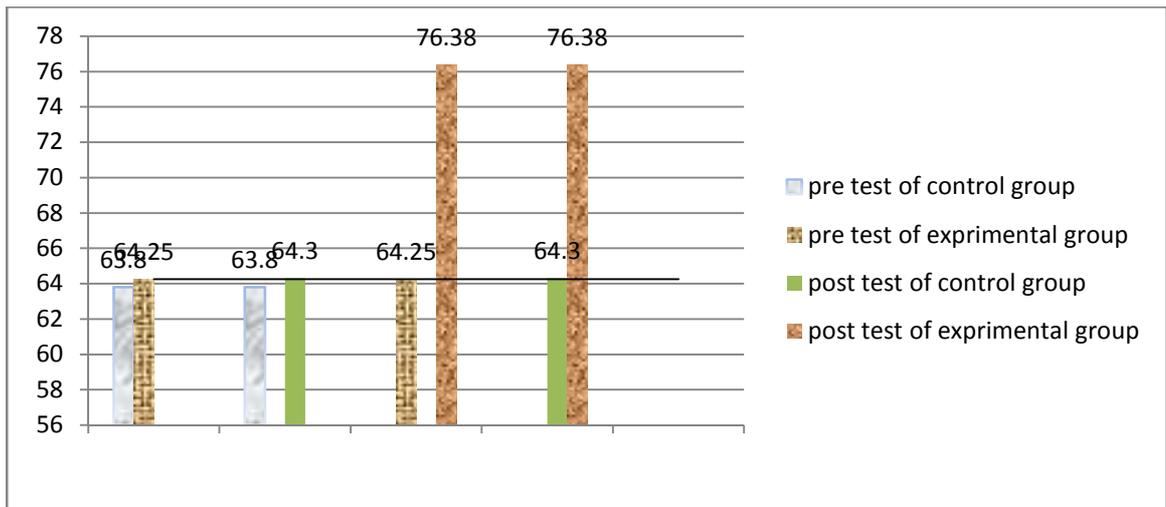


Figure-1 comparison of all pre and post tests of both Control and Experimental groups in Self-esteem

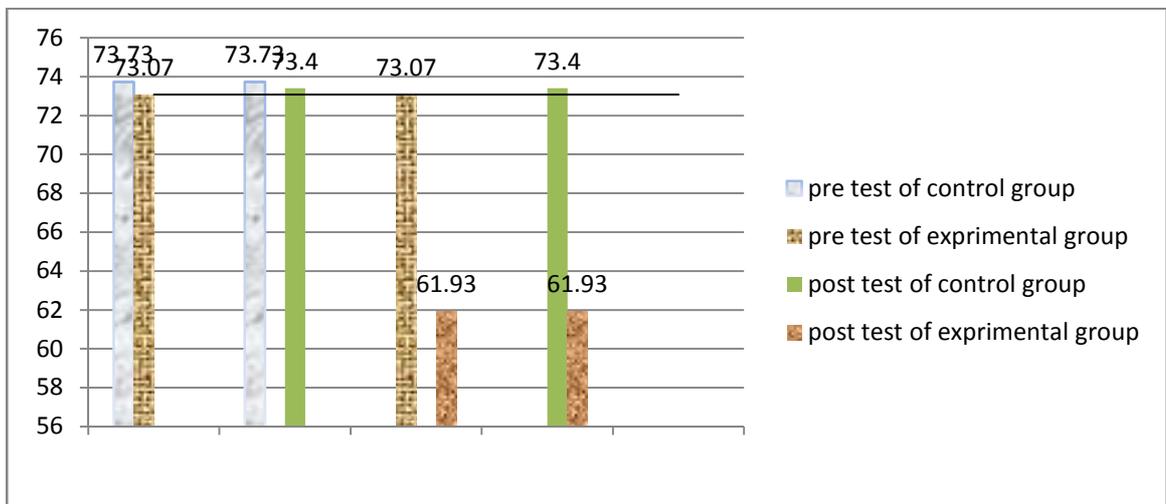


Figure-2 comparison of all pre and post tests of both Control and Experimental groups in Depression

Discussion

The findings of table 2 and 3 indicate that there were significant differences in the selected variables of Self-esteem and Depression between the means of pre-test and post-test of experimental group as well as post-tests of control and experimental group respectively.

This signifies that due to three months of yogic practices fruitful results are observed within the subjects of experimental group. This significant effect might be attributed to the fact that the prime objective of yogic practices is to bring self awareness by which reduce depression among the people. In this study yogic practices consisted of prayer, cleansing process, asanas, pranayama and meditation which directly influence to improve self concentration, bring about desirable changes in physiological parameters, enhancement in physical fitness including cardio respiratory efficiency and also improve psycho-physiological balance, ultimately

mould the people to develop all the facets of humanity. Hence such findings might have occurred in the present study.

Conclusion

Recognizing the limitations of this study and on the basis of findings it may be concluded that---

- a. Insignificant differences were found in Self Esteem and Depression among the subjects of Control group.
- b. Significant effects were found in Self Esteem and Depression among the subjects of Experimental group due to three months of yogic practices.

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