

Effect of Yogic Practices Performed on Deviants Aggression, Anxiety and Impulsiveness in Prisoners

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Abstract

The present study focused upon the efficacy of yogic practices for prison inmates to attain control over anxiety, aggression and impulsiveness. The male prisoners (N= 90) of Amravati district central jail, Amravati Maharashtra, who were charged with murder under Indian Penal Code 302 and who spent at least three years in prison were selected from convenient sample. Two equally identical groups of 45 participants were selected from experimental and control groups with in age range of 25 to 54 years, Anxiety aggression and impulsivity were measured by using standardized scales test. A numbers of significant psychological benefits including better emotional control, anger and anxiety management and dealing more positively with life behind the prison walls were noted. This study has demonstrated potential validity of yoga psychology as an important factor in reduction of anxiety, aggression and impulse control behaviors.

Introduction

The purpose of this study was to ascertain in scientific way the role of certain yogic practices in mitigating aggression, anxiety and impulsiveness of the prisoners. The yogic practices influenced the aura of incorrigibility, violence, gloom and widespread disillusionment which dominate prison life. An improvement in interpersonal relationships among the convicts own group and with jail authorities successfully achieve by the sincerity and devotion of officials in the process of offenders rehabilitation through yoga peace programme in prison.

The main objective of the study is to develop and inculcate the method for relaxation and tranquility that decreased the level of aggression, anxiety and controlled impulsiveness. It will asses the effect of various techniques of yogic practices in resolving prisoners in personal conflict. Consequently decreases to feeling of rejection by society, feeling of instability and feeling of insecurity

This study may help the jail authorities to change their attitude toward others ailing convicts because the prison authorities may avoid trying to bring out reformation of inmates by use of force and compulsive methods. Additionally previous investigations related to this study (Swami Niranjana Sarawati 1996), (Kiran Bedi 1994), (Namita Ranganathan, Ajit Bohet, Toolika Wadhava 2008) noticed that a substantial reduction in negative feeling and emotion such anger revenge attitude, anxiety and depression.

Method

The sample of this study consisted of 90 prisoners under Indian penal Code 302 of Amravati District Central Jail, Amravati. Which were all males are selected in random manner. The criteria of selection of the subjects were minimum 3 years of imprisonment. The mean age of the participants was 36.86 years (SD = 3.88 years)

with the range from 25 to 54 years. For the purpose of the study, two matched groups of 45 of participants were selected to from experimental and control group.

Criterion measures and tools used Aggression

Aggression was assessed using a Likert type 5 point scale adapted from Dr. Guru Pyari Mathur and Dr. Raj Kumari Bhatnagar (2004) Aggression Scale (AS). It consisted of 55 statements. Each statement described from of individuals aggression in different situation. In this scale items were in two from i.e positive and negative. Participant responded to the items using a five point agreement scale (1 = strongly agree to 5 = strongly disagree).

Anxiety

Anxiety was measured by a 90 – items Sinha`s Comprehensive Anxiety Test (SCAT). The items of the test were largely constructed on the basis of the symptoms of anxiety. The participants were required to respond to each item in items in terms of ‘Yes’ and ‘No’.

Impulsivity

Impulsivity was assessed using Dr. Anjali Shrivastva and Prof. R.K. Naidu`s (1987). Impulse Control Scale (I-C Scale). It contained Likert type 5 point scale consisting of 65 statements which involved control of negative and positive affect states, voluntary delay of the gratification of physiological and psychological needs, persistence and pain endurance. Participants responded to the items using a five point agreement scale (1= Never to 5 = usually)

Experimental Treatment

9 Months yoga training programme comprised of:

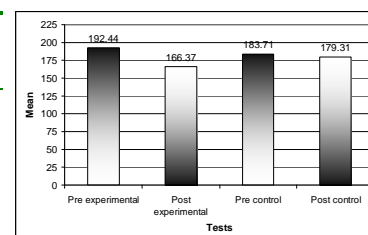
Yogic practices	Duration of per day
1. Prayer & chanting of Omkara	10 min
2. Cleasing process (Kapalbharti & Tratak)	5 min
3. Sukshama Exercise	5 min
4. Asanas	15 min
5. Pranayama & Meditation	15 min
6. Yog Nidra	10 min
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Total Duration of Yogic Exercise	60 min.

Results

The data were analysed by using SPSS software. It was necessary to verify hypothesis with the help of proper stational treatment.

Table No.1 Comparison of Aggression between pre-post of experimental and control groups.

Group	N	Mean	SD	Mean Diff.	‘t’
Pre Exper.	45	192.44	25.33	26.07	5.68**
Post Exper.	45	166.37	17046		
Pre control	45	183.71	29.31	4.40	0.77(NS)
Post control	45	179.31	24.60		

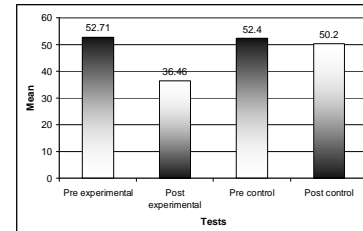


** = .01 Level NS = Not Significant

The findings are confirmed by applying 't' test on all groups. The result presented in table 2 reveal that there is significant difference in pre and post experimental groups. 't' value of 5.68 confirms that the difference is statically significant at .01 level. No significant difference was found between per and post control groups.

Table No.2 Comparison of Anxiety between pre-post of experimental and control groups.

Group	N	Mean	SD	Mean Diff.	't'
Pre Exper.	45	52.71	12.15	16.24	6.81**
Post Exper.	45	36.46	10.42		
Pre control	45	52.40	13.40	2.20	0.78(NS)
Post control	45	50.20	13.29		

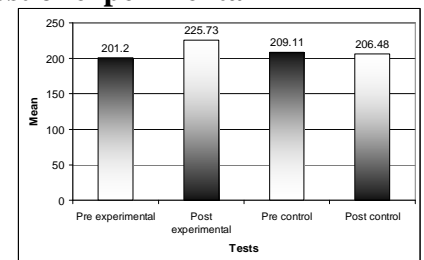


** = .01 Level NS = Not Significant.

It can be observed from Table 4 that the difference in anxiety scores between the pre and post experimental group was statistically significant (t = 6.81) due to yogic intervention. There is no significance found in pre and post control group.

Table No.3 Comparison of Impulse control between pre-post of experimental and control groups.

Group	N	Mean	SD	Mean Diff.	't'
Pre Exper.	45	201.20	20.19	24.53	5.30**
Post Exper.	45	225.73	23.61		
Pre control	45	209.11	18.21	2.62	0.68(NS)
Post control	45	206.48	18.16		



** = .01 Level NS = Not Significant

It may be observed from Table 6 that the difference in impulse control scores between the pre and post experimental group was statistically significant (t = 5.30) due to yogic intervention. No significant difference was found between pre and post control group.

Discussion

The present study shows significant difference (t = 5.68 p<.01) on aggression between pre test of experimental group. The mean score of aggression (x = 192.37). This finding of study is similarly too supported by the studies of Schwartz and Ted Gurr.

It is also observed in this study anxiety shows significant difference (t = 6.81 p<.01) on anxiety between pre and post of experimental group. The score of anxiety control (x = 52.71) in the pre test is less than score for post test (x = 36.46).

It is also observed in the current study that convicts prisoners facing inability to resist impulse in common difficulty. This feeling may increase from the time inmates are deprived of their autonomy or free will and confined in the prisoners.

Likewise in the prison system the impulsiveness of convict prisoners may have increase in the urges to satisfy or irresistibility of the urge to act. The sudden and unplanned aspects of the behavior may be present in the impulsive behavior. The current study shows significant difference (t = 5.30 p<.01) on impulse control between pre and post test of experimental group. The mean score of impulse control(x = 201.20) in pre test is higher than mean score for post (x = 225.73). The prisoners no

longer felt extreme emotions and were able to maintain a sense of control over their feeling.

Limitation and future direction

There are four limitation concerning to our study sample. First, the sample contains a self selection bias. Specifically, it is possible that the other convicts (IPC 147, 307, 376, 395) were more likely to participate in the study. Therefore there result need to be considered in the light of the possible bias. Secondly, the current sample was collected only in Amravati District central Jail, Amravati. Thirdly, no socio-economic, facilities of convicts were beyond the control of researcher. Although it is assumed that these results generalize to other culture, future research will need confirm this assumption.

Despite these limitations, this study has demonstrated the potential validity of yoga psychology as an important factor in the reduction of anxiety, aggression and increase in impulse control behavior. This finding suggests that yoga psychology may be emerging a key variable of further research.

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