



COMPARATIVE EFFECT OF YOGIC PRACTICES AND RECREATIONAL EXERCISES ON EMOTIONAL AND BEHAVIOUR PROBLEMS AMONG JUVENILE DELINQUENTS

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ABSTRACT :

This study aims to investigate the comparative effects of yogic practices and recreational exercises on emotional and behaviour problems among juvenile delinquents. Fifty (50) juvenile boys, age ranging 14-17 years were selected as subjects from Government Juvenile Home (Boys), Mathura (UP). They were divided randomly into two groups of 25 each. Group 'A' acted as yogic practices group and Group 'B' acted as recreational exercises group. Emotional and Behaviour problems of subjects were rated by their supervisors on 'Emotional and Behavior Problem scale (EBPS) developed by McCarney & Arthaud in pre and post intervention sessions. As intervention, subjects were administered with selected yogic practices and recreational exercises for a period of 12 weeks. Paired samples t-test was used to see the significance of difference between pre and post scores. Results indicate a significant change in scores of EBPS from pre to post rating sessions. This study concludes that both the interventions are helpful to reduce the

symptoms of emotional and behavior problems, however yogic practices have greater effect in reducing the symptoms in comparison to recreational exercises.

KEYWORDS :Yogic practices, Recreational exercises, Juvenile delinquents.

INTRODUCTION

Juvenile delinquents are the kids conspiring to hurt their teachers, teenagers shooting people and committing rapes, young thugs running gangs and terrorizing neighbourhood, and showing no regret when they get caught (Welch, Fenwick & Robert, 1997). Due to media sensationalism, the public continues to have belief that the crime of violent juveniles is rising and getting out of control (Shepherd, 1999). Generally this moral panic is the part of an alarmist reaction to crime (Welch et al., 1997). There is still no "magic bullet" to cure juvenile delinquency, but at some certain levels, juvenile delinquents need specialized training program to develop positive behaviour. Such training programmes have been the products of extensive researches in concerning fields which initially are administered over some specified subjects to check its reliability under controlled conditions. Yogic practices i.e. asanas, pranayams, kriya and recreational exercises are some such programmes.

The ancient science of yoga discovered by our Sages and Saints thousands of years back has become in modern age a way of life, a cure for a number of physical and mental diseases. It is an efficient remedy for stress and tension. As the problem of deviant behaviour of children has become a matter of great concern in all over the world, the art and science of yoga has a lot to offer for not only juvenile delinquents but to all the children in terms of their health as well as complete well-being. Yoga helps to correct the deviant behaviour in juvenile delinquents and cultivates conscious awareness and increase self-awareness. It is believed that yoga has a great role to play in transformation of juvenile's life. Yoga is known as one of the surest remedies for physical and psychological ailments. Yoga makes the organs of the body active in

their functioning and has good effects on the internal functioning of the human body (Iyengar, 2005).

Leisure and recreation by the involvement in physical activity also has become an area of growing interest in present years. Specifically, participation in physical and outdoor leisure and recreational activities have been associated with increased happiness, lower levels of depressive symptoms and life satisfaction, and improved health and social functioning. Furthermore, involvement in physical exercises may promote active lifestyle and associated health benefits. Participation in recreation exercises and regular physical activities has been associated to reduced depressive symptoms, decreased stress and anxiety, improved self-concept, self-esteem and self-acceptance, changes in anti-social behaviour, and enhanced psychological well-being.

In this present study, the analysis of comparative effect of selected yogic practices and recreational exercises has been measured to check the reliability of aforementioned activities. The analysis of data of subjects gathered before and after the interventions revealed that the yogic practices group and recreational exercise group have shown significant level of reduction in emotional and behaviour problems among juvenile delinquents. This gives us a clear idea that the reduction in the symptoms was specifically due to our interventions i. e. Yogic practices and recreational exercise.

OBJECTIVE OF THE STUDY

The objective of this study was to analyze the comparative effect of yogic practices and recreational exercises on emotional and behavior problems among juvenile delinquents.

METHODOLOGY

The study was formulated as a true random group design, consisting of a pre and post-test. Fifty subjects, age ranging 14 to 17 years were selected from Government Juvenile Home (Boys), Mathura. Subjects were administered with selected yogic practices and recreational exercise for a period of four 12 weeks, five days in a week at juvenile Home. The subjects' behavior was rated by their supervisors on 'Emotional and Behavioral Problem scale (EBPS). Paired samples t-test was used to see the significance of comparative difference between pre and post scores. Results indicate a significant change in scores of EBPS from pre to post rating sessions. The level of significance was set at 0.05.

Training programs

Table 1. Training programme for yogic practices

Asana			Pranayama and Kriya
<i>Standing position</i>	<i>Lying position</i>	<i>Sitting position</i>	
1. Trikonasana	1. Sarvangasana	1. Paschimottanasana	1. Anulom-Vilom
2. Vrikshasana	2. Chakrasana	2. Ardhamatsyendrasana	2. Brahmari
	3. Halasana		3. OM Chanting
	4. Bhujangasana		4. Meditation
	6. Shalabhasana		
	7. Dhanurasana		

12 weeks training program (5 days in a week) of asana, Pranayam and meditation which were previously selected was conducted. Subjects of yogic practices group, group 'A' were administered with selected yogic practices. They performed above selected asana, pranayama and meditation as yogic practices. The final posture of each asana was maintained in between 10-20 seconds or as per the holding capacity of individual in the beginning. This holding time in final posture and frequency of the asanas and pranayama were increased after each four weeks. Frequency of asanas increased for two to three times. Shavasana and Makarasana were performed after each asana of lying position, according to their position, to bring the rate of heart beat and breathe in normal range.

Table 2. Training program of recreational exercises

Day	Recreational Games	1 to 4 weeks	5 to 8 weeks	9 to 12 weeks
Monday & Thursday	Musical chair & Blind man’s buff	30 minute	40 minute	50 minute
Tuesday & Friday	Dodge ball & Burning balls	30 minute	40 minute	50 minute
Wednesday	Stole the meet & Lemon race	30 minute	40 minute	50 minute

Subjects of recreational exercises group, group ‘B’ were administered with selected recreational exercises. They performed above selected six recreational games as recreational exercises. Two games were played every day and each game was played for 15 minutes in the beginning. There was 5 minute rest between the games. Duration of games was increased after each four weeks for specific time as per the schedule.

Statistical Analysis

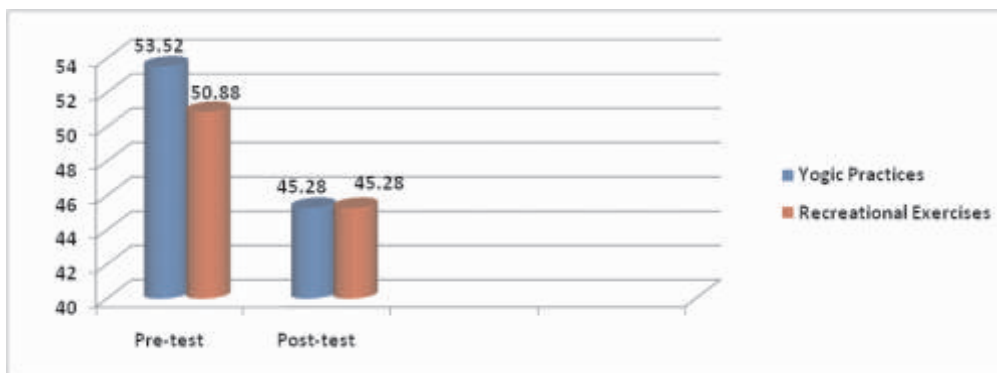
Table 3. Comparison of means between pre and post test of both the groups.

Group	Mean		Mean difference	SD		T	Sig. (p)
	Pre	Post		Pre	Post		
Yogic Practices	53.52	45.28	8.24	12.41	9.81	10.23	<.001
Recreational Exercises	50.88	45.28	5.60	9.93	8.40	9.00	<.001

Paired samples t-test was used to see the significance of difference between pre and post scores. It is evident from the table – 3 that there is significant differences exist between the Pre-test and Post test scores in emotional and behavior problems. Since the calculated ‘t’ values of yogic practices are 10.23 and 9.00 respectively, which is greater than the tabulated value 2.06, significance at 0.05 level.

Therefore there is significant difference exist in the symptoms of emotional and behavior problems between Pre Test and Post Test.

Fig.1: Graphical representation of Mean of emotional and behavior problems of both the groups.



DISCUSSION

One of the important aims of yoga is to attain tranquillity of the mind and create a sense of well-being, feelings of relaxation, improved self-confidence, improved efficiency, increased attentiveness, lowered irritability, and an optimistic outlook on life (Arora S. and et.al 2008). As the present study emphasises, the Yogic practices are objectively effective in improvement in the symptoms of emotional and behaviour problems. The findings of this study seem to be in consonance with the studies of Innes et al (2005) and Brotto et al (2009) who assert that yogic practices result in increased feelings of satisfaction, self-confidence, well-being and self-control. This study is also supported by the study of Serwacki and Cook-Cottone (2012), who reviewed 12

preliminary studies of yoga in schools and concluded that the yoga interventions exerted positive effects on emotional balance, attentional control, cognitive efficiency, anxiety, negative thought patterns, emotional and physical arousal, reactivity, and negative behavior.

In an effort to draw out the influence of a possible confounder to Yoga, this study has included another experimental group that is recreational exercises. To testify research considered an extra experimental group and to have a comparative view that how far Yoga is different from recreational exercise to achieve the stated outcomes. The findings of this study clearly indicate that recreational exercises are capable enough to reduce the negative behaviour amongst the juvenile delinquents. This is however worth mentioning that in terms of comparative efficacy, Yoga is far superior to recreational exercises to reduce the symptoms of negative behaviours. For the evidence of support, Ross et al (2010) found that Yoga and exercise both seem to help the healthy and diseased populations but yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures. Likewise, Ramajayam et al (2016), on the basis of their review write that evidence suggests that yoga interventions appear to be equal and/or superior to exercise in most outcome measures. Emphasis on breath regulation, mindfulness during practice, and importance given to maintenance of postures are some of the elements which differentiate yoga practices from physical exercises.

CONCLUSION

The data obtained suggest that yogic practices and recreational exercises help in reducing inappropriate behavior and depression among juvenile delinquents and increase the feelings of satisfaction, self-confidence, well-being and self-control. Yogic practices with asanas, pranayam and meditation work directly on the brain and the endocrine system, therefore on the mind and emotional levels of the child, helping to re-establish harmony. On the basis of statistical analysis of data it was concluded that 12 weeks of yogic practices and recreational exercises caused significant reduction in emotional and behavior problems among juvenile delinquents while yogic practices are more effective in reducing the symptoms of emotional and behaviour problems.

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