

Impact
Factor
2.147

ISSN 2349-638x

Reviewed International Journal



**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-III

ISSUE-VII

July

2016

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EFFECT OF YOGIC PRACTICES ON BEHAVIOUR PATTERN OF PRISONERS : A STUDY**Dr. Vasistha A. Khodaskar**Director of Physical Education & Sports
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Nerparsopant, Dist Yavatmal**Dr. Arun N. Khodaskar**Ex-principal of H.V.P.Mandal's D.C.P.E.,
Amravati**Abstract**

The present study focused upon effect of Yogic Practices on Behaviour pattern of Prisoners : A Study. The efficiency of yogic practices for prison inmate to attain the control over the anxiety, aggression and impulsiveness. The male prisoners (N = 200) of Amravati District Central Jail Amravati, M.S. The delimitation of the study who were charged with murder under Indian Panel Code 302 and who spent at least one year in jail were selected convenient samples. The subject was divided into 2 equal groups on the basis of pre-test. Psychological test was conducted on both groups to know present status of psychology and also biofeedback test randomly selected 20 prisoners from each group were tested on EEG in this phase. The experimental group participated in six months yogic trianing programme. To determine the significance difference 't'-test was employed and level was 0.05. The result of the study reveals that, insignificant difference observed between Pre and Post test for Control group. Significant difference found between Pre and Post test for Experimental group Aggression (5.529), Anxiety (8.122), Impulsiveness (7.078), also Significant difference found in Post-test between Control and Experiemntal groups Aggression (4.927), Anxiety (5.439), Impulsiveness (6.933) which are quite greater than tabulated 't' value. Hence it was concluded that, the experimental group reported decrease in the impulsiveness, aggression and anxiety. Also increasing feelings of positive emotions such as, hopefulness, self control, conformity, compassion, and mental peace after doing yoga training.

Keywords: Prisonners, Anxiety, Aggression, Impulsiveness, Central Jail**Introduction:**

If we open any newspaper we will find at least one news about crime. City newspaper gives front page coverage to rape, violent crime, robbery or murder, domestic-violence, child abuse unless there is a sensational angle to it.- Frightening incidents such as these are all too common. Even the sensational stories do not stay on the front page for long. They are largely forgotten by the time the cases come to trial and sentencing. The victims of crime often receive even less coverage than the culprits, unless there is something unusual or controversial about the crime or its victim. Indeed, all these some new and shocking act of human violence, serve to remind us of the frequency and dangerous nature of human's inhumanity to man.

Crime in India has been showing an increasing trend over the last few years. According to the report of National Crime records Bureau for 2012, twelve Cognzable offences per minute were reported in the stipulated period. There were 64.11 Lakh Cognrizable offences were concerned with Indian penal code (I.P.C) and remaining 46.91 Lakh were concerned with special and Local law's.

Crime is social phenomenon continues to battle and intrigue mankind as even before and no country has been able to provide a complete answer to the changing forms and dimension of the

problem. The vast expanse of the globe shelter millions of people of heterogeneous caste, creed, language, religion and culture which in turn complicates the nature and form of crime.

Our jails and prisoners are full of young males and most of them from city neighborhoods are common place. "The economic and social cost of white color crime, organized crimes (mafias) and 'crime syndicates' are fifteen to twenty time those of rape, robbery, burglary and other street crimes'. White collar criminals economies criminals, mafias are less likely than others to be arrested and prosecuted and if convicted less likely to go to jail or prison.

Origin of Research Problem:

Mahatma Gandhi the father of our Nation said " a Crime is a sign of diseased mind that imprisonment should aim primarily at treating a prisoner's diseased mind making him fit to go into society after release to lead an honest life".

This valued advice of the father of the Nation served as an inspiration to the volunteers of the Hanuman Vyayam Prasarak Mandal, Amravati the mother in Institute of Degree College of Physical Education to treat the diseased minds of the Amravati Dist Central Jail inmates with Yoga sadhana to make them fit to lead an honest life in the society.

With a view to treat prisoner's diseased mind, to make them to go into society, the Shri Hanuman Vyayam Prasarak Mandal, Amravati has started yoga classes in District Central Jail in Feb 1996 with a missionary zeal.

It was decided to teach Yoga Sadhana to the jail inmates without even remote element of compulsion. Jail inmates came forward voluntarily to undergo the yogic training. While practicing yoga we experienced that there was an improvement in interpersonal relationships among convicts and jail authorities were positive attitude found toward the society. As well as pilot study was conducted and result of this study shows that yogic training programme is more effective to develop positive attitude in prisoners. Therefore it was decided to conduct research project regarding yogic training programme. Yoga and spiritualism, meditation is being taught in many prisons around the world to correct and reform the criminal personality. Yoga psychology is instrumental in the total rehabilitation and reformation of criminal mind, the relation between yoga psychology and correctional institute can be seen clearly in two spheres.

Physiologically, yoga practices produces a deep state of restful alertness which rejuvenation and normalizes the function of the nervous system.

Psychologically, it eliminates mental stress, promotes clearer thinking and greater comprehension. It enriches perception improves outlook and promotes efficiency and effectiveness in prison life.

Criminology and Yoga :

Criminologists are of the opinion that amongst the factors responsible for compelling a man to commit crime the psychological one is the most dominant. Crime is nothing but the psychological deviations on the part of the individual. In other words, it can be said that wrong or false reprogramming of the mind is the most important factor responsible for crime impulse.

Mental reprogramming means changing the thinking pattern of an individual through different techniques.

Yoga is a very effective tool to developed positive attitude towards life and bring the change in the thinking pattern of criminals. Yoga has got tremendous usefulness in the field of

reformation. Different yoga techniques help in establishing psycho-physical harmony. Yoga techniques, being holistic in nature, help in internalism the attention of man.

Significance of the study:

The idea behind this study is to ascertain way to understand the role of yogic practices in mitigating criminality. To justify the content referred to herein before it is undertaken to show that the practicing the techniques of yoga & meditation, deeply and consistently modify prisoner's behaviors & attitudes. The practices of yoga will be successful to influence the area of incorrigibility, violence gloom & wide spread disillusionment which dominate prison life. The result of the experiment may help the ailing convicts to realize that suitable yogic postures & mediation prescribed by experts, will be beneficial for them & in their undergoing, they could feel that they are one with other fellow who are participating in programme of yogic practices. A sense of interpersonal relationship among the convicted own group & also with Jail Authorities so far in respect of constructive work for 'Yoga Prasar' will be achieved through yoga programme in prison. It may help the Jail Authorities to change their attitude toward these ailing convicts. However the prison authorities try to bring out reformation of inmates by use of force & compulsive methods consequently. The change in offender is temporary & lasts only till the period they are in prison.

Objectives:

The main objective of the study was to suggestion for making the prison system more dynamic, progressive & effective through yoga programme in Jail. Practical method for acquiring feeling of tranquility, decreased rage or fear & other negative as well as decrease the impulsivity, aggression and anxiety. Effects of techniques of yogic practices in resolving prisoners personal conflicts, consequently contribute calmness to feeling of rejection by society, feeling of instability. Cope with stress, tension & emotional suppression induced. Change in positive attitude toward society. Development of creative ability. Development of motivation toward self actualization.

Methodology

Sources of Data

The aim of the study was to examine the effect of yogic practices on criminal's impulsiveness, aggression and anxiety in prison to improve them and become better citizens of a new and healthy world.

In this context, the information and data was collected from District Centre Jail, Amravati. Method were used in the study are as Desk work, Interview and Discussions with prison officials, experts and researchers and surveys carried on prisoners.

In the survey method, Jail inmates under the control of District central Jail, Amravati were interviewed. It covers a number of aspects of prisoners such as their crime profiles, type and nature of crimes committed by them.

Sampling:-

Selection of Subject - Among the male prison inmates of District Central Jail, Amravati, having 18 to 55 years were selected.

Formation of Group - Out of total number of convicts, 200 was selected for the purpose of the study. The subject was divided into 2 groups - E as experimental and group - C as control. Each group consisting of 100 convicts as per IPC sections.

Classification- In order to obtain information of individual offender about his social, emotional and psychic state, mental level, the causes of crime and the circumstances which impelled him to land into the criminal world such information was gathered through the method of case history.

Experimental Design:-

Pre-post test design was adopted for this study as the subject were randomly selected 200 convicts with the systematic criteria followed the offence. Age, date of admission, gender of convicts. After the testing programme these were randomly divided into two groups i.e. experiemntal and control groups. Each group consist of 100 subjects. All the subjects readily agreed to under go the testing and training program. The experimental group participated in yogic trianing programme. This training program was conducted for a total duration of six months every day morning for one hour except Sunday.

Pre Test:-

The pre test comprised of Firstly, interview schedule consisted of a number of questions to know repressive effect of imprisonment on Physical and mental health was considered in both. Secondly, paper pencil psychological test was also conducted on all the subjects of both the groups to know present status of psychological variables and further experimental treatment of yogic practices had been applied to experimental group only.

Experimental Treatment:

6 Months Yoga training programme consist of 1. Cleansing process (Kapalbhati & Tratak) (5 min) 2. Prayer & Chanting of Omkar (15 min) 3. Sukshma Vyayam (5 min). 4. Asanas (15 min) 5. Yoga Nidra (5 min) 6. Pranayama & Meditation (15 min).

Research Tools:

For the present study, the following tools were used to collect the data on Aggression, Anxiety and Impulsiveness as psychological variables of prisoners.

Psychological paper pencil Tests:-

Data of convict prisoners in different situations arised during imprisonment had been collected with the help of Aggression Scale (AS). Aggression scale was developed by M.K. Sultania. Reliability was 0.88 in male and 0.81 in females. Validity is 0.80 in male and 0.78 in females.

Sinha's Comprehensive Anxiety Teat was used to assess the convicts several aspects of anxiety appeared during imprisonment. This scale was in 'self analysis from'. Further, the present author (Sinha and Sinha) had considered the ignore aspects of anxiety and developed this comprehensive test of anxiety in 1999.

The product moment co-relation between the test and retest scores was 0.83. It was 0.62, which is significant beyond 0.05 level of confidence.

Impulse control (IC) scale was applied to study the convict prisoner's difficulties in impulse control. The IC scale is given prisoner's difficulties in impulse control. Impulse- Control scale was revised and used for testing by Srivastava and Naidu in 1982. The reliability was 0.76.

Statistical analysis and interpretation of data:-

To determine the significance difference in between Pre-test and Post-test means of both the groups, 't'-test was employed. The level of significance was set at 0.05 to test the hypothesis. The obtained row scores in each test item were converted into standard scores with the help of t-score and composite score was formed, which were subjected to 't' test to find out the overall significant difference between two groups i.e. Pre-test and Post-test. Because of unavailability of subjects on Post-tests performance, the number of subjects found to in uneven group. So the unequal group 't' test was employed to find out the significant difference.

Table 1

Summary of Pre-test and Post-test of Mean, Standard Deviation, Mean Difference and t-ratio for the Control and Experimental Groups in Aggression of Prisons

Group	Test	Mean	S D	M D	S E	t-ratio
Control	Pre-test N = 100	45.010	5.897	1.985	1.455	1.364[@]
	Post-test N = 81	43.025	12.999			
Experimental	Pre-test N = 100	45.040	14.584	11.109	1.906	5.829*
	Post-test N = 87	33.931	10.890			
Post-test	Control Group N = 81	43.025	12.999	9.094	1.846	4.927*
	Experimental Group N = 87	33.931	10.890			

@ Not significant at 0.05 level

* Significant at 0.05 level

Table 2

Summary of Pre-test and Post-test of Mean, Standard Deviation, Mean Difference and t-ratio for the Control and Experimental Groups in Anxiety of Prisons

Group	Test	Mean	S D	M D	S E	t-ratio
Control	Pre-test N = 100	62.190	22.905	4.276	3.305	1.294[@]
	Post-test N = 81	57.914	21.088			
Experimental	Pre-test N = 100	62.290	16.897	20.911	2.575	8.122*
	Post-test N = 87	41.379	18.294			
Post-test	Control Group N = 81	57.914	21.088	16.534	3.040	5.439*
	Experimental Group N = 87	41.379	18.294			

@ Not significant at 0.05 level * Significant at 0.05 level

Table 3

Summary of Pre-test and Post-test of Mean, Standard Deviation, Mean Difference and t-ratio for the Control and Experimental Groups in Impulsiveness of Prisons

Group	Test	Mean	S D	M D	S E	t-ratio
Control	Pre-test N = 100	19.200	5.309	1.052	0.672	1.565[@]
	Post-test N = 81	18.148	3.221			
Experimental	Pre-test N = 100	19.270	5.306	4.730	0.668	7.078*
	Post-test N = 87	14.540	3.504			
Post-test	Control Group N = 81	18.148	3.221	3.608	0.520	6.933*
	Experimental Group N = 87	14.540	3.504			

@ Not significant at 0.05 level

* Significant at 0.05 level

Findings

- Insignificant Mean Difference found between the Pre-test and Post-test for Control group in Aggression, Anxiety and Impulsiveness Inventory of Prisoners.
- Significant Mean Difference between the Pre-test and Post-test for Experimental group in Aggression, Anxiety and Impulsiveness Inventory of Prisoners.
- Also significant Mean Difference between the Post-test for Control and Experimental group in Aggression, Anxiety and Impulsiveness Inventory of Prisoners.

Conclusion : The following conclusions represent the findings of the study.

The first hypothesis was accepted since level of behaviour pattern of prisoners came down and that of subjective well-being went up after practicing yoga training, among prisoners inmates.

The second hypothesis that experimental group score less in impulsiveness, aggression and anxiety level and more on subjective well-being than control group have come significant.

Experimental group scored high on behaviour pattern of prisoners and more on subjective well-being than control group, the difference was statistically significant.

Experimental group scored more on behaviour pattern of prisoners than that of control group, when it was expected that experimental group would score significantly greater on behaviour pattern of prisoners than the control group. It might be the case that they could comprehend the core meaning and philosophy of yoga training.

The experimental group reported decrease in the impulsiveness, aggression and anxiety. Also increasing feelings of positive emotions such as, hopefulness, self control, conformity, compassion, and mental peace after doing yoga training. The researchers observed to the experimental group (seniority not in the sense of age, but in the sense of number of courses attended), and asked them several important questions about their experience with yoga training regarding feelings, attitude, friendship, health, and mental peace. After they underwent yoga training, the researchers again went to them and discussed several matters concerning life, emotion, society, family, responsibility, health, and mental peace. They were also requested to share their thoughts with other inmates and jail officials. It was felt by the researchers that the 6 months yoga training course had brought further positive change in their over all personality and attitude towards life. The benefits of yoga training are many, but the same can be achieved only through sustained practice.

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