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Role of yoga to develop positive self-concept in juvenile delinquents

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Abstract

The development of self-concept starts from the childhood of the person. The environment begins to develop self-concept as a result of its own interaction. That is the interaction of person and environment leads to the development of self-concept. Juvenile delinquents are neglected due to the negative self-concept. He begins to feel isolated from society. This negligence leads to antisocial behavior. The necessity is to change his negative perception. Self-concept is a set of qualities of a person by which he expresses himself. Psychologist Murphy (1947) defines it as, individual as known to the individual. According to Saraswat and Gaur (1981), self-perception is the path to see oneself. According to Symonds (1951), self-assertion is a reaction to oneself. This reaction is understood by four facts. First, how does he see himself? How does he think about himself? How does he give value to himself? And what does he try to protect and develop him? In the context of this problem, Pandya Dr. Pranav (2002) accepts Yoga as a preventive medicine. According to Saraswati Dr. Karmananda and Swami Satyananda (1994) - We can teach a lot of juvenile delinquent children by compound techniques (combination of Karma-Bhakti-Gyana Yoga), with their physical side and mental and emotional side. According to Köstler Geraldine (1974) Yoga is a practical method of mental and emotional development. According to Dalal (1992) Yoga is the only means to remove the negative emotions and develop divine qualities.

Keywords: Yoga, self-concept, juvenile delinquency

1. Introduction

Self-concept is the essence of personality. Therefore, the development of modesty is directly affected by self-concept. Just as a person's self-concept is positive, the individual develops self-confidence, self-determination and the ability to evaluate oneself in a realistic context. This leads to development of social adjustment in them. On the other hand, due to negative self-concept, a feeling of inferiority is generated in adolescents. The self-concept is the store of personality and provides stability to the individual. It is the way of human value system. (Pogaenic 1985) ^[13] Self-concept is the most important regulatory element of human behavior. (Schlenker 1985) ^[18] It is the normal link of biological and social success of a person. Self-concept is a necessary element to define personality. It plays an essential role to develop mental and motivational behavior of the person. Every person's self-assertion always exists within him, yet he always has neither an idea nor attention on it. A person performs his activities in an automatic manner. Such behaviors are called psyche less behavior.

1.1 Need of Yoga to change negative perception

In today's time, there is an increasing demand that one be aware of himself, as it determines his success. His goals are guided by it. The modesty of the individual is influenced and organized by self-perception. Self-concept is necessary to make predictions about an individual. In the absence of self-concept, personality cannot be properly evaluated. Due to self-concept, a person can express himself by keeping himself apart from others. Desirable self-concept affects our emotional level. When a person's executive self-concept opposes the ideal self-concept, he feels sad. Due to which we have to face emotional storms. The juvenile delinquents also face this emotional storm. The need is that he be pulled out of this emotional storm. It can be done through Yogic practices. Several studies on adolescents have shown that the emotional level of adolescents can be balanced through Yogic practices.

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Numerous research studies have found that there is a significant decrease in emotional stability and self-concept of child criminals compared to normal adolescents. Due to low self-concept, child criminals are prone to anxiety, frustration, aggression etc. Such children feel themselves different from the main stream of society. Further, these children are leading to crime. To solve this situation Yoga has emerged as an important way to increase self-concept. Hay I. & A.F. Ashman (2003) ^[8] study conducted on 655 adolescents. He has found that good relationships with parents are more important in adolescents for emotional stability and positive self-concept. Anthony P. Jurich (1984) ^[2] studied under the title "Self-Concepts of Rural Early Adolescent Juvenile Delinquents". Using the sample of rural adolescents in this study, it was found that juvenile offenders have a new self-concept than normal adolescents. Jadhav, S.G and Havalappanavar, N.B, (2006) ^[9] studied on "the effect of Yogic practice on self-concept". The study found that yoga develops self-concept of adolescents and brings a lot of positive changes in the lives of teenagers. Gerola Lata (2001) ^[7] studied on "influence of caste and gender on self-concept level". The result of the study reveals that caste does not have any effect on the self-concept levels in various groups of subjects. Self-concept implies the concept of what a person thinks about himself. In which person understands who he is? And what is that? Self-concept is the 'mirror image' of a person. According to Rogers, C.R. (1951) ^[15] the self develops by interaction with its environment. Kassow Danielle Z. (2004) ^[10] experimental study conducted on children with developmental problems show that yoga has a positive effect on children's social mental intellectual behavioral emotional problems. In his research found that self-concept occurs more in adolescents who living in yogic environment.

1.3 Negative self-concept and Juvenile delinquency

Self-concept means a person what does thinks about him and thinks in relation to himself. Self-concept has two elements, first soul and second environment such as my school, my home, my friends, my parents etc. The concept of self is also called a person's self-field. For a person, his personal world is his reality, so he expresses his reaction to the world based on own experience and not on the experience of others. Many psychologists have observed that juvenile delinquents receive negative feedback from the parents and the society and as a result, the child is not able to adjust to the society. The main cause of juvenile delinquency is negligence and negative feedback by parents and society.

Now the question arises that under which environment and circumstances the child develops. If the environment and circumstances are positive, then the child will develop positive self-concept, if the same environment and circumstances are negative then the child develops negative self-concepts. Woolfenden S.R (2007) ^[25] Family and parental intervention is extremely beneficial for child criminals who have been in child care home.

1.4 Need of Yogic guidance rather than punishment

In the context of juvenile delinquency, according to Coleman, J.C. (1976)-"Delinquency refers to behavior by Youths under 18 years of age which is not acceptable to society and is generally regarded as calling for some kind of admonishment, punishment, or corrective action." Tiwari B. N, Srivastav R.M (2002) ^[23] juvenile delinquency is an anti-social behavior committed by adolescent. That is, if the violation of social laws is done by an adolescent, then such crime is called

juvenile delinquency. Because a child is immature, he needs utmost guidance rather than severe punishment, so society and government should open good institutions for his guidance. Carl Rogers also indicates to this as, maturity and learning can result in changes in self-concept. Sharma Acharya Shriram (2015) ^[19] expresses this fact more clearly. There are four steps in psychology for training to the consciousness. These are learning, retention, recall and recognition. All means for influencing the human mind are in yoga. Here extreme importance of yoga emerges.

1.5 Role of Yoga to develop positive self-concept

Positive and ideal self-concept plays an important role in making a successful nation, if the children of any nation suffers with negative self-concept, then there will be corruption and crime in that nation. Negative self-concept will increase laziness, corruption, indiscipline which is extremely harmful for any nation. In juvenile delinquents, negative self-concept arises due to negative feedback and wrong family perception. Which is worrying situation? At this point, any remedy or technique should be discovered as soon as possible to develop positive self-concept in children. Yoga plays a very important role in solving this problem.

Great thinker and eminent Yogi Sharma Acharya Shriram (2015) ^[19] express that, in ancient India, children were not made useless by giving them too much love, but instead they were sent under the guidance of qualified Yoga gurus. Staying in the Guru Ashram, those children used to develop ideal self-concept within them, such children used to get an excellent place in the society and also build a civilized society. According to Singh, Jagat (1995) ^[21] a child commits a crime so that he can attract the attention of his parents or society. Some children lead to crime in the absence of love when such children do not get the love required by parents. Jurich Anthony P. (1984) ^[2] in his study found that self-concept is less in juvenile delinquents than in normal adolescents. They tend to feel emotionally distant from family and friends due to the negative self-concept.

Pushpendra Kumar (2016) ^[14] According to Patanjali control of mental modifications can be achieved by the steps in ashtanga yoga. Yama is for social well-being. Niyama is for self discipline. Then comes Asanas, such as Sarvangasana - benefits for nervous system, strengthening and blood circulation in brain. Sasankasana to activate spinal cord, Dhanurasana (Bow-curve pose) for fresh blood supply. Ustrasana (camel pose) develops strength and confidence. Gomukhasana (cow pose), alleviates tiredness, tension and anxiety. Sukhasana (easy pose) facilitates mental and physical balance without causing strain and pain. Then comes pranayama, Nadisodhan (Alternate nostril breathing) to create a balance between sympathetic and para sympathetic system. Bhastrika strength the whole solar plexus area, build stamina, cleanses organs Kapalbhathi, dyanamic technique that enables to break out of the deep depression by creating a sense of activation. Bhramari pranayam, work towards creating an inner harmony that results in the attainment of a state of mental calmness. The bandha trayam as well as the asvini mudra are both a God send for those suffering from mental disorders since; it revitalizes the entire psycho-neuro endocrine system.

The ideal self-concept implies that a concept that contains ideal thoughts and emotions. Ideal self-assertion raises high aspiration level of the person. The person's thoughts and feelings are elevated. According to Acharya Shriram Sharma (2015) ^[19], aspiration is the element through which many

wealth, properties and abilities of the world are attained. Lord Shri Krishna also says the same fact in Bhagavad Gita that I give success to the contemplative subject to the contemplator with a unique sense.

The development of self-concept occurs as a result of the person's interaction with the society. Often the praise, stories received from other people movies, TV and radio are work as a tool to develop positive self-concept. According to Acharya Shriram Sharma, self-realization means that man should consider himself as the representative of God and contemplation should excel in character and behavior.

Self-realization practice (ATS) is a type of meditation in which a person experiences himself with ideal qualities. At the same time, he experiences his inner pangs going out. Pranakarshana helps to the pranayama sadhaka to be calm and well-organized, so that he becomes more able to overcome his weaknesses. With this practice, the minds of child criminals are purified and divine feelings and thoughts start to develop in them, he starts to feel himself a part of society.

2. Conclusion

Yoga influences all factors of self-concept such as - Identification, Language, Body image, Learning, Feedback etc. Therefore, yoga is a powerful tool for the development of the positive self-concept. Mind, intellect and consciousness can be used as a tool to reach in the self. Yoga reduces all kinds of physical, mental, emotional and spiritual problems. Asanas with mantras and pranayama are extremely effective. At the same time self-realization meditation can used to make the contemplation system excellent. Yoga has proved to be an important tool for developing ideal self-concept within juvenile delinquents.

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