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## Effect of Pragma Yoga and Pranakarshan Pranayama (Popounded by Acharya Sriram Sharma) on aggression level of Juvenile delinquents

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### Abstract

**Background:** Aggression among juvenile delinquents is higher than other children, hence they move more towards crime. Aggression is an important factor in increasing juvenile delinquency.

**Aim:** To Study the effect of Pragma Yoga and Pranakarshan Pranayama (PYPP) on aggression tendency level of juvenile delinquents.

**Methodology:** This study was done on juvenile delinquents of Chhattisgarh, India in 2009 and awarded PHD from DSVV Haridwar. For this study Permission was obtained from superintendent of Juvenile care home, Mana Durg, Chhattisgarh. A total hundred (N=100) participants were selected by Experimental control group design. 14 to 18 years juvenile delinquents were selected for this study. All participants were divided in two groups. An experimental group (N=50) and a control group (N=50). The groups were divided in such a way that there was no statically significance difference in baseline mean between both the groups. The practice of Pragma Yoga and Pranakarshan Pranayama (PYPP) was done regularly for 45 days by the experimental group. In this study to measure aggression level the aggression scale constructed by Ku. Roma Pal and Dr. Tasneem Naqvi (1983) have been used. Received data was analysed by T-test. According to statistical analysis, obtained result is significant at 0.01 level, which makes it clear that practice of Pragmayoga and Pranakarshan Pranayama leads to significant decrease in the Aggression Scale of juvenile delinquents.

**Keywords:** Pragma Yoga and Pranakarshan Pranayama (PYPP), Aggression, Juvenile Delinquency

### Introduction

Aggression has become the main problem of adolescents today. Due to aggression, there is an increase in juvenile delinquency today. The nature of aggression has been found to be extremely high among juvenile delinquents. Aggression is a psychological problem. The trait of aggression found in adolescents is oriented towards aggression. Hence a holistic treatment system is needed to solve this. This research study clearly illustrates the role of aggression in rising juvenile delinquency and contribution of Pragma Yoga and Pranakarshan Pranayama in reducing aggression levels of juvenile delinquents. Various remedies provided by various psychologists and yoga experts have been described to resolve aggression.

It is generally believed that in adolescence, a person is extremely careless, but psychologists have found that the person feels mentally unstable, emotionally disturbed, because often there is little analysis of new behaviours, situations and difficulties. In fact adolescents experience some kind of emotional problem in their developmental order. Physical and sexual changes, social and educational pressures, competition, individual doubts, temptations, etc. play an important role in making teenagers depressive, anxious and sad. Emotional disturbance not only creates to emotional illnesses but also generates behavioural distortions such as anger, impulse, despair, sexuality etc. Sometimes when the intensity of anger and impulse increases, the chances of juveniles becoming juvenile delinquents and the excess of frustration and depression generates symptoms of sadness.

In this context, many epidemiological studies have been done to know the psychological behaviour of children and adolescents in India [1]. A study has been done to know the pattern of hyperactivity among children of primary schools. The rate of this has been found to be 8.1 percent [2].

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Tested 1062 children of primary schools and found that 50 percent of them had at least one hyperactivity symptom was definitely reflected among children. Studies have also been conducted on children with residential facilities [3] children in orphanages and children in Anganwadis [4] and it has been found that there is a danger of psychological disturbance in all of them.

Today, in various newspapers are found various types of crimes committed by teenagers such as sneezing, robbery, murder, rape, etc. According to psychologists and sociologists, the main reason for this type of obscuration is the increasing influence of modern materialistic culture, unemployment, lack of control over children, competition etc. In adolescence, due to lack of proper direction to various aspects of personality, personality disorders arise in children and they are cut off from the mainstream of society.

Due to aggression, there is an increase in juvenile delinquency today. A person wants to harm others but he does not do that, it is called aggression. Therefore, it has become necessary to remove the aggression and emotional impulses that arise in the minds of teenagers [5]. Many psychologists have said that frustration is the mother of aggression. Frustration does not arise directly from frustration. Frustration generates readiness for aggression [6]. Aggression is a behaviour whose goal is to hurt a living being [7]. Aggression is a behaviour that aim is harming; injuring a person, which motivates us to avoid this type of action is called aggression [8]. In other words, a behaviour in which that person wants to harm others but he does not do that is called aggression.

The above discussion presents a sad state of social structure. It is said that Adolescence need to study so that they can establish themselves in a period of competition. In the current social and cultural order, many teenagers fall victim to personal deformity and some are suffering from mental illnesses. Therefore, adolescents need proper guidance and such corrective methods, through which they can keep themselves healthy and remain the main part of society. Partial fulfilment of this objective is accomplished by available measures in modern psychology. But the principles and practice of yoga psychology are very important for the all-round development of personality. Here in this study Pragma Yoga and Pranakarshan Pranayama consist various types of Physical, Mental and Spiritual practices to balance the personality of juvenile delinquents psycho status.

According to Swami Bodhananda Saraswati (1994) the pineal gland is situated in the long pulse and its size is not larger than pea. When the child is eight years old, this gland begins to decay. As it decays, hormones from the pituitary and adrenaline increase and child become sexually mature. Many children do not survive this transition period, because sexual consciousness starts developing before time. Hence their behaviour becomes aggressive and destructive. There is an excess of anger and violence. This abnormality is caused by an imbalance of hormones. Swamiji explains in the compound phrase – "The cause of emotional euphoria is the imbalance of mind and energy." Children, who are high in manpower and low in life, are prone to depression, lethargy, trouble and mental pressure. In addition, children who have high vitality and low mental strength are very rowdy and sabotaged [9]. When there is an abnormal increase in emotion that drives children towards child crime [10]. Bandura (1973) also supports the said facts [11]. According to Jagat Singh (1995) Children often move towards crime to remove emotional contradiction [12].

According to Dr. Swami Karmananda and Swami Satyananda

Saraswadati (1994) we can teach juvenile delinquents through compound techniques. The following aspects of children can be strengthened through the practice of yoga.

**Physical Aspects:** For example skeletal structures, muscles and connective fibres etc. Growing children should sit upright without stress. Increasing elasticity, activeness and proper sitting position are beneficial for the body. Yoga can balance the mind through the medium of the body.

**Emotional-Behaviour aspects:** Like hyperactive behaviour etc., emotional refinement by relaxation.

**Mental aspect:** - for example the capacity of concentration of mind, memory, reasoning power etc. Systematic induction of both the conscious, subconscious and unconscious mind and both hemispheres of the brain [13].

Geraldadin Kostnerler (1974) an eminent yoga practitioner who has compared yoga and modern psychology, writes, "I claim that yoga, as practiced in the past, is as much a practical method of mental development as it is as practical as analytical medicine" [14].

**Yoga-** In this research Pragma Yoga and Pranakarshan Pranayama (PYPP) work as independent variable. Pragma yoga is a very good combination of physical, mental and spiritual practices. Pranakarshan Pranayama is also very simple breathing practice which consist Puraka, Kumbhaka and Rechaka with Pranadharana. The balance of body, mind and spirit can be established by yoga practices. The present study shows how Pragma Yoga and Pranakarshan Pranayama are helpful in reducing juvenile delinquents aggression. Therefore, here comes a very important role of yoga practice.

### Aggression Scale

To measure aggression level in the research study presented, the aggression scale constructed by Ku. Roma Pal and Dr. Tasneem Naqvi (1983) has been used. There are 30 posts in this scale. This scale measures aggression. Reliability and Validity: To measure reliability of Aggression scale it administered over 300 applications (14 to 24 years old) of both rural and urban genders in Agra. The correlation coefficient .82 was obtained from the split-half calculation. In another test reliability was obtained .78.

### Methodology

This prospective study was done on juvenile delinquents of Chhattisgarh, India. Permission was obtained superintendent of Juvenile care home, Mana Durg, Chhattisgarh. A total hundred (N=100) participants were selected by Experimental control group design. 14 to 18 years juvenile delinquents were selected for this study. All participants were divided in two groups. An experimental group (N=50) and a control group (N=50). The groups were divided in such a way that there was no statically significance difference in baseline mean IOP between both the groups. The practice of Pragma Yoga and Pranakarshan Pranayama (PYPP) was done regularly for 45 days by the experimental group. In this study to measure aggression level the aggression scale constructed by Ku. Roma Pal and Dr. Tasneem Naqvi (1983) have been used.

### Procedures

Firstly by using aggression scale aggression level of each subject was measured. Post measurement of aggression level for experimental group subjects were taken after allowing practice of PYPP daily one hour for 45 days. While the controlled group was not given any practice for 45 days and

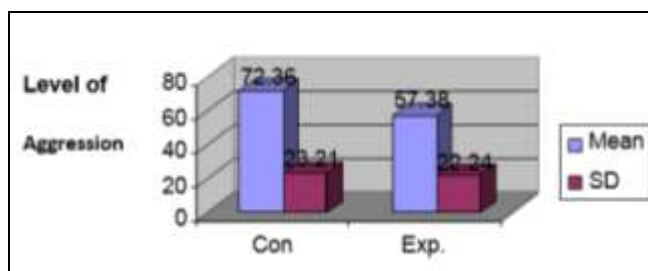
post data was taken. The daily activities of the control group were kept normal. Whole data was collected after 45 days. Statistical analysis of the received data was done by t-test.

**Result**

**Table 1:** Comparison of post-test variable of case

Group	Mean	S.D.	t- value	Level of Significance
Con.	72.36	23.21	3.29	0.01
Exp.	57.38	22.24		
N = 100, d f = 98				

It is clear from the table that the value of t is 3.29 which is significant at 0.01 level. Hence the null hypothesis is rejected. From the above table it is clear that the mean of the aggression propensity of juvenile delinquents of the experimental group has been found to be lower than the mean of the aggression trend level of juvenile delinquents of the controlled group. Therefore, it is clear that the regular practice of Pragma Yoga and Pranaakrana Pranayama leads to a significant decrease in aggression tendency level. Therefore, the practice of pragma yoga and pranakarshan pranayama has a significant effect on the aggression instincts of juvenile delinquents.



**Graph 1:** Changes after the 45 days intervention in case

**Discussion**

In the presented research study, to reduce the aggression level of juvenile delinquents, beautiful coordination of Pragma Yoga and Pranakarshan Pranayama (PYPP) has been done. In Pragma Yoga, Yogasanas are combined with Pranayama. Apart from this, there is also a beautiful co-ordination of Atmabodha Sadhana (self-realization meditation) in Pragma-Yoga. Regular practice of Pragma Yoga and Pranakarshan Pranayama balance the breath and relaxes the mind of the practitioner and they are ready to perform meditation. Self-realization meditation refines thoughts and feelings of juvenile delinquents. Pranakarshan Pranayama helps to free the minds of juvenile delinquents from aggression, while self-realization meditation fills them with divine emotions. Pragma Yoga also consists of chanting of the Gayatri Mantra which helps to relieve the stress and depression of the subjects. From the results of the research study presented, it becomes clear that Pragma Yoga and Pranakarshan Pranayama puts positive and meaningful effects on child criminals. Many yoga experts and psychologists have also considered yoga to be the best for solving psychological problems. This gives more emphasis to the research presented. The importance of the research presented is further enhanced by the experience and research results of many researchers below.

Chanting the mantra reduces stress levels. Repeating the mantra repeatedly by closing the eyes during the mantra chanting affects the entire brain region which affects the body similar to Relaxation Response [15, 16]. Through this practice there is a decrease in physiological arousal. During this study,

they noticed that all the physiological responses were found to be contrary to the 'fight or flight' reaction. Relaxation Response impairs the activation of the Sympathetic Nerves System. Pragma Yoga and Pranakarshan Pranayama play a very important role in balancing the functioning of the Sympathetic Nerves System. Talles, *et al.* (1994) state that nor epinephrine is increased in conditions of anxiety, depression, stress, hypertension, pain, inflammation etc. and cholinesterase and beta-endorphin also decrease. Practice of pranayama stimulates hypothalamus and PNS activated resulting Nor epinephrine decreases and cholinesterase, dopamine and beta-endorphin are activated. This reduces anxiety, stress, pain and depression. Thus pranayama has a significant effect on the new neurotransmitter. Due to which practitioner get health benefit and positive effect on the body [17, 18]. Western modern science has an opinion that the body's immune system cannot be controlled and promoted. It was always thought that we could not voluntarily influence either the immune system or the autonomic nervous system. But research on pranayama and meditation has proved this statement wrong. Mental and emotional disturbance, immunity affects ability. The practice of pranayama affects the hypothalamus, thereby reducing the response to ANS and providing relaxation and peace to the practitioner. Through research it has been seen Pranayama strengthen the resistance mechanism [19].

In the research study presented, meditation was done with Gayatri Mantra and Atmabodha – Tattvabodha Sadhana under Pragma Yoga. According to Acharya Shriram Sharma (1973) Mantra chanting consists of four dharnas - learning, retention, recall, recognition, which gives the practitioner introspection, self determination, self-building and self-development.

In Pragma Yoga practice, instead of concentration, emphasis is placed on the thinking and emotions associated with positive energy (Akhand Jyoti 1973). These thoughts and feelings are filled with positivity which affects the inner standard. That does the work of autosuggestion which helps in cognitive reconstruction. Pranayama brings control over emotional instability and aggression. Institution is activated by yoga as a result stress decreases [22]. Pranayama is directly related to the hypothalamus. Pranayama regulates and regulates the functioning of the pituitary gland through the hypothalamus. So that possibility of many psychological disorders reduces [23].

Identifying the wrong thoughts and establishing the right thoughts and feelings in the mind is cognitive restructuring. The same phenomenon happens in Atmbodha-Tatvabodha Sadhana (self-awareness meditation) in the research presented. Through the meditation, the person becomes aware of all kinds of impulses of good and bad. He gets an opportunity to understand, know his own feelings and is aware of his feelings. This increases the power to recognize one's own potential and reduces negative aspects like self-doubt, anxiety, stress, depression and other mental instabilities. However, positive aspects like confidence, optimism, self-determination, self-esteem, etc. increase.

Due to Pragma Yoga and Pranakarshan Pranayama, there is a decrease in negativity among juvenile delinquents and increases self-sufficiency, emotional stability and peace.

**Conclusion**

It is clear from the above discussion that the balance of body, mind and spirit can be established by yoga practice. The research presented shows how Pragma Yoga and Pranakarshana Pranayama are helpful in reducing the



aggression of juvenile delinquents. Therefore, here comes an extreme importance of Pragma Yoga practice.

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