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Effect of Pragya yoga and Pranakarshan pranayama (Popounded by Acharya Sriram Sharma) on emotional stability of Juvenile delinquents

Dr. Sunil Kumar Deshmukh

Abstract

Background: unstable emotion among juvenile delinquents is higher than other children, hence they move more towards crime. Lack of emotional stability is an important factor in increasing juvenile delinquency.

Aim: To Study the effect of Pragya Yoga and Pranarkarshana Pranayama (PYPP) on emotional stability level of juvenile delinquents.

Methodology: this study was done on juvenile delinquents of Chhattisgarh, India in 2009 and awarded PHD from DSVV Hardwar. For this study Permission was obtained from superintendent of Juvenile care home, Mana Durg and Raipur, 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 Pragya Yoga and Pranakarshan Pranayama (PYPP) was done regularly for 45 days by the experimental group. In this study to measure emotional stability level the Emotional Stability Test (EST) created by Dr. (Ku) A. Sen Gupta and Dr. A.K Singh 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 Pragayyoga and Pranakarshan Pranayama leads to significant increase in the emotional stability level of juvenile delinquents.

Keywords: Pragya Yoga and Pranaakrana Pranayama (PYPP), Emotional Stability, Juvenile Delinquency

Introduction

Relevance of the study

Increasing juvenile delinquency is a matter of concern around the world. In India also the growth of juvenile crimes has increased to an extremely dangerous level. It has been seen that in the last several years, the number of juvenile crimes has increased every year. According to the National Crime Record Bureau (NCRB) report 2012, crimes involving children have increased from 0.8% (2001) to 11.8% (2011). This report also shows the data on juvenile delinquency that children apprehended under both Indian Penal Code (IPC) and Special and Local Law (SLL) has increased from 30,303 (2010) to 33,887 (2011). Sahmey Kavita (2013). According to Colman (1976) - "Child crime is an act done by youth under 18 years which is not accepted by the society." According to Tiwari and Vashisht (2001) Child crime is an anti-social behaviour committed by a juvenile child. In this stage the perception of children is not developed. Psychoanalysts call it a state of reproduction, in which Libido is centred in the genitals. They have sensual attraction and shame and often experience emotional disturbances. They find it difficult to express and control their emotions and thoughts. Hence the juvenile stage is called the stage of emotional turmoil. Therefore, instead of punishing them, they need guidance. Swami Bodhanand Saraswati (1994) 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 rowdyandsabotaged. KN Uduppaand R.H. Singh (1996) - When there is an abnormal increase in emotion rates, it is the emotion that drives children towards child crime.

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Bandura (1973) also supports the said facts. According to Jagat Singh (1995) ^[6]. Children often move towards crime to remove emotional contradiction.

In the context of this problem, Dr. Pranav Pandya (2002) ^[12] accepts Yoga as a preventive medicine. According to Dr. Karmanand Saraswati and Swami Satyananda Saraswati (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 Geraldine Köstler (1974) - Yoga is a practical method of mental and emotional development. According to Dalal (1992) ^[5] - Yoga is the only means to remove the negative emotions and develop divine qualities.

Therefore, in order to convert the energy of delinquent juveniles into a creative work requires patience and proper training of yoga. The above facts are substantiated by Mia Pond (2007) ^[10] in her research study. He undertook a "The art of Yoga Project" corrective program to see the impact of yoga on girl criminals aged 14 to 18, with the results being found to be very positive, increasing the emotional stability of more than 80 per cent of the participants.

Significance of the study

The study clarifies the importance of Pragma-Yoga and Pranakarshana Pranayama in improving the emotional stability level of Juvenile delinquents.

Statement of the Problem

To study the effect of Pragma-Yoga and Pranakarshana Pranayama (propounded by Acharya Shriram Sharma) on juvenile delinquents emotional stability.

Objectives of the study

To study the effect of Pragma Yoga and Pranakarshana Pranayama on delinquent juveniles Emotional Stability.

Hypotheses

The practice of Pragma Yoga and Pranakarshana Pranayama does not make any significant difference in the emotional stability level of the subjects.

Variables

Independent Variable

Pragma Yoga

Pranakran Pranayama

Dependent Variable

Emotional Stability

Emotional stability

Emotional Development: The social adjustment of a child depends on emotional development. Emotion can be helpful in healthy adjustment of the child only when the child learns the appropriate forms of his expression from his family environment. Emotions act as a motivator in causing many behaviors within the child. Different emotions affect the development of different types of personality characteristics of the child.

- According to Scoul, L.J. (1951) ^[15] - emotional stability is the power to remain strong, fearless and unwavering in adverse conditions.
- According to Scott (1968) - Emotional stability is the emotional and psychological understanding in which a person is able to use his cognitive and emotional abilities, participate in social functions and supply the common

demands of daily life. In the larger sense, it includes appropriate thinking, communication skills, learning, emotional development, resilience and self-respect.

- According to Arora R.K. (1999) ^[11] - Emotional stability is the power that helps one to stand firm even in a state of stress, that is, in that situation. Although there will be ups and downs in life, there is an inner ability that helps to move forward by internal balance and self-control and to do the best on your behalf even when there is difficulty.

Douglas F. Watt (2004) ^[6] and states, E.C. It also performs an important function of connecting internal and external life, which is the paramount need today. This co-ordination of sensation and thinking brings out the multidimensional side of personality. It also brings awareness of social responsibilities, talents towards moral values, which is considered to be an essential requirement of today.

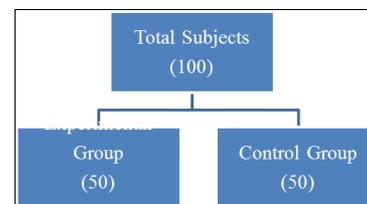
Methodology

Research Design

Controlled group design will be used in this research study.

Sampling Plan

In this research study, random sampling method was used to select the subjects. In this process 100 delinquent juveniles were selected from juvenile care home Durg and Mana (Raipur) Chhattisgarh, whose age was between 14 and 18 years. The total number of subjects was 100, with one group being the experimental group and the other controlled group. 50-50 subjects were taken in controlled group and experimental group.



Work plan

- Location – Juvenile care home, Durg and Mana (Raipur), (Chhattisgarh)
- Duration - 45 days
- Time Period - 1 hour per day

Scoring

Emotional Stability Test (EST)

In this test to measure the emotional stability of children, The Emotional Stability Test (EST) created by Dr. (Ku) A. Sen Gupta and Dr. A.K Singh has been used. This test consists of 15 statements, some of which are positive and some negative. The response to all the statements is determined to be yes or no. All positive statements have a score of 1 mark on the 'yes' and negative statements 'no' response and 0 points on the opposite response. The test emotional stability is estimated by some sum of digits. The maximum score of this test indicates the minimum emotional stability and the minimum score indicates maximum emotional stability. This is a very valid test, which has a reliability coefficient estimated at 0.70 by the retest method and 0.72 by the semi-discrete method.

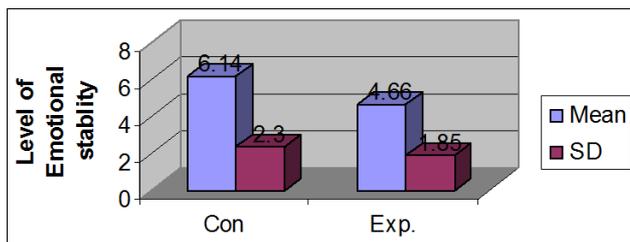
Hypothesis

The practice of Pragma Yoga and Pranakarshana Pranayama does not make any significant difference in the emotional stability level of the subjects.

Table 1: The table of level of significance

Group	Mean	S.D.	t-value	Level of Significance
Con.	6.14	2.30	3.55	0.01
Exp.	4.66	1.85		
N = 100, df = 98				

It is clear from the table that the value of t is 3.55 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 emotional stability of the experimental group was found to be lower than the mean of the emotional stability of the controlled group. Therefore, it is clear that regular practice of Pragma Yoga and Pranaakrana Pranayama leads to significant increase in emotional stability. Hence practice of pragma yoga and pranakrishna pranayama has a significant impact on the emotional stability level of delinquent juveniles.

**Fig 1:** Show the level of emotional stability

Results and Discussion

The proposed research study, Pragma and Pranakrishna Pranayama have been taken as independent variables and emotional stability as dependent Variable. The practice of Pragma Yoga and Pranakarshan Pranayama was done regularly for 45 days. Experimental and controlled groups were tested under the said variables before and after practice and their hypotheses were tested by T-test. It is clear from the result tables and graphs obtained that Pragma Yoga and Pranakrishna Pranayama have a positive significant effect on the emotional stability level of delinquent juveniles.

It is very important to know the fact of how the above positive effects were achieved so that the scientificity of the research can get more importance. For this, we have to explain the causal theory between the independent variable and the independent variable. It is to be known that under the Pragma Yoga consist the process of Pragma Yoga Vyayam, Gayatri Mantra chanting and Atmobodh-Tatvobodh was done to the delinquent juveniles.

According to Acharya Sriram Sharma (1998) - In the method of pragma yoga exercise, there is a beautiful coordination of the gestures, breath and body movements of the body. This combined use of Pragyayoga and Pranakarshan pranayama is very beneficial in both cerebral, macro and micro vision which helps in attaining emotional stability. Many of the present-day research studies have given a scientific form to the ancient dignity of yoga. Pragma Yoga and Pranakrishna Pranayama, propounded by Yuga Rishi Acharya Shriram Sharma, is a unique presentation of this tradition. Pragma Yoga and Pranakrishna Pranayama influence various aspects of human existence and pave the way for its all round development. (Sao. A.K. &Rawtela Rajani 2006) have also confirmed in their study that Pragyayoga (enlightenment) has positive effects on physical, emotional and cognitive balance. According to him, practice distortions can also be overcome by enlightenment which is the major problem of child criminals. According to Santosh Kumari Etal (2005), yoga practice (Asana, Pranayama, Yoganidra) provides emotional

stability with confidence, mental peace. Various study shows Yoga is highly beneficial and acknowledge that practicing yoga leads to a decrease in Emotional Complex. Khocher and {Pratap 1971a, 1971b, Sahu and Bhole 1983}, (Khocher 1976 Udappaetal 1973)} have also unanimously accepted that yoga leads to reduction in mental tragedy leading to the ability to control emotions. Oak J.P. & Bhole, M.V. (1990) also accepted in their research "Yoga Therapy: Emotional Instability" that the practice of yoga and pranayama has positive effects on emotional balance. Rey US *et al.* (2001) Regular practice of Surya Namaskar, Pranayama, Kapalbhathi, Yoganidra decreases concentration of lactate, cortisol, epinephrine, etc. in the blood. Regular practice of yoga reduces anxiety, depression, stress and anger due to correct functioning of the sympathetic nervous system (SNS) and increases mental activity, emotional stability.

Conclusion

It is clear from the above discussion that Pragma Yoga and Pranakarshan Pranayama plays a very important role in the personality development of adolescents by controlling their emotions. Yoga regulates the physical, mental and emotional energy towards positive direction. If yoga practiced from the adolescent stage, their personality will be strong and they will emerge as a strong foundation for strong nation.

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