

## **Improvement of Moral Values in Children through Yogic Intervention**

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### **Abstract**

Indian sages had stressed that character can be made strong and noble in childhood only. Advancement in age makes the character traits very rigid. Only those who went through a regimen of self-control and self refinement in childhood can become great, intelligent and spiritually elevated. So long as this tradition continued properly there was no lack of happiness, peace and prosperity in society – which is a collection of individuals.

This important aspect of character building in children is neglected to-day, which is a matter of deep concern. Seeing the speed with which moral crimes are increasing in children, social reformers are bound to be worried. When hatred and vices get deeply rooted in nature at young age no reformatory programs would give desired success even after great efforts. Practical difficulty is that the guardians do not bear this responsibility consciously and seriously. Most of them do not even know how to inculcate nobility of character in children. Self-willed children adopt only evils and vices of society because they are surrounded by them only. Formation of personality starts in womb itself. Keeping in mind this fact Indian rishis introduced ritual system (sanskars). This gave the children moral training in a natural manner.

To observe the impact of Yoga on moral values a group of 20 children were assigned through random sampling. In this pre-post study a set of Asana, Pranayama and Meditation were introduced to them and the moral values was observed through a questionnaire. The results show a significant change in the level of Moral Values in the children.

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### **Introduction**

A report published on 15<sup>th</sup> Jan 2009 by Hindustan Times reflects that: Only 50 per cent of Class V children in Tamil Nadu, Andhra Pradesh and Karnataka can tell time correctly. In business-savvy Gujarat, only 77 per cent students in this class can do currency tasks effectively, behind the national average of 83.2 .Only 21 per cent of such children in rural areas can recognize numbers from 10 to 99

Ironically, these are the states with the largest concentration of engineering colleges and they also produce the highest number of techies. But when it comes to basics, they paint a dismal picture.

According to the Annual Status of Education Report, Rural (ASER) 2008, the three southern states, Gujarat and Uttar Pradesh are all lagging way behind the national average (61 per cent) when it comes to children's ability to tell time. These points to the fact telling time and recognizing money is dependent more on the environment in which a child grows up.

This is the situation in rural area; coming to the urban area, here the problem with our children is deferent. According to a research conducted by Vidyasagar Institute of Mental Health and Neuro Science, 74 Lakh children in India are in the grip of Attention Deficit Disorder (ADD). Since,

due to ignorance and being busy in work, parents do not happen to pay attention to it, 22 Lakh of these children grow up to become unsocial/antisocial. The psychiatrists of VIMHANS say that the Attention Deficit Disorder (ADD) can be of many kinds. Mild in the beginning, it may grow into Hyperactive Attention Deficit Disorder (HADD).

Dr. Nagpal states in his study that there are three main symptoms of HADD. The first one is lack of concentration, second is hyperactivity and the third is need of compulsion to do something. In addition to these symptoms, scattering of mind, unstable and violent behavior, inferiority complex, doing things that attract people's attention, building castles in the air, tendency of not to stay together, very poor memory, lack of patience, behavior that troubles others, thieving tendency etc. are commonly found in the children affected by this disease. They leave out studies. Often they fail to complete even school education. They get frequent attacks of depression. At such occasions, controlling them becomes very difficult.

The Psychologists concept of moral behavior is much like the layman's and psychoanalysts concept of conscience or moral character (Donselson 1973). Morality is inferred from a person's intrinsically motivated resistance to temptation and from his guilt feeling that follow acts of transgression. Moral values play an important role in shaping personality development of children.

Education is supposed to have a cleansing, uplifting and refining effect. If this education system is enlivened by inclusion of moral, ethical and spiritual values, it will lead to training a new generation of young persons sizzling with zeal to embrace and uplift the lowliest and the lost by voluntarily educating them in an exclusive pattern, inculcating in them qualities of love, kindness, compassion,

sharing and caring. Earth can thus become a place worth returning again and again. For social progress and national uplift also every citizen should compulsorily be educated in ethical, moral and spiritual values. Education develops a person's intelligence and makes him fit to earn worldly as well as spiritual boons. There can be no other better way for overall development of life.

Professor Hans Kraus, former physician to J. F. Kennedy insists that our inactive and overindulgent way of life is particularly dangerous for children who should be building up strong and supple muscles for their adult years. Prof. Kraus point out that some form of physical activities like yoga is essential for all children.

At present the only aim of education is to develop the capacity to earn lot of money hence Gurukul tradition can not be suddenly introduced but guardians can at least train them in self-control, altruism, compassion and caring concern for all sentient beings. It is a blunder to marry them so long as they do not become mature, responsible and self supporting; otherwise they may prove as miserable failures throughout their lives. The condition of family, whose members neither know the art of living nor have the requisite knowledge and experience of life to opt for it, is as miserable as that of a chariot having un-reined horses. What sorts of conflicts are going on in the families of today running on the pattern of blind beliefs is known to every body.

Every child in school is taught that "Prevention is better than Cure". Yet, how many know how to implement this in practice. And for those that do, how many have the will and wherewithal to do so. Familiarizing the child with Yoga tools can help show them the path of "Preventive medicine"

Yoga should be properly introduced to children by educators. In the opinion of Swami Satyananda Saraswati, all the experiments that are being done in every part of the world in relation to the educational system should be compiled. A lot has been said and a lot is being done. Science is very clear about the effect of Yoga on the brain and on human consciousness and character. The time has come to decide how to implement this as a practical scheme.

Through a random sampling 20 children of ranged 7-11 years from a school of Mumbai were selected for the *Yogic Intervention*. All had been practicing the set of *Asanas, Pranayamas* and *Meditation* regularly (except Sunday and holidays) for 60 days. To observe the effect of *Yogic Intervention*, the Moral Value Scale (MVS) developed by Alpana sen Gupta and Arun Kumar Singh has been used at the Yoga Arogya Polyclinic. Through the pre post research design the data has been collected and analyzed.

**Research Method:**

**Result**

Table – Moral Value changes in children

	Mean	sd	“t” value	significant level
Pre	12	2.97	4.84	at 0.01
Post	15	4.35		

Mean and standard deviation of the pre and post values of Moral values of the children practiced the Yoga has been shown in the table. Where N = 20, M1 = 12, M2 = 15, and df= 19 as well as the t value is 4.84, which is significant at 0.01 level of confidence.

**Discussion & Conclusion**

Moral values are the standards of good and evil, which govern an individual’s behavior and choices. Individual’s morals may derive from society and government, religion, or self. When moral values derive from society and government they, of necessity, may change as the laws and morals of the society change. Children are not just little adults. They go through typical characteristics of growth—intellectually, emotionally, and socially—on their way to becoming adults. When parents realize these things, there is less strain on both parents and children. Family home evenings can be more enjoyable and successful when a child's personality development is considered. Remembering that a child does not think like an adult, have the same attention span, or see the

world the same way adults do, can help a parent plan a home evening everyone can enjoy.

These days parents or guardians do not or cannot pay as much attention to children as is necessary. Prof. Jean Huston has written a very nice research book about it "Child Care: Its Psychological Meaning". In this book he has presented the research experiments done on the activities of children and the conclusion there of. He says that in one case parents get so busy in their jobs those children are left to be taken care of by servants and material provisions. They do not have enough time to spare for their children. In the other case the parents pay over attention to the children. All their just and unjust demands are fulfilled or they are kept under too

much strict watch, which hinders their independent development.

Prof. Huston says that in bringing up children, we should have the skill of a gardener. There should not be so much lack of care as not to provide for the needs necessary for growth nor there so much excessive caring as to deprive them from availing natural nourishment. In order that children obey you and become less mischievous, it is necessary for the parents to bring about an attitudinal change in them in certain respects.

For cultural elevation, we should develop our life by introspection and purification but should not forget that with this much

only it will not be possible to raise our culture to a per-eminent place in the world. The greatest need of today is the personality development of our children. The day our children get morally and ethically elevated the time will not be far when dignity of our society will again start attracting world attention.

Yoga helps bring about subtle attitudinal changes in life. If taught earlier on in life, they are easier implemented and can bring about a healthy change in society. Being able to harness ambition in a positive manner rather than through negativity will not only help the student excel but also make them a healthier and happier person.

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