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Frontiers

### Effect of Pragma Yoga and Pranakarshana Pranayama (Popounded by Acharya Sriram Sharma) on Self-Concept level of Juvenile delinquents.

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Pragma Yoga and  
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#### A B S T R A C T

**Background:** Juvenile delinquency is the result of negative self concept. Self concept is essence of personality. Aim: To Study the effect of PragmaYoga and Parnakarshana Pranayama (PYPP) on self-concept level of juvenile delinquents. Methodology: This prospective 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, and Raipur (C.G) India. 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 Pranakarshana Pranayama (PYPP) was done regularly for 45 days by the experimental group. In this study to measure self-concept level the self-concept scale constructed by Dr. R.K Saraswat has 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 Pranakarshana Pranayama (PYPP) leads to significant improvement of self-concept of juvenile delinquents.

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## **Introduction:**

Numerous studies have been done on self-concept that makes it clear that positive self-concept is required for a successful life. Here Positive self-concept means that the person has a stock of positive thoughts and qualities. Positive and ideal self-concept makes teenagers a decent citizen and successful human being. The same negative self-concept leads children to crime. Juvenile delinquency is the result of negative self-concept. 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).

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. 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?

Importance of self-concept in juvenile delinquency:

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) Self-concept is the most important regulatory element of human behavior. (Schlenker 1985) 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.

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.

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) 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) 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) 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) 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) the self develops by interaction with its environment. Kassow Danielle Z. (2004) 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.

### **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) Family and parental intervention is extremely beneficial for child criminals who have been in child care home.

### **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) express 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) 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.

Juvenile delinquents are neglected due to the negative self-concept. He begins to feel isolated from society. This negligence leads to antisocial behaviour. The necessity is to change his negative outlook rather than he is despised. Jurich Anthony P. (1984) 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.

In the context of juvenile delinquency, according to Coleman, J.C. (1976)- “Delinquency refers to behaviour 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) juvenile delinquency is an anti-social behaviour 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) expresses this fact more clearly. There are four steps in psychology for training to the consciousness. These are learning, retention, recall and recognition. 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, 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 behaviour.

The research study presented has taken the help of yoga science to develop the ideal

self-concept. 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 self-concept. According to Acharya Shri Mind, intellect and consciousness can be used as a tool to reach in the self. In this research, Pragma Yoga and Pranakarshan Pranayama were coordinated to fulfil these needs. Asanas have been combined with mantras and pranayama on one side in Pragma Yoga. At the same time self-realization meditation has been used to make the contemplation system excellent. Pragma Yoga, as propounded by Acharya Sri, has proved to be an important tool for developing ideal self-concept within juvenile delinquents.

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.

### **Yoga**

In this research Pragma Yoga and Pranarshana Pranayama (PYPP) work as independent variable. Pragma yoga is a very good combination of physical, mental and spiritual practices. Pranarshana 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 PYPP practices. The present study shows how Pragma Yoga and Pranarshana Pranayama

are helpful in reducing juvenile delinquents self-concept. Therefore, here comes a very important role of yoga practice.

### **Self-concept Scale:**

To measure self-concept level of juvenile delinquents in the research study presented, the self-concept scale constructed by Dr. R.K. Sarswata has been used.

### **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 self-concept level the self-concept scale constructed by Dr.R.K. Sarswat has been used.

### **Procedures**

Firstly by using self-concept scale self-concept level of each subject was measured. Post measurement of self-concept 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.

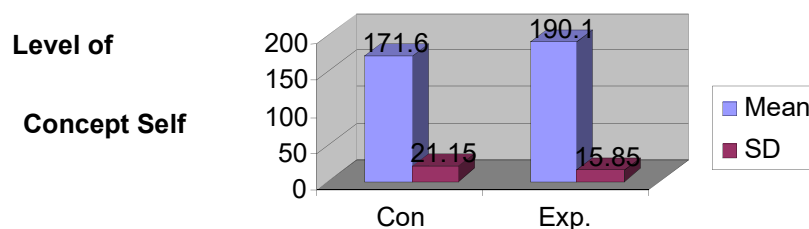
**Result:-**

Group	Mean	S.D.	t-value	Level of Significance
Con.	171.6	21.15	8.11	0.01
Exp.	190.1	15.85		
N = 100, df = 98				

It is clear from the Table value of 't' is 8.1 which is significant at 0.01 level. Hence the null hypothesis is rejected. From the above table it is clear that the mean was found to be higher between the self-concept level of the juvenile delinquents of the experimental group as compared to the mean of the self-concept level of juvenile delinquents of

controlled groups. Therefore, it is clear that regular practice of Pragma Yoga and Pranaakrana Pranayama (PYPP) leads to a significant increase in the self-concept. Therefore, the practice of pragma yoga and pranakarshana pranayama (PYPP) has a significant effect on the self-concept of juvenile delinquents.

**Graph**



**Discussion:**

In this research study, to improve the self-concept level of juvenile delinquents, beautiful coordination of Pragma Yoga and Pranakarshan Pranayama 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

practice) in Pragma-Yoga. Regular practice of Pragma Yoga and Pranakarshan Pranayama (PYPP) balance the breath and relaxes the mind of the practitioner and they are ready to perform meditation. Self-Realization meditation practice refines thoughts and feelings of juvenile delinquents. Pranakarshan Pranayama helps to free the minds of juvenile delinquents

from emotional instability, 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 Pranakarshna Pranayama puts positive and meaningful effects on juvenile delinquents. Many yoga experts and psychologists have also considered yoga to be the best for improving cognition.

In this research practice of PYP significantly affects to determinants of self such as identification, language, body image, feedback from environment etc. Pragma yoga Vyayam positively affects to body image. Self realization meditation makes positive to identification of juvenile delinquents. Pranakarshana pranayama develops positive perception and self confidence which helps to develop ideal self-concept. Jill E Boramann et al. According to (2006) state that, 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 (Benson 1997) 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. Jacob (2001) Relaxation Response reduces the activation of the sympathetic nerves system. Pragma Yoga and Pranakarshana Pranayama play a very important role in balancing the functioning of the sympathetic nerves system.

Crisan, H. G. (1984) - 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. The practice of pranayama and meditation affects the hypothalamus, thereby reducing the response to ANS and providing relaxation and peace to the practitioner.

In the research study presented, meditation was done with Gayatri Mantra and Atmabodha - Tattvabodha 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. According to Udappa K. N. (2000) - Pranayama brings control over emotional instability and aggression. Institution is activated by yoga as a result stress decreases. Nagenra H. R. (1999)-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.

Identifying the wrong thoughts and establishing the right thoughts and feelings in the mind is cognitive restructuring. The same phenomenon happens in Atmabodha-Tattvabodha 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 practice of Pragma Yoga and Pranakarshan Pranayama, there is significant decrease in negativity among juvenile delinquents and increases self-concept, 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 improving self-concept of juvenile delinquents. Practice of PYPP significantly affects to determinants of self such as identification, language, body image, feedback from environment etc. Therefore, here comes an extreme importance of yoga practice.

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