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
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
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SKY Nithyanantham Meditation to Control Aggression Violence Thoughts Among Juvenile Delinquents

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Abstract

BACKGROUND: Crimes committed by young individuals and is crucial for anti-social violent behaviors to the society have juvenile delinquency. Juvenile delinquency constitutes nearly one-fifth of crimes against people and one-third of property crimes in India. The majority of youths have engaged in some form of delinquency during their adolescent years. Efforts to Prevention, intervention, and rehabilitation interventions play a crucial role in addressing juvenile delinquency and promoting positive outcomes for young individuals.

AIM: The aim of this study to influence the Simplified Kundalini Yoga's Nithyanantham Meditation to control Aggression Violence Thoughts among Juvenile Delinquents.

METHODS: The experimental study was conducted on Delinquents subjects of Juvenile Observation Home at Coimbatore, India in 2023. The total number of 80 Juvenile delinquent Male subjects divided to 2 equal groups of Experimental and Control group with a pre-test & Post-test conducted. Using the psychological variables of Pre and Post-test scores of DASS (Depression, Anxiety, Stress Scale) and Aggression Violence thoughts. The practice of SKY Nithyanantham meditation, Pranayama with simplified physical exercises conducted regularly on 5 days of a week, daily 1 hour for 6 months training programme given to the Experimental group. Self-esteem Scale by Penn State has been used. Psychological variables were assessed by the self-report questionnaire pre and post intervention training programme. The results of data analysed by t-test and ANOVA. According to statistical analysis, at < 0.01 level of significant results obtained Experimental group, no significant results of selected variables by the control group subjects based on the post-test results.

CONCLUSION: The results was clear that Simplified Kundalini Yoga's Nithyanantham Meditation to control Aggression Violence Thoughts among Juvenile Delinquents. The yoga therapeutics with respect to anti-depressant qualities corrects underlying cognitive psychology, social cognition and an overall enhancement of self-esteem.

KEYWORDS: Juvenile delinquents, Yoga, Meditation, Aggression thoughts & Self-esteem, etc.

INTRODUCTION:

In the last few decades, the crime rate by the children under the age of 16 years has increased. The reason of increasing crime rate is may be due to the upbringing environment of the child, economic conditions, lack of education and the parental care. These are the some of the basic reasons. And the most disappointing part is that, children (especially under the age group of 8 to 10 years) now a days are

used as tool for committing the crime as at that this stage their mind is very innocent and can easily be manipulated. Young folks generally have a habit to respond in a serious and prolonged frustration which is accompanied with aggressive approaches. [Madhan G.R. 2015]

Modern man faces stress universally. He is aware that he cannot move himself while being trapped in his excruciating scrapes in a cruel spiral. His body, emotions, and intellect are shattered by too dramatic physiological and psychological reactions to the crises he encounters at every level of his survival, and his life has turned into a rat race. No one is immune to this whirlpool-like draw that poses a hazard of confusing the mind. From little kids facing countless work burden in school, to businessmen struggling to make financial meet, farmers struggling to make yielding meet, soldiers guarding the border. [Ananda Balayogi Bhavanani, 2003]. No one can escape this stressful vortex, including news reporters trying to meet their deadlines. No one knows how to remove it.

Prior to the Juvenile Justice Act of 2015, 2000 and 1986, there existed the Children Act of 1960 that aimed to give effects to the international responses towards the issue of Juvenile Justice by which they provided a uniform policy that protected the interests and rights of a Juvenile and that looked at care, treatment, rehabilitation and development of a child. [Sharma PD, 1998] As a result, the Juvenile Justice act of 1986 then Juvenile Justice act of 2000 and recently the Juvenile Justice act of 2015 was passed by the Parliament. [Professional's, Bar Act 2015].

Yoga asanas are a science that balances the body and the mind. The science of yoga demonstrates "Mind over Body." connects the body and the mind. It teaches the gradual control of the body and mind, leading to physiological balance, mental composure, and a cheerful outlook. [Vethathiri Maharishi, 2017]

LEGISLATIVE PROCESS OF POCSO ACT 2015:

- The POCSO Act defines sexual assault, sexual harassment, pornography and the protection of children's interests. Child-friendly procedures will also be introduced, including collection of evidence, investigation and prosecution of criminal offenses, establishment of special courts, and expedited court proceedings.
- The purpose of the law is to protect children at all stages of the judicial process. At first glance, the POCSO Act looks like a valid law to protect children from sexual crimes. However, it has some theoretical problems.
- For example, the law does not require the consent of anyone under the age of 18. The law also leaves open the question of what happens when two minors engage in any kind of sexual activity. Another process is proving the age of the children. Because POCSO law is reluctant about what documents it considers in determining the age of a victim's child. The court interpreted Rule 12 of the Juvenile Justice Rules to apply to the victim's child as well. Only a child's birth certificate, school certificate, or enrolment certificate will be accepted under this rule. [2]

CAUSES OF JUVENILE DELINQUENCY:

Researches and Studies shows that they are various causes of juvenile delinquency in India. Every person has different behavioral patterns so as in case with children also. The behavior patterns develop in early childhood and at early stage it is very difficult to identify any kind of behavior. But as soon as, child grows up comes out to real world, behavior patterns change from time to time and many

circumstances or situation may arise the delinquent behavior in them. [Dwaipayan Ghosh, 2013] Following is some of the causes of Juvenile Delinquency.

1. ADOLESCENCE INSTABILITY:

The biological, psychological and sociological are one of the important factors in the behavior pattern of adolescent. At this stage, teenagers become more conscious about their appearances and fashions, enjoyment, food, play and etc. And at this age, they want freedom and they wanted to be independent but sometimes they are given any chances and opportunities by their parents, teachers and elders this leads to development of anti – social behavior in them. Thus, this anti – social behavior, biological changes, psychological causes are some of the reasons which are responsible for juvenile delinquency.

2. DISINTEGRATION OF FAMILY SYSTEM AND POVERTY:

Disintegration of family system and laxity in parental control is also the main cause of increasing rates of juvenile delinquency. In normal cases divorce of parents, lack of parental control, lack of love and affections are the major factors of juvenile delinquency.

Poverty and poor economic condition are also considered has major contributing factor of increasing juvenile crimes as result of poverty, parents or guardian fails to fulfill the needs of the child and at the same time children wants that their desires should be fulfilled by parents by hook or by crook and when their desires are met, they start themselves indulging in stealing money from homes or any other parents. And this developed habitual tendency of stealing which results into theft at large scale. [Hamilton Pearson, 1925]

3. MIGRATION AND MODERN LIFE STYLE:

Migration of deserted and destitute juveniles' boys to slums areas brings them in contact with some anti – social elements of society that carries some illegal activities like prostitution, smuggling of drugs or narcotics etc. These sorts of activities attract the juvenile a lot and they may involve themselves in such activities. The rapidly changing society patterns and modern living style, makes it very difficult for children and adolescents to adjust themselves to the new ways of lifestyle. They are confronted with problems of culture conflicts and are unable to differentiate between right and wrong.

4. SEX INDULGENCE:

The children those who have experienced sex assault or any other kind of unwanted physical assault in their early childhood may develop any kind of repulsiveness in their behavior and mind. In this age they may become more vagrants or may want to have sex experience. [Sujita Kumar Kar, 2015] Too much of sex variance may lead the boys towards the crime of kidnapping and rapes etc.

IMPORTANCE OF THE STUDY:

Any crime activity has associated with human body and mind. Consequences of such behaviour are harmful to the society; hence the person becomes a juvenile delinquent based on his age of 18 years. Government Observation Homes protect the juvenile by regular counselling with Simplified Kundalini Yoga trainings of Simplified Physical Exercises, Nithyanantham meditation with Introspection practices are retrieve them from their wrong path. Regular and systematic Simplified Kundalini Yoga practices given to the respondents promote not only physical health and mind wellness, but also develop the social relationship.

SIMPLIFIED KUNDALINI YOGA:

Thathuvagnani Vethathiri Maharishi, born in 1911 in South India, he was realized enlightened master of

Simplified Kundalini Yoga. In ancient India, there were many meditation techniques and many sages from South India are formulated in various meditation techniques. Simplified Kundalini yoga is a type of physical exercise and meditation that uses a variety of methods to engage the body, mind, and soul. Each of the seven energy centres (chakra) in the body can be awakened by drawn up the untapped spiritual energy known as kundalini from the base of the spine. When the spiritual power reaches the crown chakra, also known as Sahasrara, they bring about complete enlightenment and awakening stage of Kundalini energy.

NITHYANANTHAM MEDITATION AND ITS BENEFITS:

‘Nithyam’ means always, every day, every minute etc. ‘Aanandam’ means ecstasy. This meditation creates constant ecstasy. The Divine State that forms the basis of everything in the Universe has through its inherent qualities undergone transformation into the countless forms, living and non-living, including man who is at the top of the evolutionary scale. The same Divine State also functions as the Omnipresent Consciousness that regulates everything. This Nithyanandam meditation generating Self-actualization and opens the door to ecstasy stage. When the mind remains focused on the body with the realization that the Divine state is the self, Universal magnetism mingles with bio-magnetism. It makes way for ecstasy to fill the mind at will. In this meditation for everlasting happiness the body energy is brought up from foot to head through the thought process and this is let to flow over the body. The whole body gets energized.

We practice expanding the astral body to the size of the physical body during the Nithyanandam meditation and then bringing it to a concentration at Thuriyam. The concentration of bio-magnetism spreads throughout the entire body when the consciousness is enlarged to encompass the complete body, from the head to toes with full awareness. All cells of physical body become rejuvenate during this process, which can be felt as a physical sensation. This Meditation should be practiced under the direction of a master.

1. This meditation helps spread the energy all over the body, rejuvenating the cells Constant happiness prevails, immunity is increased and ecstasy stage was ruling the 143 minds. The key advantages to included and improved the brain function, a healthier and well-being of heart diseases. And decreased the stress and anxiety levels, which have been shown to assist conditions like autism spectrum disorders and even Alzheimer's disease.
2. In this meditation, particular attention is paid to the functions of the spine and the endocrine system, two components that are vital for yogic awakening. A snake curled at the base of the spine is a common representation of the Kundalini force. The bio magnetism is untapped spiritual energy at the base of the spine that can be drawn up through the body awakening each of the seven chakras of the body. Full enlightenment occurs when this energy reaches the Crown Chakra (topmost) and spread-out the whole body from head to Toe.
3. Nithyanandam meditation is like a deep relaxation has the power to change our genetic and cellular levels. So, the delinquents experienced improved attitudes that led to a reduction in negative moods. Nithyanandam meditation can also help to reduce the pain, focused on finding inner ways through this meditation to relieve the pains. Self-awareness is an essential component of happiness. It is inward meditation helps the practitioners to achieve higher levels of self-awareness. To gain a deeper understanding of the benefits of meditation in everything from physical health to overcoming

addictions, and regular meditation practice can be life-changing. The respondents will feel calm mind and relaxed.

HUMANIST PSYCHOLOGY OF SELF-ESTEEM:

Humanist psychology places more significance on the individual by not viewing him as merely a complex machine or as the victim of ego-id conflict. In order to accomplish the objectives, he has set for himself, it views him as a purposeful being who is capable of adapting to his surroundings and making his own decisions. These objectives could be modest, like meeting a basic physical need, or lofty, such as achieving self-actualization or self-realization. In this way, humanist psychology emphasizes the uniquely human characteristics of personality, such as the existence of free will and the ability to make choices, as well as the pursuit of special objectives and moral principles that can serve as a compass for one's actions and provide one with a sense of purpose in life. [Mangal SK, 2009]

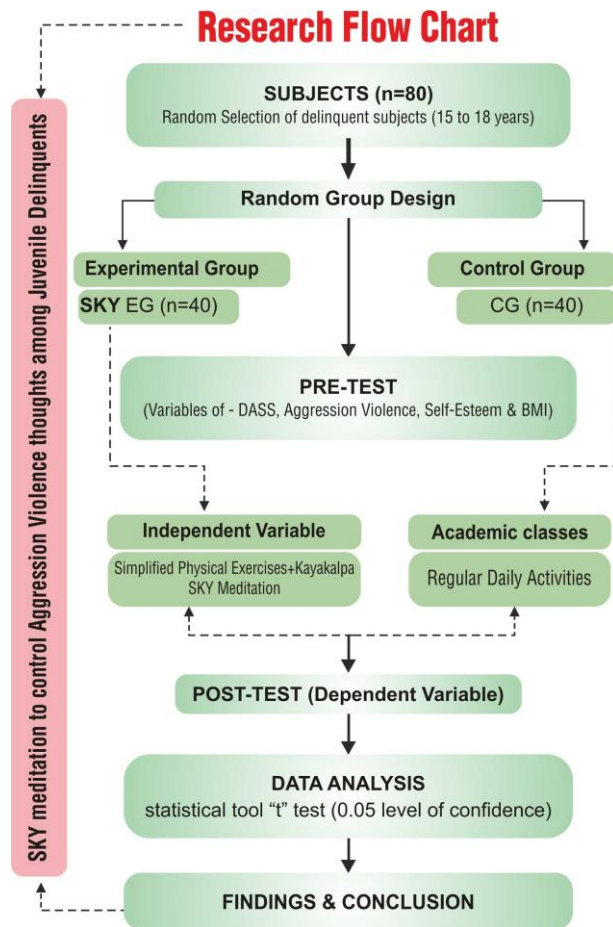
Self-esteem is associated with mental health and well-being, and has been found to be associated with unhealthy behavior. These are also associated with poor mental health. Accepted self-esteem is a key component of adolescent well-being and a measure of self-esteem. Due to the sheer number of content areas covered by this survey and the practical limitations on survey length, a simple measure of overall self-esteem was desired. Sharma PD, (1998)

REVIEW OF LITERATURE:

Govindaraja Setty AG, et al (2017) To evaluate the effect of Yoga on Adolescents' Beliefs about Aggression and Alternatives, young people are becoming increasingly aggressive violent as they try to adapt a lifestyle changes and new challenges. Significantly more competitiveness, tension, anxiety, and lax parental supervision are to blame for this. This randomized controlled trial design study included 158 normal, healthy teenagers (sports: 82, age 14.06 +/- 1.03 years; yoga: 76, age 14.03 +/-1.00). SPSS 21.0 was employed for the data analysis. Comparing yoga practitioners to athletes, it was discovered that yoga practitioners had significantly fewer common beliefs supporting violence (p 0.05) and significantly more beliefs supporting alternatives to aggression. When compared to physical exercise, four weeks of yoga practice dramatically reduced teenagers' attitudes in favour of aggression and boosted beliefs in favour of alternatives.

OBJECTIVES OF THE STUDY:

1. To find out the Juvenile delinquency and reasons for their Aggression violence crimes and its effects to the society and to apply Simplified Kundalini Yoga practices to the Juvenile delinquents.
2. To find out the significant changes on selected psychological variables of Depression, Anxiety, Stress Scale among Juvenile Delinquents for the betterment of respondents' life.
3. To find out the significant changes on selected psychological variables of Self Esteem of Positive behaviours has been developed by SKY Meditation practices and improved their BNI level by practising Simplified Physical Exercises among Juvenile Delinquents.



STATEMENT OF THE PROBLEM:

The purpose of the study was to find out the ways to be Aggression violence free for Juvenile delinquents, and impact of Simplified Kundalini Yoga practices on selected variables among Juvenile Delinquents at Govt. Observation Home in Coimbatore District, only boys as subject their age is ranging from 13 to 18 years.

HYPOTHESIS:

It was hypothesised that SKY Nithyanandham Meditation would be significant changes on selected psychological variables among Juvenile Delinquent subjects. It was hypothesised that there would be significant changes on BMI among Juvenile Delinquents to practice Simplified Physical Exercises. It speculates that SKY yoga as an antecedent intervention is expected to facilitate better behavioural adaptation.

RESEARCH METHODOLOGY:

To achieve the purpose of the present study, 80 male Juvenile Offenders from Govt. Juvenile Observation Home, Coimbatore (Run by: Ministry of Social Defence, Tamilnadu) at adolescent level were selected as subjects at random and their ages ranged 15 To 18 Years. The experimental study subjects divided to 2 equal groups (each 40) of Experimental and Control group with a pre-test & Post-test conducted. Using the psychological variables of Pre and Post-test scores of DASS (Depression, Anxiety, Stress Scale) and Aggression Violence questionnaire by. The practice of SKY meditations, Pranayama with simplified physical exercises conducted regularly on 5 days of a week, daily 1 hour for

6 months training programme given to the Experimental group. Self-esteem Scale by Penn State has been used. Psychological variables were assessed by the self-report questionnaire pre and post intervention training programme. The results of data analysed by t-test and ANOVA. According to statistical analysis, at <0.01 level of significant results obtained Experimental group, no significant results of selected variables by the control group subjects based on the post-test results.

Intervention Programme Schedule		
Sl.No.	Name of Yogic Practices	Duration
1	Meditation with Pranayamam	20 mins.
2	Simplified Physical exercise & Kayakalpa	40 mins.
3	SKY Introspection subjects (Friday only)	30 mins.
Total		1.30 hr.

STATISTICAL TOOLS:

The collected data on the selected dependent variables were statistically analysed by paired “T” test to find out the significant improvement between pre and post-tests of training and control groups at the 0.05 level of confidence.

Paired “t” Test Analysis of Experimental Group:

The following Table shows the mean difference among pre and post-test of DASS, Aggression Violence, Self Esteem Questionnaire of Psychological variables with BMI on the Experimental Group Students.

H0: There is no significance difference among Pre and Post of mentioned above variables.

EXPERIMENTAL GROUP						
Paired Samples Statistics						
Variable groups		Dependent Variables	Mean	N	Std. Deviation	Std. Error Mean
Psychological Variables	Pair 1	E. DASS - Pre	64.95	40	11.29	1.78
		E. DASS - Post	39.30	40	8.67	1.37
	Pair 2	E. AVQ - Pre	72.13	40	11.93	1.89
		E. AVQ - Post	32.75	40	9.68	1.53
	Pair 3	E. SEQ - Pre	26.20	40	8.08	1.28
		E. SEQ - Post	70.63	40	11.57	1.83
Physiological Variables	Pair 4	E. BMI - Pre	25.79	40	4.33	0.68
		E. BMI - Post	26.27	40	5.02	0.79

EXPERIMENTAL GROUP									
Paired Samples Statistics									
Variable groups		Dependent Variables	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)	
Psychological Variables	Pair 1	E. DASS - Pre	25.65	11.81	1.87	13.729	39	0	
		E. DASS - Post							
	Pair 2	E. AVQ - Pre	39.37	10.78	1.71	23.083	39	0	
		E. AVQ - Post							
	Pair 3	E. SEQ - Pre	-	13.74	2.17	-	20.442	39	0
		E. SEQ - Post	44.42						
Physiological Variables	Pair 4	E. BMI - Pre	-4.47	2.19	0.45	-	39	0	
		E. BMI - Post							11.365

INFERENCE:

The significant value observed from the above Table, it shows that the significant value (0.000) < 0.05 at 5% level of significance, hence reject the hypothesis i.e., there is a significance difference occurs among all variables and the Simplified Kundalini Yoga training developed the positive effects to the Juvenile delinquent students.

Paired “t” Test Analysis of Control Group:

The following Table shows the mean difference among pre and post-test of DASS, Aggression Violence, Self Esteem Questionnaire of Psychological variables with BMI on the Control Group Students.

H0: There is no significance difference among Pre and Post of mentioned above variables.

CONTROL GROUP						
Paired Samples Statistics						
Variable groups		Dependent Variables	Mean	N	Std. Deviation	Std. Error Mean
Psychological Variables	Pair 1	C. DASS - Pre	64.65	40	10.57	1.67
		C. DASS - Post	62.98	40	11.08	1.75
	Pair 2	C. AVQ - Pre	73.00	40	10.64	1.68
		C. AVQ - Post	70.33	40	15.42	2.44
	Pair 3	C. SEQ - Pre	28.18	40	6.43	1.02
		C. SEQ - Post	35.10	40	6.65	1.05
Physiological Variables	Pair 4	C. BMI - Pre	25.10	40	3.95	0.62
		C. BMI - Post	25.45	40	4.88	0.77

CONTROL GROUP								
Paired Samples Statistics								
Variable groups		Dependent Variables	Mean	Std. Deviation	Std. Error	t	df	Sig. (2-

					Mean			tailed)
Psychological Variables	Pair 1	C. DASS - Pre	1.68	12.51	1.98	0.847	39	0.402
		C. DASS - Post						
	Pair 2	C. AVQ - Pre	2.68	13.75	2.17	1.23	39	0.226
		C. AVQ - Post						
	Pair 3	C. SEQ - Pre	-6.93	7.94	1.26	-	39	0.12
		C. SEQ - Post						
Physiological Variables	Pair 4	C. BMI - Pre	-0.35	8.01	1.27	-0.28	39	0.781
		C. BMI - Post						

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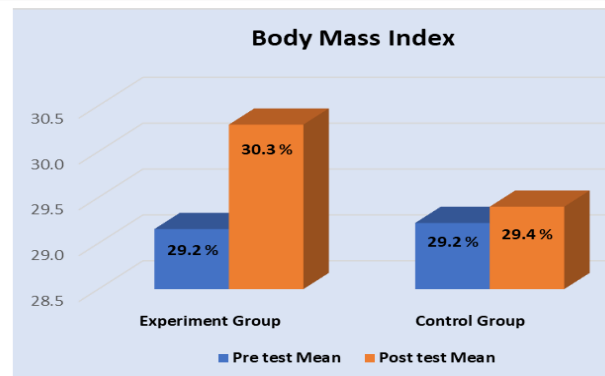
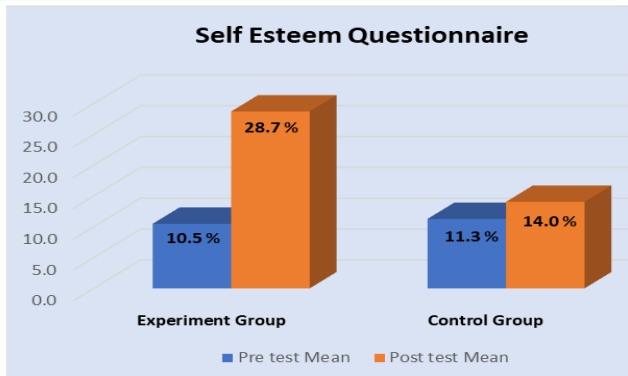
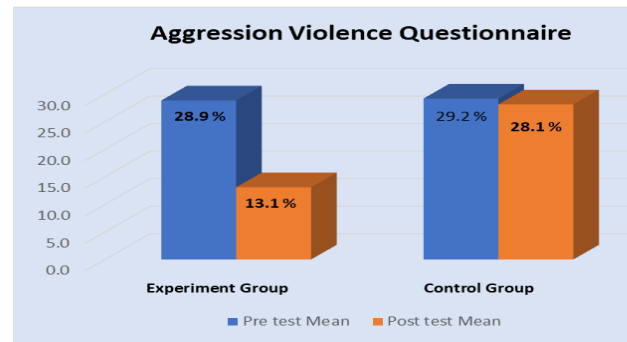
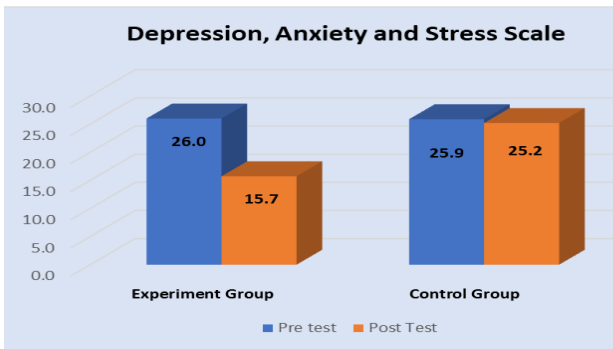
The significant value observed from the above Table, it shows that the significant value (0.402, 0.226, 0.120, 0.781) > 0.05 at 5% level of significance, hence accept the hypothesis i.e., there is not significance difference occurs among all variables to the Juvenile delinquent students. Because they are not practicing the Simplified Kundalini Yoga Training.

SIGNIFICANCE OF MEAN DIFFERENCES:

Gains & losses between pre and post test scores on selected psychological & physiological variables of simplified kundalini yoga group (Experimental Group & Control Group)

Exp. Group	Variables	Pre-Test Mean	Post-Test Mean	Mean Difference	Std. Dev. (+)	σ DM	't' Ratio
1	Depression, Anxiety Stress Scale	26.0	15.7	10.3	11.81	1.86	13.72
2	Aggression Violence Questionnaire	28.9	13.1	15.8	10.78	1.7	23.08
3	Self Esteem Questionnaire	10.5	28.7	18.2	13.74	2.17	20.44
4	Body Mass Index	29.2	30.3	1.1	0.74	0.11	9.63

Control Group	Variables	Pre-Test Mean	Post-Test Mean	Mean Difference	Std. Dev. (+)	σ DM	't' Ratio
1	Depression, Anxiety Stress Scale	25.9	25.2	0.7	12.5	1.97	0.847
2	Aggression Violence Questionnaire	29.2	28.1	1.1	13.74	2.17	1.23
3	Self Esteem Questionnaire	11.3	14.0	2.8	7.94	1.25	5.156
4	Body Mass Index	29.2	29.4	0.2	1.63	0.25	0.686



The results of this study proved that significant differences were recorded in experimental group due to Simplified Kundalini Yoga Practices on selected psychological variables than on control group.

FINDINGS OF THIS STUDY:

- In Independent sample of “t” test on the significant value observed the mean difference among Experimental and Control group of selected Psychological and Physiological variables on the both Pre and Post-test of Juvenile delinquent. For Pretest is >0.05 at 5% level of significance hence accept the hypothesis i.e. there is no significance difference among the both groups based on Pre-test results. Since no Simplified Kundalini Yoga training started, so that both group similar in nature.
- The mean difference among the Experimental Group pre and post-test results of selected Psychological and Physiological variables on the respondents. And observed from significant value $(0.000) < 0.05$ at 5% level of significance, hence reject the hypothesis i.e., there is a significance difference occurs among all variables and the Simplified Kundalini Yoga training has developed the positive effects to the Juvenile delinquent students for paired t test analysis.

CONCLUSION:

Simplified Kundalini Yoga is the result of purification practices, making it feasible. Meditation, pranayama and self-introspection provides the opportunity to concentrate. SKY exercises are a movement or a purpose for their limited execution. Nithyanantham Meditation includes a broader aspect, from preparing the body to preparing the mind, using breathing practices as well. The body-mind complex cooperates and becomes harmonious on doing meditation. The physiology of yoga differs from the scientific human physiology because the ancient belief system of yoga focuses on channels of energy in the body. When a person practices SKY yoga, with a yogic attitude of patience, discipline & dedication overcoming obstacles within oneself, that is overcome their anger, delusion and laziness, and the desire to be different or better than others, several changes occur in thoughts and thinking.

On this simplified physical exercise practices, the delinquent subjects to calmness the mind from all the things to disturbances of depression, anxiety level, aggression and violation problems. It helps to reduce the stress level to overcome from mental disorders and worries to the delinquents.

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