

Efficacy of Psycho - Somatic Intervention Techniques on the Behaviour Modification of Juvenile Delinquents

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Abstract

Growth of population, development of industrialization and urbanization creates a crisis of values throwing the entire social structure off balance resulting in juvenile delinquency all over the world. Especially, India is severely sinking into this problem at an alarming rate. The number of children in government juvenile and special homes has increased. In 1997, 1998 and 1999 1318, 1571 and 1594, children were in the government Juvenile and Special homes respectively. And also the number of children in the government observation home at Chennai has increased, that is, in 1998- 1253 and in 1999, 1670. Randomly selected 60 Juvenile Delinquents were divided into two groups 30 members each and the experimental group was exposed to the psycho-somatic intervention technique for a period of 12 weeks consisting of yoga, citizenship training, progressive muscular relaxation techniques, community singing, social skill training and cognitive restructuring. The pre and post test analysis on covert behaviour, overt behaviour and adaptive behaviour of the experimental group showed significant improvement, which was due to 12 weeks psycho-somatic intervention technique.

Keywords: Behaviour, Juvenile delinquents, Psycho-somatic.

Introduction

Juvenile delinquency is a complex social problem. "Young people who habitually respond to serious and prolonged frustration in a aggressive way are juvenile delinquents". Juvenile delinquency is anti social conduct in the young and the youthful. It is a pattern of behaviour of children who come in conflict with law. The cause for delinquency may be broadly divided into two, namely, a. the home problem and b. the community problems. Home problem comprise of parental negligence, wrong attitudes of parents, jealousy between siblings, poverty etcetera. Community problems comprise of bad company, gang influence, truancy, vagrancy, indecent exhibits of mass medias etcetera. Problem of juvenile delinquency was avoided in ancient India, where children were initiated in to three particular yogic practices at the age of seven or eight. One practice was suryanamaskara and other two were pranayama and Gayathri mantra. (Swami Satyananda Saraswathi ,1999)

Indeed much attention is needed to understand the health and behaviour problems including delinquency of children which is complex in nature. The discovery of this problem depends vastly on psychological characteristics of the children. Many children do not commit crime even though they live in poor physical, psychological and sociological conditions. Personal factors of the child contribute vastly to the delinquent behaviour. In this way the study of the juvenile delinquents problems assumes significance. (Deffenbacher, J.L., 1996)

Journal of Physical Education, Sports and Allied Disciplines

The approved schools for Juvenile delinquents are tackling the problem of Juvenile delinquency by educating, treating and rehabilitating the Juvenile delinquents. Vocational and educational trainings are part of this rehabilitative programme. Although these programmes indirectly deal with behavioural development of delinquents, they may not be effective in changing negative attitude of delinquents. (Plant,1970) Psycho- somatic intervention techniques were used in the present investigation as part of the comprehensive rehabilitation program which includes not only education and vocational training but also bring changes in the negative behaviour.

Overt behaviour can be defined as the observable behaviour that can be seen readily, such as laughing, shouting, talking etcetera. Covert is internal behaviour that cannot be seen, such as happiness, angry, imaginations etcetera. Adaptive behaviour is used to adjust to another type of behaviour or situation. This is often characterized by kind f behaviour that allows an individual to substitute an unconstructive or disruptive behaviour to something more constructive. (Carr 1992)

Review of Related Literature

Jayashree Acharya conducted (2007) conducted a study on the effect of graded exercises programme on the mood states of juvenile delinquents. The Subject of this study was 60 male juvenile delinquents between the ages of 13-18 years. They were divided in to two groups namely control and experimental group. Mood status of Juvenile delinquents was measured before and after the experimental training with McNair (1971) mood status profile. The experimental group was given graded exercise programme for a period of 6 weeks. One way analysis of variance was used and statistically significant improvement were found in the factor anger, depression, fatigue and confusion for experimental group.

Methodology

The major purpose of the study was to determine the effect of the psycho- somatic intervention technique on the behaviour variables of juvenile delinquents. To achieve these purpose 60 male juvenile delinquents students were selected for the study. They were of the age group of 16 – 18 years. They were divided into control and experimental group, each consists of 30 students and null hypothesis was framed.

The experimental group was exposed to the psycho- somatic intervention technique, 6 days a week for a period of 12 weeks. Experimental treatment was given only between morning 6 am and 7.30pm which includes a general conditioning programme and special programmes like yoga, citizenship training, progressive muscular relaxation techniques, community singing, social skill training and cognitive restructuring (Figure I). The number of exercise, set, repetition and rest period remained the same throughout the experimental period. Activities were introduced from simple to complex and difficulties in exercises were added progressively. The control group was not exposed to this treatment. Adaptive behaviour, overt and covert behaviour were selected as variables for the study. Before the training the pre test was conducted by using Juvenile behaviour checklist (Hazell and Lewin, 1999), which measures the overt behaviour, the covert behaviour and the adaptive behaviour. After the training period of 12 weeks, the post test was conducted. The collected data were analysed using MANN WHITNEY U test (Jerry R.Thomas and Jack K Nelson,2000)

Figure - 1
Psycho- Somatic Intervention Technique for Juvenile Delinquent Student

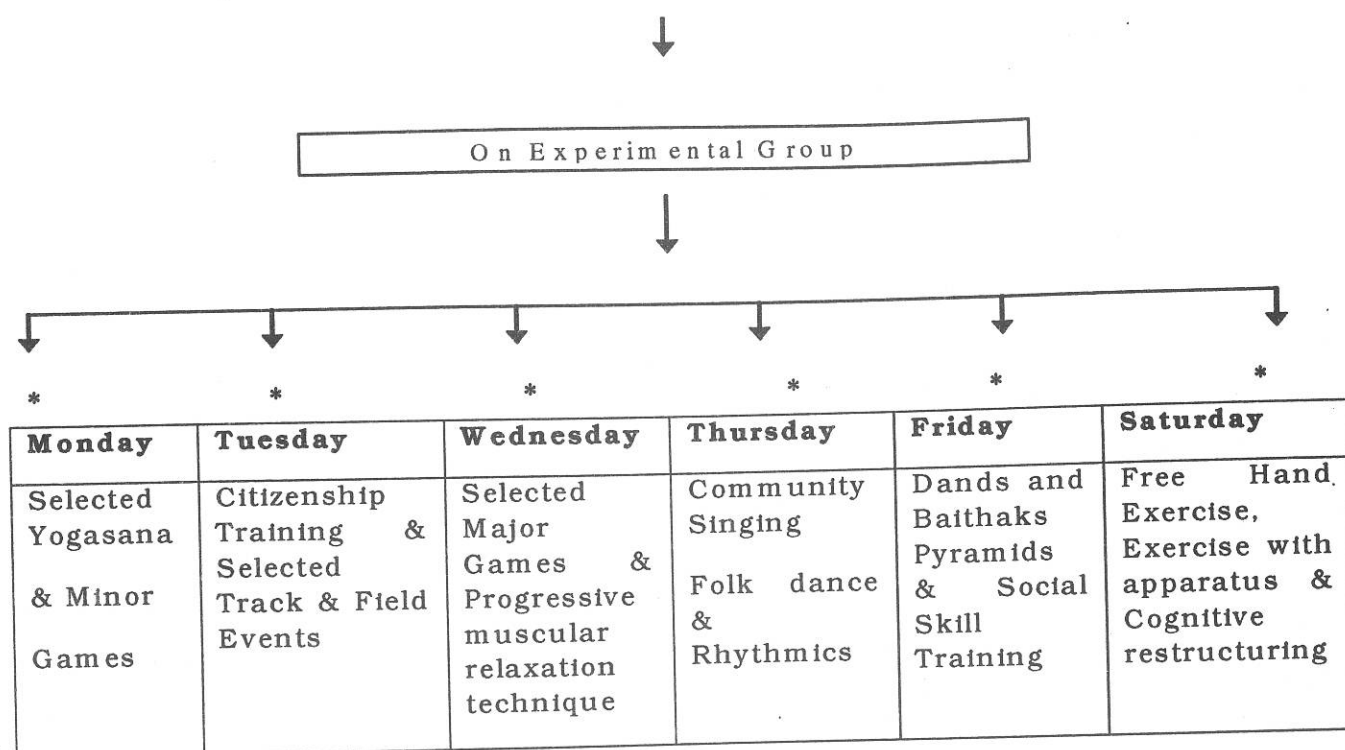


Table - I
Mean Values of the Behaviour Dimensions of the Juvenile Delinquents

| S.No | Dimensions of behaviour | Group | Mean | |
|------|-------------------------|--------------|----------|-----------|
| | | | Pre Test | Post Test |
| 1 | Covert Behaviour | Control | 52.40 | 50.67 |
| | | Experimental | 51.97 | 39.87 |
| 2 | Overt Behaviour | Control | 55.37 | 54.50 |
| | | Experimental | 53.00 | 43.10 |
| 3 | Adaptive Behaviour | Control | 107.77 | 105.17 |
| | | Experimental | 104.97 | 82.97 |

Table - II
Mann-Whitney U Test Values and Level of Significance of Control and Experimental Groups on Behaviour Dimensions of Juvenile Delinquents

| Behaviour dimensions | Pre Test | | | Post Test | | |
|----------------------|----------|-------|------|-----------|------|------|
| | u | P | S/NS | u | p | S/NS |
| Covert Behaviour | 487.00 | 0.584 | ** | 750.50 | 0.00 | * |
| Overt Behaviour | 526.50 | 0.257 | ** | 787.00 | 0.00 | * |
| Adaptive Behaviour | 499.00 | 0.468 | ** | 819.00 | 0.00 | * |

* Significant $P < 0.05$ ** Not Significant $P > 0.05$

Figure - 2
The Changes in Behaviour Dimensions between Pre and Post test

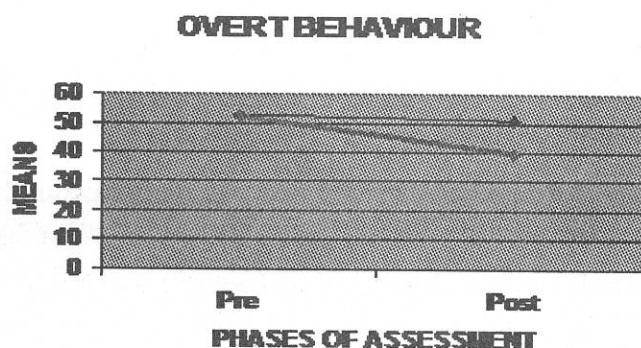


Figure - 3

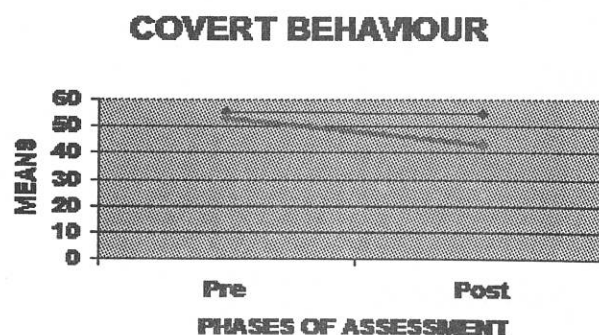
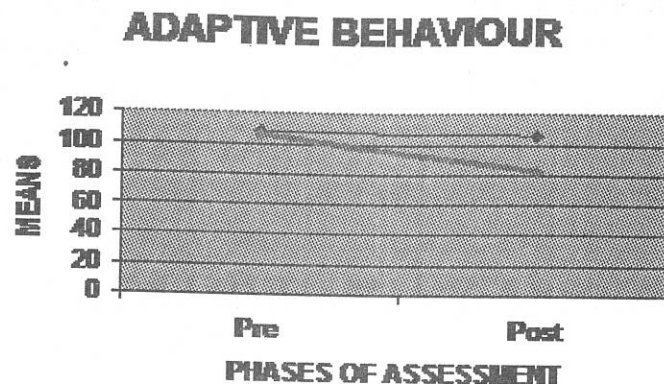


Figure - IV



Results and Discussions

From table II it could be seen that there was no significant difference between the control and the experimental groups during the pre-test indicating that the randomisation was perfect while assigning the subjects to the groups. There was a significant difference between the control and the experimental groups in covert, overt and adaptive behaviour during the post test, as the probability values was less than the 0.05. This would clearly indicate that due to the psycho- somatic intervention technique the subjects in the experimental group shown modification in their behaviour dimensions.

Recommendations

Based on the results of the study and the observation made by the investigator during the treatment period, the following recommendations have been made.

The physical education teachers at the special homes should plan the successful and regular physical education programme with psychological approach for controlling the behaviour variables of the juvenile delinquents. The teachers of other subjects also can plan their method of teaching with the psychological approach, which will give better results.

1. Don't brand the juvenile
2. Treat the juvenile with consideration
3. Be friendly
4. Be firm
5. Discover the child's problem
6. Try to gain his confidence and respect
7. Be positive in attitude
8. Don't resort to vulgarity while handling juvenile
9. Don't loose temper while handling juvenile
10. The child of today is the man of tomorrow

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