

Changes in Aggression Level Through Yogic Practices in Police Trainee Constables



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ABSTRACT

The department of local government has been formed to take care of law and order in our society and that's why the role of a policeman is far more important. Some officers easily handle the work pressure and a few get angry reactions. The aim of the current study is, to seek out the most effective possible and straightforward way for the reduction of aggression in cops. That's why trainee cops are selected for research and yoga is chosen as an intervention. Because yoga may be an easy and simple way to achieve the current study's goal. Quantitative Pre and post experimental design were used in present study. And purposive sampling was done. Total 298 Male trainee police constables, age between 22 to 30 yrs were taken as sample. Control group and experimental group was formed and 45 minutes yoga practice was given 5 times in a week for five months. Yoga practice included Asanas, Pranayama, Mudra and relaxation techniques. Aggression scale questionnaire was used as tool and t-test were used for statistical analysis. Results of research are clearly indicated that yoga intervention reduced aggression in trainee police constables.

Keywords :- Aggression, Yoga.

I. INTRODUCTION

Police department has been formed to take care of law and order in our society and that's why the role of a police officer is far more important. They face many situations and persons with or competently in their daily routine, some officers easily handle the work pressure and a few gets angry reactions. Purpose of present study is, to search out the most effective possible and straightforward way for reduction of aggression in cops. That's why trainee cops are selected for research and yoga is chosen as intervention. Because yoga is that the simple and straightforward way to achieve present

study's goal. Yoga therapy is often used effectively to regulate and stop various common psychological problems such as- anxiety, frustration, depression, aggression and adjustment etc. Anxiety may be a response to perceived danger or stress. An anxious person worries tons additionally also shows the subsequent symptoms like rapid heart rate, shortness of breath, loss of appetite, dizziness, sweating etc. of these symptoms accompany fear also as anxiety and therefore the divert reaction of frustration is an aggression, which creates many problems to the one et al. too. within the same way maladjusted person gets the issues in life. Yoga is most useful technique to

control aggression, to get mental health as it is tool of stress management. (Shodh ganga)

Profoundly, stress always looms large on administrative officials and subsequently the mental and physical duress poses various challenges. Ever since the advent of a civilized world; the police department has been subjected to endless and vicious physical, mental, emotional and psychological stress. Yogic practices and therapy are thus most necessary and relevant for all these essential service workers in the current scenario. While it is necessary for the police department to continue their services and maintain law and order despite all odds; at the same time it is also necessary for them to maintain physical, mental, emotional and psychological well being. Dealing with extreme traumatic situations and handling criminals also takes a toll on the mental health. The policemen, thus face various challenges and Yoga ensures the safety of the guardians of the law and order of our society. This immense workload and tireless efforts alongwith the constant scare of the meeting the obligations of their duty has elevated the stress levels of the policemen. The stress can also be alleviated through constant Yogic practices and it also boosts immunity levels to fight the mental and psychological stress apart from just the physical strain. Yoga can bring about a complete harmony of mind, body and soul through yogasanas and mediataion; thereby creating a balanced lifestyle. Thus, this entire study is extremely relevant in the current scenario.

As applied to police behavior, angry aggression theory argues that the chronic stress of police work in conjunction with the inability to respond to the particular sources of that stress increase both the perception of threats and therefore, the aggressiveness of responses to perceive threats. P. griffin (2003)

A study conducted by Eric Dyke (2015) said that- Yoga-based techniques may be helpful for working professionals in moving and managing feelings of anger and frustration that are counterproductive in the workplace. The yoga group under study practiced asanas (poses), pranayama (breath-work), and

meditation, and had some yoga lectures. The control group practiced mild-to-moderate physical exercise. The yoga group showed significantly more reduction in aggression and counterproductive work behaviors. Results of his study also suggest regular yoga sessions at a workplace can result in happier home lives and increased productivity.

II. RESEARCH METHODOLOGY

Quantitative Pre and post experimental design were used in present study. Two group were formed- first was control group and second was experimental group. Control group was left idle after pre testing of aggression and experimental group was go through the yoga intervention after pre testing for 5 months.

Intervention - 45 minutes yoga practice was given 5 times in a week for five months. Yoga practice included Asnas, Pranayama, Mudra and relaxation techniques. Surya namashkar, Vrikshasna, Shashank asna, Bhujangasna, Vakrasna, chakrasana, Ardhalasana, Vipritakarni, Sarvangasna, Matsyasna, Uttanmandukasna, Paschimottanasna, Ustrasana, Tadasna, shavasana, kapalbhati, Nadishodhan, Seetkari and Bhastrika pranayama, Bhramri pranayama with shad mukhi mudra. Yog mudra, Bhrama mudra, meditation in Shambhavi mudra and Om chanting were practiced for five months.

Sampling Data- Purposive sampling method was used in current study. And randomized distribution procedure was used in forming control and experimental groups.

Total 298 Male trainee police constables, age between 22 to 30 yrs were taken as sample. 148 sample selected for control group and 150 sample selected for experimental group.

Test Controls or

Only male constables were chosen.

Only trainee police constables were selected.

Only physically healthy candidate was selected. Those who affected with Thyroid problems, diabetes etc, were eliminated.

Only psychologically healthy candidates were selected, except aggression. Aggression scale, developed by Dr. G.P. Mathur and Dr. Raj kumari Bhatnagar, published by Rakhi Prakashan was used for present research.

Tools

III. Statistical Analysis and Result

For statistical analysis paired t-test were used through SPSS software. Results are followed-

Table: 1.1, Mean, N and standard Deviation of Pre and Post Test Scores

Groups		Mean	N	Std. Deviation
Pair 1	Control- Pre test	207.27	148	17.675
	Control- Post test	207.10	148	17.846
Pair 2	Experimental- Pre test	206.96	150	17.773
	Experimental- Post test	166.51	150	14.909

Table: 1.2, Paired t-test between Pre and Post test scores of control and experimental groups.

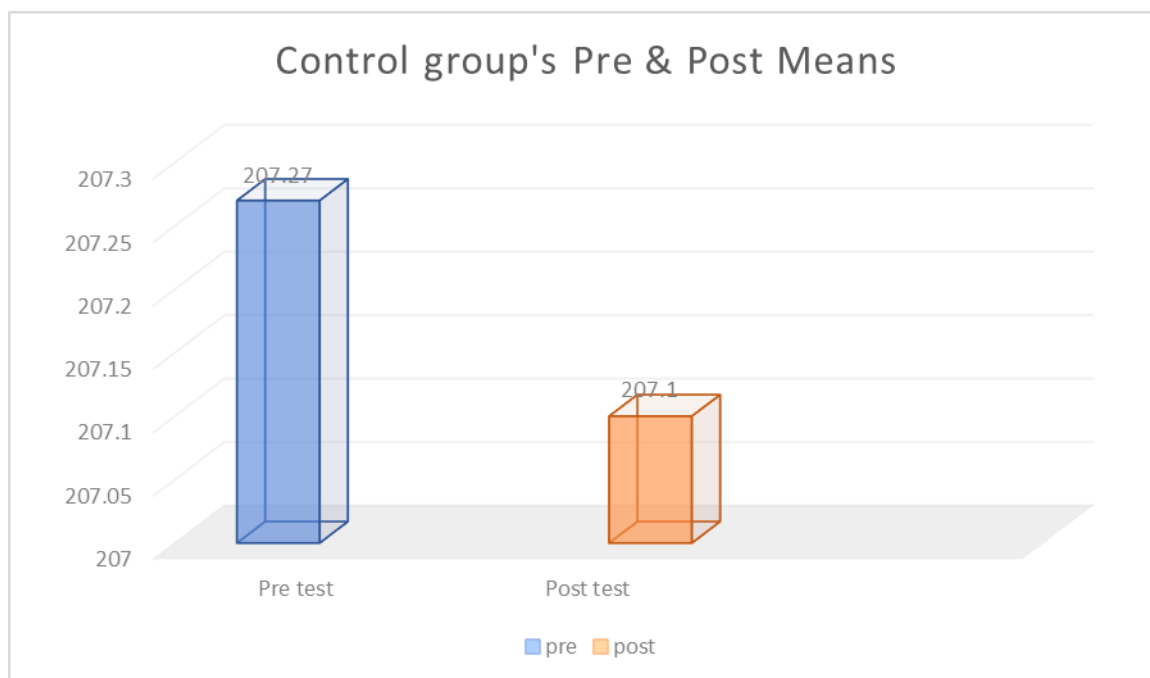
Groups		t	df
Pair 1	Control pre-post	.075	147
Pair 2	Experimental pre-post	21.766*	149

* Significant difference at the level of 95%.

In this statistical analysis of data, there is no significant difference found between Pre and post scores of control group. Where degree of freedom (df) is 147, when value of t is .075 at the 95% level of significance. So, it is clear that if no any intervention was applied then no change occurs in between pre and post test rating. Positive correlation between pre and post data of experimental group was observed. Where degree of freedom (df) is 149, when value of t is 21.766 at the 95% level of significance. It means selected intervention changed the sample values.

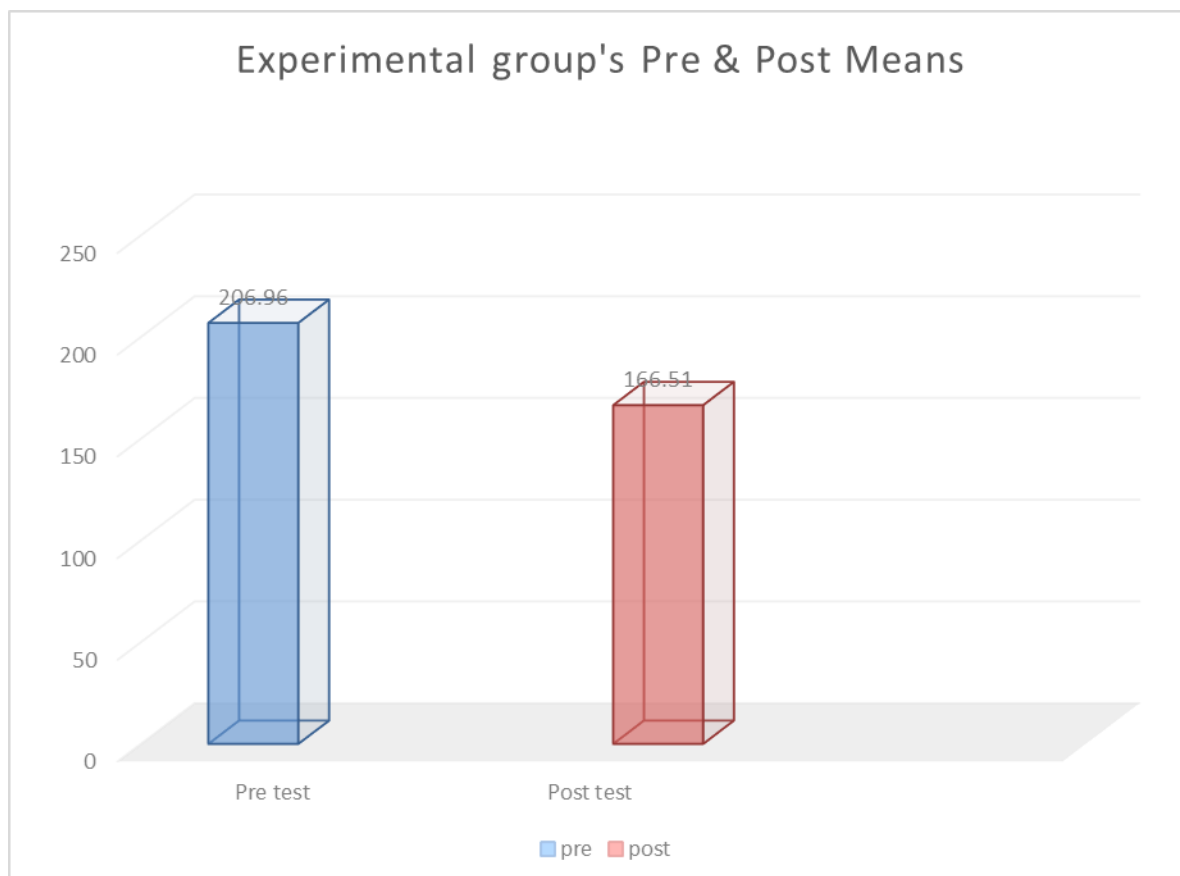
Results are clearly indicated that yoga intervention reduced aggression in trainee police constables.

Graphical presentation of means of control pre and post scores of aggressions



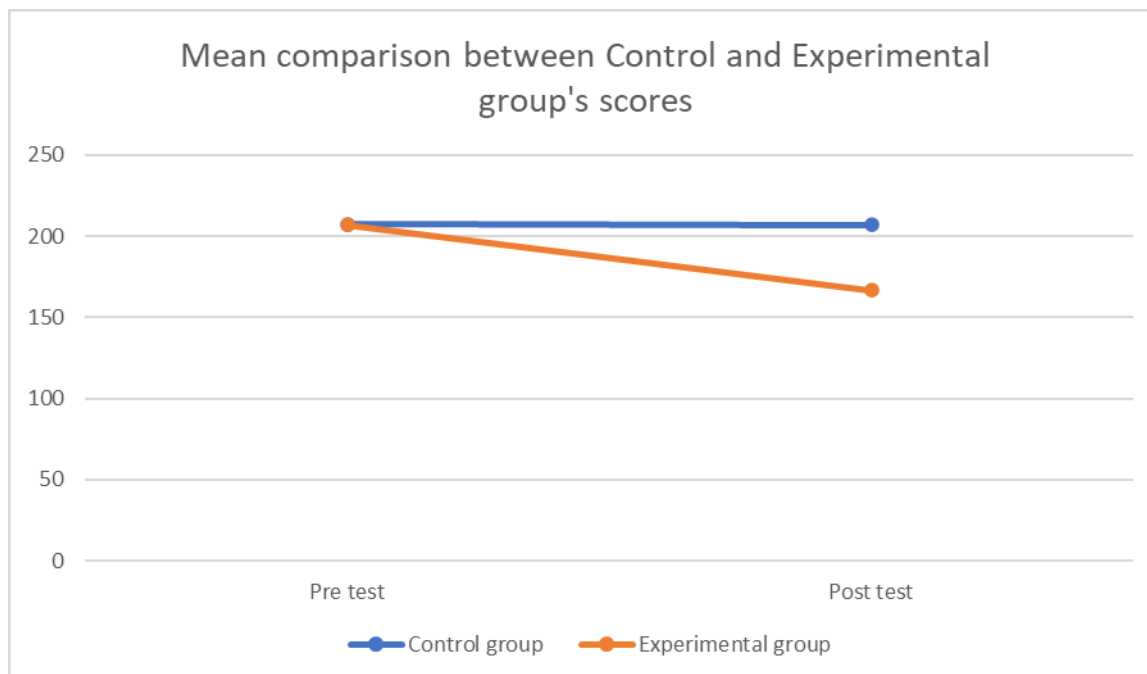
In above graph clearly seen that mean score of pre test and post test are almost same. It means aggression is unchanged when on intervention applied. Here higher score means high aggression and lower score means low aggression.

Graphical presentation of means of Experimental pre and post scores of aggressions



In above graph clearly seen that mean score of pre test is higher than post test. It means aggression is getting down. It shows when yoga intervention given then aggression get down. Here higher score means high aggression and lower score means low aggression.

Graphical presentation of aggression score means of pre and post scores of control and experimental groups



In above graph clearly observed that almost no change is seen in blue line which indicates control group's pre and post aggression score. And positive decreasing red line shows experimental group's pre and post aggression scores. Here higher score means high aggression and lower score means low aggression.

IV. DISCUSSION

.Result of present study is clearly indicated that five-month yoga practice can reduce aggression level in trainee police constables. Reason of excessive aggression in trainee policemen are over load of responsibility, fatigue, extra physical work, shortage of leaves, hypertension, anxiety and pressure of senior officers. Yoga solves all the above problems nicely. Stretching during asanas relax muscles and squeeze out lactic acid which was stored. lactic acid is produced by muscles as by product of fatigue.

When lactic acid will remove than muscles will relax, and aggression is directly associated with relaxation. Pranayam and shavasana is effective on anxiety, and anxiety is related with aggression. Pranayam regulates breathing and circulate extra oxygen towards cells and tissues.

V. CONCLUSION

Conclusion of present study is that- regular yoga practice can reduce aggression levels in police officer. It may help officer to healthy physical and psychological life.

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