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Recreational Activity and Yoga: An Avenue to Prevent Criminal Propensity Among Drug Addicts

Neelam Sharma¹ and Arjun Singh²

¹Associate Professor, Lovely Professional University, Punjab. Email: neelam.sharma@lpu.co.in

²Research Fellow, Lovely Professional University, Punjab

ABSTRACT

The aim of the study was to assess the impact of selected training programme in yoga and recreational activity for managing criminal propensity among drug addicts. The sample consisted of 30 male drug addicts distributed randomly equally into three groups recreational activity, yoga and control group. A treatment program of ten weeks was implemented to two experiment groups, while as no sort of treatment was given to control group. The data was analysed through ANCOVA and post hoc test. The results showed that p -value for the F-statistic was .000 which was significant at 0.05 level of significance. Since F-statistic was significant a post hoc comparison of differences between the adjusted post-tests paired means was applied among different treatment groups. The findings revealed that there was a significant difference of all the treatment groups with the control group as the $p < .05$. However, adjusted mean value of recreational activity group was found to be least 76.67, thus recreational activity group was considered as the most effective treatment group and control group was the least effective treatment group in reducing criminal propensity among the drug addicts.

Keywords: Recreational activity, Yoga, Criminal propensity and Drug addicts.

1. INTRODUCTION

Substance Abuse refers to the frequent misuse of drugs in a fashion that is injurious to human health. Kalpana and Kavya, (2015) observed that substance abuse is a havoc globally while the loss in term of potentiality of the human being is incalculable. In addition to this Tabler's (1993) observed drug abuse arises out of a maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated intake of the substance. In this regard Liddle (1999) asserted that family has great impact on the characteristics of the new generation. Family attributes that possesses a history of alcoholism, substance

abuse, family disputes and high level of indiscipline place their children at high risk for illicit drug abuse. Drugs are related to crime in many ways. To use, purchase, sold, manufacture or distribute illicit drug is considered as a crime. Literature shows role of drugs and alcohols in proliferation of crime. Regarding this Mumola (1999) reported that 60% to 80% of crime is related to drug. In addition Singh (2011) observed that drug users are involved in crime and possess traits that predispose individuals to criminal behavior such as antisocial personality disorder (ASPD). According to Hoaken & Stewart (2003) alcohol is undoubtedly the utmost drug to support intoxication and violence relationship. In this regard Loeber, Farrington, Stouthamer-Loeber, & Van, 1998; Scal, Ireland, & Borowsky, 2003; Weiner, (2002) confined that a increased level of violence is strongly correlated with the higher levels of alcohol consumption, smoking, marijuana and other drug use. Wittrock (2006) identified crime rate among drug user is greater and also possess more criminal records than non-users. Individuals with criminal records had more tendencies towards being drug users in comparison to others. A study conducted on 172 drug abusers specified that frustration, anxiety and loneliness were the most predominant psychological problems of drug abusers (Shirazi, Heydarnia, Kamalianfard, Heydarnia, Fararooie, & Rahimi, 2011). It is very difficult to find out a precise definition of crime because it varies from society to society and depends upon norms, beliefs and customs of a particular society. It may be defined as a immoral and antisocial behavior. In his book (Tappan, 1960), Crime justice and correction has defined “crime as an intentional act or omission in violation of criminal law committed without any defence or justification and penalized by the laws as felony or misdemeanor”. Furthermore Criminal propensity explains the various form of antisocial behavioral, “criminal propensity is genetic however these pathological traits interact and are often aggravated by environmental social conditions” (Delisi 2005). Singh and Sharma (2017) reviewed literature pertaining to crime, behavior of criminals and drug addicts. They identified four dimensions aggression, disobedience, anti social behavior and drug abuse to measure criminal propensity among drug addicts.

Ehsani (2012) observed that lack of a comprehensive policy has been repeatedly highlighted and various suggestions made to address the range of problems caused by substance use, further much remains to be done on the ground to prevent and address these problems. Yoga have make its mark globally, it is estimated that approximately over 20 million peoples in the United States practices yoga (Alter, 2004). Yoga is an ancient practice originating in India that aims to unite the mind, body, and spirit. It has been asserted that yoga can help alleviate many ailments both physical and mental (da Silva, Ravindran, & Ravindran, 2009). Furthermore Stukin, (2002) stated that yoga alter brain neurology and help reduce cravings, anxiety, and fear that can lead to destructive behaviors. All over major medical centers and community health centers induces yoga as a practices for complete well being of person. To this context Duncombe (2004) examined that yoga and meditation programs in Indian prisons have been met with success in terms of creating a more peaceful environment and encouraging feelings of well-being in prisoners. It has been found to positively impact aspects of psychological functioning as well (Muirhead & Fortune, 2016) thus it may be a viable rehabilitation addition for offenders, because issues such as increased arousal sensitivity and stress can be common for this population (Mansoor, Pervez, & Ramaseshan, 2015). In addition, Devi, Singh & Subramanya (2015) concluded in their study that practicing yoga can assist in catharsis of depression and in improving quality of life among drug abuser.

Physical activity had a direct link up with neurological basis, Participation in physical activity releases endorphins, dopamine in the blood which in return is associated with euphoria and positive mood status

(Casper 1993 as cited in Coleman, Hendry & Kloep 2007). Youth engaged in unstructured activities have deviant peers' relationship, poor child-parent relations and low support from the activity leader as compared to youth engaged in more structured activity (Mahoney & Stattin, 2000). Nelson & Gastic (2009) also specified that youth engaged in unstructured leisure time have higher level of truancy rate. Cavill, Kahlmeier & Racioppi, (2006) stated that Physical activity benefits by lowering level of crime and antisocial behavior, it also benefits with healthy behaviors and social integration.

Objective

- To assess the impact of selected training programme in yoga, recreational activity and control group for managing criminal propensity among drug addicts.

Hypothesis

H(1): There exists a significant difference in the selected training programme in yoga, recreational activity and control group for managing criminal propensity among drug addicts.

2. METHOD

Research Design

A pre-test and post-test randomised research experimental design was chosen to meet out the objective of the study. For the sake of feasibility, requirement and economy the scope of the study was narrowed down to two drug rehabilitation centers from Jalandhar district (Punjab). A total of 30 samples ranging between 15 to 35 years were selected by means of purposive random sampling. The selected samples were divided equally into three groups, two experimental groups and one controlled group (each group comprises of 10 samples). Experimental group 1: (yoga training group) participated in yoga training programme. Experimental group 2: (recreational activity training group) participated in recreational activity training programme. Group 3 was considered as control group and no training was imparted to this group. The treatment program was implemented to the samples for a period of 10 weeks (i.e., 5 sessions per week each of one hour).

Data Collection

The sample consisted of 30 male drug addicts from two drug rehabilitation centers of Jalandhar (Punjab). The samples were distributed randomly into three groups (i.e. two experiment groups and one controlled group). A pre-test was conducted on all the three groups (i.e. 10 subjects in each group). After pre-test, treatment programme of 10 weeks was implemented to the two experiment group, whereas control group was not exposed to any sort of training. After completion of the experiment a post-test was conducted on the criterion variable among all the three groups.

Research Tools

Criminal propensity was measured using a standardised scale of criminal propensity developed by Arjun Singh and Dr. Neelam Sharma (2017). The scale consists of four dimensions mentioned as: Aggression, obedience, anti-social behavior and drug abuse.

Activities in Yoga and Recreational Activity Training Programme

Physical poses, breathing techniques, chanting and concentration were selected activities in the yoga training programme. In recreational activity training programme cat and mice, changing seats, singing, drop the handkerchief, elimination ball, dance, keep the ball, duck walk race, tug of war, leep frog, hill dill, busy bee, sound and action and leg cricket were the selected activities.

Data Analysis

The statistical tools and techniques used in the research work includes descriptive statistics, ANCOVA and post-hoc test. The analysis of the data was done using SPSS 16.0.

3. RESULT AND INTERPRETATION

Table 1 represents the values of mean and standard deviation based on pre and post test conducted among all the three treatment groups to measure the criminal propensity of drug addicts.

Table 1
Mean and Standard Deviation measuring Criminal Propensity among Different Treatment Groups during pre and post-testing

Treatment Groups	N	Measure : Criminal Propensity			
		Pre-Test Mean	SD	Post-Test Mean	SD
Yoga	10	152.10	23.54	91.50	29.90
Recreational Activity	10	155.10	23.64	76.50	16.68
Control	10	150.10	14.96	126.00	.00

Table 2 presents the F-value for comparing the adjusted means in three treatment groups (yoga, recreational activity and control) during post testing on criminal propensity. Since *p*-value for the F-statistic is .000 which is significant at 0.05 level of significance. Thus the H(0) “There exists no significant difference among the adjusted post-test means of criminal propensity among three treatment groups was failed to be get accepted”. Therefore, the research hypothesis H(1) “There exists a significant difference in the selected training programme of yoga, recreational activity and control group for managing criminal propensity of the drug addicts” stand accepted. Furthermore, since F-statistic is significant, the post hoc comparison was made for the adjusted means of the three treatment groups during post testing of criminal propensity among drug addicts.

Table 2
Analysis of Co-Variance for two experimental groups and one control group on Criminal Propensity

Source	Sum of Squares	df	Mean Square	F	Sig. (p-value)
Pre	328.091	1	328.091	.812	.376
Treatment	12609.136	4	6304.568	15.604	*.000

Note: *p* < .05 indicates significant difference.

Table 4 shows the adjusted final mean values of different treatment groups in descending order viz: recreational activity 76.67, yoga 91.47 and control 125.84. There was a significant difference of all the treatment groups with the control group as the *p* < .05. It was noted that there was no significant difference

in the adjusted mean scores of the yoga and recreational activity group. Hence it may be inferred that yoga and recreational activity training programme was equally effective in reducing criminal propensity among drug addicts in comparison to that of the control group. However, adjusted mean value of recreational activity group was found to be least, thus recreational activity group was considered as the most effective treatment group and control group was the least effective treatment group in reducing criminal propensity among the drug addicts.

Table 3
Post hoc comparison of differences between the Adjusted Post-Tests Paired Means of Experimental Groups and Control Group measuring Criminal Propensity

<i>Pair wise Comparisons: Criminal Propensity</i>			
<i>(I) Treatment</i>	<i>(J) Treatment</i>	<i>Mean Difference (I-J)</i>	<i>Sig. (p)</i>
Yoga	Recreational Activity	14.80	.112
	Control	34.36*	.001
Recreational Activity	Control	49.17*	.000

Note: $p < .05$ indicates significant difference * indicates significant difference.

Table 4.4
Adjusted Final means among different Treatment Groups measuring Criminal Propensity

<i>Group</i>	<i>Group</i>	<i>Group</i>
Recreational Activity	Yoga	Control
76.67	91.47	125.84
←—————→		

“←—————→” represents no significant difference between adjusted means.

4. DISCUSSION

Nichols (1997) reviewed various evidences contributing in the management of crime, however, the support concerning the effectiveness of sport and leisure activity in reducing crime has little evidence. In this context, Nichols (2004) identified diversion of offenders as the simplest mechanism to reduce offending behaviour. This requires taking a person away from a play where there is probability of them to get indulged in criminal activity. This act creates a diversion from boredom and thus preventing them from acts that are criminal by nature (Nichols & Crow, 2004, p. 269). The findings of the study provide a similar diversion from criminal activity. Recreational activity can quash criminal propensity among drug addicts, thus intuition in them for a better life for the rest of their future. The other findings highlighted yoga importance as a treatment programme for the management of criminal propensity among drug addicts. In addition, the practice of asana brings firmness to the body, eliminates the rajoguna or the oscillating character of the mind and makes the mind steady. While as the practices of Pranayama involves breath control that leads in the mental calmness and tranquility of the nervous system. This shifts the paradigm of the body and mind towards tolerance (Sharma 2004). Furthermore, Prabhavananda (2004) stated that yoga is the holistic art of slowing and culturing the mind, body and emotions. The Practitioner of yoga becomes calm with a increased self-awareness, clarity of thoughts, and control over emotions, thus correcting individual mental,

physical and emotional aspects. The studies that have been discussed point towards the role of yoga and recreational activity in reducing criminal propensity among drug addicts, though more work is definitely required to latch out some unknown facts with in these fields.

5. RESULTS OF THE STUDY

- (i) There was a significant difference between the adjusted mean scores of yoga and control group and recreational activity and control group as all the values are within the threshold limit i.e., $p < .05$. Hence, they were considered to be significant at 5% level of significance.
- (iii) There was no significant difference between the adjusted mean scores of yoga and recreational activity group as the values are above the threshold limit i.e., $p > .05$. Hence, they were considered to be insignificant at 5% level of significance.

6. CONCLUSION

It has been concluded that yoga and recreational activities have significant on criminal propensity.

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