

CHAPTER 4

AIMS AND OBJECTIVES

4. Aims and objectives

4.1 Aims of the study

The present study was intended at systematically studying the effect of yoga on adolescents' attitude toward violence, their beliefs about aggression and alternatives, in comparison to physical exercises, by way of randomized control trial, by using the scales: a) Attitude toward violence, b) Beliefs about aggression and alternatives.

4.2 Objectives of the study

Adolescent aggression and violent attitude are mainly caused by authoritarian/permissive parenting styles, say the studies. However, Indian traditional yoga texts claim that irrespective of causes, irrespective of gender and age, yoga can undo this unwelcome nature in adolescents. This research paper tries to unveil the truth behind this claim by Indian traditional texts. Further, though yoga is popularizing globally, many times yoga is confused and equated with physical exercises. However, the comparative role of yoga and physical exercises still remains to be clearly understood in respect of their effects on attitude toward violence among adolescents, and their beliefs about aggression and alternatives. The present study seeks to fill this gap by systematically studying the effect of integrated yoga module on adolescents' attitude toward violence, their beliefs about aggression and alternatives in comparison to physical exercises.

Further, many of the studies have demonstrated that during adolescence an individual displays highest level of aggression and violence by infringement of code of conduct and rules, displays disobedience and aggression, and will to fight (Kokko, Pulkkinen, Huesmann, Dubow, & Boxer, 2009). When they feel their ideas/opinions are challenged, their safety is confronted, persona is affected owing to others words/actions, or their tastes are not respected

or recognized, they exhibit aggressiveness or violent behavior in their efforts to protect themselves or to establish their tastes, interests, or ideas (Gelles & Berkowitz, 1994). Such adolescents might face rejection by their peer groups or social groups due to prevailing cultural and social sanctions (Studer et al., 1991). Thus, aggressive tendency or violent behavior in adolescents is always considered socially unacceptable (Palmer & Hollin, 1996). However, there are no systematic studies on effect of yoga on adolescents' attitude towards violence, beliefs about aggression and alternatives to aggression in the Eastern context. Hence, the present study makes an attempt to address adolescents' attitude toward violence and their beliefs about aggression and alternatives through yoga intervention for a period of four weeks, in comparison to physical exercises.

4.3 Justification of the study

Yoga is growing in popularity all over the world and irrespective of age, gender, and nationality, people are being attracted towards it owing to its positive effects on health (both mental and physical). Of late, it is being used both for prevention and correction of diseases and disorders, both physical and psychological. However, many times yoga is confused and wrongly equated with physical exercises though they are different in the way they are practiced and the way they are applied. Slow synchronized breathing, mindfulness during the practice, and importantly stable position in *āsanas* make yoga different from physical exercises, even if only the *āsanas* are considered for comparison with physical exercises (Govindaraj et al., 2016). Besides *āsanas*, the yoga limbs normally applied and practiced are *prāṇāyāma* and *dhyāna* (meditation). Hence, the comparative effects/benefits of physical exercises and yoga are yet to be understood in clear terms in respect of adolescents' attitude toward violence, their beliefs about aggression and alternatives.

Further, there is ample research evidence to show that during adolescence an individual demonstrates the highest level of aggressive and violent behavior by way of flouting or violating code of conduct, etiquette, and display of defiance, noncompliance of laws, disobedience, truancy, aggression, and resorting to hostility and fighting (Rowe, 1998). Though there is abundant scientific research on the effect of yoga on aggression and violence, research is inadequate particularly related to the effects of yoga on domains like ‘adolescents’ attitude towards violence’ and ‘adolescents’ beliefs about aggression and alternatives’ in the Eastern context. Further, Indian Yoga Scriptures are broad based, and they say that irrespective of the causes for aggressiveness or violent behavior, irrespective of age and gender, yoga can be applied for both physical and psychological wellbeing (Nagarathna, 2003; Tapasyānanda, 2003). Hence, the present study seeks to viaduct this gap by systematically studying the effect of yoga on adolescents’ attitude toward violence, their beliefs about aggression and alternatives, in comparison to physical exercises.

4.4 Hypothesis

If aggression and violence are considered lack of self-control and uncontrolled speed, yoga brings about serenity, calmness by inducing slowing of thought process (Nagendra, 2000). Further, adolescence is the age where an individual demonstrates the highest level of aggression or violence and have strong beliefs supporting aggression (Kokko, Tremblay, Lacourse, Nagin, & Vitaro, 1998). Hence, it is preferable to measure the effect of yoga on this adolescent behavioral trait where the changes could be significant. Hence, the present study hypothesizes as under:

4.4.1 Null Hypothesis

- There will be no effect of yoga on the adolescents' Attitude Toward Violence (ATV) and their Beliefs about Aggression (BA) and Beliefs about Alternatives to Aggression (BAA).
- Yoga and PE do not differentially affect adolescents' ATV, BA, and BAA.

4.4.2 Alternative Hypothesis

- There will be a decrease in adolescents' ATV and their BA, and increase in their BAA due to Yoga intervention.
- Yoga can bring about significant changes in ATV, BA, and BAA as compared to PE.

4.5 Research questions

- Will there be any change in the adolescents' attitude toward violence due to four weeks' of yoga intervention?
- Will there be any change in the adolescents' beliefs about aggression and alternatives due to four weeks' yoga interventions?
- Are the effects of yoga practice and physical exercise different on adolescents' attitude toward violence, their beliefs about aggression and alternatives?