

CHAPTER 4

AIM AND OBJECTIVES

4.0 AIM AND OBJECTIVES

In the previous chapter we have discussed on the scientific literature on various interventions of dance and yoga on CGs and also several diseases/disorders. This chapter deals with aim and objectives, hypothesis and justification of the study.

4.1 AIMS OF THE STUDY

Evaluate the efficacy of canons of expression and yoga on the emotion regulation among CGs of children with neurodevelopment disorders (NDDs).

4.2 OBJECTIVES OF THE STUDY

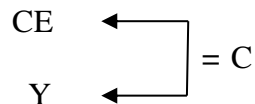
- To assess the psychological burden among CGs of children with NDDs.
- To assess psychological health measures such as stress, anxiety, and depression before the study and post measurements, to understand and evaluate the impact of canons of expression and yoga among CGs of children with NDDs.
- To evaluate the caregiving appraisal before the study and the changes that happened by interventions of canons of expression and yoga on the mother and child relationship, to accept their children unconditionally.
- To evaluate the impact of canons of expression and yoga on the quality of life (QOL), which can be assessed by sleep quality and contentment among CGs of children with NDDs?
- To conceptualize and develop dance and yoga modules for CGs of children with NDDs.
- To disseminate the positive effects of the study in areas of varied CGs.

4.3 HYPOTHESIS AND NULL HYPOTHESIS

Hypothesis I: Canons of expression based on *Nāṭyaśāstra* and related scriptures can be an effective intervention for emotion regulation among caregivers of children with neurodevelopment disorders compared to the control group. CE > C

Hypothesis II: Yoga therapy being a traditional and effective therapy, can be a promising intervention for emotion regulation among caregivers of children with neurodevelopmental disorders compared to the control group. $Y > C$

Null Hypothesis: Canons of expression and Yoga are not an effective intervention for emotion regulation among caregivers of children with neurodevelopmental disorders.



4.4 JUSTIFICATION OF THE STUDY

This study is justified to conduct for the following reasons

- ***Direct cost:*** The financial requirements towards regular consultation with doctors/psychotherapists, and the intake of medicines by CGs can be reduced.
- ***Non-medical direct cost:*** Cost incurred by the CGs and their families, even for moderate and mild symptoms of psychosomatic disorders, can be reduced.
- ***Indirect Cost:*** As an example, the frequent traveling expenses of CGs' family to a hospital can be cut down.
- ***Intangible Cost:***
 - a) Such as loss of functionality in CGs and QOL due to pain and suffering can be reduced.
 - b) Positive thinking among CGs can help improve the functionality of their dependent children with NDDs be encouraged.