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A Study of the Effect of Psycho-Yogic Package on Locus of Control in Orphan Adolescents”

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Abstract

This study investigated the effects of the session of *psycho-yogic package* on locus of control. In personality psychology, locus of control is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. The sample consists of 200 subjects in the study from Haridwar, Dehradun, Uttarakhand. The Rotters Locus of control scale (Hindi adaptation) was used to measure level of locus of control. After collecting pre data and applying intervention, post data were collected. ANOVA (one way) statistical method was used for the analysis of the data. After the statistical analysis the result shows that the psycho-yogic package significantly affects the level of locus of control and improves mental health.

Keywords: Psycho-yogic package, locus of control, orphans, adolescents.

Introduction

Significance of the study

Everyone experiences some unhappiness, often as a result of a change, either in the form of a setback or a loss, or simply, as Freud said, "Everyday misery." The painful feelings that accompany these events are usually appropriate, necessary, and transitory, and can even present an opportunity for personal growth. However, when depression persists and impairs daily life, it may be an indication of a depressive disorder. Severity, duration, and the presence of other symptoms are the factors that distinguish normal sadness from a depressive disorder. Adolescents are the most favorable occasion of life. The future of a country depends on the mental health and strength of young people. Study shows that at least one in five children and adolescents have a mental health disorder and at least one in ten have serious emotional disturbance. Orphans exist in every age and in all civilizations. According to the joint report of UNICEF, Development (2002), about 1.7 billion children are orphans worldwide. Out of this number, Asia contributes 6.5% orphans and Africa leads with 11.9% orphans. China have about 573,000 orphans below 28 years old (Orphan report), and an estimated 650,000 children are in Russian orphanages. In India, 158.8 million children are in the age group of 0 to 6 years, though the current overall population of India is 1.21 billion. In Jammu and Kashmir, the past 21 years of conflict has resulted in an alarming increase in the number of orphans. A new study by an international charity for orphaned and abandoned children found that India is home to 20 million orphans, a figure projected to increase by 2021. Another study by an International children's charity has found that 4 per cent of India's child population of 20 million are orphans. express the relief of mother's over the fact that she has been blessed with a son and not a daughter. The preference for a son when a child is born, thus, seems to be as old as the Indian society itself Our two great epics, the Ramayana and the Mahabharata also eulogies the Study presents is that the overall estimation of orphan children in percentage terms is expected to fall by 2021, although their number will increase from present the 20 million to 24 million. However, there is no comparative data to indicate whether the number of orphan children has increased or decreased in recent years and decades. India has a huge orphan problem. There are many orphanages in India that are ardently trying to solve this problem. Most of these orphanages are non-profit or charitable organizations that are dedicated to the welfare of the abandoned

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and destitute children in India. Orphanage problem is an international problem seeking social group's attention for a remedial measure to make every child born to have a decent living. In this era of 21st century having plenty of opportunities to a child born it is a pity to know that orphans are often gets limited education and opportunities to grow as a responsible citizen. Merely getting charity is not enough. The poor parenting is a reason to this deplorable state of affairs and the law must also take a course to fine the individual parents who are responsible for the inhuman situation of their siblings and making them orphans. A study conducted by Musisi & Kinyanda, 2009 in which he studied a comparison of the behavioural and emotional disorders among primary school-going orphans and non-orphans in Uganda. They found that emotional, behavioural as well as psychiatric disorders occur in these orphan children. In their study, they recommended that counselling and psychology should be taught to the caretakers and teachers of children living in orphanages, and they clearly pointed out the psycho-socio problems with children who have lost their parents. A study conducted by: ("Rural Development Research", 2009) shows that children who are orphans face many psychological disorders. At the age when they need much support from their parents and siblings to cope up with physical and emotional development, the loss of their parents make them more prone to psychological disorders while Aliganyira et al., (2014) reported in their study that adopting parents and schools have not provided the emotional support often needed to these children. Most adopting parents lack information on the problems faced by these children and are therefore unable to offer emotional support; and school teachers do not know how to identify psychological and social problems and thus fail to offer individual and group attention. The idea was to show the relation between the environment and the individuals' assessment of their ability to deal with it and to adjust their behaviour. Most children without parental support risk powerful cumulative and often negative effects because of their parents' death, basic cause of becoming vulnerable and predisposed to physical and psychological risks. Aliganyira et al., 2014 evaluated that parental loss and orphanage placement can be stressful and can negatively affect the psychological well-being of children. However, studies on the psychological well-being of orphanage-placed children impact of parental loss and orphanage placement is minimally understood. The aim of this study was to explore stress (symptoms of depression and anxiety), coping and the overall quality of life of orphaned children in comparison to non-orphans who resided with their parents. The Pearson product-moment correlation analyses revealed significant correlations between depression, anxiety, coping and quality of life in the orphaned children and non-orphans. Stepwise regression analyses also revealed that for orphaned children, anxiety and support-seeking coping emerged as significant predictors of quality of life whereas depression emerged as a significant predictor of quality of life for the non-orphaned children. Sharma L. (2007) discussed in his study that was undertaken on 60 young adults of both sexes to determine if Shavasana could be an effective tool to combat stress. Stress was experimentally induced by cold pressure test (CPT) and effect was observed by recording its effect on cardio-respiratory parameters viz. systolic

blood pressure, diastolic blood pressure, pulse rate, respiratory rate and rate pressure product. The study was divided into three setups. In the first setup, all parameters were recorded in basal state i.e. in supine position and after CPT. Second setup CPT was done after performing Shavasana for 10 min and for the third setup, effects of CPT were observed after subjects had undergone Shavasana training for 10 min daily for 4 weeks. All basal parameters progressively statistically significantly decreased after performing Shavasana for 10 min and after its continuous practice for 4 weeks. Cold presser induced stress showed statistically significant rise in all parameters in all the three setups but this rise was blunted and a progressively lower percentage increase was observed. It suggests that a person practicing Shavasana can successfully reduce the physiological effects of stress. Kamakhya K. et al. (2009) explained that in his research work the practice of yoga nidra brings alpha dominance in the brain, which is characterized by mental relaxation. A significant decrease was observed in breath rate after isometric relaxation technique and reduction in some physiological signs of anxiety. In other study, initial EEG showed beta activity prominently with intermittent alpha activity. With the advancement of Yoga nidra, beta activity was slowly replaced by alpha activity and still further by smooth well-formed alpha activity. After 30 sessions of Yoga nidra, gain of alpha activity was better and with further advancement of yoga nidra intermittent. After a six months study on the higher class students, practice of yoga nidra reduced the stress and anxiety as well as improved the general well-being. The study was conducted to assess the effect of yoga nidra and Pranakarshan pranayama on alpha EEG level of the subjects. Amita, S. et al. 2009 an objective of this study is to evaluate the effect of Yoga-Nidra on blood glucose level in diabetic patients. This study was conducted on 41, middle aged, type-2 diabetic patients, who were on oral hypoglycaemic. Yoga-nidra practiced for 30 minutes daily up to 90 days, parameters were recorded every 30th day. Results of this study suggest that subjects on Yoga-nidra with drug regimen had better control in their fluctuating blood glucose and symptoms associated with diabetes, compared to those were on oral hypoglycaemic alone. In this study researcher hypothesized that psycho-yogic package can help to balance between internal and external dimension of locus of control and enhance emotional and cognitive development. Orphan children suffer from many psychological problems, the main cause of those problems is deprivation of emotional bond between parent and child lack of domestic environment. There are many psychological therapies that help to change cognition as well as behavior but these therapies are to change cognition or behavior separately but there is a lack of such therapy that can help to change behavior, cognition as well as emotion collectively. In present work researcher tried to develop psycho-yogic package in which there are few psychological and yogic techniques which well for used to change individuals mind emotion. Psycho-yogic package is consist from two word psycho and yogic, here psych means related to cognition and emotion and yoga means to combine and development of positive attitude towards life. Psycho-yogic package meant for balancing cognitive process and emotions in appropriate direction with positive attitude towards life.

Objective

1. Identification of the internal and external dimension of locus of control in orphans.
2. To study the effect of psycho-yogic package on internal and external dimension of locus of control in orphan adolescents.

Hypothesis

1. There will be a significant effect of psycho-yogic package on locus of control in orphan adolescents.

Methodology

Sample Size: Total 100. 50 in experimental group and 50 in control group.

Sampling Method: Purposive Sampling

Research Design

Pre and post research design was used in the present study, at the beginning of the study pre data were collected and tabulated. After 03 month of intervention post data of effectiveness was collected, data was analyzed to see if there is a significant effect between them as a result of the treatment or intervention or not.

Tool Used: Rotters locus of control (Indian adaptation Hindi).

Procedure of Intervention

S.N.	Intervention	Round/Day	Timing
1	Pranakarshan Pranayam	Per Day	10 Mints.
2	Yognidra	Per Day	30 Mints
3	Mindfulness Technique	Perday	24hrs.
4	Group Counselling	Weekly	20 Mints.

Data collection: Statistical Analysis was used Anova Single One Way Anova

Result Procedure

This study was conducted at Hardwar, Uttarakhand. 100 orphans were selected through purposive sampling and the sample was assigned as experimental group (n= 50) and control group (n=50) there age range is in between 12 to 18 years of age. All members of the experimental group followed the prescribed psycho-yogic practices during the course of study. The outcome measures were assessed in both groups before and after the study

Statistical Analysis: ANOVA (one way ANOVAs)

Sources		Sum of squares	df	Mean squares	F	Sig.
LOC Boys	Between Groups	2631.690	1	2631.690	198.203	.01
	Within Groups	1301.220	98	13.278		
	Total	3932.910	99			

df = 99 and the level of significance at = .01 level.



This is Graphical presentation for the locus of control in orphan adolescents before and after the intervention

Interpretation and Discussion:

In this study we can see clearly that the locus of control had shifted from internal to external, which denotes that, the practitioners that is orphan adolescents of psycho-yogic package get relief and feeling relaxed. On the basis of obtained result it can be concluded that psycho-yogic package intervention is significantly cope up with locus of control of orphan adolescents. The results of the present study reveal that the regular practice of psycho-yogic package helps to cope up the level of locus of control.

Miller et al., found in their research that study of 22 medical patients with DSM-III-R-defined anxiety disorders showed clinically and statistically significant improvements in subjective and objective symptoms of anxiety and panic following an 8-week outpatient physician-referred group stress reduction intervention based on mindfulness meditation. Twenty subjects demonstrated significant reductions in Hamilton and Beck Anxiety and Depression scores post intervention and at 3-month follow-up. In this study, 3-year follow-up data were obtained and analyzed on 18 of the original 22 subjects to probe long-term effects. Repeated measures analysis showed maintenance of the gains obtained in the original study on the Hamilton

[$F(2,32) = 13.22$; $p < 0.001$] and Beck [$F(2,32) = 9.83$; $p < 0.001$] anxiety scales as well as on their respective depression scales, on the Hamilton panic score, the number and severity of panic attacks, and on the Mobility Index-Accompanied and the Fear Survey. A 3-year follow-up comparison of this cohort with a larger group of subjects from the intervention who had met criteria for screening for the original study suggests generalizability of the results obtained with the smaller, more intensively studied cohort. Ongoing compliance with the meditation practice was also demonstrated in the majority of subjects at 3 years. We conclude that an intensive but time-limited group stress reduction intervention based on mindfulness meditation can have long-term beneficial effects in the treatment of people diagnosed with anxiety disorders. Another research by Jensen et al., (2012) indicated in their study that boys with disruptive behavior generally displayed unstable breathing patterns throughout the pre-recording period and showed more stable breathing during Yoga Nidra compared with pre- or post-recording periods. There were also examples of reductions in thoracic dominance during Yoga Nidra. The comparison group's breathing patterns throughout the three phases of the process were found to be stable. All these aspects affect the interpersonal and social behavior as well as psychological Health of orphans and an individual. Healthy citizen makes mentally healthy society then this will lead to the society for the development. According to traditional medical practitioners "psychological and yogic practices have proved to be the best for removal of Stress and Tension, Deep breathing has proved to be the best for removal of psychological problem.

Conclusion

Psycho-yogic practices helps the people to keep the mind relaxed as many medical practitioner beliefs that alternative medicines has more stable efficacy on the psychological health, they said that "There are many treatment alternatives to medication, including cognitive behavioral therapy, which is widely accepted to be more effective for locus of control management. To overcome anxiety and other psychological problem, one may need to change life style; it includes regular exercise, breathing practices adequate psychological practices. On the behalf of these studies we must stat that the psycho-yogic practices tranquilizes the mind and body, to get the mind relax and stress free. So, it can be concluded as the Practice of psycho-yogic package is calming down the mind and body as well as enhancing psychological health of an individual. Yogic practices not only reduce the stress among individuals but also strengthen the positive aspects of human personality, enhance the hidden quality of human being.

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