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RELATIONSHIP OF BEHAVIORAL DEVIANCE WITH HOME ENVIRONMENT AND MENTAL HEALTH AMONG ADOLESCENT YOGA PRACTITIONERS AND NON-YOGA PRACTITIONERS

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ABSTRACT

The purpose of the present study is to find out the relationship between home environment and mental health with behavioral deviance among yoga practitioners and non- yoga practitioners. Total 200 students were recruited from SD public School Chandigarh within the age range of 14-18 years. The result of the study revealed that in yoga Practitioners group, a significant inverse negative correlation was found between behavioral deviance with home environment (** $p < 0.05$) and mental health (** $p < 0.05$). However, in non-yoga practitioners' group, a non-significant negative correlation was found between behavioral deviance and home environment ($p > 0.05$) but significant negative correlation was found between behavioral deviance and home environment (** $p < 0.05$).

KEYWORDS: Behavioral Deviance, Home Environment, Mental Health, Yoga-Practitioners and Non-yoga Practitioners.

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INTRODUCTION

Physical inactivity and sedentary lifestyle are the risk factors for accumulation of various diseases related to physical and mental health of the individual. Particularly, adolescence is the age in which the teenagers deal with lot of physical, mental, psychological and emotional challenges. Moreover, in adolescence age, there is lot of extra energy in adolescents in which the sports and physical activity is the better way to channelize the energy of youth in a better way. The sedentary lifestyle prevailing in the modern society can lead into variety of different problems especially in the case of adolescents. High school students often deal with lot of stress and feeling of uncertainty which might be due to the fact that they are dealing with the numerous types of mental, physical, emotional and sociological changes. Further, adolescents often experience the impulsive, spontaneous and unpredictable emotions along with constant mood swings.

The behavioral deviance includes that behavior, which often is considered as not according to the society, culture, customs, values and norms (Atkinson, M., & Young, K. 2008 and Prus, R. C., & Grills, S. (2003). The deviant form of the behavior is considered as the negative emotion or response. Particularly, the deviant behaviors cause harm to the society, which further leads into shaking the balance of the society (Small bone, S. W. 2006).

Moreover, the deviant behavior of an individual also leads to unhealthy social and home environment. Accordingly, home environment is an environment, which includes the multiple aspects of the people's domestic lives, which furthers highlights their living conditions. There are variety of factors like physical, sociological, emotional and spiritual which help in building the better home environment for the members living in the family. Home environment played the major role in developing the overall personality aspects of the children (Gottfried, A. W et al. 2003 and Farrington, D. Ullrich, S., & Salekin, R. (2010).

The unhealthy and stressful home environment has various types of ill habits and behavioral problems in the children, which include the problems related with the growth, developmental, anxiety, depression and anger in the children (Bank, L., & Burraston, B. 2001). The better, safer and healthy home environment helps in optimum development of the individual, which further gives an opportunity to explore and discover various aspects of the life (Bradley, R. & Corwyn, R. 2001). Consequently, the sound mental health helps to achieve the

wholesome development of an adolescent (Hagen, I., & Nayar, U. 2014; Compas, B. & Millstein, S. 1993).

Mental health is considered as positive state of mind, which includes psychological, cognitive and behavioral and emotional wellbeing aspect of an individual (Roeser, R. et al. 1999). People with good mental health think logically and adjust better in the society with others. Moreover, sound mental health helps individual to better cope up with any stress; depression and trauma prevailing in different situations in life.

In the case of adolescents, behavioral deviance, home environment and mental health played the significant role in the wholesome development of the children (Hagen, I. & Nayar, U. 2014; Compas, B. E., & Millstein, S. 1993). The adolescent phase is considered as the transition phase in which lot of societal, school, peer and parental pressure burdens the adolescents.

Yoga, which originated in India has recently garnered the huge popularity all around the world. Especially, the celebration of International Yoga Day from 2016 onwards brings the attention of whole world to the ancient Indian heritage. Yoga and physical activity provide the foundational base to our bodily systems to work efficiently. The yoga is a cost effective way to engage the adolescents along with many physical, mental benefits (Khalsa, S. et al. 2012). Moreover previous published researches also proved the ability of Yoga in coping up with stress and depression along with various health benefits (Gard, T., 2012; Gururaja, D., 2011; Ross, A et al., 2013; Dwivedi, U., et al., 2015 and AG, G, Pailoor, S., & Mahadevan, B., 2016). In the present study, the authors examined the relationship of behavioral deviance with home environment and mental health of adolescent Yoga practitioners and non-practitioners.

OBJECTIVES OF THE STUDY

The objective of the present study include:

- 1 To find out the relationship of adolescent yoga practitioners' behavioral deviance with home environment and mental health.
- 2 To find out the relationship of adolescent non-yoga practitioners' behavioral deviance with home environment and mental health.

HYPOTHESIS OF THE STUDY

Based on the above objectives, the following hypothesis has been framed:

- 1 There will be a significant relationship of adolescent Yoga practitioner's behavioral deviance with their mental health and home environment.
- 2 There will be a significant relationship of adolescent non-Yoga practitioner's behavioral deviance with their mental health and home environment.

METHOD AND PROCEDURE

The descriptive survey method was used for carrying out the present research work. The study was designed to determine the behavioral deviance of adolescent yoga practitioners and adolescent non-yoga practitioners in relation to their home environment and mental health.

The sample selected for the present study consisted of 200 high School students of SD Public School Sector-32, Chandigarh. Out of these, 100 students were adolescent Yoga practitioners and 100 were adolescent non-Yoga practitioners. The age of the students ranged from 14-18 years. The yoga practice was given to the adolescent Yoga practitioners by expert Yoga trainer. The detailed break-up of the samples was given in Figure 1.

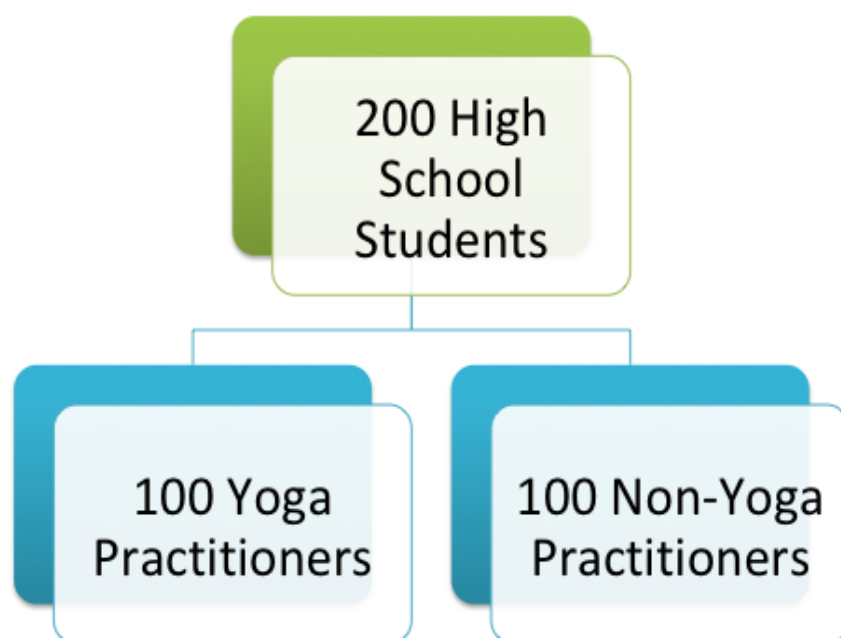


FIGURE 1: DETAILED BREAK-UP OF SAMPLE

CRITERION MEASURES

- 1 Behavioral Deviance Scale by NS Chauhan and Saroj Aurora (1989).
- 2 Home Environment Scale by A. Akhtar and SB Saxena (2011).
- 3 Mental Health Battery by AK Singh and Alpana Sengupta (2000).

STATISTICAL PROCEDURE

For the analysis of collected data, the Correlation among the selected variables was analyzed by Karl Pearson correlation. The statistical significance was set at p-value <0.05 which was considered statistically significant.

RESULTS

HYPOTHESIS 1

There will be a significant relationship of adolescent Yoga practitioner's behavioral deviance with mental health and home environment.

TABLE 1: CORRELATION AND LEVEL OF SIGNIFICANCE OF BEHAVIORAL DEVIANCE WITH MENTAL HEALTH AND HOME ENVIRONMENT IN YOGA PRACTITIONERS

Yoga Practitioners	Behavioral Deviance	Level of Significance
Mental Health	-0.416	Sig at 0.01 level
Home Environment	-0.484	Sig at 0.01 level

(Table r values: $r \geq 0.195$ sig at 0.01 level; $r \geq 0.254$ sig at 0.01 level)

The results shown in Table 1 depict the significant relationship of adolescent yoga practitioner's behavioral deviance with their mental health and home environment as calculated with the help of r-value. The Table shows that the correlation of yoga practitioners' behavioral deviance with home environment is -0.416 and behavioral deviance with home environment is -0.484. Both the calculated values are significant at 0.01 level which indicates that there is a significant relationship of yoga practitioner's behavioral deviance with mental health and home environment. Moreover, the negative correlation was found between yoga practitioner's behavioral deviance and mental health shows that there is an inverse significant relationship between the two variables. In other words, as behavioral deviance increases, mental health decreases and vice versa. Thus, hypothesis 1, i.e. "There will be a significant relationship of adolescent Yoga practitioner's behavioral deviance with their mental health and home environment" has been retained.

HYPOTHESIS 2

There will be a significant relationship of adolescent Yoga practitioner's behavioral deviance with their mental health and home environment.

TABLE 2: CORRELATION AND LEVEL OF SIGNIFICANCE OF BEHAVIORAL DEVIANCE WITH MENTAL HEALTH AND HOME ENVIRONMENT OF NON- YOGA PRACTITIONERS

Yoga Practitioners	Behavioral Deviance	Level of Significance
Mental Health	-0.094	NS
Home Environment	-0.333	Sig at 0.01 level

(Table r values: $r \geq 0.195$ sig at 0.01 level; $r \geq 0.254$ sig at 0.01 level)

Table 2 shows that the correlation of adolescent non-yoga practitioner's behavioral deviance with mental health is -0.094, which is not significant as the r - value is less than the table value i.e., 0.195 at 0.01 level. The correlation of non-yoga practitioner's behavioral deviance with home environment is -0.333 which is significant at 0.01 level. The calculated value for behavioral deviance and mental

health was found to be non-significant which shows the non-significant relationship between the mentioned variables in non-yoga practitioners. Moreover, there was a significant relationship of non-yoga practitioner's behavioral deviance with their home environment. It suggested that there was an inverse relationship between behavioral deviance and home environment which implies that higher the behavioral deviance, lower the home environment and lower the behavioral deviance, higher the home environment. Thus hypothesis 2 i.e. "There will be a significant relationship of Yoga practitioner's behavioral deviance with their mental health and home environment" has been partially retained and partially not retained.

CONCLUSION

The result of the present study demonstrated that in yoga practitioners' group, there was a significant inverse relationship found between behavioral deviance and home environment in yoga practitioners as well as behavioral deviance also shows the significant inverse relationship with mental health. In yoga practitioners' group, the decrease in behavioral deviance results into increase in home environment and mental health. Therefore, better mental health and happy and healthy home environment in yoga practitioners group helps in maintaining lesser behavioral deviance. Additionally, in the adolescent's age, the children experience various physical and hormonal changes in their body and yoga helps them in managing those changes in the yoga practitioners' group. On the other hand, non-significant correlation was found between behavioral deviance and mental health in Yoga practitioners group whereas behavioral deviance and home environment shows significant negative correlation with each other. Therefore, it can be said that adolescents deal with lots of conflicting thoughts and other physical, mental, emotional and psychological changes which further bring the mental instability. Thus, yoga session in schools is helpful in providing variety of benefits to the students. Yoga may be helpful in managing the impulsive and hostile behavior of an students. Moreover, it helps in bringing and maintaining peaceful home environment, enhanced quality of life with better attitude towards life. The physically, mentally and emotionally stable adolescents help in building better society and country.

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