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EFFECT OF YOGA ON AGGRESSION AND SELF-CONTROL OF JUVENILE DELINQUENTS

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Abstract: *uvenile delinquency is a rising problem not only in India, but also all over the world. Quasi-experimental research was conducted to examine the effect of yoga practice on aggression and self-control of juvenile delinquents. The study also emphasised the association of self-control and aggression. A total of 66 juvenile delinquents were selected as the treatment and control groups. A yoga module, which included physical exercises, breath control, and meditation, was provided as an intervention to the treatment group for four weeks. The study's results demonstrated a decline in aggression and an increase in self-control among the treatment group compared to the control group. Additionally, the association between self-control and aggression became weaker after implementing the yoga program among the juvenile delinquents.*

Key words: *Juvenile Delinquents, Aggression, Self-control, yoga, Experimental Research.*

1. INTRODUCTION:

Juvenile delinquency is a harsh reality of the world. It is mostly related to social and personal problems of adolescents, a child fails to understand certain issues and makes wrong decisions to face the situation. The adolescent period is a very fragile where period in which rash decision-making and risk-taking behaviours are more observable than in any other phase of an individual's life. The NCRB report of India indicates that the rate of adolescent crime has decreased by 30% in 10 years from 2013 to 2022 (Deepala & Deepala, 2024). Still, the news of juvenile crime remains in the headlines of newspapers and news channels. The statistics related to juvenile crime are still high in India, as 2022 reported a total number of 30,555 cases (Deepala & Deepala, 2024). Aside from the data, many cases are reflected all over India. A tragic incident happened in Sivsagar, Assam, in which a Chemistry teacher was brutally stabbed with a knife, resulting in the death of a 16-year-old student in the educational institution in July 2024 (Bora, 2024). Another incident happened in Pune, India. In May 2024, a hit-and-run case came out in which a 17-year-old boy drove a luxury car drunk at high speed on the road in Pune and caused the deaths of two people (Pti, 2024). These two are examples of incidents that were highlighted by the media, but there are lots of such events happening not only in India but also all over the world. Such juveniles are involved in various crimes like theft, robbery, assault, property offences, fraud, harassment, alcohol and drug offences, and carrying a weapon (Child Crime Prevention & Safety Center, n.d.). Moreover, theft, hurt, burglary, commit murder, robbery, rape, kidnapping, assault women, rash driving and rioting are listed as the top ten crimes under IPC by the year 2022 in India (Deepala, 2024).

The problem of juvenile delinquency is getting a huge attention in the field of research. In the study of Wikström (2006) explains criminal behaviour is explained as a combination of social context, individual development and the process of how an individual is affected by society or environment. Situational Action theory represents the fact that crimes are nothing but a bad moral choice, which depends on who they are and where they come from. The moral decision-making, self-control and the force of the situation influence criminal activity (Schepers, 2016, p. 145). Self-control is considered one of the individual factors that affects the criminal behaviour of adolescents. While the General theory of crime describes self-control as a learned trait that can be acquired through observation (Gottfredson & Hirschi, 1990). In this state, the family and parents play a crucial role as a child is directly related to them. A weak parenting process might influence low self-control and lead to the exposure of risk-taking activity. Such an adolescent loses temper so easily and engages in offensive activity (Higgins & Ricketts, 2005, p. 6-7; Lee, 2025, p. 03). (Chae & Chernoff, 2025, p. 11-12) found that the higher level of self-control predicts a lower chance of falling into delinquent behaviour, while

the lower level of self-control predicts a higher chance of engaging in delinquent behaviour (Boccio, 2025, p. 13; Lee, 2025, p. 03; Lee, 2024).

The lower level of self-control is also considered a predictor of aggressive behaviour (Ke et al., 2024). According to the I3 or I Cube theory, three processes of expressing aggression: Instigation, Impellence and Inhibition. Instigation is a situation where someone provokes a person and triggers an urge to express their aggression. Impellence is the process where it is defines how strongly a person feels the urge of aggression, and lastly, inhibition is the decision to express or hold back the aggression in that particular situation. Inhibition is directly related to the practice of self-control (Denson et al., 2012; DeWall et al., 2011) suggest that a good practice of self-control can help in resisting exhibiting aggression, and being supported by Agbaria (2020).

The factor aggression is higher among juvenile delinquents than their non-delinquent peers (Sharma & Kirmani, 2016; Chen et al., 2024). In a longitudinal study done by Nagin & Tremblay (1999) found a pattern in which they observed that boys who are prone to physical aggression from their kindergarten are most likely to engage in delinquent behaviour later in life. According to the study of Koops & Orobio de Castro (2020), only a few (5%) of children become violent in adolescence, who are aggressive from infancy to adolescence. The trait of aggression is directly linked to the surroundings of a child. The children learn aggressive behaviours through observing their parents and family members, and sometimes learns from peers also. Aggression might be a trait of our instinct or a part of the mechanisms, reinforcement, and a learned trait from the environment (DiLalla et al., 1988).

Self-control and aggression both can be regulated in a positive direction through proper practices in everyday life. A number of research studies have shown interest in improving self-control and reducing aggression among youths by using various interventions like social skills development, roleplay, cognitive coping strategies, immediate and delayed reward and relaxation training, etc. (Piquero et al., 2016). Yoga is also an effective intervention among them. It is a physical and mental practice that improves not only physical health, but also mental and emotional health (Tulloch et al., 2018). 4000 years ago, Maharshi Patanjali introduced yoga in Indian culture (Singh & Reddy, 2020), and now it is becoming popular all over the world due to its benefits in enhancing lifestyle and promoting wellbeing (Naragatti, 2020). Self-control can be improved by using Yoga and meditation. Su (2024) applied yoga as an intervention and found a positive effect on self-control, in which the students conveyed their experience as they were able to resist themselves more from making impulsive decisions and actions. Also, Rahayu et al (2020) applied physical yoga on young female students to improve their self-control and found a positive result as yoga helps in improving their self-control.

Meditation is the seventh step of yogic practice (Shah, n.d.). Meditation means maintaining focus for a longer time, and it helps to control and regulate our minds (Hommel & Colzato, 2017). When the mind is in control, the whole physical body, emotions and thoughts will be in control (Bhagat et al., 2023). The combination of both physical yoga and meditation is beneficial to gain control over the body and mind. When the mind is in control, a person achieves self-control (Bhagat et al., 2023). Aggression is also a consequence of low self-control. Through meditation and yoga asanas, the existing research has found a positive effect of yogic practice on aggression. Yoga promotes a healthy personality and mental stability in all situations through relaxation and physical practices (Setty A.G. et al., 2016). Velásquez et al (2015) used a yoga intervention to reduce aggression among students. Dwivedi et al (2015) also applied yoga to enhance mindfulness among employees and found positive results on reducing aggression. Sahu & Khanduri (2018) also found a positive effect of yoga on aggression among adolescents.

2. OBJECTIVE:

The results of the previous studies were very impressive as they achieved positive results through using yoga on self-control and aggression. Through the previous literature review, the researcher was unable to find many studies which used yoga on juvenile Delinquents to reduce aggression and enhance self-control among them. Also, the researcher was unable to find a research study, especially any experimental research study which used Yoga as an intervention for both aggression and self-control of juvenile delinquents. The area is also less explored in the Indian Setting. In India, it might seem to be a decrease in juvenile delinquency cases, but the problem of juvenile delinquency needs more focus in terms of research. The juvenile delinquents are in the stage of making mistakes and learning from them. But their criminal behaviour drags them into the darkest phase of life. The main aim of the current research study is to provide them a chance to come back to the mainstream society as a productive human being for society as well as for the country. It is the main focus that the delinquent adolescents can make more appropriate decisions in future and do not repeat the crime that they were involved in past. So the main objective of the present study is to explore the effect of yoga as an intervention on self-control and aggression of juvenile delinquents. Additionally, examine the relationship between self-control and aggression before and after intervention.

3. METHODS AND MATERIALS:

3.1 Participants:

The study was conducted in Assam, India. Assam has five observation homes (OH) under the supervision of the State Child Protection Society (SCPS), Assam. Among these five, two Observation Homes are included in the study, which provide services only for male delinquents. The participants were accused of various crimes such as theft, carrying a gun, child marriage, rape, murder, property damage, and drug and marijuana smuggling etc. The selected observation homes did not implement any regular rehabilitation programs for the delinquents.

All juvenile delinquents were included as participants in their usual environment and in their mental and physical states. A total of 130 JDs were found in both of the selected Observation Homes. However, due to the study's requirements, a total of 66 JDs met the inclusion criteria.

Table 1.: *Criteria for inclusion of participants for the 4-week yoga program.*

criteria	Description
Age	12-18 years
Stay	More than 1 month in Observation Home (4-week yoga program)
Fitness	Without any internal or external physical discomfort
Participation	Voluntary
Test	must attempt the Pre-test

In Observation Home 1 total of 35 JDs fall under the inclusion criteria, and in Observation Home 2 total of 31 JDs fall under the inclusion criteria. All the participants completed the pre-test required for the research study and signed their names for the 4-week yoga program. The researchers selected Observation Home 1 as the control group (35) and Observation Home 2 as the treatment group (31). Both Observation Homes are in different districts and run by different superintendents.

Before selecting the participants, the researcher visited the Observation homes many times and collected preliminary data regarding the participants. The authority of the observation homes conveyed the problem that most of the juvenile delinquents were unable to read and write, as they were early school dropouts. As per the provided information by the authority and their teachers, the juvenile delinquents frequently get bail and return from observation homes. Keeping the point on note, the researcher added stay as an inclusion criterion to mitigate the threat of attrition in the research. Additionally, there were no yoga programs run by them for the rehabilitation of the juvenile delinquents, and they had no plan to arrange such programs during the period of 4-week yoga program. During the period of the experiment, they promised to provide full support and protection to the researchers.

3.2 Research design:

The study employed a quasi-experimental research design to explore the effect of yoga on aggression and self-control of juvenile delinquents who were under the supervision of the law. In the current study, the researchers developed and employed a 4-week yoga program to explore observable changes among the participants.

3.3 Assessment tools for the study:

Questionnaire On Aggression for Juvenile Delinquents:

The questionnaire on aggression for juvenile delinquents was developed to assess the level of aggression of juvenile delinquents between the age groups of 12 to 18 years. The questionnaire consisted of 25 statements, each representing one of six specific dimensions of aggression, including physical, verbal, reactive, protective, hostile and instrumental aggression. Statements 1 to 5 are under physical aggression, 6 refers to verbal aggression, stated as “when disagreement occurs, I react ferociously.” Statements 7 to 12 are under reactive aggression, 13 to 17 reflect protective aggression, 18

to 21 reflect hostile aggression and 22 to 25 reflect instrumental aggression. There are two reverse statements, stated as "It is wise to stay away from unnecessary arguments" and "I wish to resolve all types of conflicts with others". It is a five-point scale questionnaire that starts from very often (VO) to Never(N), and against each response option, the researchers have added 5 distinct coloured boxes (red, orange, white, green and blue accordingly) to increase clarity for the participants. Additionally, the questionnaire was translated into the Assamese and Bangla languages for better understanding of the participants. It is designed to be completed in approximately 10 minutes without verbal mediation, and with additional support or verbal mediation, it requires only 15 minutes to respond to all the items. The researchers have standardised the questionnaire with a content validity ratio (CVR) of 0.82 and with Cronbach's Alpha of $\alpha = 0.80$, which states that the questionnaire is acceptable for the respective sample.

Questionnaire On Self-Control for Juvenile Delinquents:

The Questionnaire on Self-Control for Juvenile Delinquents is a self-developed questionnaire by the researchers to assess the level of self-control among juvenile delinquents between the age group of 12 to 18. The questionnaire consisted of 17 statements that reflect specific situations might face by delinquent adolescents might face in their daily life. It is a 5-point scale that starts from very often (VO) to Never (N). To improve the clarity, the researchers added 5 distinct coloured boxes against the response options and translated the statements into the Assamese and Bangla languages. The questionnaire requires only 7 minutes to respond to all the items without any external instruction, and requires only 12 minutes to complete the questionnaire with verbal mediation and support. The content validity ratio (CVR) of the questionnaire is 0.95, and the Cronbach's alpha is $\alpha = 073$.

3.4 Intervention:

The researcher used a self-made yoga intervention named 'A Module on Yoga Asanas for Juvenile Delinquents', which consisted of 16 yoga postures, breathing yoga, and meditation. The intervention programme was prepared only for juvenile delinquents between the ages of 12 and 18.

Table 2.: *Yoga poses and Asanas included in the Yoga Intervention*

Yoga type	Yoga poses
Sitting yoga poses	Vajrasana, Vakrasana, Padmasana, Ustasana, sashankasna and janusirasna
Breathing yoga poses	Bhastika, Kapalbhati, Anolama-viloma, Bhramari
Meditation	Dhyana,
Other poses	Suryanamaskar, trikonasana, viravadrasana, vrikshasana, ardha matshyendrasana, bhujangasana, salbhasana, naukasana, prasarita padottasana, Ardhakati chakrasana.

3.5 Procedure:

A quasi-experimental research design was employed in the study by providing an intervention to the treatment group in their natural setting. The researchers chose Observation Home 1 as the control group and Observation Home 2 as the treatment group. The pre-test was administered in both the observation homes after finalising the participants. The researchers asked the participants to sit in a separate raw, who had problems with reading and understanding the questionnaire and provided them with verbal and external support. After that, the treatment group was exposed to the yoga intervention, which consisted of 1 hour of yoga practice for 6 days per week for 4 weeks. The 1-hour yoga sessions start with practising yoga poses for 30 minutes, 15 minutes of breathing exercise and 15 minutes of meditation practice. The control group did not receive any yoga practice during the 4 weeks, but continued with their routine of observation at home to ensure the basis of comparison. The post-test was administered as the same process as the pre-test to assess the effectiveness of yoga practices among the juvenile delinquents.

3.6 Statistical Tools Used:

T-tests, Cohen's d, regression analysis and descriptive statistics were employed to analyse and interpret data with the use of IBM-SPSS version 27 in the current study.

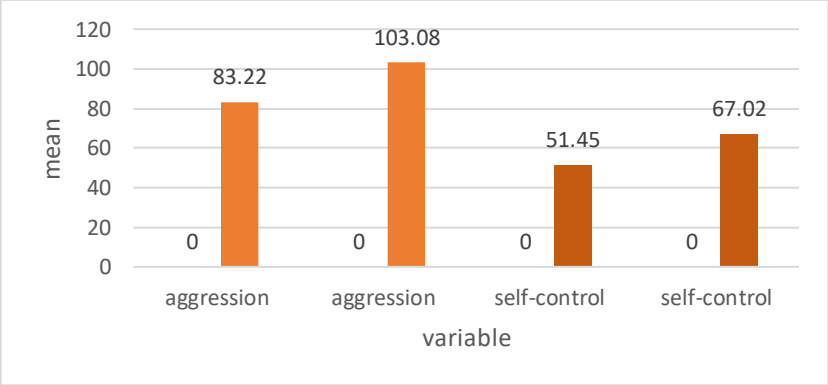
4. Analysis

Table 3.: *Table for mean and SD of Aggression and self-control post-test of both treatment and control groups:*

Variable	Groups	n	Post-test mean	SD
Aggression	Treatment group	31	83.22581	6.550876
	Control group	35	103.0857	4.948983
Self-control	Treatment group	31	51.4516	7.50928
	Control group	35	67.0286	4.11229

Table 3 above represents the mean and standard deviation of post-tests for aggression and self-control in both the treatment and control groups. The mean of the control groups for both variable aggression (m = 103.0857, SD = 4.948983) and self-control (m = 67.0286, SD = 4.11229) is higher compared to the treatment group. The means of the treatment groups for aggression are m = 83.22581, SD = 6.550876, and for self-control, m = 51.4516, SD = 7.50928. The table reveals that the treatment group means are quite lower than the means of the control group.

Graph 1: Graph of the post-test of the treatment and control groups of aggression and self-control.



HO1: There is no significant effect of yoga practice on the level of aggression among juvenile delinquents.

Table 4. *Paired t-test analysis for comparison of the control group pre-test and post-test:*

Pre-test (m) ((SD)	Post-test (m) (SD)	Mean difference	SD difference	t	df	p-value	Cohen's d
M=106.05 SD= 11.68	M=103.08 SD= 4.94	2.97	11.39	1.54	34	0.132	0.26

The paired sample t-test was applied to compare the means of the pre-test and post-test of the control group for the Questionnaire on Aggression for Juvenile Delinquents. There are no significant difference found between the pre-test and post-test of the control group. here mean difference = 2.97 and SD difference is 11.39, t (34) =0.132, p > 0.05. The result of the pre-test was small in size, Cohen's d 0.26, indicating a small change from pre-test to post-test.

Table 5*. paired t-test analysis for comparison of the experimental group pre-test and post-test*

Pre-test (M) (SD)	Post-test (M) (SD)	Mean difference	Sd difference	t	df	p-value	Cohen's d
M= 108.3871 Sd= 3.10567	M= 83.2258 Sd= 6.55088	25.16129	6.94309	20.177	30	<0.001	3.624

The comparison of mean score of the experimental group pre-test and post-test applied a paired sample t-test in aggression. The result from Table 5. indicates a significant difference between the pre-test and post-test means of the experimental group. By comparing the means, the mean difference = 25.16 and the SD difference = 6.94, t (30) = 20.17, p <0.001. The score of Cohen's d 3.62 indicates a higher level of effect size in the post-test.

Table 6. *Independent t-test analysis for comparison of the experimental group pre-test and the control group pre-test*

Test	F	P	Mean differences	Sd differences	t	df	P-value (2-tailed)	Cohen's d
Levene's test for equality of variances	13.353	<0.001	-	-	-	-	-	
t-test (equal variances not assumed			2.32	-1.81	1.136	39.359	0.263	0.265

To indicate the baseline of the study, an independent t-test was conducted to compare the pre-test of both groups in aggression. The assumption of equal variance was not met due to Levene's test, F = 14.08, p < 0.001, indicating a significant difference between the groups initially. While equal variances are not assumed, the independent t-test scores, mean difference = 2.32, SD difference = -1.81, t (39.35) = 0.263, p > 0.005, indicate that there is no significant difference between the means of pre-tests of the experimental group and the control group. A small Cohen's d = 0.265, which reveals there is no significant differences between the two groups.

Table 7.*. Independent t-test for comparison of the experimental group post-test and the control group post-test*

Test	F	p	Mean differences	Sd differences	t	df	P-value (2-tailed)	Cohen's d
Levene's test for equality of variances	3.583	0.063	-	-	-	-	-	
t-test (equal variances assumed)	-	-	-19.85991	1.41955	-13.990	64	<0.001	-3.45

Table 7. represents the comparison of means between the post-tests of experimental and control groups for aggression. initially, Levene's test F = 3.58, p > 0.05, indicates there is no variance between the groups and helps to assume the equal variance for the independent t-test. Conducting an independent t-test on scores shows mean difference = -19.85, SD difference = 1.41, t (64) = -13.99, p < 0.001, indicating a highly statistically significant difference between the post-tests of both groups. The minus before the mean score (-19.85) indicates the direction that the control group has a higher level of aggression after applying the intervention. Here, a large effect size, Cohen's d = -3.45, reveals a practically important difference between the groups

HO 2: There is no significant effect of yoga practice on the level of self-control among juvenile delinquents

Table 8. *Comparison between the control group pre-test and post-test for the self-control of juvenile delinquents by paired t-test*

Pre-test (m) ((SD)	Post-test (m) (SD)	Mean difference	SD difference	t	df	p-value	Cohen's d
M=68.3429 SD= 4.99378	M=67.0286 SD= 4.21123	1.31429	3.79451	2.049	34	0.48	0.346

A paired t-test was conducted to compare the differences between the control group pre-test and post-test for the self-control of juvenile delinquents. Table 8. indicates a mean difference of 1.31, SD difference = 3.79 between pre-test and post-test. There is no significant difference found between the tests of the control group, as t (34) = 2.04, p > 0.05. The score of Cohen's d = 0.346 indicates a small effect.

Table 9. *Comparison between the experimental group pre-test and post-test for self-control of juvenile delinquents by paired t-test*

Pre-test (m) ((SD)	Post-test (m) (SD)	Mean difference	SD difference	t	df	p-value	Cohen's d
M=69.7491 SD= 6.15883	M=51.4561 SD= 7.50928	18.29032	7.47526	13.623	30	<0.001	2.447

Table 9. shows the comparison of the experimental group's pre-test and post-test results of self-control by paired t-test. The mean difference = 18.29, SD difference = 7.47, t(30)=13.62 and p <0.001. The result of the paired t-test indicates that there is a highly significant difference between the mean scores of pre-tests and post-test in the level of self-control. Moreover, the score of Cohen's d 2.447 indicates a higher level of intervention effect.

Table 10.: *Independent t-test analysis to compare the experimental group pre-test and control group pre-test of the Questionnaire on Self-Control for Juvenile Delinquents*

Test	F	p	Mean differences	Sd differences	t	Df	P-value (2-tailed)	Cohen's d
Levene's test for equality of variances	0.594	0.444	-	-	-	-	-	-
t-test (equal variances assumed)	-	-	1.39	1.37	1.018	64	0.312	0.25

The independent t-test was conducted to study the difference between the pre-tests of the experimental and control groups for analysing the baseline. Levene's test F 0.59, P > 0.05 and equal variances can be assumed. Table 10. indicates a not statistically reliable mean difference between pre-tests of experimental and control groups, as the mean difference is 1.39, the SD difference is 1.37, t (64) =1.08 and p> 0.05. The result shows a small Cohen's d = 0.25, which reveals that there are no significant differences between the groups

Table 11. *Independent t-test analysis to compare the experimental group post-test and control group post-test of the Questionnaire on Self-Control for Juvenile Delinquents*

Test	F	p	Mean differences	Sd differences	t	df	P-value (2-tailed)	Cohen's d
Levene's test for equality of variances	12.523	<0.001	-	-	-	-	-	-
t-test (equal variances assumed)	-	-	-15.57696	1.46777	-10.613	64	<0.001	-
t-test (equal variances not assumed)			-15.57696	1.51729	-10.27	45.238	<0.001	-2.61

Table 11. indicates the results of comparing the experimental and control group post-tests for self-control. The Levene's test result indicates that the equal variance is not assumed ($p < 0.01$). the mean difference is -15.57, the SD difference is 1.57, $t(45.23) = -10.27$ and $p < 0.01$. There is s highly significant difference between the post-tests of both experimental and control groups. Cohen's $d = -2.61$, reveals a high effectiveness of the yoga program on the treatment group.

HO1: There is no significant relationship between self-control and the aggression of juvenile delinquents

Table 12.. *linear regression analysis to find the relationship between self-control and aggression*

stage	R	R^2	Adj. R^2	F	df 1	df 2	Sig
Pre-test (experimental and control group)	0.46	0.21	0.18	7.86	1	29	0.009
Post-test (experimental and control group)	0.09	0.009	0.026	0.61	1	29	0.61

Table 12. data show that, before applying yoga as an intervention, self-control predicts aggression in the pre-test of both the experimental and control groups, with $R = 0.46$, $R^2 = 0.21$, and adjusted $R^2 = 0.18$. Moreover, $F(1, 29) = 7.86$, $p < 0.01$, indicated a significant relationship between self-control and aggression before the intervention, as observed in the post-test of both the experimental and control groups. After intervention, the adjusted R^2 reduced to 0.026, $F(1, 29) = 0.25$, $p > 0.01$, indicating that the relationship is no longer significant.

5. DISCUSSION

The current study focuses on exploring the effect of yoga on aggression and self-control of juvenile delinquents. The finding of the current study supports a significant and highly effective role of yoga on the aggression of juvenile delinquents. The result contradicts the finding of Haden et al. (2014), who were unable to find any significant change in aggression after applying yoga. The experimental groups showed a lower level of aggression compared to the pre-test, as well control group post-test. The existing studies suggest that aggression can be reduced by practising yoga and meditation, while aggression is a huge predictor of juvenile crime (Kumar & Pandey, 2025; Swamynathan et al., 2024; Saharan et al., 2025; Govindaraja Setty A.G. et al., 2017). The current study combined meditation, breathing techniques and yoga postures in the intervention for juvenile delinquents, which led them to mind relaxation, regulated and synchronised breathing, and a good body posture that helps to get rid of any kind of irritation (Govindaraja Setty A.G. et al., 2017), a contributor to aggression.

Moreover, the findings of the current study are in favour of the fact that practising yoga helps to improve self-control (Parajuli et al., 2023). The yoga intervention applied to the experimental group led to a significant growth in self-control, and it also demonstrated a high effect level in statistics. Self-control is the ability to suppress impulses and temptations to engage in activities which are fun but less effective for humans. Also, it includes the ability to win against tendencies to act antisocially (Rahayu et al., 2020). Clinical studies like Bhagat et al. (2023) discussed in their study that meditation is a known factor in Ayurveda to restore balance in the mind and improve clarity and calmness, and also modern science recognises meditation to improve calming hormones in the human body. Additionally, the yoga postures and breathing techniques are considered a mindful activity that enables human beings to be aware of their regular impulsive activities and thoughts by enhancing the ability to pause, reflect and manage their impulses (Su, 2024).

The study examined a significant relationship between the two variables, as self-control moderately (18%) predicts aggression. The result was supported by Denson et al. (2012), Van Lange et al. (2016), Pechorro et al. (2021), as well as Ke et al. (2024), before the intervention. the current result is consistent with the I^3 theory, which describes self-control as a factor for discontinuing aggression (Denson et al., 2012), and the CLASH model also decodes self-control as a strong predictor of aggressive behaviour (Van Lange et al., 2016). The more aggressive youths tend to have less self-control, and this relationship is particularly strong in overt forms of aggression, such as protective and reactive aggression (Pechorro et al., 2021). In the current study, after implementing yoga as an intervention, the relationship became weak (2%). The result statistically represents the positive effect of yoga on the relationship between self-control and aggression of juvenile delinquents.

The current study was conducted in observation homes, where the juvenile delinquents were not exposed to any kind of yoga program until the research intervention was introduced to them, which indicates no prior effect on the sample. the

intervention was conducted only for 4 weeks. In such a short period of time maturation of samples was not countable. The control group post-test mean is lower than the pre-test, indicating a decline in the post-test result, which minimises the testing effect. Additionally, no participants left the group between interventions.

6.CONCLUSION:

In the conclusion, the results of the study found a positive effect of yoga on aggression and self-control of juvenile delinquents. Additionally, the result suggested that the association between self-control and aggression was effectively weakened with the practice of yoga. And these findings were supported by previous research studies that used to prove yoga as an effective intervention for reducing aggression and improving self-control. The current study specifically focused on both aggression and self-control of juvenile delinquents, and at the same time, the effect of yoga on these two variables. The study has several limitations. Among 130 juvenile delinquents, only 66 male participants fall under the inclusion criteria, which may affect the broader generalizability of the study. While the participants were all male, it may not be generalizable to female juvenile delinquents. Moreover, both observation homes are in different districts and run by different superintendents, which affects staff attitude and institutional culture, which may influence the result of the current study. Additionally, the lack of follow-up after the immediate post-test leaves a question about the effects of yoga persisting over time.

7.LIMITATIONS:

However, the study still has some unopened areas, which will guide future research by expanding the sample size and including females to explore gender differences in the area. Employing a longitudinal study may provide a wider visibility of the effect of yoga by providing an intervention to a control group. also, future studies can explore the role of institution and staff attitude, peer influence and living conditions on the effectiveness of yoga interventions for the holistic development of juvenile delinquents.

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