

**Benefits of Yoga Education in High School Curriculum for
Anger Management: A Randomized Control Study**

SECTION – 4

AIM & OBJECTIVES



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Conclusions drawn from the findings of literature review from both perspectives were corroborated and considered while drawing the aims and objectives of the study.

Aim of the Study:

To study efficacy of yoga education in schools for anger management in high school children.

Objectives of the study :

- 1) To find out the prevalence of anger in Indian high school children
- 2) To develop a psychometric scale to assess anger in high school children in the Indian context.
- 3) To develop a Yoga module for anger management in adolescents based on IAYT (Integrated Approach to Yoga Therapy) and MEMT (Mastering Emotion Technique) concept
- 4) To assess the efficacy of yoga education for anger management in high school children

JUSTIFICATIONS FOR THE STUDY

Studies on adolescent anger and yoga in schools are in primitive stage. Hence there is ample scope for the proposed study. Below listed are a few scopes and justifications.

Table 4: Scope and Justification for the study

Scope	Justification
Study of adolescent anger is essential and critical considering its maladaptive nature and far reaching consequences. Require coping mechanisms for a smooth transition to adulthood	Research on adolescent anger is in its primitive stage especially in India.
Schools and Colleges can offer programs for anger management	Feasibility of available skill development based programs as curriculum is not studied adequately. Studies on yoga have shown promising results.
Lack of conceptual clarity on definition, demarcation and components of anger as a construct. Scope for evolving a new concept or theory of understanding anger	Literary review has provided sufficient evidences on the concept of anger and its assessment holistically.
Vedic science provides immense conceptual resources to contribute to the psychological processes in general	Anger is not explored yet. No studies are cited assessing anger in adolescence.
Available anger assessment inventories do not represent the anger construct adequately	Proposed scale aims holistic assessment of anger using Trikarana concept – assessing anger at behaviour, speech and mind level. No studies reported in this direction in any population.
Yoga in schools is popular and feasible. However, efficacy of these programs for establishing mental health is not examined thoroughly.	No studies cited for assessing yoga in schools as a curriculum in India especially for promoting mental health.
Handful of studies assessing anger with yoga as an intervention	Anger measured using scales that have anger as a subscale or adult versions. No research work is cited studying anger as a single parameter and yoga intervention
Ample scope for standardisation of yoga module for anger management. There is no specific IAYT module for anger management.	Development of yoga module emphasising yama–niyama concepts.

Hypothesis

The study hypothesised that in yoga practice in high schools will help the children to reduce anger. The anger scale developed will assess anger holistically and the yoga module is robust enough to bring the change in anger scores.

Null hypothesis

There is no significant difference in anger scores of yoga group and control group in the pre-post study. The anger scale lacks reliability and validity aspects and the module fails to show significant benefit for anger management.