

The Calming Force of Yoga: Evaluating its Role in Managing Aggression among New Police Recruits

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Abstract: *The purpose of this research is to examine how yoga as a discipline can help newly hired police constables in Madhya Pradesh, India, control their aggressive tendencies. The study's overarching goal is to investigate yoga as a non-pharmacological, holistic method of managing emotions in light of the emotionally taxing and stressful nature of police training. For this study, we used a randomized group design with pre- and post-tests to divide 40 participants in half. A six-week yoga program including asanas, pranayama, and guided meditation was administered to the experimental group, while the control group maintained their regular training regimen unaffected. Aggression levels were evaluated before and after the test using standardized instruments. Pairwise and independent sample t-tests were used for data analysis. The results showed that after the intervention, the aggressiveness levels of the experimental group decreased significantly, while the control group exhibited no discernible change. These findings provide credence to the idea that yoga can help police officers become more emotionally stable and less aggressive when included in their training programs.*

Keywords: Yoga, Aggression, Police Recruits, Yogic Intervention, Emotional Regulation

1. Introduction

India is the birthplace of yoga. Though it has been around for more than two millennia in Asia, the field has just recently gained international attention. Pune, a city in Patel's neighboring state of Maharashtra, is where BKS Iyengar, the guru generally acknowledged as sparking interest in the West, established his school.

Being a yoga practitioner while on duty is also nothing new. Police men in Punjab and some regions of Nepal have been urged to enroll in weight loss programs, but for Patel, the focus is on the overall advantages. Admitting that it's a great thing, he proposes enrolling in the Guardian class. Even though aggression is a normal human emotion, it can have disastrous consequences if not managed, particularly in demanding occupations like law enforcement. It is not uncommon for new police recruits to have increased stress, anxiety, and aggressive inclinations as a result of the demanding mental and physical training they endure. The mental toughness and behavioral reactions of recruits are greatly influenced by the initial phases of police training. Consequently, measures that promote emotional and behavioral regulation in addition to physical readiness must be put into place.

An all-encompassing method for attaining psychological and emotional steadiness, yoga is a centuries-old practice with its origins in Indian philosophy. A practice that includes meditation, bodily postures called asanas, and breathing exercises called pranayama, yoga is well-known for its sedative effects on the nervous system. Stress reduction, improved emotional regulation, and enhanced psychological well-being are some of the many benefits of yoga that have been shown in research. Regardless of these results, there has been little research on using yoga as a structured intervention in police training.

New police recruits can benefit greatly from yoga's ability to help them control their emotions and calm down when they're

under stress. Recruits can learn to handle stress, boost mood, and cultivate mindful awareness through combining yoga practices including asanas (postures), pranayama (breathing methods), and meditation. This will ultimately lead to greater emotional control and decision-making in tough situations.

In-depth analysis of yoga's positive effects on police recruits can be found here:

- 1) **Stress Reduction:** Yoga can assist recruits deal with the mental and physical challenges of law enforcement, which is an extremely stressful occupation. Recruits can learn to relax their muscles and lower their pulse rate and other physiological responses to stress by doing yoga as part of their training.
- 2) **Emotional Regulation:** Practicing yoga can assist service members become more self-aware and teach them to control their reactions to stressful events. They can learn to respond to difficulties with more composure and clarity by cultivating a heightened awareness of their emotional states through meditation and mindfulness practices.
- 3) **Improved Mood:** Recruits may have an uplifted mood and increased resilience after doing yoga. Regular yoga practice can help them feel better emotionally, lessen the impact of negative emotions like sadness and anxiety, and increase their sense of well-being.
- 4) **Increased Mindfulness:** Practicing yoga's emphasis on mindfulness can help troops deal with mental and emotional distractions by bringing them into a state of deep concentration. Meditating on one's breathing and physical sensations can help one become more self-aware and disciplined, qualities that are extremely useful when faced with stressful situations.
- 5) **Enhanced Decision-Making:** Recruits can benefit from yoga's ability to teach them to relax and focus under pressure, which will allow them to make better decisions. They are more inclined to make rational decisions and control their emotions when faced with difficult situations.

Volume 14 Issue 5, May 2025

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

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- 6) Improved Physical Health: Flexibility, strength, and general physical health are just a few of the physical advantages of yoga. Police officers, who frequently participate in strenuous physical labor, may find this to be of paramount importance.

The purpose of this research is to find out how well a yoga - based structured intervention works for reducing aggressive behavior in newly - hired police officers in the Indian state of Madhya Pradesh. This research aims to use a pretest - posttest randomized group design to see if yoga might help prospective police officers develop emotional fitness, self - control, and reduce aggressive behavior. The overarching goal of this research is to provide light on how contemporary police training programs might benefit from incorporating traditional wellness practices in order to enhance both the physical and mental health of their trainees.

2. Review of Related Studies

S, Thiruvangadam et al., (2025). The importance of yoga training for better mental health is being more and more acknowledged. By teaching relaxation techniques like deep breathing and mindfulness, yoga can help people deal with stress on a regular basis. Research has demonstrated that yoga has the potential to boost mood by increasing the function of neurotransmitters like serotonin and dopamine and decreasing levels of the stress hormone cortisol. The mental demands of police employment are substantial because of the frequent exposure to trauma, high - stakes situations, and the need for continual attention. Police personnel are vulnerable to mental health issues such as stress, anxiety, and PTSD due to the high stress levels associated with maintaining public safety, reacting to crises, and handling violent crimes. That is why this research aims to find out how yoga instruction influences the emotional well - being of reserve police personnel. Forty male police officers from the Cuddalore District were chosen at random to participate in this study. They were in their twenties to forties. A 12 - week yoga program was administered to the chosen participants. The results were obtained through statistical analysis of the collected data. There was a statistically significant improvement in the mental health of armed reserves police after participating in a yoga intervention ($p < 0.05$).

Sharma, Anita et al., (2024). To test the influence of Yogic practices on the sub - variables of aggression, including attack, irritation, and verbal aggression, this research used an ANOVA with repeated measures of the order of $2 \times 2 \times (2)$. In order to normalize hostility, this study employed a comprehensive range of yogic approaches. One hundred students, fifty males and fifty girls, ranging in age from fourteen to seventeen, from the Shimla district in Himachal Pradesh, made up the sample. The main takeaways are: 1) At the .05 and .01 levels, there are significant main effects of group, gender, and treatment. 2) Substantial F ratios have also been produced by treatment \times group and treatment \times gender interaction effects, highlighting the significance of interventions in reducing aggression, in addition to gender differences to treatment.

Singh, Tanvi et al., (2021). Finding out how a psycho - yogic training intervention lasting eight weeks affected certain

psychological variables in female police recruits was the driving force for this research. Methods and materials. At the outset, 200 FPR were included in the study. One hundred out of two hundred people were assessed using the Eysenck Personality Questionnaire's revised lying score. Anxiety, perceived stress, life satisfaction, self - esteem, and aggressiveness (including physical violence, verbal aggression, hostility, and wrath) were among the psychological factors chosen for the study. Both before and after eight weeks of instruction, participants underwent testing. End result.

A. G., Govindaraja et al., (2016). Of all the abnormal human behaviors, aggressiveness seems to be the most pervasive and disturbing; it impacts everyone. Uncontrolled aggressiveness and violent behavior could have far - reaching consequences, influencing not only the parties directly engaged in the conflict but also those on the outside looking in. This illegal human behavior has been thoroughly addressed in the Indian yogic teachings. It provides a theoretical framework that explains why aggressive behavior occurs, what harm it does, why peace and harmony are essential, and how to fix the problem. Yoga is also said to be a means to attain both internal peace and external harmony. If one follows this time - tested procedure, they may find that their aggressive inclinations subside as they gain emotional stability and inner peace. This review paper presents the research that has been done to examine the effects of yoga on aggressive and violent behavior in humans.

Dwivedi, Umesh et al., (2015) explore the effects of CWB on aggressiveness and physical activity levels among working professionals who practice mindfulness activities like yoga. Procedures and materials: Over the course of 10 weeks, a randomized controlled trial including a pre - and post - test was conducted with a sample size of 80 participants divided evenly between a Yoga group and a control group. The yoga group was provided with a module that covered a variety of subjects, including asanas, pranayama, meditation, and yogic philosophies. Members of the control group participated in management - related tasks and theory sessions with varying degrees of difficulty. In order to conduct an accurate evaluation, we examined aggression and physical activity levels before and after the intervention.

3. Research Methodology

Research Design

In order to assess the links between treatments and their effects, the researchers used a strong experimental method known as a pretest - posttest randomized group design. A yoga intervention was administered to one set of participants while the other served as a control group. This design was based on random assignment. Internal validity and a decrease in selection bias were both achieved by using a random allocation. The effectiveness of the intervention was evaluated by recording pre - and post - test ratings for aggression and comparing them within and between groups.

Participants and Selection of Subjects

For this study, researchers in India surveyed 40 recently hired police constables from the Indian state of Madhya Pradesh. People taking part in the basic police training program were

used as a sampling pool. We chose our participants with an eye toward minimizing confounding variables by making sure they were all somewhat similar in terms of lifestyle, level of physical fitness, and daily routine. Participants were split into two equal groups at random:

- **Experimental Group:** twenty people who took part in the yoga intervention
- **Control Group:** Twenty people who did not receive the yogic intervention but who kept up with their normal training regimen

Intervention Details

A regimen of yoga postures (asanas), breathing exercises (pranayama), and meditation instruction made up the yogic intervention. The program lasted for six weeks, with 45 - minute sessions happening five days a week. The intervention was overseen by a yoga teacher with certification.

Data Analysis

Means and standard deviations were computed using descriptive statistics for both data sets. To assess the efficacy of the yoga intervention, we compared the pre - and post - test scores within each group using paired sample t - tests, and we compared the post - test scores between the control and experimental groups using independent sample t - tests. A p - value below 0.05 was considered statistically significant.

4. Results and Discussion

Table 1: Descriptive Statistics of Aggression Scores

Group	Test	N	Mean Aggression Score	Standard Deviation (SD)
Experimental	Pretest	20	65.30	6.25
Experimental	Posttest	20	52.45	5.90
Control	Pretest	20	64.80	6.40
Control	Posttest	20	63.10	6.05

Table 1 displays the descriptive statistics of the aggression scores throughout the pretest and posttest for both the control and experimental groups. Compared to the pretest, when the experimental group's mean aggressiveness ratings were 65.30 (SD = 6.25), the posttest showed a substantial decrease, at 52.45 (SD = 5.90). Pretest mean scores for the control group were 64.80 (SD=6.40), while posttest mean scores were 63.10 (SD=6.05), suggesting a little decrease in aggression. Compared to the control group, which most likely did not get the intervention, the experimental group showed a significant decrease in aggressive behavior as a consequence of the intervention. Standard deviations are consistent across groups and time periods, which lends credence to the stability of the findings variability.

Table 2: Paired Sample t - Test Within Experimental Group

Test Type	Mean Difference	t - value	df	p - value
Pre vs Post	12.85	8.91	19	< 0.001

To compare aggressiveness scores before and after the intervention, a paired sample t - test was performed within the experimental group, and the findings are shown in Table 2. A significant decrease in aggressiveness was observed after treatment, as indicated by a mean difference of 12.85 points in aggressiveness scores between the pretest and posttest. An extremely substantial change is suggested by the t - value of 8.91 with 19 degrees of freedom (df), and the statistical significance of this difference is confirmed by the p - value of less than 0.001. This substantial result indicates that the intervention significantly reduced aggressiveness levels in the experimental group.

Table 3: Paired Sample t - Test Within Control Group

Test Type	Mean Difference	t - value	df	p - value
Pre vs Post	1.70	1.28	19	0.215

In order to see how the control group's aggressiveness levels changed between the two assessments, we ran a paired sample t - test (see to Table 3 for details). Aggression was only slightly reduced, with a mean difference of 1.70. This change does not seem to be statistically significant, according to the t - value of 1.28 with 19 degrees of freedom and the p - value of 0.215. This suggests that the intervention, and not random chance or environmental variables, was responsible for the noticeable improvement in the experimental group's aggressiveness levels over time, as the control group did not undergo any such change.

Table 4: Independent Sample t - Test Between Experimental and Control Groups (Posttest Scores)

Group Comparison	Mean Difference	t - value	df	p - value
Experimental vs Control	- 10.65	- 5.96	38	< 0.001

The results of the posttest aggression scores of the experimental and control groups were compared using an independent sample t - test, and they are shown in Table 4. The experimental group showed a considerable decrease in aggression ratings (mean difference of - 10.65) when compared to the control group after the intervention. With 38 degrees of freedom and a t - value of - 5.96 and a p - value less than 0.001, we may infer that the difference is statistically significant. These findings add credence to the hypothesis that the intervention successfully decreased aggression in the treatment group when contrasted with the non - treatment control group.

5. Conclusion

This study's results provide credence to the idea that yogic practices can help new police recruits control their anger. There was a statistically significant decrease in aggressiveness levels in the experimental group compared to the control group after six weeks of a structured intervention that included asanas, pranayama, and guided meditation. Particularly for people working in stressful occupations like law enforcement, this finding demonstrates the mental and physiological advantages of yoga for better emotional regulation and less stress reactions.

A thorough evaluation of the intervention's efficacy was possible because to the pretest - posttest randomized group design, which reduced confounding variables and ensured credible findings. The study's internal validity was bolstered by the fact that individuals were uniform in their backgrounds, routines, and training circumstances. There was no discernible effect of yoga on aggressiveness in the control group, suggesting that the benefits of yoga are therapeutic in nature and not just a byproduct of the training regimen.

Police officers who practice yoga throughout their training report improvements in their mental health, as well as in their professionalism, decision - making, and contacts with the public. Police job is difficult and frequently confrontational; therefore, it is practical and vital to promote psychological resilience using non - invasive, low - cost therapies like yoga. Possible areas for future investigation include the effects over the long term, differences in intervention length, and the feasibility of combining wellness approaches. Taken together, the results of this study offer a strong case for the inclusion of yoga in police officer education programs by both lawmakers and training institutions.

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