

MUSIC AND RELAXATION AS AN EFFECTIVE TOOL TO REDUCE AGGRESSION OF FEMALE OFFENDERS

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Abstract

Although since 2015, there is a decrease in crime rate in India yet crime is one of the major issues which keeps catching the attention of mass. There are many causes of committing crime but aggression is one of the most significant reasons among them. Aggression, however, refers to a range of behaviours that can result in both physical and psychological harm to one self, others or objects in the environment. The expression of aggression can occur in a number of ways that include physical, verbal, mental and emotional. There are many ways to reduce aggression, like, meditation, yoga and different psychotherapies. Among these one is music and relaxation. Hence, the present research was attempted to find out the effect of music and relaxation on aggression of female offenders. For this, total 60 female prisoners (30 experimental group and 30 control group) were taken from central jail of Vadodara. Pre – post design was used and paired sample t – test was calculated. From the result, it has been found that there was no significant difference between pre and post test scores of experimental group ($t = 0.475$, $df = 29$). On the contradiction, there was significant difference in pre and post test scores of control group ($t = 2.160$, $df = 29$). Hence, from the result it has been concluded that there is no significant effect of music and relaxation on female offenders.

Key words: Aggression, Music, Relaxation and Female Offenders

Violence is defined as physical aggression towards other individual. The research shows that there is a link between aggression, anger and physical violence having the predisposing factors, individual factors, social and economic factors (Green 1990; Reiss & Roth, 1993). Throughout the 20th century several criminologist proposed that crime was learned through social interaction. Social psychological theories, (Nettler, 1974; Reid, 1976), tried to attempt to build a gap between sociological approaches to criminology and narrow individualism of biological or psychological theories. The most prominent control theory given by Hans Eysenck (1964) believed that the person high in extroversion and neuroticism would slow down the development of classical condition inhibited the elements of conscience. Walter (1961) argued that the criminality results from defects in either external containments or internal containments.

Female and Violence

Relating to 'violence by women from 1984 to 1994', it has been found that women show more anger and aggression when feel neglected. There can be no doubt about women's violent behaviour (Heidensohn, 1992). Thomas (1993), in his study, women's shows anger rather than violence, suggested that women's violent crime is biological. There is empirical evidences which supports the association with crime including violence, and that reduces women's behaviour to irrational emotional and raging hormones rather than anger or violence (Kendall, 1991).

In recent years, it has increased focus on explaining women's anger, aggression and violence rather than violence in general. Anne Campbell focused on women's show aggression, and found that women's day today experiences anger and experience. Campbell also found that expressive aggression develops from control of initial anger, through periods of argument which may relieve the anger if the situation improves, but which can build up to the use of physical aggression if the problem continues or increase – an explosion which again acts as a means of release.

Studies of everyday anger indicate that men and women both reported of feeling angry with the same frequency, yet among women these are less likely to develop into aggression. Women's capacity to empathies would be appear major explanations for guilt in women when they are angry or aggressive.

Music Therapy

Music therapy is an alternative treatment for a greater diversity that can offer a range variety of benefits to patient with advanced cancer pain and symptoms of suffering. A variety of music therapy techniques may be used, including vocal techniques, listening and instrumental techniques. These techniques provide a opportunities for exploration of the feeling and issues compounding the pain experience.

Effect of Music on Aggression

The Rap or Rock music is believed to increase the violent behaviour. In one of the studies, it has been found that listening of violent music lead to aggression and have aggressive thoughts (Anderson et al, 2003). Similarly, study conducted by Johnson, Jackson and Gatto (1995) found that participants who saw the violent rap videos reported higher probability of committing violent act and greater acceptance of the use of violence against women. On contrary, Arlin (1996) found that the external locus of control showed lower self-reported aggressiveness after viewing music videos that individual with a locus of control.

Relaxation:

Relaxation is a feeling of refreshing tranquillity and absence of tension or worry. There is mounting evidence that the traumas disproportionately faced by incarcerated youth outside of custody are barriers to the healthy development of self-regulation, compounding their risk for poor social and developmental outcomes. The analysis randomized controlled trial was conducted comparing the music and relaxation and it guided relaxation of self-regulation in juvenile justice. The finding says that the use of internet-based mindfulness meditation as a method of fostering the development of self-regulation in youth (Duke, 2010).

Rationale:

The term aggression refers to a range of behaviours that can result in both physical and psychological harm to one self, others or objects in the environment. The expression of anger can occur in number of ways, including physically, verbally, mentally and emotionally. Aggression can be reduced through different therapies like, Yoga, Cognitive therapy. Music and relaxation is one of the effective therapies to reduce aggression. Many researches have done to reduced aggression yet no research has been conducted to reduce in Female offenders. Hence, the present research focuses on the effect of music and relaxation on aggression among female offenders.

Objectives:

To study the effect of music on the level of aggression among female offenders.
To study the effect of relaxation on the level of aggression among female offenders.

Hypotheses:

There will be no significant effect of intervention (i.e., music and relaxation) on experimental group.
There will be no significant effect of intervention (i.e., music and relaxation) on control group.

RESEARCH METHOD

Sample:

60 female offenders having age 30 onwards were taken as sample from central jail of Vadodara and were equally divided two groups, i.e., 30 in experimental group and 30 in control group.

	Experimental Group	Control Group	Total
Pre – Test	30	30	60
Post – Test	30	30	60

Table 1: The above table shows the sample bifurcation.

Inclusion Criteria:

Female offenders who were being punished in Central Jail of Vadodara for 10 or more years were included. The female offender who involved or helped in severe crime like murder were included.

Tools:

AGG Questionnaire: The questionnaire was developed by Dr. G. C. Pati to measure aggression and anxiety. The reliability of the test is .55. The validity of the test is .828.

Research Design:

For the current research pre – post design and purposive sampling was used.

Variables:

Independent Variable:
Music
Relaxation

Dependent Variable
Aggression

Statistics used:

For the current research, paired sample t test was used to find the effect of intervention on aggression of female offenders.

Procedure:

The research was conducted to check the effect of music and relaxation on aggression level of female offenders. For this, rapport was established in two weeks. After establishing the rapport, the pre – test was taken. After that the 60 samples were chosen and divided in to two groups, i.e., experimental group and control group. The intervention was given to experimental group and the care was taken that the purpose of the research won't reveal to the participants as well as sample of control group. After intervention was given, post – test was taken of all the 60 participants and the data were analysed.

RESULT

	Mean	SD	N
Pre-Test Experimental Group	28.87	2.583	30
Post-Test Experimental Group	29.23	3.919	30
Pre-Test Control Group	27.77	2.501	30
Post-Test Control Group	29.73	4.042	30

Table 2: The above table shows the descriptive statistics.

	Mean	SD	t	df
Pre-Post Exp.	-.367	4.230	-.475	29
Pre-Post Cont.	-1.967	4.986	-2.160	29

INTERPRETATION

From the result, it has been found that the t value of experimental group is -.475. Hence, it is not significant at 0.05 level. On the other hand, the t value of control group is -2.160 which is significant at 0.05 level.

Conclusion:

From the result, it has been concluded that there is no significant effect of music and relaxation on aggression level of female offender. In addition to this, it has also been found that there was significant increment in the level of aggression among control group. Hence, even though the music and relaxation do not have significant effect, it helps in reducing the level of aggression.

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