

Research Paper

A Study on the Impact of Expressive Arts Therapy (Yoga) on Holistic Development with Special Emphasis on Emotional Development of Delinquents

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ABSTRACT

The aim of the paper is to understand and assess the Impact of Expressive Arts Therapy on Holistic development of Delinquents of Delhi-NCR with special emphasis on Emotional Intelligence. Expressive arts therapy is a group of therapeutic approaches that lays emphasis on the utilisation of art forms such as visual arts, music, arts and yoga in dealing with multiple mental health issues along with exploring emotions, and personal growth. Holistic development includes being developed in every aspect that consists of physical, emotional, cognitive and psychological states. Emotional intelligence stands for " a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's own thinking and action.". The methodology used in the study was pre-test-post-test experimental method. The kinaesthetic art form (yoga) was employed to assess the effectiveness of expressive art therapy on the emotional intelligence. A sample of 150 delinquents was selected. Regular yoga sessions were conducted for sixty minutes each day over a time period of 90 days. A combination of deep breathing techniques and yoga poses were used as part of the expressive art therapy. Emotional Intelligence was captured using the Emotional Intelligence Scale by Kamakshi Agnihotri before and after the period of 90 days. The results showed that yoga had a positive impact on emotional intelligence. The study led to conclude that making yoga an integral part of the daily routine can help improve emotional intelligence.

Keywords: *Holistic Education, Yoga, Emotional Intelligence, Delinquents, Expressive Art Therapy*

Expressive Arts Therapy

Expressive arts therapy is a form of psychotherapy that uses creative art forms to treat clients with psychological conditions. It includes various art forms such as Performing Arts including dance, music, theatre while Visual Arts include painting and sculpting. Kinaesthetic Arts on the other hand include physical exercises involving Yoga. It helps individuals explore their emotions, improve self-awareness, and heal psychological trauma. It does not rely only on talking and relies more on activities that help individuals to achieve catharsis.

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Paolo Knill (1970) defined expressive arts as “multimodal, intermodal artistic approach that uses various art forms (movement, visual art, music, poetry, drama) to support healing, expression, and personal growth”. His core belief was that healing occurs through a variety of creative processes when the person engages with multiple art forms in a fluid and experiential way. Natalie Rogers (1993) explained expressive arts therapy as “The use of multiple forms of creative expression—movement, art, journaling, sound, and drama—to foster emotional healing and personal growth within a person-centered approach.” In 2004 Shaun McNiff defined expressive arts therapy as “the use of artistic expression to bring about healing through the creative process, where the art itself becomes a therapeutic partner.” As per Naina Verma (WCCL Foundation. Arts-Based Therapy Manual) expressive arts therapy is “a structured therapeutic process using music, art, drama, and movement rooted in Indian aesthetics and cultural forms to promote psychological healing.”

Expressive arts therapy follows a holistic approach and recognizes individuals not only as rational and verbal beings but also imaginative, sensory and emotional beings. It believes that engaging in arts can integrate mind, body and spirit.

Expressive arts therapy stands as a unique and meaningful form of healing as it engages imagination and creativity with emotions and understanding. It is most helpful for individual who find it difficult to communicate and verbalise their feelings directly.

Kinaesthetic form of Expressive Arts Therapy- Yoga

Yoga is the Sanskrit word for "union, unity, or yoke". The major purpose of yoga is uniting the body, mind, and spirit into a whole individual. The methods used in yoga include posture i.e "asana" and movement and breathing i.e. "pranayama" and meditation. Yoga consists guiding on a healthy lifestyle, diet and mental attitude, and the Ayurvedic medicine is a part of the yoga path to health and balance too. In the world today and in the fast and stress-filled life, where people are constantly searching for ways to gain balance, peace, and a healthier lifestyle, yoga has come as a rescue practice the practice of yoga has gained extreme popularity and recognition for many countries around the globe. Starting in India 5000 years, yoga has transformed into a discipline that encompasses not only physical but mental, and spiritual well-being.

In yoga, one learns about awareness and the impact that results from awareness by synchronizing with the subtle flow of energy in our body and the life-giving rhythm of our breathing. The idea of yoga goes much more deeper into us than just physical existence it talks about how us being grounded can help us in dealing with greediness and immediate gratification of needs. It also talks about the self-actualization of an individual that happens after they develop mindfulness and internal satisfaction. It helps in feeling more connected to ourselves and to our surroundings. The practice of yoga also helps in gaining mental clarity and development of spiritual growth.

Through various practices, yoga pushes an individual in looking inside of them and finding the answers to the problems and gaining a calm in the midst of chaos. It also helps in building centrality and self-acceptance. The major benefits of yoga through its exercises are to improving posture, sleep, increase vitality, improved flexibility, strength and durability, give a better balance, build a stronger immune system, decrease pulse and respiratory rate, decreases blood pressure levels, improve cardiovascular efficiency. Yoga helps in the reductions of stress by increasing self-awareness. It also activates the body's relaxation

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systems. A regular practice of yoga also empowers oneself with strength to navigate better in daily life stressors, by enhancing their emotional resilience and reducing an imbalanced state of mind.

Yoga as a practice has evolved in the hundreds of years that it has been in picture. It has taken multiple forms and types and has developed into something that provides a different picture of Yoga. Yoga in its entirety has now developed into a discipline and uses different approaches to combat various problems and provide various benefits.

The most common types among yoga are,

- Raja Yoga
- Jnana Yoga
- Tantra Yoga
- Hatha Yoga
- Bhakti Yoga
- Karma Yoga

Delinquents

According to Morgan and King (1975), delinquency is defined as “behaviour that violates the norms or laws of society and is usually committed by children or adolescents under legal age.” The origin of the word “Delinquency” is from the Latin word “Delinquere” that means ‘to fail’. in layman terms it refers to a failure to meet responsibilities that are expected either socially, legally or financially.

Juvenile delinquency has become one of the most growing concerns across the globe. It involves the youth to engage in unlawful practices such as vandalism, theft, substance abuse, etc. While in certain cases delinquency might be limited to status offenses i.e behaviors that are unlawful only because of the age such as underage drinking, underage driving, etc in other cases they may crossover with criminal behaviors consisting of acts like robbery, assault, murders, etc.

Delinquency as a term has gained major importance over the past few years and has been a significantly important topic for psychology, sociology, law and criminology as in today’s world it has represented a serious challenge for both individual development an society. It broadly refers to ‘the behaviors that violate social norms, legal standards and/or moral expectation’. As per the Webster dictionary delinquency refers to ‘conduct that is out of accord with accepted behavior or the law’. as per the Oxford dictionary delinquency is ‘bad or criminal behaviour, usually of young people’. delinquency as a concept is usually associated with people of ages under 18 who are involved in actions such as of vandalism, theft, drug abuse, etc. It, however is not only limited to juvenile misconduct but is also often used to describe financial and legal misconduct

There are many causes of delinquency which are extremely complex and interwoven with each other. The major factor to play a role in delinquency is that of family. Broken homes, domestic violence, poor parental supervision, neglect and lack of affection are said to be a cause of delinquency. When growing up in families where children lack affection they look around for it in peer groups that might encourage deviant behaviors. Peer pressure thus also become one of the biggest causes of delinquency. People join groups to get status, boost in self esteem, information and security and thus anything a group might say people can do that

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under obligation and group think. To fit in, young children might start to adopt behaviors that are averse in nature. Socio-economic condition also play a vital role in delinquency. Lack of education, poverty, poor living condition might trigger delinquent behaviors in order to earn money. In areas where high inequalities exist, and where legitimate means of success seem unavailable, crime may also appear as the only option that individuals have.

Psychological factors play an important role in breeding delinquency. Adolescent might display traits such as aggression, impulsivity and low tolerance that can increase their chances of showing delinquent behaviors. Psychological disorders, for example conduct disorder or oppositional defiant disorder, predispose individuals to antisocial behaviors.

With the extreme use of media and technology individuals are often exposed to extreme information that might trigger delinquent behaviors. While children learn by watching others it becomes easier for them to follow the content that they repeatedly watch on media and might find being reinforced in one way or the other.

The consequences of delinquency cannot be ignored. They are serious not only for the individual but also for the society and their own families. For youngsters, involvement in delinquent acts may lead to legal penalties such as probation, detention, rustication from school which would further disrupt their education and diminish their career opportunities. A criminal record would also be initiated in the concerned persons name after which finding work, social status, respect become much more difficult.

Delinquency as a concept is multifaceted which roots that are deep into psychological, economic and social phenomenon. It cannot be viewed or solved with just one side and multiple sides need to be involved. If the development of the youth is neglected then it might become a threat to not only the individual but also to the society.

Holistic Development

Holistic development is a concept that has multiple faces and multiple sides to it. This concept includes developments and success in all aspects of the individual. The aspects of life including emotional, physical, social, intellectual and spiritual development. It emphasizes the interaction among all the factors. The aim is to acknowledge the fact that realistic development cannot be achieved by putting the focus on just a single dimension and rather it should have a balance and should be comprehensive and supportive towards all people. Holistic development as an aspect is considered to be most of utmost importance as it helps in developing various skills and aptitude of individuals. Holistic development is the growth of individuals in all the aspects of life rather than just one.

Holistic development means all aspects of life and understanding the inter-connectedness between the various aspects and domains such as physical, mental, emotional, intellectual and spiritual. Holistic development also focuses at self actualization and fulfillment of various needs that are there. Focusing on holistic development is very important for building and fostering versatile individuals who are capable to pass through the challenges that life holds, have positive contributions towards the society and have fulfilling lives.

Emotional Intelligence

In contemporary psychology, human resource management and education emotional intelligence has emerged as the central construct. It refers to “the capacity to perceive,

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understand, manage, and use emotions effectively in personal and interpersonal contexts” (Peter Salovey and John D. Mayer, 1990). over years many researchers have proposed different models and definitions of emotional intelligence.

Emotional intelligence as per Peter Salovey and John Mayer (1990) refers to “the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them, and to use this information to guide one’s thinking and actions.” Daniel Goleman (1995) defined emotional intelligence as “the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.” In 1997 Reuven Bar-On defined emotion-social intelligence as “a set of emotional and social abilities that influence how effectively we understand and express ourselves, understand others, and cope with daily demands and pressures.” Newman in 2007 defined the term emotional intelligence as “the capacity to integrate emotions with thinking, so that you respond effectively in work and life.”

It is a concept that has multiple aspects, including the ability to recognize, understand and manage all the emotions both one’s own self and others’. It plays a very critical role in the personal and professional life of the individual with the ability to influence one’s interactions with others, process of decision making and overall quality of life. It can hamper the individual’s mental health and can make them more prone to mental illness if not taken care properly.

Emotional intelligence has a huge impact on personal and professional success. In personal relationships it promotes effective and strong communications, being empathetic, resolving conflicts which leads to healthier, stronger and better connections. This management of feelings directly impacts a person’s interpersonal relationships because if a person can develop a certain level of control over what we consider as negative feelings such as- anger, insecurity, jealousy etc. they will express the feelings in a manner which will not lead to arguments but a discussion in which the partners can solve the situation leading to the said negative feelings. An empathetic person places himself in the situation of the other and understands them.

REVIEW OF LITERATURE

Mirzae (2023) conducted comparative research to study the effects of emotional intelligence training and yoga exercises on women with Social Anxiety and Depression. The study conducted was a quasi-experimental research design and 60 participants were selected from various psychotherapy and research centers. The sample was then sectioned into two different groups, one received emotional intelligence training and the other received yoga training. The "Leibovitz's social anxiety questionnaire" (1987) and "Beck's depression questionnaire" in the pre-test and post-test stages were conducted to analyse the changes. The results showed that both the techniques had a close effect on women with the two disorders.

Bartos, Fumer, et al (2022) conducted a research with the aim to understand the feasibility of a program connecting mindfulness, yoga, positive psychology and emotional intelligence in the tertiary level music students. The methodology used a single arm pre test- post test design with 25 musicians from a music class in Spain followed CRAFT program for 25 weeks that was performed during the academic year 18-19, once a week for 50 min. The results

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concluded that the program is a decent intervention for improving skills of mindfulness and health and states of well-being and abilities among student musicians.

Galloway, Foulstone, et al (2022) aimed to conduct a cross sectional survey to assess the effect of yoga, mindfulness, and emotional intelligence correlate when predicting satisfaction in a relationship. The research was conducted on 128 married Australian adults. The results suggested that yoga might be an efficacious and easy implemented approach to improving mindfulness and enhancement of emotional intelligence, as well as satisfaction in an relationship.

Panjwani, Dudani, et al (2021) aimed to understand the relationship between yoga, sleep and cognition. The study was a conducted by assessing literature available on the given variables. The results showed that there was a positive relationship among yoga, sleep and cognition and it helped in developing mindfulness and emotional intelligence.

Ganpat (2020) aimed on assessing how does the practice of yoga nidra enhance emotional intelligence in students at the university level. The study of 60 students which included 25 women and 35 men who were studying masters and doctoral degree courses in a public university from Madhya Pradesh, India. The sample was divided in 2 groups, one that performed yoga nidra for 3 weeks and one that followed their regular routines. The emotional intelligence data was collected before and after a three-week period in both groups using an EQ test developed by Dr. Dalip Singh and Dr. N.K. Chadha. The results showed that the group that performed yoga nidra had a better emotional intelligence than the one that did not.

Yuce, Gamze, et al (2020) conducted a study with the aim to understand the role of yoga in perceived stress, anxiety and quality of life of students at university level. The study consisted of students from a Turkish university selected randomly and method used was a non experimental one. The results showed that the university students had a better quality of life when yoga based physical activity had been introduced. The emotional quotient also showed an enhancement in the chosen group.

Thangalakshmi, Subramanya, et al (2019) aimed to assess the role of yoga in psychological states, sleep and emotional intelligence of school teachers that suffered from type 2 diabetes. The study consisted of 39 female school teachers who suffered from type 2 diabetes. The results showed that performing yoga had resulted in an improvement of the variables selected and had also improved in the symptoms of diabetes.

Joseph, Kammath (2019) aimed to assess the role of yoga in emotional intelligence. The sample was selected on a convenience basis and consisted of 1200 participants. The sample consisted of 2 group 600 of whom were yogic and 600 of those who never had performed yoga. The theme was assessed using the " Schutte Self Report Emotional Intelligence Test " and a semi-structured interview to collect data. The rank-order correlation by Spearman and U-test (Mann Whitney) and Kruskal-Wallis H-test were used to analyse the data. The results showed that the yoga practitioners had much improved emotional intelligence than the ones who did not perform yoga.

Alessandro, Bazaano, et al (2018) conducted a research with the aim to assess the effect of yoga curriculum in a school on students from elementary classes on the quality of life. A

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sample was selected randomly and a trial was conducted. " Brief Multidimensional Students" and "Life Satisfaction Scale" and Peabody Treatment Progress Battery" and the " Pediatric Quality of Life Inventory " (PedsQL) were used to understand variables and reach to a conclusion. The results showed that the students had an improved quality of life after the introduction of yoga curriculum in school.

Kumari, Sahu (2018) conducted a research to understand the role of yoga in enhancing emotional intelligence. Methodology used was review of literature. The group analyzed over 800 literature and concluded that people who performed yoga on a daily basis had enhanced self esteem, emotional intelligence and quality of life than those who did not have yoga as a part of their daily routines.

METHODOLOGY

Objectives

The objectives of the paper are-

1. To assess the impact of expressive art therapy (yoga) on emotional intelligence in delinquents
2. To find the correlation between expressive art therapy (yoga) and emotional intelligence

Hypothesis

Based on the data the following hypothesis was framed:

1. There exists a significant and positive relationship between yoga and emotional intelligence of delinquents.

Sample

For this study, 150 delinquents from 12 juvenile centres of Delhi-NCR were selected using purposive sampling

- Size- 150
- Age Group-12-18
- Gender-Males and Females

Inclusion Criteria

- People in the age group of 12-18 were included in the study.
- Delinquents of Delhi-NCR were included in the study.

Biases

- No biases related to gender were involved in this study
- No biases related to caste or religion were involved in this study.
- No sampling bias related to area or region was involved in this study.
- No biases for responses were involved in this study

Ethical Considerations

- The subjects were informed about the topic of the study and were put in a position to make an informed decision regarding participation
- The participation from the subjects was voluntary and were given an option to withdraw from the current research at any point of time and that shall not effect their participation in future researches.

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- The information that was identifiable personally will not be made available to anybody other than the researcher.

Variables

- Independent variable- Expressive Arts Therapy (Yoga)
- Dependent variable- Holistic Development (Emotional Intelligence)

Tools

The Emotional Intelligence Scale by Kamakshi Agnihotri was used to measure emotional intelligence. The test measures emotional intelligence on a 5-point Likert scale. The reliability was 0.71.

Statistical Analysis

After the raw score for the test were captured on both the occasions, the mean was calculated, the standard deviation was checked and analysis was done. To calculate the final results an One-Sample T-Test was calculated using the SPSS (Statistical Package for Social Science).

Expected Outcome

1) There would be a positive relationship between expressive arts therapy (yoga) and emotional intelligence of delinquents.

RESULTS

The objective of the paper was to measure the impact of expressive arts therapy (Yoga) on holistic development of delinquents with specific focus on emotional intelligence. An overview of the variables, the issue, its design and the approach for methodology to collect the data to test the hypotheses has been provided in the previous chapters.

After the data was collected it was studied and analyzed further to obtain the results. Furthermore, the mean and standard deviation for these scores were then calculated and are shown in Table 1 and 2.

Table 1: Mean Score at the beginning of Intervention (Before Performing Yoga for 90 days)

	N	Mean	Std. Deviation
Before	150	36.0400	12.85867
Valid N (listwise)	150		

As per the above table 1, the sample is 150 delinquents and the mean before intervention is recorded at 36.0400 while the standard deviation was 12.85867

Table 2: Mean Score after Intervention (After Performing Yoga for 90 days)

	N	Mean	Std. Deviation
After	150	40.2600	11.66157
Valid N (listwise)	150		

As per the above table 2, the sample is 150 delinquents and the mean after intervention is recorded at 40.2600 while the standard deviation was 11.66157

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Descriptive Analysis

To analyse the data further, the skewness and kurtosis were calculated on different occasions and the results are shown in Table 3.

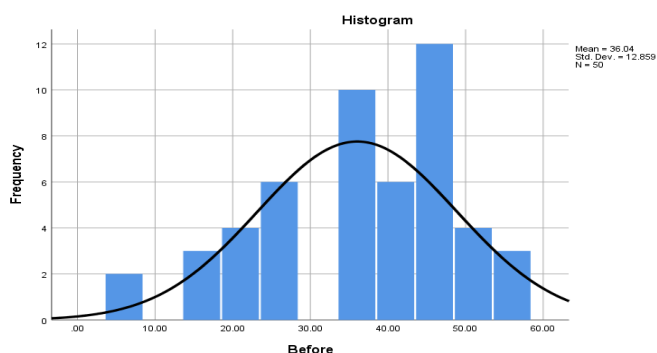
Table 3: Scores Before and After Performing Yoga for 90 days

	N	Skewness		Kurtosis	
	Statistic	Statistic	Std. Error	Statistic	Std. Error
After	150	-.561	.337	-.376	.662
Before	150	-.613	.337	-.366	.662

As per the above table 3 the skewness is calculated to be -.561 after intervention and -.613 before intervention while kurtosis is calculated to be -.376 after intervention and -.366 before intervention

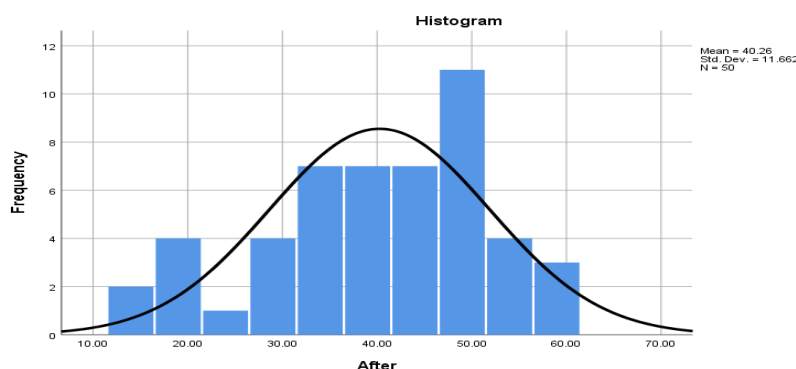
Skewness and kurtosis of the emotional intelligence scores on day 1(before performing yoga)

Graph 1 depicts the emotional intelligence scores of delinquents before performing yoga. It is clearly visible that the graph is right tailed indicating that more number of delinquents had a score that fell below the mean level.



Graph 1 Skewness and Kurtosis of the Emotional Intelligence scores on Day 90 of Yoga Practice

Graph 2 depicts that it normal in nature indicating that more delinquents had scores falling near the mean level after the intervention. It is clearly visible that the graph is normal indicating that more number of delinquents had a score that fell closer to the mean level indicating improvement and a positive effect.



Graph 2 Skewness and Kurtosis of the Emotional Intelligence scores on Day 90 of Yoga Practice

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Relationship between Yoga and Emotional Intelligence

For the statistical analyses of the found raw scores. The One-Sample T-Test method was used to check the hypotheses. This was done using the SPSS software. The T-Test matrix was formed and is shown in Table 5.

Significant Positive Relationship between Yoga and Emotional Intelligence

To assess the relationship between yoga and emotional intelligence, yoga was performed in juvenile centres for a time span of 90 days with 60 minutes each day. To assess the Emotional intelligence level, the Emotional Intelligence Scale by Kamakshi was conducted on 2 occasions- before performing yoga and after 90 days of performing yoga on a daily basis. As shown in the T-Test matrix in Table 5, the impact yoga on the emotional intelligence levels of school students is visible. The results of the test on both the occasions varied thus indicating an impact of one variable on the other.

Table 4 One Sample Statistics describe the mean value at 36.04 before and 40.2600 after the intervention

	N	Mean	Std. Deviation	Std. Error Mean
Before	150	36.0400	12.85867	1.81849
After	150	40.2600	11.66157	1.64920

Table 5 describes the results of One-Sample t-Test (Results Before and After Performing Yoga for 90 Days)

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Before	19.819	149	.000	36.04000	32.3856	39.6944
After	24.412	149	.000	40.26000	36.9458	43.5742

DISCUSSION

The major aim and objective of this current paper was assessing impact of Expressive Arts Therapy (yoga) on Holistic development of Delinquents of Delhi-NCR with special emphasis on Emotional Intelligence. The variables have not been studied extensively and shall be helpful in the development and enhancement of therapeutic and intervention approach for delinquents goal of holistic development.

Delinquency as a term has gained major importance over the past few years and has been a significantly important topic for psychology, sociology, law and criminology as in today's world it has represented a serious challenge for both individual development and society. It broadly refers to 'the behaviors that violate social norms, legal standards and/or moral expectation'. As per the Webster dictionary delinquency refers to 'conduct that is out of accord with accepted behavior or the law'. As per the Oxford dictionary delinquency is 'bad or criminal behaviour, usually of young people'. Delinquency as a concept is usually associated with people of ages under 18 who are involved in actions such as of vandalism, theft, drug abuse, etc. It, however, is not only limited to juvenile misconduct but is also often used to describe financial and legal misconduct.

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Expressive arts therapy is a form of psychotherapy that uses creative art forms to treat clients with psychological conditions. It includes various art forms such as Expressive Arts i.e. Dance, Music, Theatre, Visual Arts i.e. Painting and Sculpting and Kinaesthetic Arts i.e. Yoga. It helps individuals explore their emotions, improve self-awareness, and heal psychological traumas. It does not rely only on talking and relies more on activities that help individuals with catharsis.

Expressive arts therapy follows a holistic approach and recognizes individuals not only as rational and verbal beings but also imaginative, sensory and emotional beings. It believes that engaging in arts can integrate mind, body and spirit.

Yoga is a practice that started almost 5000 years ago and has now become a discipline that talks about all aspects of life and not just physical. Yoga is a way towards the development of wisdom, it awakens the spirituality, and believes that the body is sacred and the understanding of the body is considered as the progression towards better spiritual health. Yoga has been derived from the "union, unity, or yoke", and the major purpose of yoga is to integrate the body, mind, and spirit into a whole. The methods around which yoga revolves are "posture or "asana" and movement, breathing or "pranayama" and meditation. Yoga consists of balancing a healthy lifestyle, diet and having a positive mental attitude. Ayurvedic medicine has also been a part of yoga and focuses on moving on the same path and leading to the same goal as yoga. It is through yoga that one understands about being aware and the impact that the synchronization between the subtle energy flow and the life giving rhythm in ones body. The goals of yoga are to increase physical health, mental health, social health, spiritual health and self-realization. It also helps in the improvement of breathing efficiency and purification and regulation of all body systems.

Holistic development refers to the development of an individual at a whole level. It means focusing on all aspects of life rather than just one. Holistic development as a concept has evolved over the years and the focuses have also been established. The dimension of holistic development interest of study include-emotional, social, intellectual/cognitive, physical. One major study that focuses on holistic development was given by Maslow in his Hierarchy of Needs. Hierarchy of Needs theory serves as a pertinent framework for contextualising holistic development. According to Maslow, human needs are hierarchical and interrelated; It develops from physical needs at the bottom to self-actualization at the top (Maslow, 1943). Holistic development integrates seamlessly with this perspective by meeting needs at many levels simultaneously. For example, physical activity programs in school settings can meet students' physical needs while improving their health and self-confidence. This reflects the integration of Maslow's theory with the holistic development paradigm, which emphasises diverse approaches to human development. In recent years holistic development has gained utmost importance in many countries. The major focus on holistic development was brought on by CBSE by introducing the Happiness Curriculum for schools. This curriculum integrated aspects of holistic development together. To add on the New Education Policy of 2020 marks a global shift towards holistic development of students. This policy recognizes that education should involve the formation of students' values, personalities and abilities.

Emotional intelligence or Emotional Quotient refers to a person's ability to guide, monitor and manage their own emotions as well as understand the emotions of others. It is a concept that has multiple aspects, including the ability to recognize, understand and manage all the

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emotions both one's own self and others'. It plays a very critical role in the personal and professional life of the individual with the ability to influence one's interactions with others, process of decision making and overall quality of life. It can hamper the individual's mental health and can make them more prone to mental illness if not taken care properly. Emotional intelligence as a term was first given by 'Peter Salovey' and 'John Mayer' in the 1990 and then further on developed by Daniel Goleman. It is often seen as an important component to intellectual quotient or intelligence and is found to play a very important role.

To understand and analyse yoga, delinquents will practice exercises from 'Jnana Yoga' and 'Raja Yoga' on a daily basis for 1.5 months in school for 60 minutes every day. Emotional intelligence was tested before starting with yoga in centres and also after yoga was practised on a daily basis in centres for 1.5 months. The tool used for the same was Emotional Intelligence Scale by Kamakshi Agnihotri. For this study, the random sampling of 30 delinquents was used from various juvenile centres of Delhi-NCR. Once the raw score for the test has been taken out on both the occasions, the mean would be calculated, the standard deviation will be checked and analysis would be done. To calculate the final results an One-Sample T-Test would be conducted using the 'Statistical Package for Social Science' (SPSS).

The results as depicted in graph 1 (skewness and kurtosis of the emotional intelligence scores before performing yoga) that the graph is right tailed indicating that more number of delinquents had a score that fell below the mean level which indicates that the scores were below the normal range of emotional intelligence before performing yoga. Graph 2 depicted that more delinquents had scores falling near the mean level after the intervention. It was clearly visible that the graph was normal indicating that more number of delinquents had a score that fell closer to the mean level indicating improvement and a positive effect. To assess the relationship between yoga and emotional intelligence, yoga was performed in juvenile centres for a time span of 90 days with 60 minutes each day. To assess the Emotional intelligence level, the Emotional Intelligence Scale by Kamakshi was conducted on 2 occasions- before performing yoga and after 90 days of performing yoga on a daily basis. As shown in the T-Test matrix in Table 5, the impact yoga on the emotional intelligence levels of school students was visible. The results of the test on both the occasions varied thus indicating an impact of one variable on the other.

CONCLUSION

The major objective and the aim of the paper was to understand the Impact of Expressive Arts Therapy (yoga) on Holistic development of Delinquents of Delhi-NCR with special emphasis on Emotional Intelligence. These variables have not been assessed with regards to delinquents. The variables have been assessed in this paper to promote holistic development and also to provide techniques for the holistic development of delinquents. It was understood from the research that yoga can help in the improvement and enhancement of emotional intelligence in delinquents if performed regularly. Yoga can help in monitoring and understanding ones emotions and managing them as well.

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