



A STUDY OF PRISONERS' EMOTIONAL DEVELOPMENT, LIFE SKILL AND VALUES

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Abstract

Prisoners are captured in post traumatic stress from their past events. They have generally hard, angry composure and delinquent attitudes. They have very reactive behaviours. They have frustration and lack of concentration. The session conducted in Taloja jail in Raigadh district empowered the prisoner's view on the perspective of life. They have been given a simple and effective method of relaxation through our emotional development and life skill clubbed with value education.

Keywords: Prisoners, Emotional, Life, Skill, Values, Programme



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Introduction: In the popular minds, prisoners are dangerous criminals and hence deserve no mercy. Peoples in jail are in majority either under trials or those picked for other reasons. The loneliness and frustration encompass the life of the prisoners. It is found that the whole approach is retributive rather than reformative for the prisoners. The environment of the prisoners is found somehow unnatural and inhuman. Along with other aspects of prison life, this leads to serious psychological disorder and even insanity. The rights of the prisoners are generally not spelt out. The prisoners are not defined the rights which are given to them by the court properly and the particular attention which requires to

each prisoners for their reform is somehow lacking which results in more emotional instability for the prisoners. There is a large amount of inequality and discrimination especially for the underprivileged and poor prisoners.

Objectives

- 1) To enrich the personality of the prisoners in prison.
- 2) To enhance the confidence and bring positivity in the view of prisoners.
- 3) To remove the stress and anxiety and develop self-esteem among prisoners.
- 4) To inculcate the values of life and make them accommodative in society.

Sample: Data was collected from male and female prisoners both between the age group of near about 18 to 75. The sample size is estimated near about 3500.

Tools: Survey method is used for the said research. Questionnaire was used as a tool for the collection of data of the said research.

Procedure: Our survey method helped in securing the answer of the questions by using a form which the respondent filled by himself.

Collection of Data: Data was collected from the both male and female prisoners. With help of Questionnaire form their views were collected.

Method of Analysis: The survey was conducted for the said research and the pre-test and post-test during the sessions were done to analyze their view and emotional status before and after session.

Interpretation: The observation was made on the basis of the survey which was conducted through questionnaire form. Using pre-test it has been found that their emotional level was very down initially and they have got captured in anxiety and depression. Their emotional level boots up after the series of session conducted by our School of Education. They were more confident and have very positive outlook for their future. They had self-analysis and wanted to improve in future.

Procedure: Our School of Education conducted the programme for the emotional, like-skill and value development of the prisoners in Taloja jail in Raigadh district. The meditation, inspiring puppet show and songs on values, stories and dramas impact dynamic effects on their body and mind. Participant prisoners were initially full of stress and negative emotions. They had some kind of fear and pain in their mind. We learned that prisoners after attending the session come to know that there is a ray of hope in our life.

They got relief from the accumulated effects of stress and negative emotions. Our session on emotional development also taught the practical life skill and all participant prisoners were in position to accept responsibility for their past action to handle the future conflict and stressful situation successfully. Our sessions in Taloja jail were very progressive, practical and result oriented. They have been provided all the possible compassionate, innovative and effective solution to keep away themselves from the cycle of violence tackling the untowards situation. Our sessions help the prisoners to go for a thought which lead them to the opportunity of genuine rehabilitation and reintegration into society. The session which conduct meditation transformed the overpowering emotions and was helpful in restoring the calmness and alertness among the prisoners. Our life skill training was very helpful for the participant prisoners. We received the overwhelming responses that were started coming out from them since starting . The life skill session helped them to become more aware and more in charge of unhealthy mental habit patterns.

Conclusion: Prisoners are mentally unstable, sick and broken persons. The session in their emotional development established the benefits to them in long terms. They were supported emotionally with follow up sessions that reinforce what has been learned so that they get the maximum benefit. The sustainable benefit of our programme in Taloja jail boosts the self-esteem, self-analysis power of the inmates. The programme increased the self confidence and eliminates the anxiety and relieved depression among them. A significant decrease in the anxiety and fear was observed by the end of our emotional development session.

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