

## IMPACT OF DANCE MOVEMENT **THERAPY ON MALE PRISON INMATES**

#### Mental Health of prisoners in India



#### **India Vision Foundation**

A study in the early 2000s that looked at over 60 surveys on the prevalence of mental disorders amongst the prison population revealed shocking statistics. Of the 22,790 prisoners, approximately 10% had major depression, 65% had a personality disorder and around 4% had psychotic illnesses.

With poor prison facilities, lack of basic services, limited space, inmate overcrowding, lack of healthy lifestyles, and absence or limited availability of health services, prisons can predispose inmates to various physical and mental disorders. In this scenario, it may be difficult for inmates with mental health problems to access mental health services.

India Vision foundation developed The INSIDE PRISON PROGRAM that aims to reform inmates (male, youth, female) under model of reformation. With 4S personality development and sustainable job opportunities being the core motives, the 4S Model ensures "Skill", "Shiksha", "Sanskar" and "Swasth" along with other therapeutic interventions. interventions enable & equip them to earn a living for themselves post their release. This effectively results in better well-being of the inmates and in turn reduces further crime after their release.

### Objective of the study:

To examine the effects of Dance Movement Therapy administered by India Vision Foundation on the Overall Wellbeing and Self Esteem on Male prisoners of Prison.





HYPOTHESIS 1: DMT will have a positive impact on the self-esteem of the prisoners.

HYPOTHESIS 2: DMT will have a positive impact on the overall wellbeing of the prisoners.

HYPOTHESIS 3: The correlation between the self-esteem and overall wellbeing will be positive in nature.





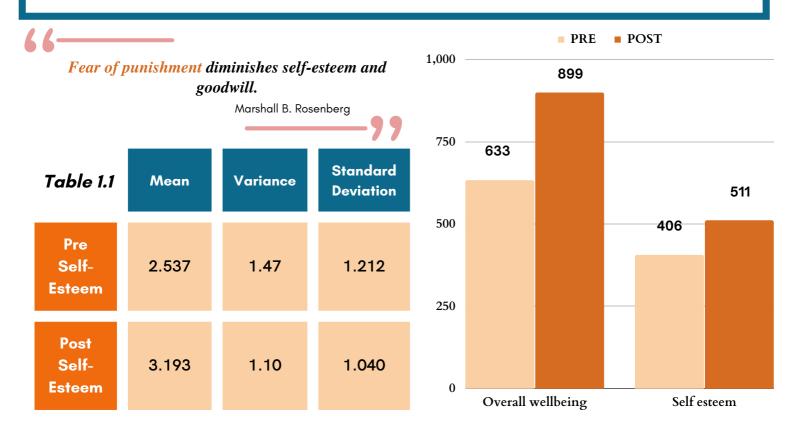




# RESULTS & FINDINGS

#### Quantitative findings:

The pre and post data of **overall well being and self esteem** indicated an increase of **42.02%** and **25.86%** respectively after the participants were involved in Dance movement therapy. (*Figure: 1.1*)



**Table 1.1:** It indicates the Mean and variance and Standard deviation of the two scales in both Pre and Post situation. The Mean and Standard deviation of **Pre** self-esteem data were **2.537** and **1.212** respectively, while the mean and Standard deviation of **Post** self-esteem data came out to be **3.193** and **1.04** respectively.

Hence H1 is proved that the DMT will have a positive effect on the self-esteem of prisoners.

Table 1.2	Mean	Variance	Standard Deviation
Pre Overall Wellbeing	2.825	3.52	1.87
Post Overall Wellbeing	4.013	1.80	1.34

**Table 1.2:** The Mean and Standard deviation of **Pre** OWB data were **2.825** and **1.87** respectively, while the Mean and Standard deviation of **Post** OWB data came out to be **4.013** and **1.34** respectively.

Hence H2 is proved that DMT will have a positive effect on the overall wellbeing of the prisoners.

## PRISON OFFICIALS' INTERVIEWS



Alok Singh; Superintendent, District Jail, Ghaziabad, UP Dance as a **channel of expression** in curtailed freedom

Interest leads to making dance a **profession** in future

Brijendra Singh; Jailor, District Jail, Ghaziabad, Up



Negative energy being channelised into a positive one

Disciplined life, Time management skills

## PEER LEADERS' INTERVIEWS



Rohit\*



\*Names changed due to confidentiality

Platform that gave them the space to **learn**, could **professionally pursue dance & earn** 

Now they have something **valuable** in life, helped them lead a **disciplined life** 

Found them worthy enough to give responsibility, made them **confident**, **higher self esteem** 

## THEORY OF CHANGE

Dance Movement Therapy (DMT): Key to Behavioural Change

#### Transtheoretical model of behavioral change stages incorporated via DMT:-







Prisoners in this stage often underestimate the pros of changing behavior.

In this stage, prisoners are intending to start the healthy behavior in the foreseeable future (1 month).

Prisoners are ready to take action, start to take small steps & they believe changing their behavior can lead to a healthier life.

Prisoners have recently changed their behavior and intend to keep moving forward with that behavior change. People may exhibit this by modifying their problem behavior or acquiring new healthy behaviors.

Prisoners have sustained their behavior change for a while and intend to maintain the behavior change going forward. People in this stage work to prevent relapse to earlier stages.





















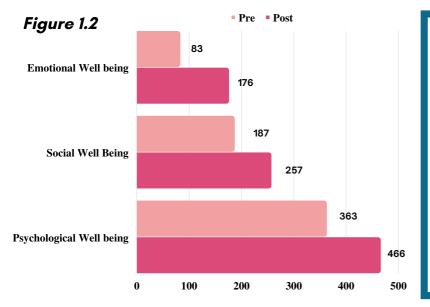


Figure 1.2 shows the pre and post data sums of sub categories of OWB scale. The pre and post Emotional wellbeing data sum came out to be 83 and 176 respectively. The pre and post Social wellbeing data sum came out to be 187 and 257 respectively. The pre and post Psychological wellbeing data sum came out to be 363 and 466 respectively.

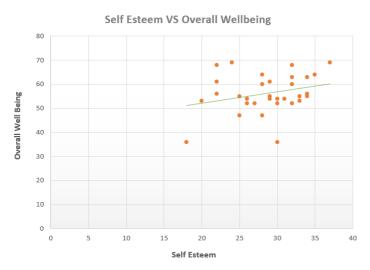


Table 1.4	Self Esteem	Overall Wellbeing
Self Esteem	1.72	2.92
Overall Wellbeing	3.66	4.01

Figure 1. 3 is a scatter plot showcasing a linear correlation between the Self esteem and Overall Wellbeing of the participants.

Hence H3 is proved that there will be a positive correlation between overall wellbeing and self-esteem.

Table 1.4 shows the Pearson correlation between Self esteem and overall wellbeing which came out to be +0.58, which means that there is a moderate positive correlation between the self esteem and the overall wellbeing of the participants.

### \*

### 📂 SAVE THE NEXT VICTIM.

India Vision Foundation is a voluntary non-profit, non-government organization registered as a Trust in India vide No. 4595 dated August 1, 1994. The foundation was born out of the Ramon Magsaysay award (Equivalent to Asia's Nobel Peace Prize) conferred to Dr. Kiran Bedi, the first lady IPS (Indian Police Services) of India, for forging 'positive relationships' between people and police through creative leadership.



### **AUTHOR: IZEEN FATIMA**