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Benefits of YOMEI for Prison Population

Yoga, Mindfulness and Emotional Intelligence are gaining popularity because it shows a great influence in improving correction centers and penitentiaries. Prisoners have a higher level of stress, aggression and antisocial tendencies. Yoga and meditation along with Mindfulness and Emotional Intelligence are believed to cause a significant decrease in the aforementioned problems [1]. YOMEI has great importance for both inmates and prison employees because it brings a positive social and behavioral change in prisoners and a more cohesive work environment for correctional officers. Thus, it causes a significant relief for prison staff in the shape of prisoners' management [2].

Mindful interventions cause a decrease of compulsive social disorders in prisoners and help prison staff in managing challenging situations [2] [3]. Mindful interventions improve stress management in the prisoners and it also enhances their intellectual and psychosocial strength [4] [1]. It is argued that Mindfulness regulates emotions and strengthens emotional recognition which helps in the development of positive social behavior among the prisoners [1]. From a spirituality perspective, it is argued that Yoga has the ability to improve inmates' lives through finding meaning and self-reflection [4]. In prisons, Yoga produces and strengthens self-control and self-esteem for prisoners through enhancing spirituality and connectiveness to self [4]. Yoga improves the quality of sleep and emotional well-being of prisoners which decreases the negative social actions while at the same time building trust [5].

YOMEI also holds a great significance for correctional officers in multiple ways. Mindfulness helps in the development of non-judgmental, empathetic and compassionate tendencies in prison staff which translates as healthy and friendlier behavior towards the inmates [6]. Mindfulness also improves self-reflection, self-regulation and relaxation for prison employees [6]. Emotional Intelligence helps correctional officers to manage emotions effectively. Emotionally Intelligent officers and instructors are also able to effectively communicate with inmates and other colleagues [3]. Effective YOMEI interventions could potentially enhance the correctional purpose by helping in the social and psychological recalibration of prisoners [1].

Controlling impulses, problem solving and social skills are the dimensions of Emotional Intelligence which holds a great significance for convicted prisoners. Convicted prisoners have shown to have a lower Emotional Intelligence which translates as their aggressive actions and criminal behavior [7]. The aforementioned study infers that Emotional Intelligence interventions and training programs have a positive impact on the social and emotional development of incarcerated prisoners. Emotional Intelligence helps prisoners in feelings management, anger management and developing a tendency to desist crime and ensure a healthy transition of integrating back in to the society [7] [8].

Yoga, Mindfulness and Emotional Intelligence have a great potential to minimize the prevailing problems in penitentiaries such as stress, anger, aggression and disappointment. As mentioned earlier, YOMEI holds great significance for both inmates and prison staff because it has the potential to leave a positive and effective impact on the penitentiaries.

References

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