INDEX

Acknowledgements

1.0.0.	CHAPTER ONE: INTRODUCTION TO DEPENDENT VARIABLES	1-76
1.1.1.	Introduction	1
1.1.2.	Early History of Childhood	2
1.1.3.	Early Child Treatment	5
1.2.0.	AGGRESSION	7
1.2.1.	Introduction	7
1.2.2.	What Constitutes Aggression	9
1.2.3.	Determinants of Aggression	11
1.2.4.	Personality Theories of Aggression	16
1.2.5.	Varieties of Aggression	19
1.2.6.	Aggression in Children	25
1.2.7.	Aggression and other Associated Disorders	31
1.3.0.	HYPERACTIVITY	33
1.3.1.	Introduction	33
1.3.2.	Definitions of Hyperactivity - A Survey	34
1.3.3.	What Constitutes Hyperactivity	36
1.3.4.	Developmental Course	40
1.3.5.	Aetiological Factors	45
1.3.6.	Methods of Treatment	53
1.3.7.	Hyperactivity and Other Associated Problems	71

1.3.8.	In Summary	75
2.0.0.	CHAPTER TWO: INTRODUCTION TO INDEPENDENT VARIABLES	77-155
2.1.0.	BEHAVIOUR MODIFICATION	78
2.1.1.	Introduction	78
2.1.2.	Behaviour Modification Characteristics	80
2.1.3.	Behaviour Modification Methods	83
2.2.0.	REINFORCEMENT	90
2.2.1.	Introduction	90
2.2.2.	Applications of Reinforcement	93
2.2.3.	Essential Components of Reinforcement Practises	100
2.2.4.	Types of Reinforcers	101
2.2.5.	Schedules of Reinforcement	104
2.2.6.	Qualities of a Good Reinforcer	106
2.2.7.	Evaluation of Reinforcing Practises	109
2.3.0.	TIME-OUT	111
2.3.1.	Introduction	111
2.3.2.	Types of Time-Out	114
2.3.3.	Implementation of Time-Out	116
2.3.4.	Problems in Implementing Time-Out	118
2.3.5.	Applications of Time-Out	121

124

2.3.6. Evaluation of Time-Out

2.4.0.	YOGA	126
2.4.1.	Introduction	126
2.4.2.	Meaning of Yoga	127
2.4.3.	Hatha-Yoga	128
2.4.4.	Scientific Principles of Yoga	150
2.4.5.	Evaluation of Yoga	152
3.1.0.	CHAPTER THREE: RELATED RESEARCH	156-183
3.1.1.	Introduction	157
3.2.0.	Behavioural Interventions	157
3.2.1.	Reinforcement	158
3.2.2.	Time-Out	161
3.3.0.	Yoga and its Application in Therapy	166
3.4.0.	Research on Aggression	170
3.4.0.	Literature on Hyperactivity	173
4.0.0.	CHAPTER FOUR: METHODOLOGY	184-221
4.1.0.	Introduction	185
4.2.0.	Problem Under Investigation	185
4.3.0.	Objectives of the Study	185
4.4.0.	Hypothesis Tested in the Study	186
4.5.0.	Sample	188
4.6.0.	Data Collection	194

4.7.0.	Tools Developed and Used	196
4.8.0.	Design	199
4.9.0.	The Variables	200
4.10.0.	Procedural Details	205
4.11.0.	Satistical Tools Used	215
5.0.0.	CHAPTER FIVE: RESULTS	222-263
6.0.0.	CHAPTER SIX: DISCUSSION	264-291
6.1.1.	Introduction	265
6.2.0.	Why These Variables	266
6.3.0.	Qualitative Discussion of Results	270
6.4.0.	Summary	291
7.0.0.	CHAPTER SEVEN: CONCLUSION AND SUMMARY	292-299
7.1.0.	Introduction	293
7.2.0.	Conclusions	293
7.3.0.	Limitations of the Present Study	295
7.4.0.	Suggestions	298
	References	300-333
	Appendix	334-347