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Understanding The Multifaceted Aspects Of Juvenile Delinquency: A Comprehensive Review

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Abstract

The child of today represents the future, a future not solely owned by parents, but by the entire nation. They are the valuable assets of our society, holding the key for the development of our nation. But the issue of social deviance has become a big concern for society. The rise of modernisation and urbanisation along with the advancement of science and technology has contributed to the growth of socially disoriented and maladjusted youths in our society. The increasing trend of materialistic culture, peer pressure, abandonment, abuse and mental stress may be some of the factors that may make a child to be in conflict with law. This review paper comprehensively analyses the factors which leads to juvenile delinquency and also studies the challenges and strategies in reintegrating the juvenile back into the society.

Key terms:

Factors of juvenile delinquency, Vocational and Educational Programmes, Reintegration and Recidivism

Introduction

Adolescence can be viewed as a pivot point in a young individual's development, where he or she experiences dramatic changes. It's one of those moments when you no longer see a child and you avoid seeing an adult, and so doing it may prove to be wrong. Expertise says that the brain of a teenager undergoes important changes, especially in areas defining impulse control, response inhibition, and judgment. These findings indicate that teenagers may not very well understand the implications of their decisions or why they have the power to control themselves. Thus, under the pressure of such emotions and stress, it eventually leads to a more serious psychological concern. However, it should be pointed out that the younger generation may reach their full physical growth, but cognitive maturity may not manifest in them. Moreover, there are certain things that cause youth to be easily influenced by factors such as identity that could be expressed negatively when there are no positive signs to give hope at all. This could lead to youth engaging in some serious criminal activities. Delving into juvenile crime in India demands a broad-based approach that includes examination of the sophisticated social setting, the family atmosphere, peer influence, and the justice system dealing with juvenile cases. Education is the ultimate means to provide individuals with a chance of becoming more empowered and optimistic, as well as a road to a happy life. A safe, healthy, and advanced society is responsible for preserving its children, who are the most valuable elements. Adolescents are incarcerated, but none the less, they must be taught to become contributing community members via programs that help in lawful and responsible development.

Fundamentally, most of the studies that have taken place in this area of expertise tried to explore the elements that increase the chances of juvenile delinquency. Nevertheless, in addition to the reduction of recidivism and the youth in conflict with the law and those in need of care protection work towards development of society as a whole, the education system should work to achieve this through moulding such youths into responsible citizens who are able to contribute to their economic growth and development of the nation. A review of published papers on the subject of juvenile delinquency has a lot to say about the numerous problems and associated issues that pertain to this field. They include, for instance, research papers that explore the contributing factors for delinquency in the society and vocational and studies that are meant to reform inmates as well as the integration challenge. Research results always indicate the prevailing roles of families' socio-economic backgrounds and parental attitudes, peer pressure and drug abuse as the constructive factors contributing toward juvenile delinquency. Moreover, studies that will concentrate on educational and vocational courses make the importance of the reform instruction clear. Besides that, frequent unwillingness of the society to raise juveniles back into the community after rehabilitation also has been found to be one of the determinants of the rising rates of recidivism.

Methods Adopted for Study

In the process of reviewing literature on juvenile delinquency, the researcher has thoroughly examined numerous PhD theses, articles, and books. From this extensive review, the researcher has identified and selected 12 studies, categorizing them into three main areas:

- a. Attributes contributing to juvenile delinquency
- b. Vocational and educational programs for juvenile delinquents
- c. Challenges and strategies in reintegrating juveniles and reducing recidivism in India.

Attributes Contributing to juvenile delinquency

Pal (2011) assesses a comprehensive list of key variables that induce juvenile delinquency so as to unravel a complex interplay among psychological concepts and behavioural consequences. Pal identifies the locus of control, emotional intelligence, cognitive style, and lastly, self-esteem and its functions. Through such explanations, juvenile criminal behaviour gets its justified involvement from the processes behind it. Elucidation of these factors is a cardinal principle in designing effective treatments whose objective is to control the occurrence of delinquency among juveniles and promote the psychological health of youth who are believed to be involved in deviance. In his perceptive work, Pal, the author, examines deeply the complicated sociological triangulation of juvenile delinquency, which encompasses both the wellbeing of the offenders and the wellbeing of society at large. Pal's investigation shows that there is a complex interconnected network that leads to delinquent behaviours, with the belief that one has low self-esteem and self-wholeness as the major underlying factors.

Poduthase (2012) states in his study that it presents a whole new perspective on the connection between adolescents and their parents, especially in the backdrop of the economic condition in Kerala, India. The study found home surroundings and parental relationships to be highly unequal among those with delinquent behaviour compared to those without it; the data was obtained from individuals collected. Adolescents with undesirable conduct often had family problems, severe brutal punishment, and parents who abused substances periodically, which as a result prompted them to wander off and form better affiliations with other delinquent teenagers. Likewise, the households that had children who engaged in delinquent activities used parental negligence as a symptom, especially when it came to areas like school and career. There was also little evidence of a father-son relationship. Studies on youths who are not deviant or delinquent have, however, pointed out that they feel more comfortable in supportive family contexts that involve the participation of the parents in the children's achievements, explicit direction, and encouragement in their academic and professional goals. These adults provided for themselves sometimes, and in addition, it is like they were supported by their close relatives, as evidenced by the parents' encouragement and duties that were allocated to them at home. The research serves as a base for preventive measures directed towards the causes of delinquency among youth. This implies that the parental role and the general family environment, which have a great impact on shaping the behavioural patterns of teenagers, are considered in the preventive process. In all, the outcome is exceptional for the role of services that enhance parent education, transform poor families

into worthy families, and help teens with academic and social difficulties reduce criminal behaviour and boost positive youth development.

In the study carried out by Sahmey (2013), the offenders age range is 15–18, which is commonly known as the adolescent age group. Adolescents in a society are described as someone who is between 14 and 18 years old and is alleged to have caused issues like rape, theft, kidnapping, smoking, or drinking. Beyond the undeniable growth and changes that adolescents undergo on a bodily and psychological level, adolescence is marked by three key characteristics: the discovery of a "self," social differentiation, and the social side of development. Teens' chaotic character transpires in their idea of good and evil, where everyone is entitled to their own beliefs; the need for an adult role model is rejected, giving way to the genesis of their own minds. This sort of delinquency tends to take place because of the environment, not their own traits. The fact is that delinquent behaviour is often due to many factors. As of Wellford (1989), effective methods applied to criminological research are a combination of multi-level, interdisciplinary elements where multi-level factors are at play at the micro- and macro-levels. This is because human behaviour is complex, one of which is the multi-cause variable. Various members of a household as well as a child's past experiences shape delinquency as well. The research and study show that when kids are getting the right kind of upbringing, teaching, and training at home and school, it will be easy to get out of the bubble of criminality that they are prone to. Educators and parents find themselves significant contributors to an individual's character formation. Therefore, they can be one of the most effective solutions for preventing these cases of bad conduct. It is well known that some particular conditions and places make children prone to being delinquent. When doing the right thing is challenging, improving unfriendly circumstances and unhealthy habitats by offering suitable alternatives and means can help children make a positive choice.

Kannan (2018) shows and gives comprehensive information about the complicated relationship between studying and adolescent deviant behaviour, highlighting the role that education plays in preventative and remedial measures. The drug use and the correlation with crime that are alerted by Monika Kannan are convincingly discussed about Rajasthan in this exact article. She mentions peer influence, parental attitude, and the wish of excitement and desire for excitement going beyond the limits as the chief causes of teenage addiction to drugs. A controversial complex, juvenile delinquency has its influence from factors that can be social, psychological, as well as biological. This interdisciplinary viewpoint brings in ideas from social, psychological, and biological viewpoints to analyse the complex nature of delinquency and the youth justice system, which has multi-dimensional agents. Such a holistic strategy of prevention and intervention should be focused on the most important factors that influence juvenile delinquency since the problem is extremely intricate and consists of a considerable number of interconnected elements from three spheres, namely, social, psychological, and biological. Overall, with the strong awareness of the specific nuance's criminal behaviour among teenagers, stakeholders in this issue can design targeted strategies for protection of at-risk youth and neighbourhood security. The current study shows that interdisciplinary cooperation is a factor that plays an important role in the development of a better understanding of juvenile delinquency and in turning to effective methods of action that will address this serious social issue. To clarify the difficult issue of adolescent misbehaviour, a widely covered approach must be applied that covers all the social, psychological, and biological aspects of the phenomenon. Among the ills that affect individuals are dysfunctional homes, peer pressure, and cultural depravity.

Misra & Biswal, (2018) comprehensively explores social factors that have a significant impact on people in their transition to delinquency, with a desire to place emphasis on family influence, economic background, and problems with education. Based on the NCRB data for the period 2006–2016, the analysis reveals that family upbringing has the most molecular momentum in the shaping and behaviour of juveniles. The things that hide as the absence of parental supervision, the rejection of parents, and the parental criminalization just take the position as the criterion of the development of criminal tendencies in children. In addition, economic deficiencies, specifically among so many children from poor families, come in as major players working towards causing the worsening of neighbourhood problems and academic struggle. The point is highlighted in the review that an obvious connection exists between failing at school and getting into trouble, and students at the primary school level are especially prone to that. This they mostly show in their start of crime, which is attributed to a lack of love and support in school. The talk also notes the effect of peers, which tends to accentuate the comfortable environment, which seemed suitable for young people with marginalized characteristics. It realistically shows the underlying power of such sociological phenomena as one of the reasons for youth to go into delinquency. The deliberation proposes several proactive measures, such as increasing parenting coaching, solving economic inequalities, and implementing targeted initiatives such as

interventions in educational settings in order to prevent juvenile offending. All things considered; therefore, this detailed overview brings up the insightful aspects of social factors at play as observed when it comes to juvenile delinquency, and this provides a firm basis for well-thought-out courses and programs in the field of law enforcement and prevention of delinquency.

Vocational and Educational Programs

Sreekala (2007) emphasizes the most important factor, which is education or vocational skills training in juvenile delinquent homes that transforms the behaviours the young offenders have. The study also highlights the importance of age-based grouping and a practical curriculum in order to address disparities in emotional development. It emphasizes the value of bilingual techniques, competent staff training, high-quality group living settings, and vocational counselling. It also suggests the following modifications: curricular changes, family support, early intervention, training for law enforcement, and the youth participating in the juvenile delinquency prevention programs. The study of the extent of social integration as well as the level of improvement in juvenile offenders' rehabilitation results is aimed at providing solutions and an improved environment for the offenders and contributing to their successful reintegration process in society.

Rajesh Kumar's (2009) work emphasizes the fact that the boys who have been in juvenile detention were seen to have improved their intellectual abilities after they took part in a sixteen-week physical activity training program. After undergoing sports and other sedentary activities for a time span of sixteen, juvenile offenders showed a decrease in inertia and activation and an increase in balance. According to such findings, the sixteen-week-long training showed a positive impact on the development of juvenile delinquents' social and personal adjustment skills, meaning that that group had learned how to adjust to society better.

Khanam and Bhadra (2016), in their study, present a lack of aftercare services and the inadequate coordination of services within the Indian juvenile justice system, which has been established to be the cause of the need to develop a treatment model that shall have the provision of differentiation of services that are complementary and coordinated for the benefit of juvenile offenders. The conditions in juvenile homes are unsatisfactory; overcrowding, limited funds, and second-rate facilities are major drawbacks. Juveniles need psychological counselling and skills training so that they are completely equipped for reintegration into general society upon release (Pandit, 2013). The ability to modify behaviour that enables people to successfully manage the rigors and difficulties of daily life is known as a life skill (WHO, 1997, p. 1). A life skill, in the simplest of terms, means being able to adjust one's behaviour so that problems and challenges of the environment are conquered and overcome. The study stresses the need to include training in life skills for juveniles. The integration and alignment of the resulting service delivery models for the juvenile offender shall be imperative due to the absence of follow-up programs and the service coordination problems in the Indian juvenile system. The other demographic considerations for the children are therapy and development activities after their release.

Challenges and Strategies in Reintegrating Juveniles and Reducing Recidivism in India.

Priyamvadha (2003) elaborated on the hindrances of the released offenders while they get into society again; she also pointed out the resistance of communities to embrace them even after they have returned to their families and communities. The study exposes a depressing reality: even though there are vocational and correctional programs that one can apply for, they hardly ever manage to equip offenders with the skills they need for effective rehabilitation, and eventually they return to crime; thus, the crime rates are so high. In the study, the researcher has emphasized that education systems require reform. The main reasons behind the high number of recidivisms are the detachment of society from delinquents and the lack of opportunities for them to get a legal job. The study emphasizes how crucial it is for governmental organizations to make more drastic changes in order to guarantee the successful rehabilitation and reintegration of delinquents into society. It also highlights how important comprehensive support systems are in ending the cycle of recidivism and fostering positive outcomes for those who are released from prison. The study awakens the alarm bell for policymakers, community leaders, and stakeholders as a whole, which is the main focal point of their taking action. The study emphasizes how crucial it is for governmental organizations to make more drastic changes in order to guarantee the successful rehabilitation and reintegration of delinquents into society. It also highlights how important comprehensive support systems are in ending the cycle of recidivism and fostering positive outcomes for those who are released from prison.

The Ministry of Women and Child Development (2017) explains in detail measures undertaken in efforts to reorient juveniles who may be in conflict with the law, which emphasizes the need to move from punitive measures to rehabilitation, highlights the importance of upholding children's rights, and inspires them to partake in the rehabilitation process. Drawing on principles of restorative justice and the UN Convention on the Rights of the Child, the paper highlights the need for multi-dimensional approaches addressing emotional, physical, relational, intellectual, creative, and spiritual needs. These include teaching self-discipline by following strict schedules, creating a positive mental and physical state through yoga and meditation, and creating humane, self-appreciating, and responsible future citizens. Routine counselling sessions are designed to build good mental health and give out positive messages that eventually help with self-esteem, while other programs like vocational and skill training emphasize imaging talent and the ways that one can earn a living and rebuild society. Children are able to illustrate civic responsibility in the formation of youth councils like Bala-Panchayat, and they also get computer education so juveniles can also acquire useful technical knowledge. The courses that are on offer in the short run help curb illiteracy and poverty; on the other hand, art and craft therapy equip people with relaxation methods and skills. The process of learning spoken English helps to develop communication skills, and cultural gatherings are a place for exhibiting tendencies as well as reinforcement of morals. Among other benefits, frameworks such as farming, gardening, sports, and others ensure fitness and entrepreneurial skill development. Personified death plans specifically target rehabilitation programs, while post-release follow-up programs keep tabs on the progress and avoid relapses, but the overall aim is the successful rehabilitation and social integration of kids who have committed crimes. In line with this, the juvenile justice systems of the world are changing; most of them are now prioritizing the reformation of the teenagers who have gotten caught up in an offense rather than punishing them. These systems now appreciate the transformability of juveniles' psychological abilities. Restorative justice and child's rights embracement contribute to the implementation of rehabilitation programs, which are aimed more at helping to reestablish balance and promote healing through punishment. For the rehabilitation of young offenders to happen, it must be carefully zoomed in, not just to meet the needs of the youth but also the general public. It must be holistic and rehabilitation-oriented rather than punishment-oriented. The youth should also be involved so they can take full responsibility for their mistakes. Different strategies should also be tailored depending on the nature of the crime. In order to avoid the reintegration of juveniles into society through programs that are staggered with various structured programs and interventions, one comprehensive strategy is required.

Shali (2017) aims to illuminate the vital role of therapeutic approaches in the rehabilitation of juvenile delinquents, where they act as an aid in reducing recidivism while at the same time providing effective reintegration through therapy approaches. The rehabilitation model's principle is demonstrated for juvenile delinquents by comparing it with punishment. Critics' opinions are consistent with rehabilitation's focus on individualized responses to non-violent juvenile offenders to reduce their future criminal behaviour. The analysis highlights a range of therapeutic interventions that are specifically designed to fulfil the requirements of juvenile offenders, such as group therapy, family therapy, group living, and vocational education. Group therapy is a particularly successful strategy because it enables offenders to interact with their peers in a constructive way, creating a sense of support and community that is essential for rehabilitation. The study emphasizes how crucial nonverbal cues and attentive listening are to group dynamics and helping patients make progress toward recovery. The review also highlights how important group housing is for offering a caring atmosphere that promotes rehabilitation. Due to the fact that family relationships are seen to play a central role in the causes of delinquency, family therapy is considered a key part of treatment, and as family is the primary source of a young person's identity, the family should play a critical part of the rehabilitative process. By getting social families included in the treatment process, the young offenders can add strength to their social relationships and have a better chance of avoiding recidivism in the future. It is also known that vocational education is an essential tool in providing disadvantaged youth with important competencies and enhancing their involvement in society, which is achieved by providing them with critically needed skills. A key finding of the study underlines that employability and self-confidence are two of the benefits of vocational training programs that reduce recidivism rates for offenders. Thus, it appears that the research conducted presented serious evidence in favour of psychological approaches for the treatment of juvenile delinquency. These interventions are essential in ending the cycle of recidivism because they address the complex needs of young offenders and provide workable solutions for their reintegration into society. It should be considered that for the purpose of developing the sustained effectiveness of the rehabilitation programs and their capability of lowering the rate of delinquency among youths, there is a need for more research and funding.

Dev (2019) gives a very exciting and interesting analysis of the changes required to be made in the juvenile justice system, with a particular emphasis on the injection of restorative programs as the primary fixes for rehabilitation and society's reintegration of juvenile delinquents. Through a thorough examination of international practices and success stories, Dev highlights the limitations of punitive measures and underscores the transformative potential of restorative justice in breaking the cycle of juvenile recidivism. The article addresses the concept of the organizational and participatory approach through government, NGOs, communities, and stakeholder interaction. This makes the article elaborative by explaining the wide benefits of the restorative programs, that is, the repair of harm, creating empathy, and empowering both the victims and the offenders. Issues of fund shortages and resistance from traditional criminal justice systems are among the barriers that Dev has to deal with. An input to this obstacle is a set of policies that aim at reforming these systems so that they accommodate the central principles of restoration. In essence, the paper is a wake-up call that should mobilize people into effective action to ensure a benign juvenile justice system where the rehabilitation of children takes centre stage. This influence is on the wellbeing of society.

Conclusion

As a child grows, he gets influenced by his society. Most times, his socio-economic conditions, family background, parental attitudes, and even the education system led to juvenile delinquency. A child who comes into conflict with the law is labelled as socially handicapped. It is the responsibility of society to make him a responsible citizen by giving him proper vocational and skill training along with psychological counselling to develop strong mental health. There should be strong interventions from the side of government to break the cycle of recidivism. The next generation is thought to be the nation's valuable asset. If they are not properly guided, the progress of our country will be in trouble. Individually or collectively, we have responsibilities and duties to deliver all the possible opportunities that every single child has to grow up in a conducive environment that supports learning and self-development.

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