

A Psycho- Social Perspective In Juvenile Delinquency

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Abstract:

Juvenile delinquency has become a growing concern in our society, with an alarming increase in both crimes committed by children and crimes committed against children. This rise can be attributed to various factors such as socio-economic conditions, malnutrition, and the state of children's mental health. The absence of parental, educational, societal, and authoritative responsibilities can make children more susceptible to psychological and delinquent behaviour issues.

It is the collective responsibility of society to ensure that children develop and exhibit moral and ethical behaviour within their communities. To achieve a crime-free society, it is crucial to carefully examine and address all these contributing factors. In light of this, this article aims to explore the reasons behind children's involvement in illegal activities from psychological and theoretical perspectives. Additionally, effective strategies for preventing juvenile delinquency will be discussed to promote a safer environment for children.

Keywords: Juvenile Delinquency, Juvenile Justice, Act, Antisocial Activities, Behaviour, National Crime Record Bureau, Religion and Diet with Juvenile Delinquency.

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I. Introduction

Children are considered as prospects in any country so we as parents, guardians and society have a duty that children should be allowed and provided opportunity to grow up in a healthy socio-cultural environment so that they could become responsible citizens. However, due to distinct reasons a certain percentage of children do not follow settled social and legal dictum. Such children most often get involved in criminal behavior.

It is pertinent to state the concept of delinquency is a complex and is not only prevalent in India but also the world over. It is increasing at a pace all over the globe. Hence there cannot be one definition of Juvenile delinquency throughout the world because there is an act which is defined as illegal in one country may not be of the same status in another country. For example, In the United States and India, there is a difference in how the act of defying parental authority and skipping school is perceived. While in the USA it is considered a delinquent behavior, in India it is not regarded as such. (Muregasan, 2014) ⁽³⁾. Juvenile delinquency in India encompasses a range of activities such as vandalism, theft, street hawking, and black marketing, among others (Shipra, 1993). [7]. As stated by Muregasan (2014) [3], India is home to the highest number of children globally, yet it also has a significant population of vulnerable children. The country has observed a rise in both crimes committed by children and crimes perpetrated against them.

We will define the various terminology used in this paper.

- 1) Juvenile: A **juvenile** is a child, a **young person** one below the legally established age. In our country it is 18 years and may vary from country to country.
- 2) Delinquency: Delinquency is failure in or omission of duty or fault or crime. When referring to a young criminal offender, the term juvenile crime is used.
- 3) Juvenile Crime: The terms refer to the crimes committed by young offenders below the age of eighteen. Juvenile Offender is a child who is accused of doing certain acts or omissions that are illegal and have been classified as such by penal laws. Juveniles have recently been proven to be involved in the most terrible crimes, such as murder, theft, and gang rape. ⁽⁵⁾

In India, delinquent acts committed by children below a certain age are categorized as juvenile crimes. However, the determination of who can be considered a child raises questions regarding age limits. Different ages have been attributed to children labeled as juvenile offenders in India. For instance, in India, a child must be at least 14 years old to be deemed a criminal, with the upper age limit set at 18 years. Consequently, there are no universally applicable assumptions about the minimum and maximum ages of juvenile offenders in India. Child crime is clearly defined as a crime committed by minors under a certain age. "Child in conflict with law" has

been defined under Section 2 (13) of the Juvenile Justice (Care & Protection of Children) Act, 2015 as a child who is alleged or found to have committed an offence and has not completed eighteen years of age on the date of commission of such offence. According to JJ ACT:

Juvenile Justice (JJ) Act, 1986 defined juvenile as "who has not attained the age of sixteen years or a girl who has not attained the age of eighteen years"; and was later revised in the JJ Act of 2000 as one "who is alleged to have committed an offence and has not completed eighteenth year of age as on the date of commission of said offence", thereby removing gender difference from the prior definition.

The JJ Act of 1986 defines a delinquent juvenile as one who has been found to have committed an offense which is punishable under law, The term "juvenile delinquency" was replaced with "juv in conflict with law" in the JJ Act of 2000.

Juvenile crime presents a distressing reality in India, with an alarming rise in its occurrence. This growing trend of juvenile crimes has become a significant cause for concern within the nation. It is imperative to carefully explore and implement effective solutions to address and put an end to this issue (Agarwal, 2017)^[1].

Whether scale of crime is small or large, including theft, burglary, snatching, robbery, dacoity, murder, and rape, are committed on a regular basis throughout India, and the awful fact is that these crimes are committed by youngsters under the age of eighteen. There is also a trend among minors that those between the ages of 16 and 18 are more likely to be involved in criminal activities.



Based on data provided by the National Crime Records Bureau, out of the total number of offenses committed against children in India under the Indian Penal Code (IPC) and the Special Local Law (SLL) in 2020, 26,399 cases involved juvenile perpetrators. Among these cases, 3,369 were attributed to individuals within a specific age range. When comparing the data between 2019 and 2020, significant changes have been observed, with Delhi moving from one of the top three positions to the fourth position, reporting 2,307 cases. On the other hand, Madhya Pradesh has taken the top position with 4,297 reported cases.^[4]

Below table depicts the reasons of Crime and their respective degree of occurrence as per age group and gender.

(4)

Fig 1: Juveniles Apprehended - IPC Crimes (Crime Head, Age Group & Gender-wise) – 2020.

SL	Crime Head	Cases Reported against Juveniles	Below 12 Years			12 Years & Above and below 16 Years			16 Years & Above and below 18 Years			Total		
			Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
			[4]	[5]	[6]	[7]	[8]	[9]	[10]	[11]	[12]	[13]	[14]	[15]
[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]	[11]	[12]	[13]	[14]	[15]
1	Murder	842	10	0	10	250	10	260	812	22	834	1072	32	1104
2	Culpable Homicide not amounting to Murder	50	2	0	2	15	0	15	40	0	40	57	0	57
3	Causing Death by Negligence	261	1	0	1	65	1	66	196	1	197	262	2	264
4	Dowry Deaths	21	0	0	0	3	0	3	17	1	18	20	1	21
5	Abetment of Suicide	62	0	1	1	11	2	13	48	8	56	59	11	70
6	Attempt to Commit Murder	981	9	0	9	264	2	266	1022	5	1027	1295	7	1302
7	Attempt to commit Culpable Homicide	92	0	0	0	21	0	21	81	0	81	102	0	102
8	Attempt to Commit Suicide	3	0	0	0	1	1	2	0	1	1	1	2	3
9	Miscarriage, Infanticide, Foeticide and Abandonment	10	0	0	0	0	0	0	5	6	11	5	6	11
10	Hurt	5867	63	0	63	1480	12	1492	5165	89	5254	6708	101	6809
11	Wrongful Restraint/Confinement	62	0	0	0	19	2	21	65	0	65	84	2	86
12	Assault on Women with Intent to Outrage her Modesty	1154	5	1	6	297	1	298	981	20	1001	1283	22	1305
13	Kidnapping and Abduction	725	2	0	2	143	0	143	649	0	649	794	0	794
14	Human Trafficking	4	0	0	0	0	0	0	3	1	4	3	1	4
15	Exploitation of Trafficked Person	0	0	0	0	0	0	0	0	0	0	0	0	0
16	Selling of Minors for Prostitution	1	0	0	0	1	0	1	0	0	0	1	0	1
17	Buying of Minors for Prostitution	0	0	0	0	0	0	0	0	0	0	0	0	0
18	Rape	937	10	0	10	235	0	235	775	2	777	1020	2	1022
19	Attempt to Commit Rape	33	0	0	0	12	0	12	24	0	24	36	0	36
20	Unnatural Offences	59	3	0	3	40	0	40	35	0	35	78	0	78
	Offences Affecting the Human Body (Total)	11164	105	2	107	2857	31	2888	9918	156	10074	12880	189	13069
21	Offences against State	0	0	0	0	0	0	0	0	0	0	0	0	0
	Offences against the State (Total)	0	0	0	0	0	0	0	0	0	0	0	0	0
22	Unlawful Assembly	122	0	0	0	22	3	25	168	5	173	190	8	198
23	Riots	875	5	0	5	245	7	252	973	18	991	1223	25	1248
24	Offences promoting enmity between different groups	6	0	0	0	2	0	2	6	0	6	8	0	8
25	Affray	25	1	0	1	3	0	3	34	3	37	38	3	41
	Offences against Public Tranquility (Total)	1028	6	0	6	272	10	282	1181	26	1207	1459	36	1495
26	Theft	6081	60	2	62	2046	8	2054	5178	31	5209	7284	41	7325
27	Burglary	1954	28	0	28	791	3	794	1799	7	1806	2618	10	2628
28	Extortion & Blackmailing	61	0	0	0	9	0	9	70	1	71	79	1	80
29	Robbery	955	4	0	4	171	0	171	1050	1	1051	1225	1	1226
30	Attempt to Commit Dacoity/Robbery	17	0	0	0	1	0	1	23	0	23	24	0	24
31	Dacoity	112	1	0	1	20	0	20	159	0	159	180	0	180
32	Making Preparation and Assembly for committing Dacoity	74	0	0	0	20	0	20	74	0	74	94	0	94
33	Criminal Misappropriation	0	0	0	0	0	0	0	0	0	0	0	0	0
34	Criminal Breach of Trust	4	0	0	0	2	0	2	5	0	5	7	0	7
35	Dishonestly Receiving/Dealing-in Stolen Property	29	0	0	0	9	0	9	27	0	27	36	0	36
	Offences against Property (Total)	9287	93	2	95	3069	11	3080	8385	40	8425	11547	53	11600
36	Counterfeiting	6	0	0	0	1	0	1	5	0	5	6	0	6
37	Forgery, Cheating & Fraud	118	0	1	1	15	1	16	116	2	118	131	4	135
	Offences Relating to Documents & Property Marks	124	0	1	1	16	1	17	121	2	123	137	4	141
38	Offences relating to Elections	0	0	0	0	0	0	0	0	0	0	0	0	0
39	Disobedience to order duly promulgated by Public Servant	332	3	0	3	66	6	72	298	9	307	367	15	382
40	Harbouring an Offender	1	0	0	0	0	0	0	1	0	1	1	0	1
41	Offences relating to Adulteration or Sale of Food/Drugs	1	0	0	0	0	0	0	1	0	1	1	0	1
42	Rash Driving on Public way	806	5	0	5	174	3	177	621	3	624	800	6	806
43	Obstruction on Public way	24	0	0	0	0	0	0	24	0	24	24	0	24
44	Sale of obscene Books/Objects	0	0	0	0	0	0	0	0	0	0	0	0	0
45	Obscene Acts and Songs at Public Places	127	2	0	2	23	1	24	110	1	111	135	2	137
46	Offences relating to Religion	27	0	0	0	2	0	2	31	0	31	33	0	33
47	Cheating by Impersonation	4	0	0	0	0	0	0	7	0	7	7	0	7
48	Offences related to Mischief	9	0	0	0	6	0	6	6	2	8	12	2	14
49	Arson	45	0	0	0	20	0	20	41	0	41	61	0	61
50	Criminal Trespass	192	1	0	1	45	1	46	181	4	185	227	5	232
51	Cruelty by Husband or his Relatives	55	0	0	0	3	1	4	45	8	53	48	9	57
52	Circulate False/Fake News/Rumours	7	0	0	0	0	0	0	7	0	7	7	0	7
53	Criminal Intimidation	648	4	0	4	153	2	155	640	18	658	797	20	817
54	Insult to the Modesty of Women	26	0	0	0	6	0	6	22	0	22	28	0	28
	Miscellaneous IPC Crimes(Total)	2304	15	0	15	498	14	512	2035	45	2080	2548	59	2607
55	Other IPC crimes	2492	7	1	8	447	3	450	2224	24	2248	2678	28	2706
	Total Cognizable IPC crimes	26399	226	6	232	7159	70	7229	23864	293	24157	31249	369	31618

II. Types of Juvenile Delinquency

According to Yamini Abde, child rights advocate, one of the primary motivations behind children engaging in heinous crimes like rape and murder is the desire for novelty, bravery, uniqueness, and thrill-seeking.

Children commit crimes due to their still-developing brains, which lack fully matured impulse control mechanisms. Several factors contribute to the emergence of criminal tendencies in children, including changes in their lifestyles, inadequate parental supervision, exposure to drugs, peer pressure, financial needs, easy accessibility to crime and explicit content on the internet, increased aggression and sexual activity among teenagers, and the awareness that they won't face criminal charges due to their status as minors. Additionally,

some children exhibit serious behavioral issues from an early age, such as lying, truancy, and violent behavior, which can contribute to their progression towards becoming child offenders.

Howard Becker, in 1966, identified four categories of juvenile delinquency, namely, *individual, group-supported, organized, and situational delinquency*.

Individual Delinquency

This type of delinquent behaviour, known as individual delinquency, involves a single person engaging in delinquent acts, and its root cause lies within the individual themselves. Psychiatrists have provided most of the explanations for this kind of delinquency (Venkatachalam and Aravindan, 2014). Various factors contribute to children's delinquency, including genetic, social, and environmental influences. Changes in these factors can have a significant impact on a child's behaviour.

One of the primary causes of these psychological issues is dysfunctional and unhealthy family dynamics. Psychiatrists have compared delinquent siblings to their non-delinquent siblings and have found that the primary reason for committing crimes is their unhappiness and dissatisfaction with their living conditions. They initially engage in delinquent behaviour to seek attention from their family or peers.

Situational/ Circumstantial Delinquency

Matza (1964) is one scholar who refers to this type of delinquency. In this context, it is assumed that delinquency is not deeply ingrained, and the motives behind delinquent behavior and methods of control are often relatively straightforward. A young individual engages in delinquent acts without a strong commitment to delinquency due to factors such as underdeveloped impulse control or weak reinforcement of family boundaries. Additionally, they may feel they have little to lose even if apprehended. This particular type of delinquent behavior can be more easily managed compared to other forms of delinquency.

Group-Supported / Peer Delinquency

This form of juvenile delinquency involves the participation of a group of children in criminal activities, rather than an individual child. The underlying cause of this specific type of juvenile delinquency is not linked to family problems or the individual characteristics of the child. Instead, it can be attributed to the social structure of the immediate neighborhood, which influences the prevalence of delinquency within specific ecological areas. Group-supported juvenile delinquency occurs when non-delinquent children associate with peers who engage in delinquent behavior. These delinquent acts are often influenced by friendship dynamics and peer pressure. The culture of delinquency can be rooted in the neighborhood environment or within the child's own home. The study conducted by Shaw and McKay (1931) extensively explores this type of delinquency.

Organized Delinquency

This type of delinquency pertains to offenses committed by formally organized groups. During the 1950s, an analysis of these delinquencies took place in the United States, leading to the development of the concept of a "delinquent sub-culture." This concept refers to a system of values and norms that guide the behavior of group members, promoting the commission of delinquent acts, establishing status based on such behaviors, and outlining expected relationships with individuals outside the group who do not adhere to group norms. The group derives its reputation from engaging in criminal activities. To illustrate, consider the case of drug trafficking carried out by young individuals in Mumbai and other cities in India. This practice is prevalent among street children who are paid in drugs by organized groups to distribute drug packages in various parts of the city.

III. CAUSES OF JUVENILE DELINQUENCY

No one is born as a criminal; circumstances make him so. A socio-cultural environment, both inside and outside of home, plays a significant role in shaping one's life and overall personality.

Anomie theory: Anomie theory was first developed by *Robert Merton* in the 1940's. Merton's theory explains that juvenile delinquency occurs because the juveniles do not have the means to make themselves happy.

Young individuals who are susceptible to delinquent behavior often find themselves living in challenging conditions [9]. Various factors contribute to this, such as parental alcoholism, family disputes, poverty, family breakdown, overcrowding, abusive environments, or the loss of parents due to armed conflicts. Those who are orphans, unaccompanied, and lacking access to essential resources like livelihood, housing, and basic necessities are particularly vulnerable to engaging in juvenile delinquency. It is estimated that the population of children in especially challenging circumstances has grown from 80 million to 150 million between 1992 and 2000.^[6]

An analysis of the relationship between macroeconomic, socioeconomic, demographic and deterrence factors with juvenile crime rates is critical for any nation.

According to *Healy and Bronner*, the causes of juvenile delinquency are:

- 1) Bad company,
- (2) adolescent instability and impulses,
- (3) early sex experience,
- (4) mental conflicts,
- (5) extreme social suggestibility,
- (6) love of adventure,
- (7) motion picture,
- (8) school dissatisfaction,
- (9) poor recreation,
- (10) street life,
- (11) vocational dissatisfaction,
- (12) sudden impulse; and
- (13) physical conditions of all sorts.

Children's involvement in criminal activities can be attributed to a lack of understanding regarding moral, social, and legal ethics. Additionally, poor academic performance or setting low academic goals can significantly influence the environment in which children grow up. Such circumstances often lead to school truancy and spending time in markets, which reduces their participation in socio-cultural activities. Moreover, in India, discussing sex education is often considered taboo, and families may feel uncomfortable addressing sexual issues or hormonal changes with their children. The prevalence of higher crime rates in neighborhoods, including drug sales, substance abuse, shoplifting, fights, and other signs of disorganization like the presence of gangs, abandoned buildings, or graffiti in public places, encourages children to engage in illegal activities and gives rise to criminal behavior.

There is a correlation between the poverty rate and both the overall juvenile crime rate and property crime rate. However, when year-fixed effects are considered, the association with the total crime rate becomes less reliable. Young individuals living in poverty face pressures to survive in challenging socio-economic conditions, which increases their vulnerability to engaging in criminal behavior. Moreover, those in poverty often lack sufficient access to healthcare, leading to a higher likelihood of experiencing health issues. These health problems, in turn, negatively impact educational outcomes, resulting in poor academic performance, reduced prospects in the labor market, and an increased likelihood of involvement in illicit activities. These findings align with research conducted on juvenile crime in developed countries, as observed in studies such as Burgess (1952) [2]. Jarjoura et al. (2002) also found that the duration and intensity of poverty experienced have a positive influence on delinquency.

According to a summary by the Office of Juvenile Justice and Delinquency Prevention (OJJDP) Study Group (1999) on Serious and Violent Juvenile Offenders, the best child predictors of delinquency by age 6-11, were a prior offence, substance abuse, being male, coming from a low socio-economic status family and having an antisocial parent. Lack of strong social connections, association with antisocial peers, and prior offenses were identified as the most significant predictors of delinquency among individuals aged 12-14.

It is widely acknowledged that various factors and environments can contribute to children engaging in delinquent behaviour. Family influence, social environment, school and neighbourhood dynamics, peer groups, and experiences of sexual abuse can all contribute to the development of low self-esteem in children, leading them to participate in anti-social activities. The evolving landscape, driven by globalization, industrialization, urbanization, and modernization, has brought about changes in the economic structure and traditional joint family systems. Within this changing economic and social context, the younger generation seeks new identities and economic independence both within and outside of the family unit. Consequently, the care and upbringing of children are significantly affected by these shifts in the family system. Challenges arise, such as inadequate parental supervision, ongoing parental conflicts, neglect, and various forms of abuse (emotional, psychological, or physical). Children with weaker attachment to their parents and families are more likely to engage in inappropriate activities.

Another aspect of family structural change is the increasing presence of women in the workforce, which may divert their attention and time away from their roles as mothers. Currently, around seventy percent of mothers are employed, including a majority of those with children under the age of one (Vander Venn, 2003). Women's engagement in the labour force has enhanced their economic independence and reduced their reliance on marriage for financial support (Sweeny, 2002). Divorce has also contributed to a higher representation of women in the workforce (Vander Ven, 2003). The traditional role of the mother as a full-time homemaker has decreased significantly. While this may be a huge step for women and their careers, what implications does this have for their children? There is much debate over whether maternal employment influences juvenile delinquency. Initial studies indicated a correlation between children with working mothers and higher delinquency rates, with reduced supervision being suggested as a contributing factor (Hirschi, 1969; Nye, 1963; Sampson & Laub, 1993). However, subsequent research yielded conflicting findings, with some studies failing to find a significant

association between a mother's employment and her children's delinquency (Broidy, 1995; VanderVen, Cullen, Carrozza & Wright, 2001; Farnworth, 1984). One of the factors contributing to juvenile delinquent behavior is peer influence. Studies have demonstrated that young individuals who associate themselves with positive individuals and groups engaged in constructive pursuits are more likely to avoid delinquency. Conversely, when juveniles engage in activities lacking clear objectives and commitments, they become more susceptible to delinquent behavior. Furthermore, the prevalence of social media in today's society has had a detrimental impact on the impressionable minds of young people.

Below fig 2 depicts a summary of factors that are main reasons for delinquent acts in juvenile

Domain	Early Onset of Juvenile Delinquency	Late Onset on Juvenile Delinquency	Protective factors against Juvenile Delinquency
Individual	General Offences	General Offences	
	BEING MALE	RESTLESSNESS DIFFICULTY IN CONCENTRATION	POSITIVE SOCIAL ORIENTATION
	HYPERACTIVITY	RISK TAKING	BEING FEMALE
	VIOLENCE	AGGRESSION	HIGH IQ
	EXPOSURE TO SOCIAL MEDIA	BEING MALE	
	LOW IQ	PHYSICAL VIOLENCE	
	ANTISOCIAL ATTITUDES BELIEFS DISHONESTY	PROBLEM (ANTISOCIAL BEHAVIOUR)	
FAMILY	LOW SOCIOECONOMIC STATUS	POOR PARENT-CHILD RELATIONSHIP	WARM, SUPPORTIVE RELATIONSHIPS WITH PARENTS AND OTHER ADULTS
	POVERTY	HARSH, LAX OR INCONSISTENT DISCIPLINE	PARENTAL MONITORING
	ANTISOCIAL PARENTS	POOR MONITORING, SUPERVISION	PARENTS POSITIVE EVALUATION OF PEERS
	HARSH, LAX OR INCONSISTENT DISCIPLINE	LOW SOCIO-ECONOMIC STATUS	
	BROKEN HOMES	POVERTY	
	SEPARATION OF PARENTS	FAMILY CONFLICT	
	ABUSIVE PARNTS	ANTISOCIAL PARENTS	
	NEGLECT	LOW PARENTAL INVOLVEMENT	
SCHOOL	POOR ATTITUDE/PERFORMANCE	POOR ATTITUDE/PERFORMANCE	COMMITMENT TO SCHOOL
		ACADEMIC FAILURE	REGONITION FOR INVOLVEMENT IN CONVENTIONAL ACTIVITIES
PEER GROUP	WEAKSOCIAL TIES	POOR ATTITUDE/PERFORMANCE	FRIENDS WHO ENGAGE IN CONVENTIONAL BEHAVIOUR
	ANTISOCIAL PEERS	ACADEMIC FAILURE	
COMMUNITY		NEIGHBOURHOOD CRIME	ATTENDING RELIGIOUS ACTIVITIES
		DRUGS	

Fig 3: Chart depicting the reason or causes of Juvenile delinquency with their protective remedies.

IV. Conclusion:

AS per the numerous studies carried out in respect of Juvenile delinquency, the main reason for such type of delinquency are as follows:

- 1) Violence/ Broken in the Home.
- 2) Presence of women in workforce
- 3) Individual Emotional Issues
- 4) Financial issues/ Poverty
- 5) Peer Group
- 6) Poor schoolwork

V. Suggestions:

After studying various research paper, there are various methods through which we can change or reduce the occurrence of Juvenile delinquent acts. Some of them are as below: -

- 1) By changing an urban environment, altering the physical features through architectural and landscape planning, and providing opportunities to engage young people's interest. In other words, the layout of the

park can be redesigned to create more leisure and recreational alternatives for juveniles and their parents. There is a sharp increase in various schools and parks carrying out such activities.

- 2) There has been an increased focus on the role and accountability of **local communities** in addressing juvenile delinquency. Numerous programs have been developed to train community groups and individual representatives in areas where youth delinquency rates are high, aiming to effectively manage and involve young people in positive activities [10].
- 3) It is important to **organize recreational programs** within the community, including activities such as dancing, singing, sports, music, and other similar endeavors. These initiatives facilitate the interaction of young individuals with adults and children in the community, providing them with opportunities to engage in productive and meaningful pursuits.
- 4) **Educating** family members about the needs and challenges faced by their children is crucial. Parents hold the primary responsibility of offering proper care and attention to their children, ensuring they steer clear of delinquent behaviors. Establishing a healthy family environment plays a vital role in enhancing familial relationships, which in turn helps prevent juvenile delinquency.
- 5) **Faith In God & family Bond:** Juvenile individuals are highly impressionable and can be molded based on the influences they receive. When they are guided towards honourable actions, they develop a habit of adhering to such behaviour, which stays with them as they mature. Parents who in still religious beliefs in their children tend to raise well-behaved individuals, and these effects of religion are passed down from one generation to the next. Engaging in religious activities fosters a nurturing and positive environment for children, ensuring their proper upbringing. While criminological theories suggest that religion can reduce crime and delinquency by promoting social control, self-control, and reducing antisocial learning and criminogenic strain, they fail to fully explain the unique aspects of religion such as cultivating virtues and religious coping. Mothers who adhere to religious practices are more likely to maintain strong relationships with their children, which plays a significant role in understanding the psychological well-being of the children. By maintaining close proximity to their children, mothers can effectively monitor and guide their activities. When both mothers and children engage in religious activities together, it deepens their bond and connection. Belief in religion helps reduce familial problems and strengthens family bonds and positive parent-child relationships, thereby preventing adolescents from engaging in criminal behaviour. In conclusion, the findings of this report support the hypothesis that a belief in religion serves as a preventive measure against juvenile delinquency.
- 6) **EATING HABITS:** The According to B.K. Shivani, the national coordinator of the socio-spiritual educational institution Brahma Kumari's, there is a belief that consuming non-vegetarian food can trigger strong negative reactions such as anger and fear. They believe that the act of killing an animal releases harmful hormones that can impact a person's moral, mental, and physical well-being. Similar to the effects of alcohol or drugs, everyday food choices or the lack thereof can influence the mind and potentially lead to criminal behavior. Various factors related to diet, such as sugar deprivation, vitamin deficiencies, exposure to lead pollution, consumption of food additives, and food allergies, have the potential to alter a normally functioning brain and contribute to criminal tendencies. Case studies have demonstrated a correlation between diet and behavioral issues like hyperactivity in children. Recent experiences in prisons have shown that implementing dietary changes or providing nutrition education programs can effectively reduce disciplinary problems and improve overall morale. Research on alcohol abusers and heroin addicts has also revealed a connection between poor eating habits and psychological problems. The diets of individuals struggling with substance abuse and hyperactive children often involve excessive sugar consumption, processed and refined foods, and junk food.

In summary, there is a belief that non-vegetarian food can elicit negative reactions and potentially impact a person's behavior. Additionally, various dietary factors have been associated with behavioral issues and psychological problems. Implementing dietary changes and nutrition education programs have shown positive results in reducing disciplinary problems and improving well-being in different settings.

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