

MENTAL HEALTH BEHAVIOUR AMONG THE JUVENILE DELINQUENTS

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Abstract

While a great deal of research is going on concerning the determinants of Juvenile Delinquents, fewer studies exploring the mental health behaviour of juveniles have been completed. We explore juvenile mental health behaviour. Second, we explore which variables are significantly influencing juvenile mental health behaviour. It is found that mental health behaviour of Juvenile Delinquents is average; further Juvenile delinquents of Urban, sub-urban and living in house without separate bedrooms have low level of mental health behaviour. 't' test was used to find out the significant difference.

Keywords: *juvenile delinquents, mental health behaviour*

Introduction

A child is born innocent and if nurtured with tender care and attention, will blossom with faculties; physical, mental, moral and spiritual; into a person of excellent stature. On the contrary, unhealthy surroundings, negligence of basic needs, wrong company and other abuses may turn a child to a delinquent. Children are always believed to be the most important asset of this planet and every possible effort should be made to provide equal opportunities for their development so that they become robust citizens of tomorrow.

Mental health is "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community" (World Health Organization, 2010, 3rd para.). Mental health encompasses behavioral, emotional, neuro-developmental, psychiatric, psychological and substance abuse issues, as well as family and community issues that can contribute to this condition and the somatic manifestations of mental health issues (American Academy of Pediatrics [AAP], 2009). An imbalance between one or more of these factors can interfere with the child's ability to successfully develop into a healthy, productive adult.

Schools play a vital role in supporting the mental health and wellbeing of all students in an inclusive learning environment.

Juvenile delinquency is a gateway to adult crime, since a large percentage of criminal careers have their roots in childhood causing serious problems all over the world. Today, it has become a topic of great concern and needs to be discussed at a serious note. The complexity grows as we go into the statistical data of developed countries when compared to the still developing ones. It has been noted that theft and robbery add to a major percentage of these crimes. Murder, rape, dacoity, burglary, kidnapping are a few more that add to the rest of it. On the basis of the available statistics, inference can be drawn that these crimes are on the increase.

Objectives of the study

1. To measure the mental health behaviour of juvenile delinquents
2. To find out the significant difference in mental health behaviour of juvenile delinquents with reference to certain background variables.

Hypotheses of the study

1. Mental health behaviour among the juvenile is moderate.
2. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of religion.
3. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of community.
4. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of residence.
5. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of house type.
6. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of bedrooms.
7. There is a significant difference in the mental health behaviour among the juvenile delinquents in terms of ownership.

Analysis of data**1. Mental Health Behaviour among the Juvenile Delinquents**

Empirical value is 104, while the theoretical average is also 104. Hence the juvenile delinquents have average level of mental health behaviour.

2. Delinquents and Religion

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
Religion	Hindu	142	103.901	18.782	0.609	Not Significant
	Non-Hindu	8	108.125	24.550		

(at 5% level of significance the table value is 1.96)

From the above calculated 't' value, it is inferred that there is no significant difference in the mental health behaviour among the juvenile delinquents in terms of religion.

3. Delinquents and Community

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
Community	BC	139	104.137	19.348	0.023	Not Significant
	SC/ST	11	104.000	15.601		

(at 5% level of significance the table value is 1.96)

From the above calculated value, it is inferred that there is no significant difference in the mental health behaviour among the juvenile delinquents in terms of community.

4. Delinquents and Residence

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
Residence	Urban	73	100.288	20.032	2.442	Significant
	Rural	77	107.766	17.436		

(at 5% level of significance the table value is 1.96)

From the above calculated 't' value, it is inferred that there is a significant difference in the mental health behaviour among the juvenile delinquents in terms of residence. Further it noted that mental health behaviour of juvenile delinquents living in rural area have high level of mental health behaviour than the juvenile delinquents lived in urban area.



5. Delinquents and House Type

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
House Type	Concrete	133	103.602	19.274	0.944	Not Significant
	Others	17	108.235	17.203		

(at 5% level of significance the table value is 1.96)

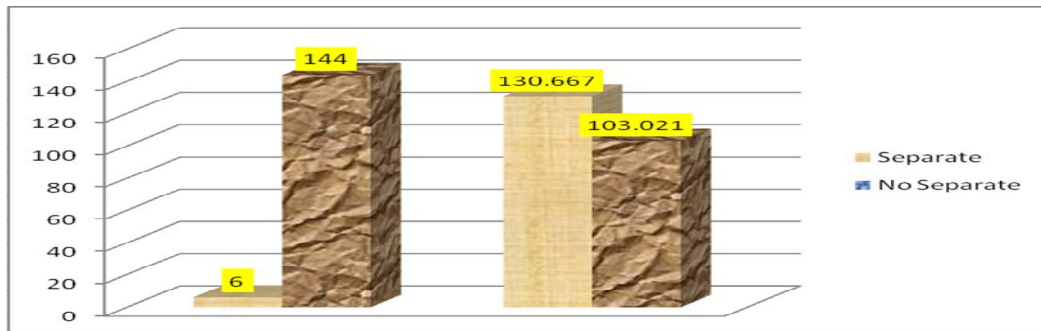
From the above calculated 't' value, it is inferred that there is no significant difference in the mental health behaviour among the juvenile delinquents in terms of house type.

6. Delinquents and Bedrooms

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
Bedrooms	Separate	6	130.667	5.007	3.621	Significant
	No Separate	144	103.021	18.618		

(at 5% level of significance the table value is 1.96)

From the above calculated 't' value, it is inferred that there is a significant difference in the mental health behaviour among the juvenile delinquents in terms of residence. Further it noted that mental health behaviour of juvenile delinquents living in houses with separate bedrooms have high level of mental health behaviour than the juvenile delinquents living in houses without separate bedrooms.



7. Delinquents and Ownership

Variable	Sub-Variables	N	M	SD	't' Value	Significant difference at 0.05 level
Ownership	Own	36	105.778	17.172	0.636	Not Significant
	Rental	114	103.451	19.671		

(at 5% level of significance the table value is 1.96)

From the above calculated 't' value, it is inferred that there is no significant difference in the mental health behaviour among the juvenile delinquents in terms of ownership.

Conclusion

In recent years, children and their mental health behaviour problems have been receiving attention of both government and the society. But it has been seen that the problems are enormous and never ending, thus resulting in lack of progressing in everything that has been done till today. If these problems are not curbed soon then the growth of the children will be hampered. The amendments that have been raised should be implemented in such a manner that a fruitful result is achieved.

The social, economic and other factors which have been the root causes of Juvenile Delinquents need to be dealt with at the very initial stage. Every society must, therefore, devote full attention to ensure that children are properly cared for and brought up in a proper atmosphere, where they could receive adequate training, education and guidance in order that they may be able to have their rightful place in the society when they grow up.

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