



Analysis of stress and anxiety among Juvenile Offenders

D. Samuel

Ph.D., Scholar, IASE, Saidapet, Chennai- 15.

D. Ushalaya Raj

Associate Professor in Education, IASE, Saidapet, Chennai- 15.

Abstract

The research study focussed to analyse the stress and anxiety of Juvenile offenders in the observation homes. Survey method is employed to collect the data through questionnaire by adopting random sampling technique. The sample size of the study is 132. The main objectives of the study are, to analyse the level of stress and anxiety among juvenile offenders, to find out the stress and anxiety among juvenile offenders based on family configuration and parental occupation. The major findings of the study show that the Juvenile offenders have high stress and anxiety. There is a significant difference between stress and anxiety among juvenile offenders based on family configuration and parental occupation.

Keywords: Analysis, Stress, Anxiety, Juvenile, Offenders

Introduction

Stress and anxiety plays an important role in determining the behaviour of an individual. Stress and anxiety occurs due to various factors which are being governed with in the family and societal environment. Juveniles with stress and anxiety exhibits deviant behaviour which is against the societal norms. Violation of laws results in crime with the increased rate of victimization. The juvenile crime rate is being increased and poses a major threat to the society.

Need and Significance of the study

Juvenile crime is increasing at an alarming rate. Stress and anxiety is also considered to be the causative factor for the increased crime rate among the juveniles. The moral behaviour with responsibility is highly essential to have a successful career. Therefore the reason for the stress and anxiety has to be identified at the earliest. This in turn will help to bring out the behavioural modification with in the juveniles. The educational institutions and the parents must channelize the behaviour of the learners by reducing the level of stress and anxiety.

Statement of the problem

“Analysis of stress and anxiety among Juvenile offenders”

Juvenile

The Dictionary of Criminology defines a Juvenile as one who has attained the age of ten years and is under eighteen. **Kaplan (1994)** identified Juvenile delinquency with those behaviours performed by young people that are violation of laws applicable to young people's behaviour and may be forbidden solely for people who have not reached adult status.

Juvenile offenders

Juvenile Act of 1986 in India defines a Juvenile offender as a juvenile who has found to have committed an offence as per the provisions of Juvenile Act of 1986.

Operational Definition

Stress and anxiety

Stress in humans results from interactions between persons and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their well-being. Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behaviour.

In the present investigation, the stress and anxiety is assessed by the scores obtained from the juvenile offenders using Stress and anxiety rating scale constructed by Karplus (2011).

Objectives of the study

1. To analyse the level of stress and anxiety among juvenile offenders.

2. To assess the stress and anxiety among juvenile offenders based on,

Family configuration

Parental occupation

Hypotheses of the study

1. There is no significant difference of stress and anxiety based on family configuration
2. There is no significant difference of stress and anxiety based on Parental occupation

Methodology and area of investigation

Survey method is employed to collect the data by adopting random sampling technique. The sample of the study is 132. The area of study is around 3 districts of Tamil Nadu. It was considered that this approach to the collection of data would render the results of study more realistic and in tune with ground realities.

Sample

After obtaining the prior permission from “**The Directorate of Social Defence**”, Government of Tamil Nadu, the data for the study was collected. A sample size of about 132 Juvenile offenders of age group between 15 – 18 years from 3 different districts in Tamil Nadu as scheduled by ‘The Directorate of Social Defence’ were considered to be the sample for the present study.

Description of tool

To verify the framed hypotheses the following tool has been used in the present study,

Stress and Anxiety rating scale

Stress and Anxiety rating scale was constructed by **Karplus (2011)** and it was modified and standardised by the Investigator under the supervision of Research Guide. The questionnaire comprising of 33 items under the following five dimensions namely social fear, social avoidance, negative self image, failure in achieving goals, pessimistic outlook. Every item in the inventory is being evaluated under three choices. Scoring for this 3 – point scale is assigned a weightage ranging from 3 to 1 as given in the tool. The maximum score is 99 and the minimum score is 33.

Pilot Study

A random sample of 60 Juvenile offenders was selected for the pilot study to establish reliability and validity. The reliability of the stress and anxiety Inventory was found to be 0.92 using Karl Pearson product correlation method. Validity of the tool was found to be 0.96.

Statistical analysis

Percentile analysis

Level of stress and anxiety among juvenile offenders

Variable	Category	Frequency	Percent	Cumulative percent
Stress and anxiety	Low	45	34	34
	Moderate	25	19	53
	High	62	47	100.0
	Total	132	100.0	

From the above table, it is inferred that, 47% of juvenile offenders have high level of stress and anxiety. 34% and 19% has low and moderate level of stress and anxiety.

Descriptive analysis

Hypothesis 1

There is no significant difference of stress and anxiety among juvenile offenders based on family Configuration.

Table 1 Comparison of Stress and anxiety – Family Configuration

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	Level of Significance
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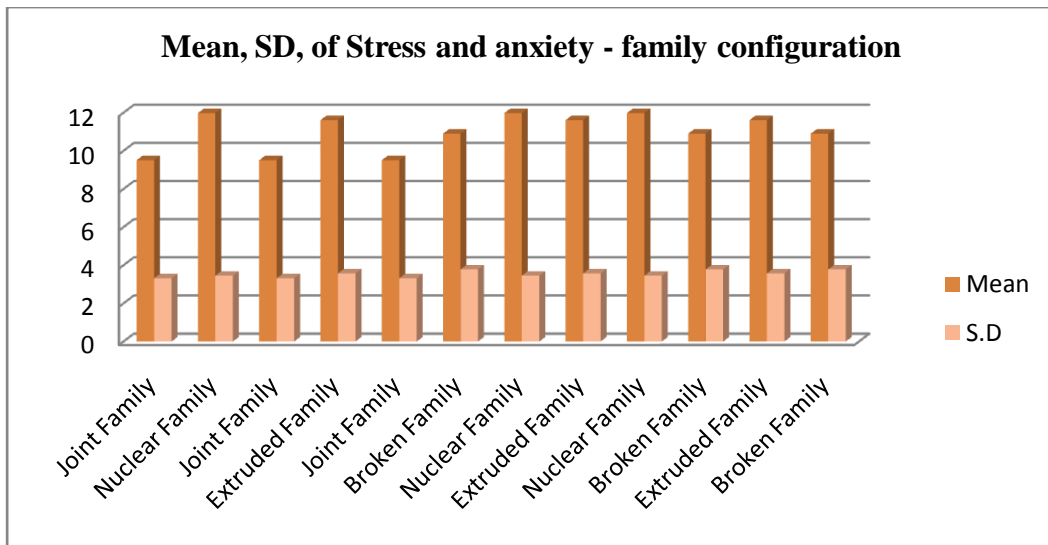
Stress and anxiety	Between Groups	105.135	3	35.045	2.768	0.05
	Within Groups	5,773.961	456	12.662		
	Total	5,879.096	459			

The calculated F-ratio (2.768) which is greater than the table value at 0.05 level of significance, it is concluded that there exist a significant difference in stress and anxiety based on family Configuration. Hence the null hypothesis is rejected. The table has been analyzed further among the groups using ‘t’ test.

Table 1(a) Mean, SD, ‘t’-values of Stress and anxiety - Family configuration

Family Configuration	Sample	Mean	S.D	‘t’- Value	Level of Significance
Joint Family	49	9.51	3.317	0.94	N.S
Nuclear Family	131	11.98	3.454		
Joint Family	49	9.51	3.317	1.66	N.S
Extruded Family	184	11.61	3.573		
Joint Family	49	9.51	3.317	2.63	0.01
Broken Family	96	10.90	3.782		
Nuclear Family	131	11.98	3.454	0.92	N.S
Extruded Family	184	11.61	3.573		
Nuclear Family	131	11.98	3.454	2.20	0.05
Broken Family	96	10.90	3.782		
Extruded Family	184	11.61	3.573	1.52	N.S
Broken Family	96	10.90	3.782		

Analysis of mean difference between the family configuration was tested which reveals that, in the stress and anxiety, the Juvenile offenders belonging to nuclear family (11.98) have comparatively high stress and anxiety. The results are graphically represented in fig.



Hypothesis 2

There is no significant difference of stress and anxiety based on parental occupation.

Table 2 Comparison of Stress and anxiety – Parental occupation

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	Level of Significance
Stress and anxiety	Between Groups	4,714.680	3	1,571.560	30.671	0.01
	Within Groups	23,364.752	456	51.238		
	Total	28,079.433	459			

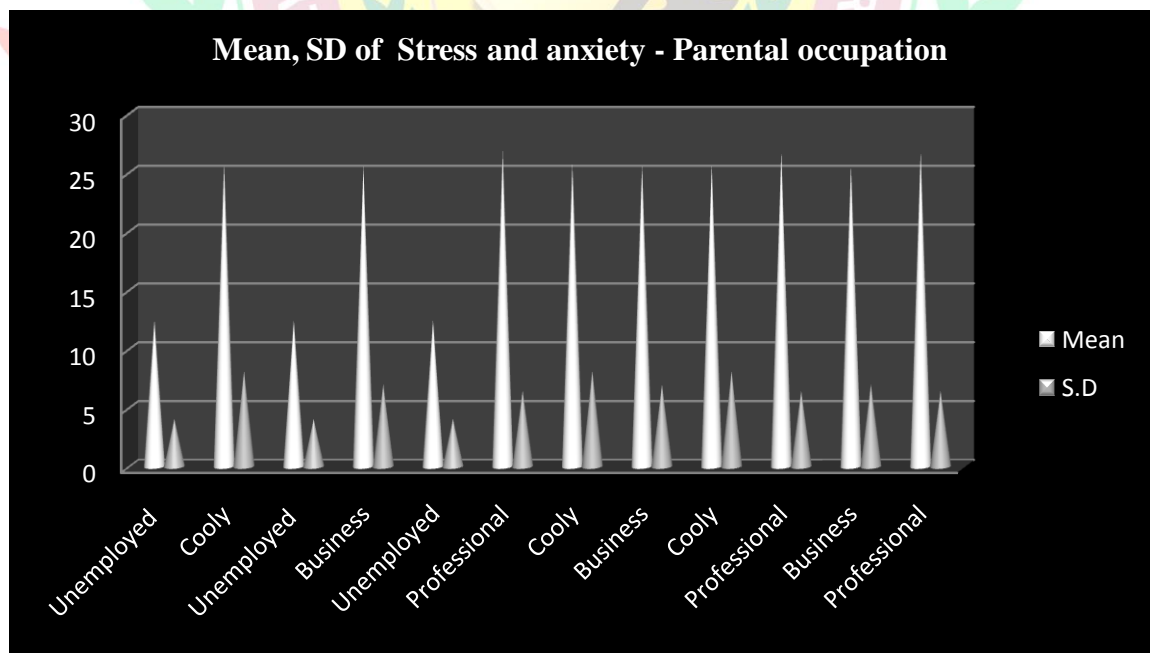
The calculated F-ratio (30.671) which is greater than the table value at 0.01 level of significance, it is concluded that there exist a significant difference in stress and anxiety based on parental occupation. Hence the null hypothesis is rejected. The table has been analyzed further among the groups using ‘t’ test.

Table 2(a) Mean, SD, ‘t’-values of Stress and anxiety – Parental occupation

Parental occupation	Sample	Mean	S.D	‘t’- Value	Level of Significance

Unemployed	27	12.44	4.051	13.06	0.01
Cooly	155	25.73	8.139		
Unemployed	27	12.44	4.051	14.06	0.01
Business	178	25.60	6.986		
Unemployed	27	12.44	4.051	14.20	0.01
Professional	100	26.79	6.434		
Cooly	155	25.73	8.139	0.16	N.S
Business	178	25.60	6.986		
Cooly	155	25.73	8.139	1.16	N.S
Professional	100	26.79	6.434		
Business	178	25.60	6.986	1.43	N.S
Professional	100	26.79	6.434		

Analysis of mean difference between the Parental occupation was tested which reveals that, in the stress and anxiety Juvenile offenders whose parental occupation is Professional (26.79) have comparatively high stress and anxiety. The results are graphically represented in fig.



Major findings of the study

1. Juvenile offenders have high stress and anxiety
2. Juvenile offenders belonging to nuclear family have comparatively high stress and anxiety
3. Juvenile offenders whose parental occupation is professional have comparatively high stress and anxiety

Educational implication

Family environment have to cater the needs of the learners. The parental care and affection plays a predominant role in reducing the level of stress and anxiety. Parents have to teach the societal norms and acceptable behaviours. The teacher's role is also vital in equipping the learners with moral and ethical values. Social values and other behavioural modification techniques have to be introduced with in the school premises which help them to meet the emerging demands of the society.

Conclusion

The stress and anxiety of juvenile offenders has been analysed. The stress and anxiety of juvenile offenders can be reduced by giving them the coping strategies and behaviour modification techniques.

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