

How juvenile delinquency can be reduced through institutional role, professional counselling and increased care?

## Explicating Juvenile Delinquency

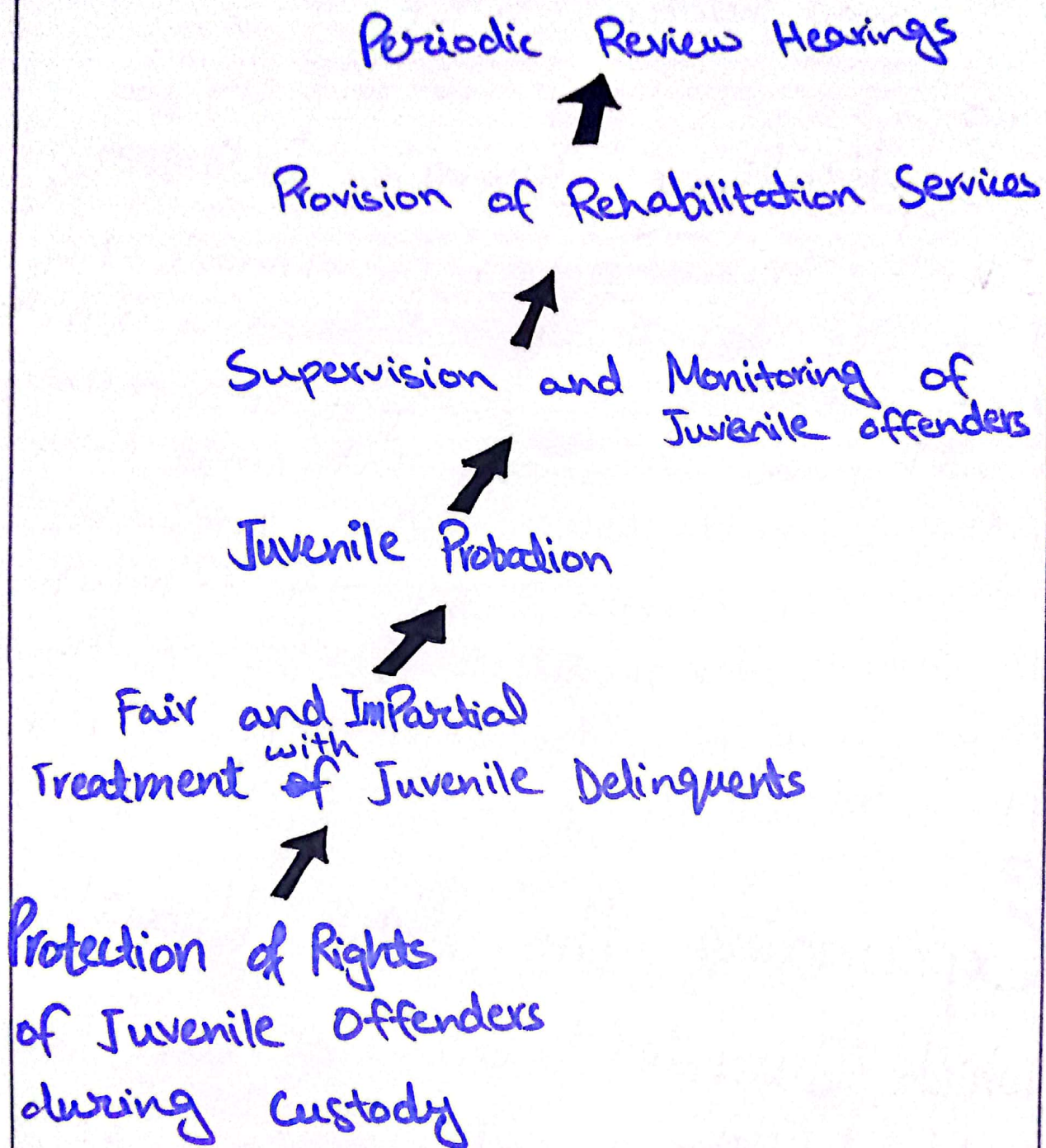
Juvenile Delinquency refers to abnormal behavior of juveniles that deviate from social, cultural norms and values of a society. It encompasses a wide range of actions that range from petty crimes to heinous crimes. There are various socio-economic factors that contribute to juvenile delinquency. However, juvenile delinquency can be reduced through institutional role, professional counselling and increased care.

## Expounding the Ways through which Juvenile Delinquency can be Reduced through Institutional Role

Juvenile Delinquency can be reduced through institutional role. Juvenile Probation System and Juvenile Courts play an essential role in reducing juvenile delinquency. Following are the ways through which juvenile



delinquency can be reduced by using juvenile probation system and juvenile courts.



i- Protection of Rights of Juvenile Offenders during Custody

Juvenile courts play their role in reducing juvenile delinquency by ensuring the protection of rights of juvenile offenders during custody.



## ii- Fair and Impartial Treatment with Juvenile Offenders

The institutions like juvenile courts and probation system reduce juvenile delinquency by ensuring equal legal representation of all juvenile offenders during judicial proceedings.

## iii- Juvenile Probation

On the basis of Pre-Sentence Investigation (PSI) report, juvenile courts decide whether to place juvenile offender on probation or not. These probation services address the underlying cause of juvenile delinquency.

## iv- Supervision and Monitoring of Juvenile Offenders

The probation officer meets regularly with the probationer and his family to ensure compliance of juvenile with probation conditions. This helps in reducing juvenile delinquency.

## v- Provision of Rehabilitation Services

On the orders of juvenile courts, juvenile probation system provides rehabilitation services to juveniles for reducing the risk of recidivism.



## vi- Periodic Review Hearings

Juvenile courts can reduce juvenile delinquency by conducting periodic review hearings. The probation officer regularly presents the progress of juvenile's rehabilitation to juvenile courts for ensuring probationer compliance with probation conditions, and also mentioning any issues if encountered.

## Professional Illuminating the Role of (Juvenile) Counselling in Reducing Juvenile Delinquency

Juvenile Delinquency can be reduced through professional counselling because this counselling will reduce the risk of re-offending after addressing the causes of juvenile delinquency.

### CAUSES OF JUVENILE DELINQUENCY

#### Social Disorganization

#### Theory of Shaw and McKay:

→ Deteriorated Neighborhoods  
→ Poverty → Unemployment

#### Strain Theory of

Rk. Merton:

Institutional 'Anomie'

#### Negative

Effects  
Depression  
Stress  
Anger  
Frustration

Crime

or

Juvenile  
Delinquency



The professional counselling is focussed at resolving all these issues that can compel a juvenile toward delinquent behavior.

## i- Role of Individual Counselling

Individual counselling can reduce juvenile delinquency because it includes one-to-one interactive sessions with therapist, which assist juvenile in understanding his behavior, emotions and coping with stress.

## ii- Role of Family Therapy

Family Dynamics play an important role in juvenile delinquency. Family therapy can reduce juvenile delinquency as it entails working with family members to resolve conflicts and foster healthy family environment for managing juvenile delinquency.

## iii- Role of Career Counselling

Career counselling reduces juvenile delinquency by helping juveniles to develop a positive outlook on their future. This counselling teaches adolescents the importance of education and employment; and motivate them to avoid criminal activities.



# Role of Increased Care in Reducing Juvenile Delinquency

Following are the ways through which increased care reduces juvenile delinquency.

## i- Providing Proper Diet to Juveniles

According to scientific school of thought of Criminology, lack of proper nutrients in the diet of juveniles disturb their physical and mental health. This disturbed health produces anger and depression in juveniles, leading them to juvenile delinquency. However, providing proper diet to juveniles can reduce juvenile delinquency.

## ii- Providing Healthy Family Environment to Juveniles

Juveniles learn criminal behavior by observing and imitating others (Bandura theory). So, juvenile delinquency can be reduced by providing a friendly and healthy family environment to juveniles.

## iii- Ensuring ease of access of juveniles to Education

In developing countries like Pakistan, one of



The primary reasons of juvenile delinquency is lack of access of juveniles to education. For instance, in 2024 there are 26 million out of school children (World Bank, Illiteracy in Pakistan, 2024). So, juvenile delinquency can be reduced by ensuring ease of access of juveniles to education.

## CONCLUSION

Juvenile delinquency is the anti-social and criminal behavior of juveniles, which is caused by poverty, unemployment, breakdown of family system and social disorganization. However, juvenile courts and juvenile probation can reduce juvenile delinquency by providing rehabilitation services to juveniles. Similarly, juvenile delinquency can be corrected through increased care of juveniles and engaging them in professional counselling.