



## LEVELS OF DEPRESSION, ANXIETY AND STRESS AMONG JUVENILE DELINQUENTS

### Clinical Psychology

<b>Sameeta Ng</b>	Assistant Professor, Department of Clinical Psychology, RIMS, Imphal
<b>Roshni K*</b>	Ex- Mphil Trainee, Department of Clinical Psychology, RIMS, Imphal *Corresponding Author
<b>L Roshan Singh</b>	Assistant Professor, Department of Clinical Psychology, RIMS, Imphal
<b>R. K. Lenin Singh</b>	Professor & HOD, Psychiatry, RIMS, Imphal

### ABSTRACT

**Background and Objectives:** The aim of the present study is to find out the level of depression, anxiety and stress among Juvenile delinquent staying at Juvenile home.

**Methods:** A sample of 60 males out of which 30 were juvenile delinquents and another 30 belongs to normal population between the ages of 12 to 18 years was selected using convenient sampling technique. The data was collected from Juvenile home Takyel of Imphal west district of Manipur. Semi structured proforma was used for collecting the socio demographic details and Depression, Anxiety and Stress scale Dass was then used to assess the degree of severity of the core symptoms of depression, anxiety and stress.

**Results:** The present finding indicated that highly significant difference between delinquent and non-delinquent group with respect to the levels of Depression as manifest by  $p$ -value = 0.000. This finding revealed that juvenile delinquents suffered more depression as compared to the non-delinquent. However, in case of levels of anxiety ( $p$ -value = 0.063) and stress ( $p$ -value = 0.136), no significant difference were found between the two groups.

**Conclusion:** It is noticed from the present study that larger number of juvenile offenders suffered from major depressive disorder and due to the lack of proper treatment facility in the observation home majority of them are undiagnosed. So, improving the infrastructure facility and providing vocational and life skills education in special home, juvenile home and observation home is suggested. This will help in reducing the violence and crime committed by youths in our state.

### KEYWORDS

Youths, Depression, Anxiety, Stress.

### Introduction

A juvenile is defined as a person who is not old enough to be held responsible for criminal acts. In most states and on the federal level, this age threshold is set at 18 years. Delinquency is a criminal behavior especially that is carried out by a juvenile.<sup>1</sup> The age limit and also the meaning of delinquency vary in most countries but it is always below 18 years. Generally, any person between the ages 7 to 18, who violates the law, is considered as delinquent and persons above this age are considered as criminals.<sup>2</sup> On 22<sup>nd</sup> August 1986, the Juvenile Justice Bill was introduced in the Lok Sabha (1<sup>st</sup> December, Act 53 of 1986) "An act to provide for the care, protection, treatment, development and rehabilitation of neglected or delinquent juveniles and for the adjudication of certain matters relating to and disposition of delinquent juveniles. It extends to the whole of India except the state of Jammu and Kashmir."<sup>3</sup>

Depression is a feeling of state or mood, a syndrome or a psychiatric diagnosis.<sup>4</sup> It is often characterized by depressed mood, changes in sleep and appetite, impaired cognitive processes, irritability and aggression and suicidal ideation. Psychotic symptoms may also occur in rare instances.<sup>5</sup> A study conducted on the characterization of depressive disorders in serious juvenile offenders in the year 1982 concluded that 15% of them were diagnosed as having a major depressive disorder and 13% of them as having a minor depressive disorder.<sup>6</sup>

Anxiety is a feeling of fear, worry and uneasiness; usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing.<sup>7</sup> These feelings may cause physical symptoms, such as a racing heart and shakiness.<sup>8</sup>

Stress is a body's method of reacting to a challenge. According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. In humans, stress typically describes a negative condition or a positive condition that can have an impact on a person's mental and physical well-being.<sup>8</sup>

### Objectives

- 1) To determine the degree of depression, anxiety and stress between juvenile delinquents and non-delinquents.

### Material and Methods

The present study was undertaken to assess the levels of stress, anxiety and depression among Juvenile delinquents staying at Juvenile home. A sample of 60 males out of which 30 were juvenile delinquents and another 30 belongs to normal population between the ages of 12 to 18 years was selected using convenient sampling technique. The data was collected from Juvenile home Takyel of Imphal west district of Manipur. Semi structured proforma was used for collecting the socio demographic details and Depression, Anxiety and Stress scale Dass (Lovibond, S.H. and Lovibond P.F.1995)<sup>9</sup> was then used to assess the degree of severity of the core symptoms of depression, anxiety and stress.

**Procedure:** In the present study, necessary permission was taken from the concerned authority. They were informed about the nature of the study prior to its commencement and also informed that their data will be used for research purpose only and hence confidentiality will be maintained. After this an informed consent was taken from each of the participants. Then, a semi-structured Proforma was used for collecting socio-demographic profile and other relevant data. Subsequently, they were administered Depression, Anxiety and Stress scale questionnaires.

### Result

The present study was based on the primary samples of 60 subjects, of which 30 for juvenile delinquents group and another 30 for non-delinquents group.

**Table 1 Levels of depression with respect to groups**

Levels of Depression	Groups			Chi-square	d.f.	p-value
	Delinquent	Non-Delinquent	Total			
No Anxiety	10 (26%)	29 (74%)	39 (100%)	26.447	1	0.000
Moderate Anxiety	20 (95%)	1 (5%)	21 (100%)			
Total	30 (50%)	30 (50%)	60 (100%)			

**Table 1:** When applied chi-square test it was found to be highly significant difference between delinquent and non-delinquent group with respect to the levels of Depression as manifest by  $p$ -value = 0.000.

This finding revealed that juvenile delinquents suffered more depression as compared to the non-delinquent.

youth: testing models of association with stress and support. [Internet] 2006 [Assessed on 2015 April 8]; Available from:<http://www.nlm.gov/NCBI/literature/pubmed> central (PMC)

**Table 2 Levels of Anxiety with respect to groups**

Levels of Anxiety	Groups			Chi-square	d.f.	p-value
	Delinquent	Non-Delinquent	Total			
No Anxiety	15 (65%)	08 (35%)	23 (100%)	3.455	1	0.063
Moderate Anxiety	15 (41%)	22 (59%)	37 (100%)			
Total	30 (50%)	30 (50%)	60 (100%)			

Table 2: Statistical analysis revealed that there were no significant difference found between juvenile delinquents and non-delinquent groups on the levels of anxiety as evident by p-value=0.063.

**Table 3 Levels of stress with respect to groups**

Levels of Stress	Groups			Chi-square	d.f.	p-value
	Delinquent	Non-Delinquent	Total			
No Anxiety	20 (44%)	25 (56%)	45 (100%)	2.222	1	0.136
Moderate Anxiety	10 (67%)	05 (33%)	15 (100%)			
Total	30 (50%)	30 (50%)	60 (100%)			

Table 3: Statistical analysis showed that there were no significant difference found between juvenile delinquents and non-delinquent groups on the level of stress as manifest by p-value=0.136.

### Discussion

The present study was carried out to find out the levels of depression, anxiety and stress among Juvenile delinquents staying at Juvenile home of Manipur. The result of the findings indicated that high significant difference existed in the level of depression between juvenile delinquents and non-delinquents. Most of the population of Juvenile offenders suffered from depression (95%) whereas only (5%) were having depression in normal population. The findings of the study was supported by Carolyn A. McCarty et al.10 In their study titled "Depressive symptoms among delinquent youth: testing models of association with stress and support where there were elevated levels of depressive symptoms and more frequent and varied substance use found on delinquent youths. Being exposed to more stressful life events was associated with higher depression scores above and beyond the effect of caregiver support, indicating stronger relationship between stressful life events and depressive symptoms. So, the study showed the underlying factors of prevalence of more depressive symptoms among delinquent youths. No significant relationship was found in terms of the levels of anxiety and stress between the juvenile delinquents and non-delinquents.

### Conclusion

The present findings may be concluded that juvenile delinquent group was suffering more depressive disorder than the non-delinquent group. However, no relationship was found in the level of anxiety and stress between these two groups. As depression can lead to other co morbid psychiatric disorders providing vocational and life skills education in special home, juvenile home and observation home is suggested.

### References

- Juvenile delinquency. [Internet] [Assessed on 2014 Sep 24]. Available from: [http://www.en.wikipedia.org/wiki/juvenile\\_delinquency](http://www.en.wikipedia.org/wiki/juvenile_delinquency).
- Agarwal A. Juvenile delinquency-causes and control.[Internet] 2013 Feb 10[Assessed on 2014 Sep 24]. Available from: URL: <http://www.anujagarwal.hubpages.com>
- Ludhiana police. The Juvenile Justice Act (1986). [Internet] [Assessed on 2014 Oct 9]. Available from: URL:<http://www.Ludhianapolice.in/downloadJuvenileJusticeAct1986.pdf>.
- Kovacs M. Children Depression Inventory. [Accessed on 2014 Dec 1] 2008. Available from: URL:[http://www.en.wikipedia.org/wiki/children's\\_Depression\\_InVENTORY](http://www.en.wikipedia.org/wiki/children's_Depression_InVENTORY)
- Ryan EP, Redding ER. A Review of Mood Disorders Among Juvenile Offenders. The American Journal of Psychiatry 2004 Dec ;55(12): 1397-1407 [Internet]2004[Assessed on 2014 Sep 23rd]; From:<http://www.psychiatryonline.org/article.aspx?articleID=89414>.
- Norman E, Michael M, Lexington W, Arthur. The characterization of Depressive disorders in serious juvenile offenders. [Internet] 1984 [Assessed on 2014 Sep 22nd]; Available from URL:<http://www. Deepblue.lib. unich.edu/bitstream/handle/2027.42/00338.pdf>
- Anxiety [Internet]. [Assessed on 2014 Sep 22nd]; Available from:<http://www.en.wikipedia.org/wiki/Anxiety>.
- Anxiety disorder. [Internet] [Assessed on 2014 Sep 22]; Available from:[http://www.en.wikipedia.org/wiki/Anxiety\\_disorder](http://www.en.wikipedia.org/wiki/Anxiety_disorder).
- Stress.[Internet][Assessed on 2014 Sep 24]; Available from URL:<http://www.ludhianapolice.in/download/JuvenileJusticeAct1986.pdf>
- Carolyn A, Vander A, Elena S, Elizabeth Mc. Depressive Symptoms among delinquent