

FAMILY TIES, BROKEN PATHS: UNDERSTANDING THE ROOTS OF JUVENILE DELINQUENCY

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Abstract

Juvenile delinquency represents a significant social problem, with family being a key factor contributing to it. This research primarily investigates how familial elements affect the offenses committed by adolescents. Reformation of juvenile delinquency is very much impacted by the family dynamics that are thought of inclusive of variables of antisocial behaviours. This research analyses the interaction between family structure, child's behaviour and their relationship with parents. It looks at various types of family units, such as single-parent households and blended families, to analyse their impact on child development and rates of teenage delinquency. It looks closely at whether and how attachment styles, parental supervision, and communication patterns predict adolescent behaviours. This study goes further to examine the serious risk factors within the family environment such as domestic violence, parental substance abuse, or criminal involvement. By contrary, it emphasizes protective factors such as good parental monitoring, strong family cohesion, and emotional access to reduction to these high probabilities of the delinquency aspect in the juveniles. Finally, the research will suggest ways of intervening such as that of family-based therapies or multi-systemic approaches to combat the causes behind the family origins of juvenile delinquency. Such development would then facilitate the designing of efficient prevention and intervention measures that could be applied in the plight of the vulnerable youth, producing positive outcomes.

Keywords: juvenile delinquency, family structure, parental influence, risk and protective factors.

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Introduction: The Family's Role in Juvenile Delinquency

Youth development and behaviour significantly impact society's future. When adolescents engage in criminal activities, it creates serious legal and social challenges that require systematic intervention. Despite established juvenile justice systems and rehabilitation programs designed to address youth offending, understanding the root causes of delinquent behaviour remains crucial for developing effective prevention strategies. One of the key influences on adolescent development is their environment, with family playing a particularly significant role.

The issue of juvenile delinquency is deeply influenced by family dynamics, including structure, parental involvement, and socioeconomic conditions. Dysfunctional family environments, lack of parental supervision, exposure to domestic violence, and substance abuse significantly increase the likelihood of delinquent behavior among youth. Despite various legal and social interventions, addressing juvenile delinquency remains a critical challenge that requires an in-depth understanding of family-related risk and protective factors. This research seeks to answer the question: how children's families influence their psychology and lead them toward delinquent behavior. We will comprehend juvenile delinquency, subsequently exploring the different family factors that impact the child. The study aims to analyze the role of family composition, parenting styles, and socioeconomic status in shaping adolescent behavior, explore the impact of adverse family conditions such as domestic violence and parental incarceration, and identify protective family factors that can mitigate delinquency. Additionally, it seeks to propose effective family-based interventions, legal reforms, and community support mechanisms to prevent and address juvenile delinquency. By examining these aspects, the research intends to contribute to the development of more effective and sustainable strategies for reducing youth crime through family-centered approaches.

Understanding Juvenile Delinquency: Definitions, Typologies, and Trends

Juvenile Delinquency refers to the habitual involvement in criminal behavior by individuals who are under the legal age of adulthood, meaning individuals who are below 18 years old. It is the behavior which is antisocial and contrary to the norm in society. It is a deviant behavior that may involve

actions contrary to the law. Delinquency is often mistaken with crime, which refers to all crimes committed during a specified time and place in a community. Using these terms interchangeably, we feel that a child who is delinquent is likely to become a criminal. This attitude makes any attempt at prevention and change seem pointless and meaningless. Juvenile delinquency is a significant social and psychological problem that impacts individuals, families, and communities. This issue reflects a complex interplay of environmental factors linked to family and individual situations that result in dangerous and criminal behavior among youth. Understanding these factors is crucial to deal with misbehavior and establishing effective programs.

Howard Becker, an outstanding American sociologist, identified four distinctive types of delinquency. Each has its own particular cause for the act of defiance. Personal delinquency views internal psychological factors as the root cause. Hence, based on this aspect, several problematic family dynamics result in individual delinquency. These encompass parental rejection, harsh or inconsistent discipline, emotional neglect, and exposure to or witnessing domestic violence. The common underlying causes for individual delinquency occur in forms of emotional and psychological distortions—a low self-esteem, nervousness, and aggressiveness—all of which take on delinquent forms. The significance of social learning and peer influence is emphasized in group-assisted delinquency. The more people interact with delinquent peers, the higher the probability that they will engage in delinquent activities. Criminal values, norms, and methods learned through interaction and observation of the other's conduct. This method, commonly referred to as “differential association,” was introduced by Edwin Sutherland. This means that delinquent behavior is acquired in a social environment where it is encouraged through peer recognition and social incentives. Thirdly, organized delinquency refers to groups that are formally organized and have their own distinct subcultures. The rules, organization, and norms in these groups often encourage and enhance deviant behavior. Examples of these groups include gangs, which may be involved in drug trafficking, extortion, and violence. In these groups, membership will give an individual the sense of belonging, higher status, and security while encouraging and even endorsing such illegal activities. At last, situational delinquency identifies that it is just the immediate situation elements that arouse delinquent behaviors. This view further depicts the nature

that delinquency is not basically a fixed or predestined action but emanates from the spontaneous choices arising in specific situations. Factors include the availability of opportunities for illegal activities, having deviant companions, and perceiving the threats and rewards that accompany engaging in illegal acts. Becker's typology of delinquency provides an important framework for understanding the complex and multifaceted nature of deviant behavior. We can then make better sense of the etiology, and how it can be better combated through more valid prevention and intervention strategies, if we understand this interplay of personal, social, and situational factors. This approach emphasizes the need for multi-faceted interventions to address individual needs, strengthen social bonds, and create safer and more supportive environments for young people.

While juvenile arrest rates have shown a general decline over the past 20 years, reports indicate concerning patterns of violent youth crime worldwide. In the United States, juvenile offenders represented 16% of approximately 86,000 annual youth arrests in 2009. The World Health Organization's (WHO) 2015 report highlighted that among individuals aged 10-29 years, nearly 200,000 homicides occurred annually, with young people being both victims and perpetrators - specifically, the majority of perpetrators were young males operating in groups against victims of similar age demographics. (Gogineni et al., 2023).

Regional patterns show distinct variations:

- Eastern and Western Europe experienced peak juvenile crime rates between the late 1990s and early 2000s
- African, Asian, and Latin American regions saw increases in non-violent juvenile offenses, correlating with industrialization
- Developed nations reported significant increases in overall delinquency cases, with documented cases rising from 18,000,000 in 1992 to 250,000,000 in 2007.

Family Structure and Composition: The Foundation of Socialization

Parents and other family members are the most common agents of primary socialization. This means that during the early stages of life where

infants or babies learn about social norms, customs, etc., the influence of parents and other family members become a major factor in it. If a baby grows up struggling with the family with destructive mindsets, then that becomes the foundation of the delinquent behavior. Delinquent behaviors are generally defined as those which violate societal norms, values and laws. (Isen et al., 2021) In this segment of the paper we would discuss how different perspectives affect juvenile delinquency in terms of family dynamics.

Socio-Economic Status of the Family

The correlation between socioeconomic status (SES)-a multidimensional construct encompassing family income, parental occupation, educational attainment, and overall family welfare - and juvenile delinquency has been extensively documented in criminological literature. The strain theory by Merton (1940) states that engagement in delinquent behaviors among the youth may be motivated by poverty. It is based on the idea that delinquency results when individuals are unable to achieve their goals through legitimate channels. (Agnew, Robert. 1985) When adolescents do not have legal means to fulfill their demands, such as getting enough to eat or drink for their survival, they may rely on criminal activities to fulfill their desires. Additionally, rational choice theory (from the 18th century) posits that a youth would choose to commit a crime if they felt that the benefits would outweigh the costs. (Thompson, 2016) This theory assumes that people make rational decisions to maximize their self-interest. Future prospects and quality of life are few examples of this.

In the Indian context, the intersection of social stratification systems, notably the caste hierarchy and gender-based discrimination, creates additional barriers for children from marginalized communities and single-parent households headed by mothers. These structural inequalities often exacerbate the challenges faced by socioeconomically disadvantaged youth.

In general, many studies have suggested that youths that come from an economically weaker section of the society seem to be more prone to show delinquent behavior. After studying 256 students from Pittsburgh primary schools over a long time, young people with low socioeconomic status are ten times more likely to commit serious crimes in dangerous areas. Also, they are five and a half times more likely to behave moderately and four times more likely to commit minor offenses. (Sun & Wang, 2023) To conclude with, socio-

economic status of the family influences the chances of teenagers committing a crime.

Family Structures

The structure of the family can deeply affect the mindset of the teenager. Any dysfunctional or broken family would be reflected by the behaviors of the child. Any circumstances which interfere with the performance of the general functions like the division of labour such as the husband to be the provider, and the wife to be the home-maker, create problems which threaten the survival of the family as a unit; when the threats become actualities, it becomes a broken family. (Spiegelman, Mortimer. 1936) A traditional complete family including a father and a mother would have children with lesser crime rate.

On the contrary, a child with a single parent has a less time to spend with that parent; the stress involved in raising a child alone reduces support a single parent can provide. For this reason, children in single-parent families spend most of the time unsupervised, with a high tendency toward increased delinquency. (Demuth & Brown, 2004) Similarly, the stress of family disruptions for youths with stepparents may result in greater delinquency. (Kirby, 2006) Residing in a stable, two-parent family may thus prevent youths from ever becoming delinquent.

The relation between family dynamics and juvenile delinquency is multifaceted and important. Upon analyzing this analysis, we see how both socioeconomic status and family structure influence adolescent behavior. Socioeconomic pressures on families, especially in the context of India's social structure, can lead to strains that may push youth toward delinquent behavior. This is supported by both Merton's strain theory and empirical evidence showing significantly higher delinquency rates among economically disadvantaged youth.

Similarly, family structure becomes an important factor, where the traditional two-parent household usually tends to provide a more stable and supervising environment than that found in single-parent or disrupted families. These effects of family structures are not merely theoretical; various studies have actually documented relationships between family structure and delinquent behavior.

The relationship, hence, forms an essential element that can help devise successful intervention measures and support programs. This essentially calls for measures against juvenile delinquency in more family-oriented policies than direct actions targeting the youths alone but incorporating support through economics as well as ensuring stable family setups. Insights gained in relation to the understanding of the families' behavior may well help frame policies and interventions toward the future with regards to the prevention of juvenile delinquency.

Parent-Child Relationships: Four Key Paradigms

The relation of the parents and their children has a very significant impact on the psychology of the child. This was further delved into a meta-analysis by Loeber and Stouthamer-Loeber. (Loeber & Stouthamer-Loeber, 1986) It offered an in-depth look at how family dynamics relate to juvenile delinquency, extending past basic correlations to investigate predictive capabilities and the interaction of different family elements. Let's investigate further into each paradigm:

Neglect Paradigm

It includes not only absence but emotional absence, coldness, and neglectful involvement. The strength of the relationship being so crucial makes parental involvement highly plausible as an indicator of shaping up a child. The study points out the need for consistent supervision not only to prevent immediate infractions but also to provide guidance and support that reduce the likelihood of future delinquency. Longitudinal research has suggested that early neglect has predictive validity concerning the long-term consequences related to this type of parenting style. Official delinquency records, which are generally considered to be more valid than self-report measures, are most closely associated with neglect, thus suggesting that the results are significant.

Conflict Model

The study distinguishes between different types of conflict. Physical punishment, although intuitively a form of punishment, was only weakly associated with delinquency. In contrast, nagging and scolding were more strongly associated, suggesting that the character of discipline rather than the

fact of punishment per se are the critical factor. Parent-child rejection, a form of conflict especially damaging to relationships, was consistently the strongest predictor of delinquency and aggression. Such rejection may appear in several forms, from verbal maltreatment, emotional unavailability, and inadequate acceptance and support. Longitudinal research has indeed validated the detrimental long-term effects of parental rejection.

Deviant Behaviours and Attitudes Paradigm

This paradigm explored the intergenerational transmission of deviant behaviors. The study found a moderate correlation between criminality of the parents and that of the youths, which indicates the fact that criminal conduct is actually a behavior that is learned and transmitted in family structures. The fact that aggression may even initiate a repetitive cycle within a family points toward the significance of intergenerational transmission of attitudes and behaviors alike. It shows that the chances of children committing delinquent behaviors increase quite rapidly when parents support and promote such behaviors. Thus, this aspect underlines a deep influence of socialization and modeling through family.

Disruption Paradigm

This model helps to analyze the possible influence that may arise relating to disruptive family events. The study demonstrated that marital discord is a more significant predictor of delinquent behavior than the absence of mothers or fathers, thereby underlining the critical role of a stable and nurturing family environment, whether it is nuclear or extended. The adverse impacts of marital conflict on children's conduct have also been well-documented, suggesting that persistent discord may lead to the development of antisocial behaviors. Parental mental health problems, particularly maternal depression, were significantly related to conduct disorders in children and therefore suggest a significant impact of parental well-being on child development.

Meta-analysis powerfully indicates that the sum effect of different risk factors within the family environment greatly increases the likelihood of delinquent behavior. The availability of different family-based disadvantages—there being neglect, discord, and criminality on the part of the parents—introduces a profile of much higher risk compared to any of the factors taken

in isolation. Furthermore, the study briefly touches upon the concept that different types of delinquent behavior may be related to different family types, thus opening up scope for further research in this area. Overall, the research indicates that the issue would best be approached with proactive approaches, timely intervention, and consistent monitoring. Lastly, it is appreciated that the linkages between parental effects and particular traits of individual children constitute an essential area for future research.

Family Risk Factors: Parental Self-Control, Imprisonment, Violence, and Substance Abuse

Parental Self Control

Research has found that parental self-control affects juvenile crime rates. (Meldrum et al., 2016) Self-control refers to an individual's ability to regulate their behavior and resist impulsive or harmful actions. Those with lesser self-control tend to aggravate the kind of impulse that leads to a higher likelihood of getting involved in crime.

Recently, Meldrum and colleagues, along with a juvenile organization in the Southeast United States, conducted research highlighting a concerning trend: rising juvenile delinquency, which is also leading to increased parental irritability.. Probably, it can be supposed that the emotional control of the parents may have bred a propensity for delinquency in their juvenile. Accordingly, parents who lack good control of themselves may have some anger issues, should there not be control over a child's deviance. All this leads to chaotic punishment and abusive behavior in their children, ultimately ending at the door to the ill-modeled environment that leads to delinquent behaviors in the child. On the other hand, parental anger will wash out the parent-child relationship negatively: the relationship becomes less trusting and may result in a mutinous and angry behavior that a parent-both not-will eventually extend only possible worsening of juvenile's behaviors and higher chances of delinquency. Thus, these results reflect the complexity of parental self-control in fostering the well-being of the young child and preventing delinquency. It is reasonable to assume that enriching the emotional and conflict management skills of a parent will go a long way to foster positive relationships among parents and children.

Parental Imprisonment

Juvenile delinquency can be easily influenced by parental imprisonment. It will cause psychological harm to teenagers that will lead them to crime. Parental incarceration deeply impacts children, causing significant emotional and psychological distress. The uncertainty surrounding the parent's absence, including the unknown length of imprisonment, creates anxiety and fear. Children may worry about their parent's safety and their own future, leading to emotional and behavioral problems. (Martin, 2017) The stigma associated with parental incarceration further compounds these challenges. Children may feel ashamed or embarrassed, leading to social isolation, low self-esteem, and internalized shame. This stigma can negatively impact their self-image and future relationships. Beyond emotional distress, parental incarceration disrupts children's lives in various ways. They may face academic difficulties, struggle to maintain social connections, and engage in risky behaviors. These challenges can have long-lasting consequences, impacting their overall well-being and future opportunities (Pal, 2023).

Domestic Violence

Domestic violence increases the probability of juvenile delinquency. Children who are exposed to or are victims of domestic abuse suffer from tremendous emotional and psychological stress. Numerous children subjected to violence at home also suffer from physical abuse. Kids who observe domestic violence or experience abuse firsthand are at significant risk for lasting physical and mental health issues. A child's sense of security and safety is destroyed when they witness domestic abuse. Children feel scared, nervous, and powerless as the home—which should be a place of refuge—becomes a battlefield. They may come to view violence as a legitimate means of resolving disputes as a result of their ongoing exposure to hostility. Children who experience or witness domestic violence are also more likely to become perpetrators of violence themselves.

Parental Substance Abuse

Most parents and caretakers of substance-use may use alcohol and drugs averagely without posing more risk to their children. A different story is told for parents and caregivers inflicted with alcohol and drug dependency, where often

their lives are beset with chaos and unpredictability-to accomplish too little or none of meeting the needs of their offspring. Consequently, these children can be in danger of physical harm. Such youths don't have so many expectations for themselves in the future, and at the same time, they also have low hopes for the future. This, in turn, can push them at more risk of being involved in dealing drugs and everything associated with it.

Protective Family Factors: The Role of Parenting Styles

Various parenting approaches impact children in distinct ways. Their mental well-being is impacted in various ways, leading them to develop distinct beliefs regarding what is right and wrong. Different scholars have classified parenting styles in various ways. Two distinct classifications consist of: authoritarian, democratic, and laissez-faire (Baumrind, 1991); and authoritative, authoritarian, permissive, neglectful, or uninvolved parenting. We will utilize the four parenting types and incorporate the three parenting modules within it.

Authoritative Parenting

Authoritative parents are affectionate and supportive while also establishing explicit rules and expectations. They promote self-sufficiency while fostering a nurturing atmosphere. This approach is linked to elevated degrees of responsiveness and demand. Kids brought up by authoritative parents are often self-sufficient, socially skilled, and demonstrate superior emotional control. They frequently achieve greater success in educational environments and possess higher self-worth (Endendijk et al., 2016). This resembles parenting that is democratic. Democratic parents are those who guide their children using rational criteria, such as achieving good academic results or reducing video game time; however, they also remain adaptable to their children's needs. The democratic approach to parenting is demonstrated to be beneficial in raising children, as it addresses their needs, including both physical necessities and emotional care (Sun & Wang, 2023).

Authoritarian Parenting

The authoritarian describes those very strict parents who think that the ideal way for their children to develop is to follow their own beliefs and guidance completely. Authoritarian parents are rigid and require compliance, frequently prioritizing discipline rather than affection. They set lofty standards and implement

regulations with little room for flexibility. Communication tends to be one-sided, offering limited opportunities for children to share their views. Kids brought up by authoritarian parents might be compliant and skilled but frequently face challenges with self-esteem and social abilities. They could also show increased anxiety levels and are more susceptible to depression (Steinberg, 2001).

It's important to highlight that the authoritarian approach is debated. Certain reports indicate that an authoritarian approach in literature adversely affects adolescent behavior, whereas others suggest it produces more favorable outcomes for Asian and Indian youth (Ang & Goh, 2006).

Permissive Parenting

Permissive parenting features minimal demands and heightened responsiveness. It is defined by insufficient oversight, regulation, and discipline, but it is also affectionate and supportive (Pettit et al., 1997). Permissive parents usually demonstrate acceptance and affection for their children's wishes and behaviors, permitting them to oversee their activities with few limitations. This form of parenting occurs when parents do not establish clear limits or anticipate suitable behavior for their children's developmental stage. Consequently, permissive parenting might adversely affect children's psychosocial growth, as offspring of permissive parents could exhibit characteristics like narcissism, social irresponsibility, and self-centered motivation (Berzonsky, 2004).

Neglectful (or Uninvolved) Parenting

Neglectful parents show minimal responsiveness and demand. They are frequently disconnected from their children's experiences and might disregard their needs, resulting in insufficient emotional support and direction. Kids brought up in neglectful settings can develop feelings of insecurity and diminished self-worth. They frequently face challenges both academically and socially, and may participate in delinquent activities due to insufficient supervision and assistance (Dornbusch et al., 1987). This is akin to the *laissez-faire* parenting approach. *Laissez-faire* parents are characterized by setting minimal boundaries for their children, allowing them to follow their desires, which often results in a lack of attention to their children. Some research (Obiunu, 2018) has shown that children raised in *laissez-faire* environments are more likely to engage in delinquency due to inadequate parental supervision

and a lack of constructive feedback when they voice their thoughts or seek clarification.

Parenting styles are crucial in a child's development, impacting their psychological health and moral development. While various classification systems have been created, the four-type model that includes authoritative, authoritarian, permissive, and neglectful parenting offers a thorough foundation for examining these effects. Authoritative parenting is the best style of parenting as it holistically improves the child with love and affection. Children born in this household are less likely to become delinquents. Authoritarian parenting refers to the one which has strict rules and discipline is followed. This is a debated style as in some households, typically Indian and Asian it works as a positive parenting style while in others it leads to negative effects on the child. Laissez-faire leads to children not being looked upon properly. This leads to them leading their own lives without any supervision. This gives them more access to meeting people with delinquent mindset and them becoming a delinquent as well. Therefore, parenting style becomes extremely important for the children to have the right mindset and not go along the path of delinquency.

Juvenile Delinquency in India: Legal and Statistical Context

Juvenile delinquency in India has become a growing concern for society as well as for authorities. Although the government is taking steps, it remains an act of postponement. According to the law, anyone under the age of 18 is considered a juvenile. This raises concerns about the gaps in providing care and protection to juveniles, especially for those facing legal challenges within the legal framework. A larger number of juvenile offenders will go on to display those behaviors which fall under illegal as well as punishable categories. A child in need of care and protection would be a child found to be ordinarily housed in cases where he is not provided with care by the parent, lacking a caregiver altogether, subjected to neglect, put in such a position for potential abuse from where he is expected to be his caregiver, suffering from severely enhanced conditions, abandoned, or at risk from these conditions. The Juvenile Justice (Care and Protection of Children) Act, 2015 was also further changed as a response to Nirbhaya's brutal Gang Rape Incident. The amendment permits a juvenile over 16 years to be tried as an adult, but it cannot be applied afterwards. The amendment has categorized the crimes committed by a juvenile into three

specific categories: “heinous, serious, and petty offences.” Persons aged 16 to 18 who are considered to have committed serious offenses are treated as adults and are tried in standard courts. In 2021, India witnessed 31,170 cases of juvenile detention. This was up by 4.7% from the previous year. It is observed that a large number of juveniles, 32,654 under the IPC and 4,790 under SLL offenses, were detained between 16 and 18 years of age (Abhishek & Balamurugan, 2024).

Intervention Strategies: Family-Based, Cognitive-Behavioral, and Multi-Systemic Approaches

Family Based Intervention

The conduct of an adolescent is largely influenced by the domestic environment of his/her parents. Dysfunctional family relationships, such as poor communication, disrespect, drug addiction among parents, and Domestic abuse largely predicts delinquency. Such research has proven that family-based therapies can be remarkably effective in both preventing and treating delinquent behavior through enhancements in family relationships, communication, and parenting techniques.

Multi systemic Therapy (MST)

MST is an intervention which focuses on addressing all factors responsible for juvenile delinquency and involves family and community-based interventions. The therapy involves working together with the teen and their family to improve communication, problem-solving, and conflict resolution skills. MST has shown the capacity to reduce recidivism, the act of continuing to commit crimes even after having been punished (Cambridge Dictionary, 2023) and strengthen family interaction by targeting family, school, and community components affecting delinquent behavior. MST has been implemented successfully across various settings, demonstrating its flexibility and effectiveness in reducing youth crime and improving family cohesion (Papakitsou, 2024).

Functional Family Therapy (FFT)

FFT is another family-based intervention that has shown promise in reducing juvenile delinquency. The model seeks to improve family interaction

through strengthening parent-child relationships and solving family conflicts. FFT has been particularly helpful for teenagers who are involved in substance abuse and crime, helping families develop positive coping mechanisms. The technique is on improving the relationship between parent and child while encouraging positive reinforcement of behavior in the family setting.

Cognitive-Behavioural Therapy

Cognitive-behavioral therapy (CBT) is prevalently used and empirically validated as treatment modality for teenagers who are delinquent. CBT is an approach to identifying and tackling unpleasant thinking and behavior patterns. Fostering schemes aimed at reducing conduct syndrome, such as impulse, irritability, and poor decision-making capabilities, are found in delinquent adolescents. The focus of this therapy is on developing disciplines for discovering and combating fallacious thoughts, of which an element refers to the construction of effective coping devices allowing the making of smarter choices. Studies have shown that CBT is effective in reducing aggression, impulsivity, and recidivism among adolescent offenders (Lochman et al., 2019). CBT will help teens understand the consequences of thought patterns “rooted” in a kind of denial concerning one’s violent behavior, shoplifting, and such. The desired result involves giving them sense in their actions as per prosaically behavior. CBT is a fundamental element in the treatment of adolescent delinquency, built as it is on the uniqueness of its being customized to the specific needs and problems of individual children. In addition to individual therapy, group CBT interventions have also been implemented in juvenile justice settings. Group therapy allows adolescents to learn from one another, share experiences, and practice social skills in a supportive environment. Group CBT has been found to improve emotional regulation, reduce aggression, and strengthen interpersonal relationships, all of which contribute to decreased delinquent behavior (Seonghoon & Sungeun, 2019).

Prevention Programs

Prevention programs focus more on the prevention of delinquency by focusing on the identification of at-risk youth and their interventions before deviant behavior takes place. Commonly, such prevention programs address these basic risk factors, such as poverty, dysfunctional family, and peers, to

lessen the likelihood of future criminal activities. Primary prevention programs target the general population of youth and include efforts to prevent smoking, drug use, and teen pregnancy. Secondary prevention programs target youth at elevated risk for a particular outcome, such as delinquency or violence, a group that might include those in disadvantaged neighborhoods, those struggling in school, or those exposed to violence at home (Papakitsou, 2024).

School Based Programs

Since teenagers spend a significant part of their day in School-based dwellings, it has become an essential strategy aimed at students in educational settings for avoiding and responding to delinquent behavior. Successful educational interventions are positive learning environments, social and emotional intelligence development and early intervention for delinquent students. PBIS is the abbreviation of Positive Behavioral Intervention and Support. Positive Behavioral Intervention supports and enhances clear expectations and rewards to encourage appropriate behavior and is thus considered a preventive strategy for positive behaviors for schools. Research suggests that fewer schools implementing PBIS report expulsion, suspension, or other disciplinary outcomes, leading to a reduction of future delinquency among those suspended or expelled students. By rounding up the use of rewards as opposed to mere punishment, PBIS conditions a climate in favour of academic and social-emotional progress.

Restorative Justice

Restorative justice programs focus on the harm caused by offending behavior, allowing offenders to take responsibility and seek to restore. In schools, restorative justice practices are usually characterized by a dialogue between victims and offenders, facilitated by a trained facilitator. This helps students understand how their behavior impacts others and encourages accountability and empathy. Restorative justice has been shown to reduce suspensions, promote better relationships between students, and prevent future violence (Bergseth & Bouffard, 2012).

Community Based Programs

Community-based programs are important factors in the provision of viable alternatives to delinquent behavior. Particularly, those possibilities help

teenagers to steer clear of delinquency and the provision of family and school-based treatment. Such programs are the ones that intervene in backing up the teenagers in harmless ways and besides, get support networks beyond the immediate homes and schools. Mentorship Programs: Encourage and support at-risk young adults through links with adult mentors, and provide them with experiences in positive role modeling, such as Big Brothers Big Sisters. Indeed, according to various findings, by assisting teenagers in raising their self-esteem and boosting academic performance or by abstaining from risky behaviors, mentoring has been effective in the reduction of delinquency. These long-term connections contribute significantly in offering teenagers the safety and motivation they require in making sound decisions in life also. Adolescents may find different ways to use their time, rather than among the unfruitful side of community and personal spaces through these activities, views and activities community-based leisure and vocational activities that involve keeping youth in action. Young people involved in sports leagues, art classes, and job training programs all learn new skills that may increase their employability in the future. They are especially akin to a safe haven for kids who come from less-privileged homes, where they can learn self-discipline.

Conclusion: Addressing the Family Roots of Juvenile Delinquency

This study presents an in-depth analysis of families and delinquency as given in the paper. This makes it clear that both the society and family background highly influence the delinquent behavior of youths. Delinquency, especially among adolescents, can be caused by factors like economic status, rearing practices, family structure, and conflict resolution within that family. Though such factors are now studied much along with peer influence and societal norms, the most important remains the home environment in which the child grows and matures. Therefore, juvenile delinquency should be resolved through addressing all these primary failures, as this would be the most effective solution.

For juvenile delinquency prevention, the first child-oriented interventions should be to complement societal negative factoring effects. The strategy must empower community participation and NGO interventions to ensure effective implementation of integrated family therapeutic models such as MST and FFT, which revolve around parental supervision and parent-child communication. In

addition, families of low educational attainment must be guided on improving child-care practices and protective mechanisms, such as appropriate forms of discipline. More improvement to community-based interventions is among the cheapest ways to provide positive role models to the youth while empowering them through organized sports and structured recreational activity.

Laws in recent times have been focused on rehabilitation, a process to restore mental and/or physical abilities lost to injury or disease, in order to function in a normal or near-normal way (NCI Dictionary of Cancer Terms, n.d.) rather than punishment for young offenders. Restorative justice, legal reforms as well as the new policies could be the sorely needed critical steps in the positive direction. With so many victims of crimes, there will also always be a need to balance justice with rehabilitative action, such that no youth is left without an opportunity for positive change. Most attention should be given to policies buoyed up on rehabilitation for most offenders and root causes for many of their acts, where very strong parental and community support is required to define changes. To effectively curb juvenile delinquency, a holistic approach on multiple fronts is required. Economic and legal policies should be directed to address the root causes of delinquency while promoting a justice system that is inclusive and rehabilitative. Building family structures, raising parental education and evidence-based interventions contribute to the future perpetual behavior change. Ultimately, change in attitudes by society closely followed by long-term support by the community and family characters would be very effective for sustainable solutions in the prevention and reduction of juvenile delinquency.

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