

CHAPTER - VIISUMMARY AND CONCLUDING REMARKS

The problem of juvenile delinquency has been the focus of attention for sociologists, psychologists, educationists, policy makers and social workers at home and abroad. The Social Defense Department in India has been trying its best since last one decade to provide care and protection to delinquents.

Years of experiences in dealing with juvenile delinquents and felt need for the systematic study was the source of inspiration for the present study. Therapists and researchers have a vital role to play in evaluating current intervention strategies and in evolving new treatment techniques the efforts of various personnel working in correctional agencies could be enhanced through the guidelines, action models, and methodology of treatment techniques provided by researchers. The anatomy of helping clients in correctional setting requires clear-cut statements on objectives of treatments, targets of intervention, participants, helping persons' role, clients' roles, helping

situations, intervention methods, termination procedure, evaluation methods and follow-up procedures. In the present research all these important aspects were taken into consideration.

The cardinal objective of the research was to probe the effects of group counselling on juvenile delinquents' self-esteem level, depression and various dimensions of personality. Before administering the counselling treatment, inmates' self-esteem, depression and personality dimensions were measured. Counselling treatment was then given in three phases, each consisted of eight sessions. The experimental group was divided into two sub-groups, namely, a group which was attached to the role play/drama technique and a group which was attached to case discussion technique. After 24 sessions of treatment, post-treatment data were collected on self-esteem, depression and personality dimensions. Pre-treatment and post-treatment scores were analysed using appropriate statistical methods. Based on the analysis of the data the following conclusions were inferred :

- (a) Experimental group differed significantly from the control group in respect of self-esteem, as a result of counselling treatment. The change in the self-esteem was considerably higher in the experimental group.
- (b) The counselling treatment resulted in a considerable amount

of improvement in level of depression in the experimental group in comparison to that in the control group.

- (c) The counselling treatment had a much favourable impact on the experimental group in reducing the neurotic components as measured by Dutt Personality Inventory.
- (d) So far as the effects of treatment techniques are concerned on the whole treatment technique role play/drama turned out to be more effective as a treatment technique, in comparison to case discussion techniques.
- (e) The treatment given to the groups in a phased manner showed a consistently progressive improvements, the initial amount of improvement in the beginning phase of treatment being higher than the amount of improvement in the later phase of treatment.
- (f) Considering the effects of treatment techniques on various self-esteem components; in case of high self-esteem group, it was observed that role play/drama could bring desirable changes to a significant greater extent in family relations, self-determination, acceptance of others, sense of responsibility, ability to cope-up with problem situations, ability to share experiences, ability to correct mistakes and ability to receive/give help. Both the techniques turned out to be equally effective in 'emotional stability', 'ability to stand criticism', 'creative differences', and 'ability to trust people'.

components of self-esteem. It was only in case of 'social relations' the case discussion technique turned out to be more effective than role play/drama technique.

(g) In moderate self-esteem group, role play/drama technique proved to be more effective in 13 out of 18 behaviour components. Of these 13, ten behaviour components were common in both high and moderate self-esteem groups.

(h) In low self-esteem group both the treatment techniques were equally effective in fourteen out of eighteen behaviour components. Role play/drama turned out to be better than case discussion only in one area of behaviour, and in the remaining three areas case discussion turned out to be better than role play/drama technique.

The present research was planned mainly with a view to studying the impact of systematically planned training strategies on some of the behaviour components using both experimental and control groups. The results showed that the treatments operate in bringing about a desirable change. The present researcher feels quite encouraged in taking lead for developing a more comprehensive strategy to cover the entire environmental set-up of the delinquents. The environmental set-up includes the individual level, and the physical surroundings. The desired goals to be accomplished should be two fold-correctional and developmental. The correctional goal accomplishment would create a more healthy and receptive environment for the client.

The developmental goal accomplishment would promote further growth and development of the client along desired lines. Based on the two sets of goal accomplishment and the three levels of environmental set-up, the following long term comprehensive treatment model is proposed.

COMPREHENSIVE TREATMENT MODEL

Goal Dimensions	Intervention Dimensions		
	Client level	Family level	Environment level
(a) Correctional Goals			
1. Crisis intervention and coping strategies	1.1	1.2	1.3
2. Value clarification and resocialization	2.1	2.2	2.3
3. Insight training	3.1	3.2	3.3
(b) Developmental Goals			
4. Better quality of life	4.1	4.2	4.3
5. Career development and vocational guidance	5.1	5.2	5.3
6. Enlightened citizenship training	6.1	6.2	6.3

Crisis Intervention and Coping Strategies :

Villeponteaux (1970) and others explained the therapeutic

value of crisis interventions. When juvenile experiences a crisis, his psychological resources may become overtaxed, making him vulnerable to further breakdown. Handling problems at the crisis stage is much more desirable. It is the intervention in the crisis situation that the client develops new insight and methods for handling strain, frustration and aggression. This type of intervention includes information seeking on problem solutions, resource mobilization, direct action on problems, using strength of self and family, taking help from the community, utilizing government schemes, etc. Stress-producing events, episodes could be discussed and inner/outside resources could be tapped in coping with the problem situations. Besides, cognitive appraisal of stresses, tension generating events, perception of stress, analysis of resources, coping efforts, could be emphasized.

Value Clarification and Resocialization :

This strategy also contribute to the achievement of correctional goals. Work values and ethics could be included in the counselling process. Values like achievement, creativity, esthetics, intellectual stimulation, management of various tasks, economic gains, security, variety, involvement, orientation etc. could be emphasized. Honesty, sincerity, commitment, loyalty and zeal in the work could also be included in value-inculcation programme. Moral reeducation is of pivotal

importance in total treatment programme. Family life education can also be taken up which can play a significant role in value-inculcation mission.

Insight Training :

This technique can explain behaviour, affects (moods and emotions) and thoughts with interpretations. Clients can discuss significant internal conflictual material. Counsellor can help clients in interpreting the consequences of such intrapsychic conflicts and ways which can facilitate alteration of displeasing symptoms and behaviour. Juveniles' problems are dire and multidimensional. Therefore, insight into roots of these problems can help the client in leading comfortable life through minimizing or eliminating psychosocial problems. Family members and community at large can be involved in creating awareness on such services.

Better Quality of Life :

Dalkey (1973) has described various factors of quality of life. Counsellor can facilitate these factors in the lives of inmates. These factors are given below :

1. Love, caring, affection, interpersonal understanding, friendship, honesty, truthfulness, acceptance of others.
2. Self-respect, self-acceptance, self-satisfaction, self-awareness, and sense of personal growth.
3. Peace of mind and lack of conflict, lack of fear,

lack of anxiety, lack of sufferings, and lack of pains.

4. Biological needs
5. Competition, ambition, social mobility opportunity.
6. Social acceptance, feeling of being wanted, positive feedback.
7. Achievement, accomplishment, and success.
8. Individuality, freedom, conformity, etc..
9. Involvement, participation, concern.
10. Wellbeing, leisure, sound health.
11. Novelty, change.
12. Power, privacy, etc.

Career development and Vocational Guidance :

Juvenile delinquents have to reorganize their lives. When inmates are discharged from the agency, they would still be in a problem state and need appropriate support counselling. Loss of relationships, general fear of outside world, fear of their potentials, etc. require inner preparation. Intensive family involvement, vocational planning, vocational implementation, vocational analysis, vocational development, and evaluation of intervention could be included. The main purpose of vocational guidance is to increase inmates' knowledge of career choices, job specification, qualification needed for successful employment. Clients can be helped to identify their interest, inclination, abilities and aptitudes. This would redirect the energy of delinquents into positive channels.

Inmates may get more positive self-image and better success in the community. Community resources should be mobilized for bringing better results.

Enlightned Citizenship Training :

This training component would aim at making the juveniles useful citizens of the country. Juveniles can be helped to lead life-style which can facilitate the smooth functioning of the society. Such trained juveniles, in the future, can work in preventing and controlling delinquent activities. Parents and teachers can be given a short-term training on this area. Community based voluntary organizations can also play an important role in facilitating such training programmes.