

LEVEL OF ANXIETY AND AGGRESSION AMONG JUVENILE OFFENDERS AND NORMAL GROUP: A STUDY AT A JUVENILE HOME IN NORTHERN INDIA.

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Introduction:

Anxiety is essentially an emotion which is characterized by an unpleasant state of inner turmoil and feelings of fear of anticipated events.^{[1][2][3]} It is different from fear in that fear is an emotional response to a real threat, whereas anxiety is the anticipation of a future threat.^[4] Anxiety is often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination.^[5] . Commonly, children and teens experience anxiety problems that are characteristic of more than one anxiety disorder. Fortunately, the helpful approaches are similar for various anxiety problems. Often the following types of anxiety disorder are found in children –

- Separation Anxiety
- Specific Phobia Disorder
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress
- Panic Disorder
- Social Anxiety Disorder

Various studies have shown anxiety to be positively correlated with adolescent psychopathy, even though anxiety is believed to be unrelated, or negatively related, with adult psychopathy^[6,7]. The potential co-morbidity between psychopathy and anxiety at the childhood could be troublesome finding for the negative extension of the concept.^[8,9]

Aggression is a behavior aimed at opposing or attacking something or someone. Although often done with the intent to incur harm, it can be channelized to more creative and practical outlets for few.^[10] It may occur either reactively or without provocation. In humans, aggression can be triggered by various factors. For example,built-up frustration due to blocked goals or perceived disrespect.^[11]

Juvenile delinquency is a legal term that describes when minors engage in illegal behavior before they have reached the statutory age of 18. Less serious crimes committed by those under the age of 18 are usually classified as a status offense^[12].

Methods:

➤ **Sample:** The total sample consisted to 60 participants mean age 15 to maximum under 18.Their education was 9th to 12th.30 were juvenile and 30 were Intermediate students group. Juvenile group were taken from GOVERNMENT OBSERVATION HOME, RAMNAGAR, Varanasi. And normal control group are taken from Sunbeam school of Varanasi.

➤ **Tools:**

1. The first tool was 19 open ended semi structured Questionnaire.
2. The Spence Children's Anxiety Scale – Child(SCAS-C)^[13] is a 45-item self-report scale used to assess severity of anxiety symptoms in children aged 8-15 years. The SCAS-Child assesses six domains of anxiety which constitute six subscales:
 - a) Separation Anxiety
 - b) Social Phobia
 - c) Obsessive Compulsive Problems
 - d) Panic/Agoraphobia
 - e) Generalised Anxiety/Overanxious Symptoms
 - f) Fears of Physical Injury

3. The Aggression scale^[14]: The scale consists of 11 items and scoring is 0,1,2,3,4,5,6.

➤ **Procedure:**

After obtaining appropriate permission from relevant authority all participants who provided informed consent was assessed individually and developed good rapport with them . They were informed about the purpose of the study and if any participates were unable to understand some items of the questionnaire they were clarified. After getting back that questionnaire we checked that all participates have given their answer to each and every questions or not.

➤ **STATISTICAL ANALYSIS:** The collected data was entered into the excel sheet. The data has been analyzed by using the statistical techniques such as Mean, Variance and t-test.

Observation and Results:

In this study both groups are belong to varanasi except some offenders in the juvenile group belong to other places. In case of juvenile offenders we found that there is 50% rapist in juvenile group and 25% murderer , 20% other cases and 5% gang rape .

Age: The mean age was found higher in normal group (M = 16.67 years) in comparison to Juvenile group (M= 16.4 years). Furthermore when these data were submitted to two sample equal variance t-test, this difference was not found significant at p =.184 level. Mean, variance, t-value and significant level are shows in Table 1 and graphical presentation of these data are showing in Figure 1.

Table1: Mean, variance and t-test values of age of normal and juvenile groups

	Mean	Variance	t-value	Df	p(one tail)
Normal	16.67	0.85	0.92	29	0.184
Juvenile	16.40	1.77			

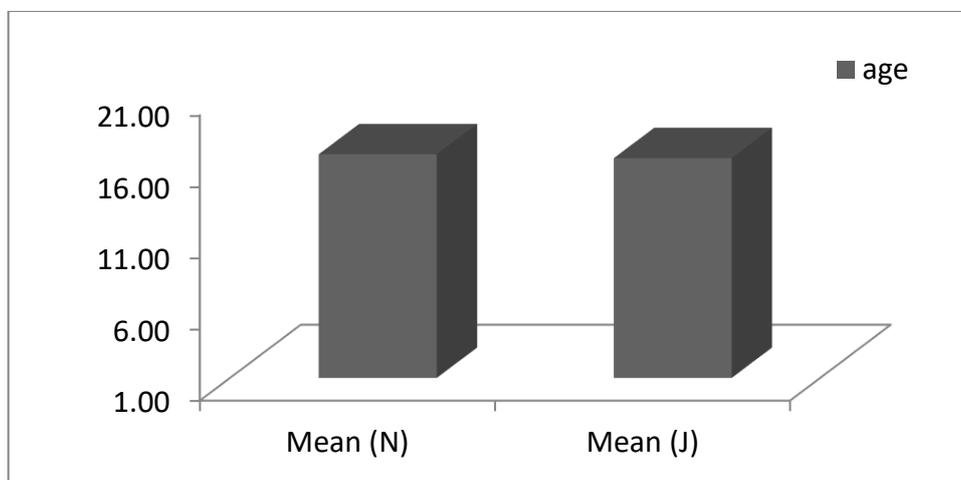


Figure1:Mean age between groups

Weight: the mean weight was found higher in the juvenile group (M= 51.40 kg) in comparison to normal group (M=44.57 kg). Furthermore when these data were submitted to two sample equal variance t- test this difference was found significant at P=0.001. Mean, variance, t- value and significant level are shows in table 2 and graphical presentation of these data are showing in figure.

TABLE NO.2

	Mean	Variance	t-value	Df	p(one tail)
Normal	44.57	63.15	-3.36	29	0.001
Juvenile	51.40	31.90			

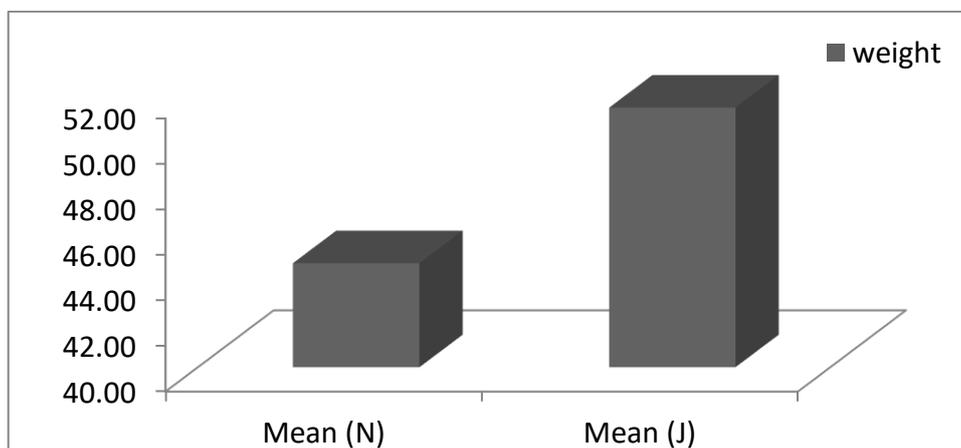


Figure 2:mean weight between groups.

Game time: the mean game time was found higher in the juvenile group (M=3.68 time) in comparison to normal group (M=1.53 time). Furthermore when these data were submitted to two to sample equal variance t-test these difference was found significant at P=0.0001 .Mean, variance-value and significant level are shows in table no.3 and graphical presentation of these data are showing in figure.

TABLE NO.3

	Mean	Variance	t-value	Df	p(one tail)
Normal	1.53	0.81	-3.75	29	0.000
Juvenile	3.68	7.90			

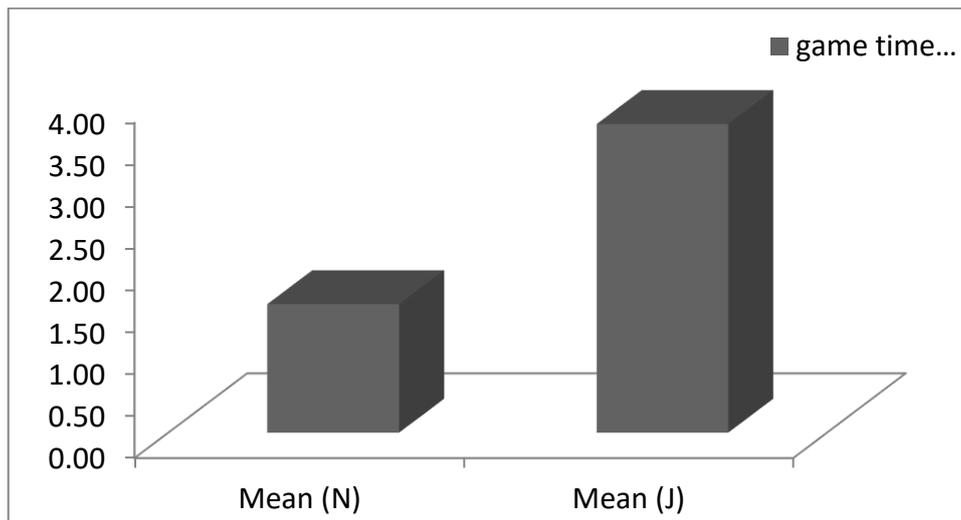


Figure 3: Mean game time between groups.

T.V. Time: the mean t.v time was found relatively lower in the normal group (M=1.93 time) in comparison to juvenile group (M=3.07 time). Moreover when these data were submitted to two to sample equal variance t-test these difference was not found to be significant at P=0.006 level. This may be due to normal group has no time for television owing to study pressure while juvenile group have more time for t.v. show because they rarely have any work to do than the normal group has to. Mean, variance-value and significant level are shows in table no.4 and graphical presentation of these data are showing in figure.

TABLE NO.4

	Mean	Variance	t-value	Df	p(one tail)
Normal	1.93	1.86	-2.68	29	0.06
Juvenile	3.07	4.34			

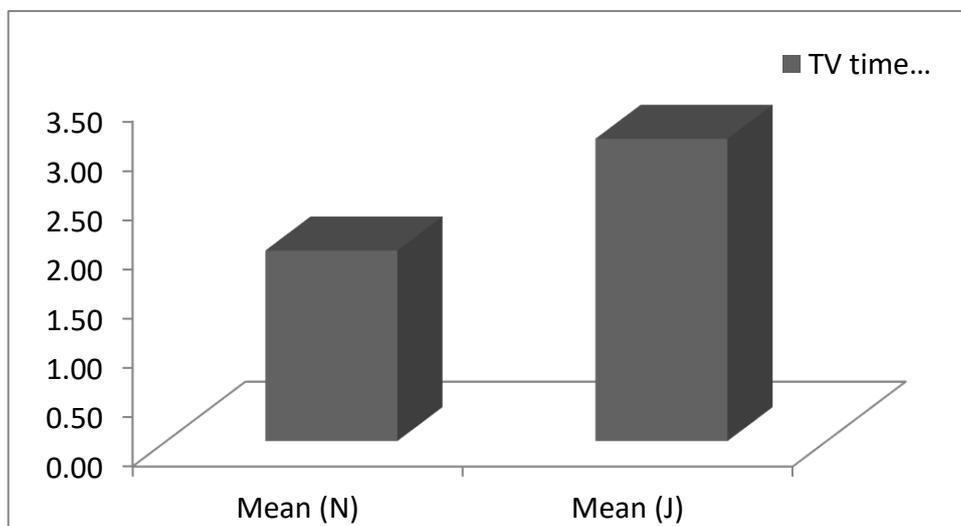


Figure 4: Mean t.v. time between groups

Aggression: the mean aggression was found much lower in the normal group ($M=12.37$) in comparison to juvenile group ($M= 16.87$). Furthermore when these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.075$ level.. Mean, variance, t- value and significant level are shows in table 5 and graphical presentation of these data are showing in figure.

TABLE NO.5

	Mean	Variance	t-value	Df	p(one tail)
Normal	12.37	64.17	-1.48	29	0.075
Juvenile	16.87	183.09			

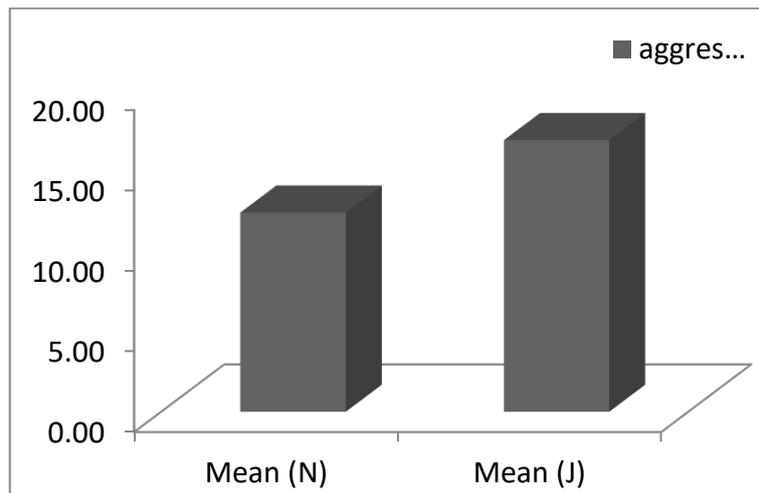


Figure: 5 Mean aggression between groups

Separation anxiety : the mean separation anxiety was mildly higher in the normal group ($M=5.67$) in comparison to juvenile group ($M= 5.43$). When these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.384$ level. Mean, variance, t- value and significant level are shows in table no. 6 and graphical presentation of these data are showing in figure.

TABLE NO.6

	Mean	Variance	t-value	Df	p(one tail)
Normal	5.67	8.23	0.30	29	0.384
Juvenile	5.43	8.67			

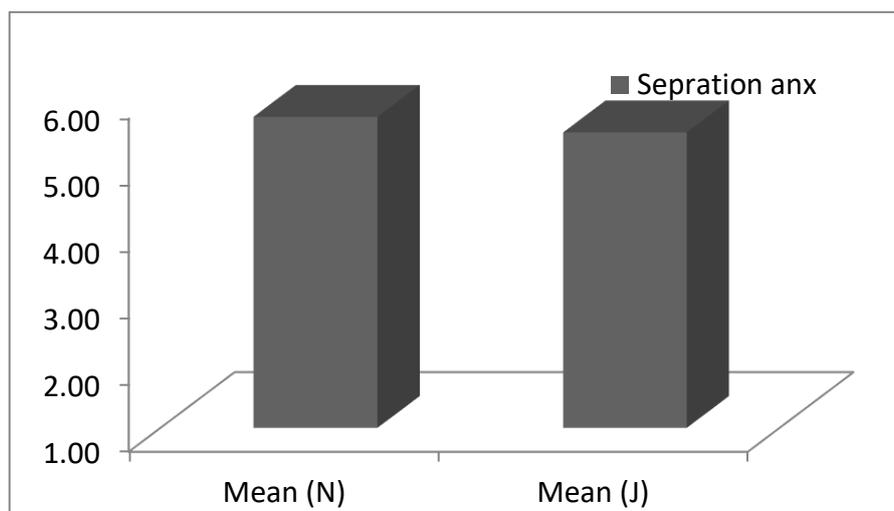


Figure: Mean separation anxiety between groups

Social Phobia: the mean social phobia was found higher among the normal group ($M=6.37$) in comparison to juvenile group ($M= 4.90$).When these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.029$ level. Mean, variance, t- value and significant level are shows in table 7 and graphical presentation of these data are showing in figure.

TABLE NO.7

	Mean	Variance	t-value	df	p(one tail)
Normal	6.37	10.59			
Juvenile	4.90	7.27	1.98	29	0.029

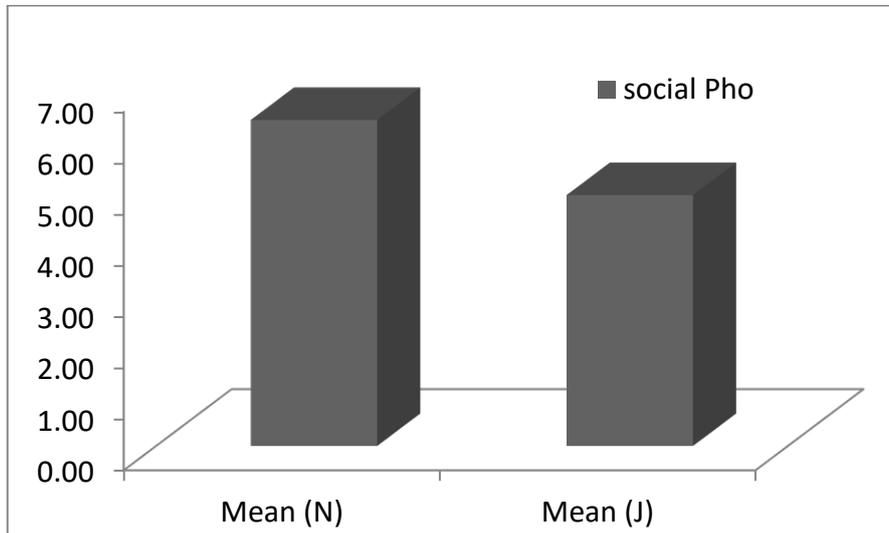


Figure 7: Mean social phobia between groups.

Obsessive-compulsion: the mean obsessive- compulsion was found higher in the normal group ($M=8.27$) in compression to juvenile group ($M= 7.53$). Furthermore when these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.265$ level. Mean, variance, t- value and significant level are shows in table 8 and graphical presentation of these data are showing in figure.

TABLE NO.8

	Mean	Variance	t-value	df	p(one tail)
Normal	8.27	14.41			
Juvenile	7.53	16.60	0.64	29	0.265

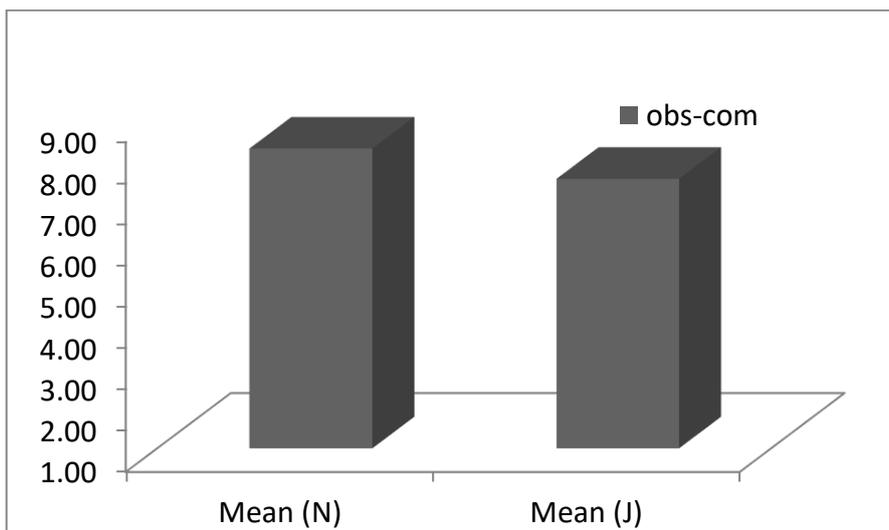


Figure: Mean obsession-compulsion between group.

panic/agarophobia: the mean panic/agarophobia was found higher in the normal group ($M=6.43$) in compression to juvenile group ($M= 5.80$). More when these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.267$ level. Mean, variance, t- value and significant level are shows in table no. 9 and graphical presentation of these data are showing in figure.

TABLE NO.9

	Mean	Variance	t-value	df	p(one tail)
Normal	6.43	17.36	0.63	29	0.267
Juvenile	5.80	11.41			

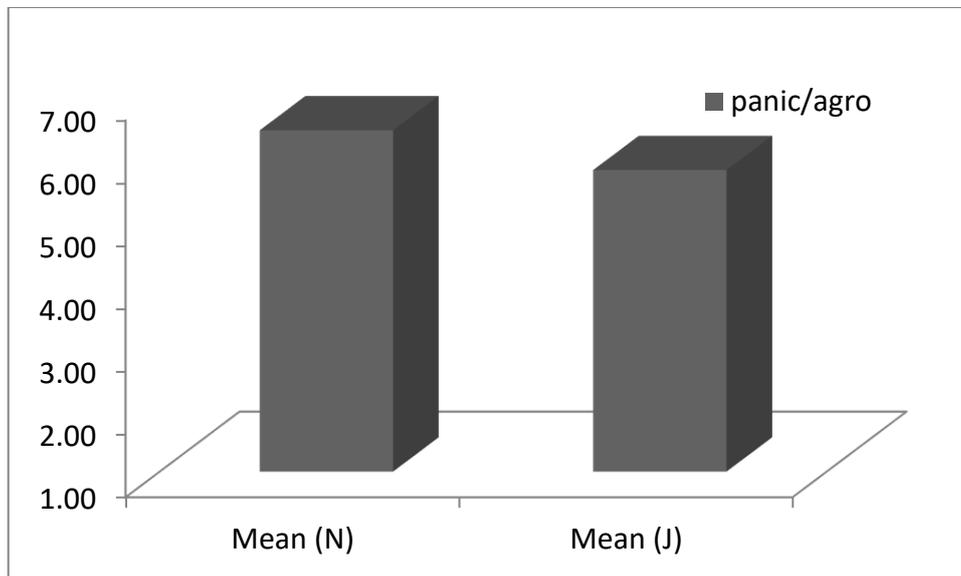


Figure: 9 Mean panic/ agoraphobia between groups

Physical anxiety: the mean physical anxiety was found higher among the normal group ($M=4.63$) in comparison to juvenile group ($M= 3.47$). Moreover when these data were submitted to two sample equal variance t- test this difference was found significant at $P=0.047$ level. Because normal student has no more time to play so these physical activity was decrease while juvenile group spend more time in playing. That may cause normal group physical anxiety to be more than juvenile group. Mean, variance, t- value and significant level are shows in table 10 and graphical presentation of these data are showing in figure.

TABLE NO.10

	Mean	Variance	t-value	df	p(one tail)
Normal	4.63	10.03	1.73	29	0.047
Juvenile	3.43	4.87			

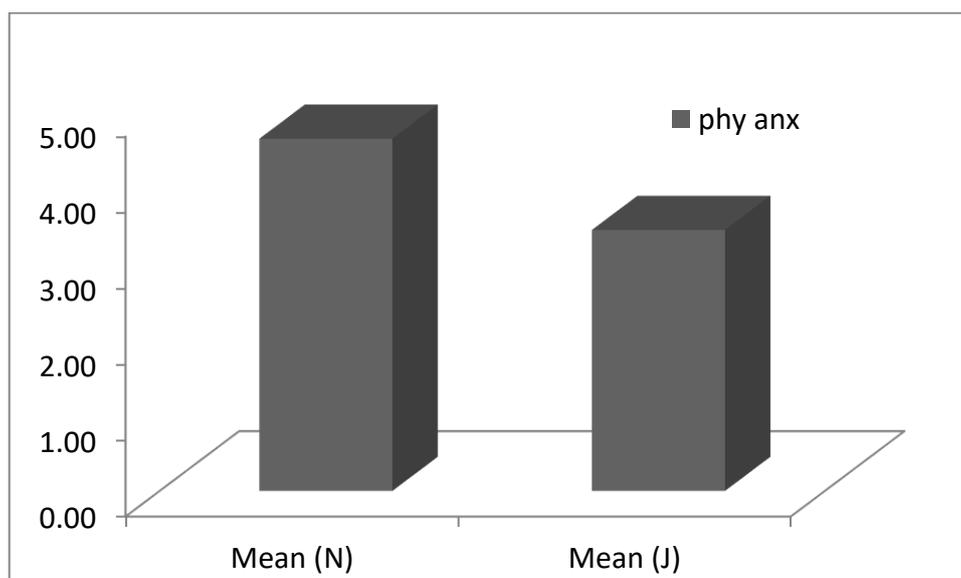


Figure: 10 Mean physical anxiety between groups

Generalised anxiety: the mean general anxiety was found higher in the normal group ($M=5.70$) in comparison to juvenile group ($M= 4.77$). Furthermore when these data were submitted to two sample equal variance t- test this

difference was found significant at P=0.083 level. Mean, variance, t- value and significant level are shows in table 2 and graphical presentation of these data are showing in figure.11

TABLE NO.11

	Mean	Variance	t-value	df	p(one tail)
Normal	5.70	6.98	1.42	29	0.083
Juvenile	4.77	7.70			

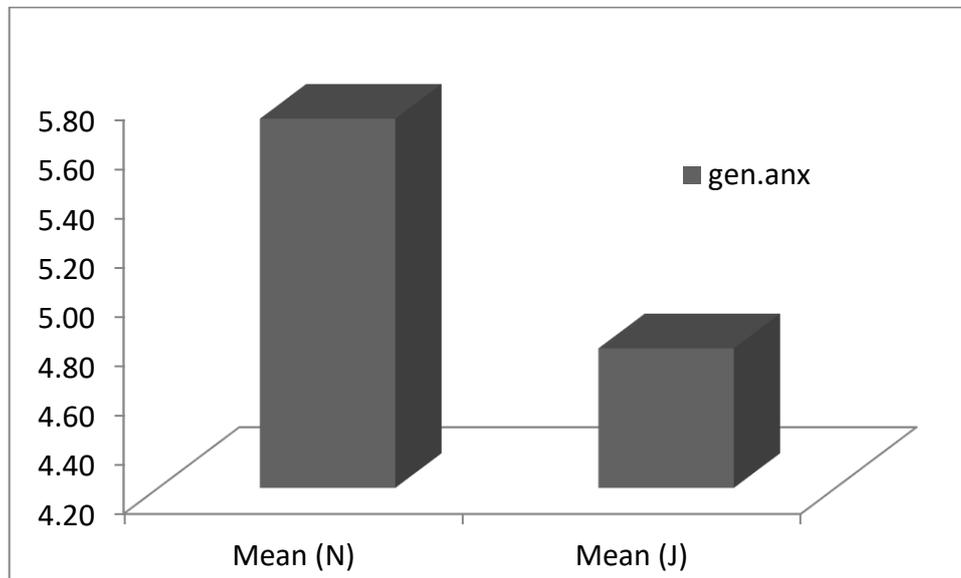


Figure:11 Mean generalised anxiety between groups

Discussion:

In this study we tried to assess aggression and anxiety on Juvenile Group and normal group. We found that juvenile group and normal group are in approximately same age. Normal group has the mean age of 16.67 years and juvenile group has the mean age of 16.40,

We found there is significant weight difference (P<0.001) between both group , normal group(mean =44.5) and juvenile group (mean =51.40). This difference between the two group maybe because of juvenile have no any field work and they only consume meals and spend leisure time in the evening, while normal group have no or seldom time to play . For study they had to do much travelling within the city.

Game time is significantly different between normal group (mean =1.53) and juvenile group (mean=3.67).While the juvenile group have no any other work they play after daily routine contrary to the normal group who have little or no time to play due to their study load. This observation was significant with a p value <0.0001.

The television time was found to be higher in the juvenile group (mean= 3.07) than the normal group (mean=1.93) though it didn't reach statistically significant (P<0.06) level. It might because of the juvenile apart from the daily routine didn't have much work to do and they spend most of the time watching movies and tv serial etc. while normal group have lesser time to watch tv instead they study and prepare for the exam and competitions.

In case of aggression the juvenile group (mean=16.87) shown more aggression than to normal group (mean=12.37) partly because of the reason they are sent to juvenile home. Hawkins and colleagues^[15](2000) showed that psychological factors such as aggression, restlessness, hyperactivity, concentration problems, and risk taking were consistently associated with youth violence. Although they also observed that internalizing disorders such as worrying, nervousness, and anxiety were either not related to later violence or decreased the likelihood of engaging in later violence. A Meta analysis done by Wibbelink and colleagues^[16] (2017) also examined the correlation between mental disorders (including internalizing and externalizing disorders) and recidivism in juveniles. Various studies confirm that a vast proportion of adolescents in the juvenile justice system have a diagnosable mental health disorder. Multiple studies have suggested that about two thirds of youth in detention or correctional settings have at least one diagnosable mental health problem, compared with an estimated 9 to 22 percent of the general youth population.^[17,18]

In separation anxiety, normal group (mean=5.67) has more separation anxiety was more common than juvenile group (mean =5.43). The juveniles were more resilient to separation anxiety and had lower level of fear being alone.

In normal group (mean=6.37) they showed more social phobia than the juvenile group (mean=4.90). this difference was found significant at P=0.029 level. Whereas the juvenile group has less social phobia that could lead to early gang making , charting new territory and violence.

Obsessive compulsion-normal group (mean=8.27) and juvenile group (mean=7.53) both show minor difference between the groups. Normal group has more obsessive compulsion anxiety comparison than juvenile group.

In case of panic/ agoraphobia the normal group (mean=6.43) showed more tendency to be panic/agoraphobic than its counterpart the juvenile group (mean=5.80). The juvenile group was rather resistant to it.

In physical anxiety the normal group (mean=4.63) has more fear of physical injury than the juvenile group (mean=3.43). This observation was statistically significant with p-value of 0.047. The juvenile group has decrease social phobia as well as lesser fear of physical hurt. It may be one of the reason for aggression and subsequent delinquency.

General anxiety- the normal group (mean=5.70) showed more generalized anxiety than juvenile group (mean=4.77). Partly because of these reason the juvenile group had more careless and insincere attitude than the normal group.

From the above observation we can incur that almost all in the anxiety parameter, anxiety is higher in the normal group.

The pioneer work in this field suggest towrds a negative relation between psychopathy and anxiety by Hervey Cleckley (1941) in his monograph *Mask of Sanity*. He suggested that absence of nervousness and psychopathy were possible to be linked to moral transgressions and antisocial behavior. Cleckley also observed that psychopathic individuals had a lack of anxiety or neurotic conflict ^[19]. On the other hand Lykken (1957) of the view that psychopathic individuals shows similar levels of anxiety as non-psychopathic individuals, but their perception of fear appeared to be lower than that of non-psychopathic individuals ^[20].

Conclusion: In this study we found that though the mean age among the group was almost similar the weight among the juvenile offender group was higher mostly due to unhealthy lifestyle which reached a statistically significant difference. Juvenile group also have more game time and T.V time. Aggression was higher in the juvenile group where as every parameter of anxiety was higher in the normal group suggesting that juvenile offender perceive a relatively low fear or anxiety. Among these social phobia and physical anxiety reached statistically significant difference. There need be further research in these populationgroup to adopt a healthy protective measures before more dreaded complication occurs.

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