

# Effectiveness of mindfulness based interventions in reducing stress and anxiety amongst juvenile delinquents: A review

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In the modern era, criminal offending among youth is a major problem around the world. It is a common occurrence in which children and adolescents involve in delinquent behavior (Gottfredson & Hirschi, 1990). Juvenile delinquency is a serious offence in any country that is the involvement of the youth in violent crimes. Poverty, low education and broken families are directly related to higher rates of delinquency (World Youth Report, 2003). Mental health problems that include stress, anxiety are commonly found in juveniles. The issue of delinquent children and adolescents is the burning issue in India by which many young people damage their lives (Abolmali, 2010). Research demonstrating that mediation based approach would be feasible with a group of delinquents which have been shown to improve psychological well-being and reduce mental health issues (Hawkins, 2003; Himelstein, 2011). Mindfulness approaches have resulted in reduced stress and anxiety among youth offenders. Meditation based program may be a way of effective treatment for juvenile delinquent (Bylund & Reed, 2007). MBSR play vital role in the improvement of the juvenile's emotional health problem.

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## Juvenile delinquency

The word "juvenile" is "defined differently by varying terms including youthful, immature, childish etc. and the juvenile delinquent is defined as 'a young person who habitually breaks the law, especially somebody repeatedly charged with vandalism or other anti-social behavior'" (Padmja, 2007). Juvenile delinquency is the illegal behaviour or an activity that is the involvement of a minor child, usually between the ages of 10 and 17. Children who show a behavior of mischievousness or disobedience, it is known as juvenile offending. Research shows that delinquent behaviors such as aggression and violence are related with anxiety and depression (Frick, Bodin, & Barry, 2000; Hill, 2002; Teplin, Abram, McClelland, Dulcan, & Mericle, 2002). It is considered something that is out of parental control. These children break the law and commit crimes. They are identified as "juvenile offenders."

Research also shows that adolescents is more prone in delinquent and disruptive behaviour, especially in boys (Barbarin, 1999; Daeater-Deckard, Dodge, Bates, & Pettit, 1998; Fergusson & Horwood, 2002; Moffitt & Caspi, 2001). Delinquency is a kind of abnormality which occurs under the age of 18 years (Rao, 1998). This type of behavior originates during adolescence. They often have more emotional and mental health problems, involving depression, stress, anxiety and anger. On the other hand, some factors such as aggressiveness or sensation seeking, and maladjustment symptoms as risk factors can be responsible for delinquency (Dishion, Capaldi, & Yoerger, 1999; Teplin et al., 2002). Research reviews suggested that risk behaviour like substance use is an important predictor of delinquency, mainly in boys (Dishion et al., 1999; Huizinga et al.,

2000; Teplin et al., 2002).

## Mindfulness

"The term 'mindfulness' was derived from the Buddhist concept of 'sati', which refers to refined skills of awareness, attention, and remembering" (Siegel, Germer, & Olendzki, 2008). Jon Kabat-Zinn's explanation of mindfulness explained—"paying attention (Attention) in a particular way (Attitude): on purpose (Intention), in the present moment, and non-judgementally" (Kabat-Zinn, 1994). ThichNhat Hanh (1991) uses the term mindfulness "to refer to keeping one's consciousness alive to the present reality" and in keeping with the more experiential Eastern tradition, illustrates this further through the use of examples and teaching stories."

Mindfulness based intervention is developed to deal with mental health problems. Specifically, Mindfulness is skills that can be developed with Mindful awareness practices (MAPs) include sitting exercises; movement and body scan (Kabat-Zinn, 1990). Mindfulness, meditation, and yoga are effective treatment to tackle poor mental health (Upchurch, Gill, Jiang, Prelip, & Slusser, 2018). In addition, Mindfulness or meditation have a beneficial effect on PTSD (Cramer, Anheyer, Saha, & Dobos, 2018); anxiety (Duan-Porter et al., 2016); and physiological measures of stress (Pascoe & Bauer, 2015; Pascoe, Thompson, & Ski, 2017).

Adolescents can enhance levels of self-regulation, self-management, creativity, and cognitive, emotional and behavioral flexibility by regular mindfulness practice (Burke, 2010). Like cognitive therapy, MBCT is part of a growing body of practices that can be helpful for depression, traumatic stress, and substance use (Beck, Rush, Shaw, & Emery, 1979).

The DBT-oriented treatment group had been shown to greater improvements on impulsivity, anger, depression, suicidal attempts, self-harm and global mental health (Koons et al., 2001). Importantly, DBT are helpful for juvenile delinquents who are involved in reckless behaviour (Follette, 2006; Trupin et al., 2002). In the other hand, Acceptance and Commitment Therapy (ACT) is seen as to increase psychological flexibility, individual's willingness,

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