

The Role Of Spirituality On The Mental Health Of Children In Conflict With Law

Dr. Sanjukta Padhi^{1*}, Jashobanta Ranabir²

^{1*}Assistant Professor and Head of the Department, School of Psychology Gangadhar Meher University, Sambalpur, Odisha.

Email - spsanjuktapadhi@gmail.com Mobile No-7978706852

²Research Scholar, School of Psychology Gangadhar Meher University, Sambalpur, Odisha.

Email- ranabirjashobanta@gmail.com Mobile No-8658156678

*Corresponding author: Dr. Sanjukta Padhi

Orcid Id- <http://www.orcid.org/0000-0003-1648-8365>

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ABSTRACT

One of the biggest problems the nation and the entire society are now coping with is juvenile criminality. Growing rates of young offenders are extremely concerning for a nation's social system and for a civilized society. Among the primary issues contributing to social disarray is delinquency. They're raising proof that children's health and mental wellness are impacted by their spirituality and spiritual growth. The role of spirituality in the psychological well-being of children who conflict with the law is a subject that has drawn interest from academics and researchers worldwide. Spirituality is more individualized, and new research shows that engaging in spiritual activities has a beneficial impact on children. This paper examines the available data and considers the potential effects of various spiritual practices on mental health and wellness as part of an inclusive framework. Among the item that makes people naturally spiritual is that it truly is said to improve people's health. The study aims to find out the function of spirituality on children's mental health and to explore the connection between the power of spiritual belief and mental wellness. The prime purpose of this study is to give an outline of the written works on the part that spirituality plays in children in conflict with the law's mental health to increase awareness regarding the self, social life, workplace, and daily life. The next part is a few of the study's secondary objectives, which are the causes of children's conflict with the law.

Keywords: youth offender, spirituality, mental health, awareness, social life

Introduction

In the previous many decades, children and healthcare providers have now more aware of the significance of spirituality. It is acknowledged that addressing spirituality and religious beliefs can help prevent diseases and even lower the rate of criminal activity, moreover helping treat maladies that affect humans. Necessities, psychologically safe spaces, educational and career possibilities, and other resources that assist healthy psychosocial growth and mental state are regularly denied to children in conflict with the law. For many youngsters, the concept of spirituality can mean different things. The youngsters who follow these practices and spiritual beliefs are just as diverse as the ideas themselves. The variety of impacts they might have on our mental health is a single characteristic among them all. Our mental health is impacted by spirituality in many different ways. Your beliefs or feelings of significance and intent are what make you spiritual. It is the source of your life's awareness of significance or purpose. When treating delinquent children, the first idea that is applied is well-being. The goal of psychological counseling with these kids is to enhance their well-being. Spiritual, cognitive, interpersonal, and physical wellness are the four facets of mental health. The goal of work in spirituality is to improve the condition of mind juvenile offenders. Within the intervention's spirituality component, efforts are made to promote completeness, create hope, vitality, calm, and tranquillity, and help delinquent youth find balance in their lives. A summary of the research on spirituality together with the consequences of adolescence on mental and behavioural health was carried out by Cotton et al. (2006).

According to their analysis, there is proof that spirituality plays a significant role in impacting the psychological well-being of young people. Young people who expressed stronger spiritual convictions were less likely to participate in risky sexual conduct, violent acts, substance abuse, show signs of sadness, and even have a decreased chance of suicide than those who expressed fewer profound spiritual beliefs. Previous studies offer initial proof supporting the specific component that could have an impact on young people's mental health and spirituality. Lisa Miller, a clinical psychologist, and researcher at Columbia University informed that spiritual lessons can support kids in overcoming adversity, bucking pressure from their peers, and abstaining from harmful behaviours like substance use. The major issue of children in conflict with the law (CICL) affects families, communities, and humans. It may have negative long-term impacts on both the person and society at large. To prevent kids from entering legal trouble and to act quickly to give those that are in danger, the resources and help they need; it is imperative to comprehend the underlying causes of this problem. Juvenile criminals are dealt with and rehabilitated mostly by the criminal justice system and social welfare organizations. The term "children in conflict with the law" refers to criminal activity carried out by juveniles, usually children under the age of eighteen. The vast majority of people are in India under 25, and the matter of kids in legal trouble is increasingly more pressing. In 2019, the National Crime Records Bureau reported that over 39,000 minors were arrested for various crimes.

Review of the literature

Pragya Sahare and Anuradha Kotnal (2020) viewed the increasing number of juvenile delinquent cases as a serious problem for a nation's cultural system and civilized society. A single instance of the main issue contributing to social disarray is delinquency. The present review attempts to investigate the efficacy of psychological and spiritual strategies in enhancing the psychological resilience and conscience of juvenile delinquents, considering the supposition that these deficiencies are significant risk variables linked to criminal activity in children. A theoretical investigation is predicated on the following premises: (1) adaptability and morality serve as protective factors against delinquency; (2) troubled youth possess inherent strengths and have the capacity to develop adaptability and morality, and (3) spiritually enhanced psychological methods can be highly advantageous in fostering diligence and resilience. A few relevant books, journals, and other materials were examined in order to reason following searches on the internet for PubMed, Medline, Medknow, PsycINFO, etc. This article covered and addressed research that was qualitative as well as quantitative. According to this analysis, by enhancing their spiritual comprehension of life, spiritual practices like yoga and the Gayatri prayer combined with cognitive strategies might effectively nurture protective traits like morality and adaptability, at least in young offenders.

Umut Kermen (2018) explored interventions for kids who have a criminal history that is focused on spirituality and religion. The article is divided into five sections: (i) youth delinquency; (ii) the connection between spirituality and unlawful activity; (iii) spiritual remedies for juvenile criminal activity; (iv) spiritual changes for delinquent children who are in prison; and (v) spiritual actions for infraction children and their families in schools. The first section provides information on juvenile crime, including its definition, extent, and contributing causes to criminal activity. The second section presents spiritual science perspectives related to juvenile delinquency. The final section discusses faith-based remedies, social-psychological interaction approaches, and the spiritual activities and counseling skills of optimistic psychology.

According to Dr. Annie K. Singh {2016}, in the current state of research, juvenile mental health and wellness are quite important. It is commonly known that mental wellness is a healthy mental state whereby a person experiences harmony both internally and externally (Manjunath & Sahoo, 2011). The spiritual component of excellent mental wellness is equally helpful in preserving this equilibrium among all four aspects. A disruption between the four aspects leads to a disorganized and deviant character. One such harmful behaviour among adolescents is juvenile delinquency. Juveniles' use of spiritual rejuvenation can be a useful treatment for the behavioural abnormalities they exhibit. The efficiency of practical life skills training as a means of awareness and practice for preserving mental health and wellness has been demonstrated on a global scale. Including spirituality in life instruction in skills for juvenile offender's programs can significantly improve their mental health, both in India and beyond. Juveniles will no longer have a subjective wayward identity or lack of faith, thanks to spiritual education and life skills. This will protect them from reverting to criminality and pessimism by assisting them in rationalizing their choices and behaviours.

What is spirituality?

The term "spirituality" is widely used and has diverse connotations for different cohorts of people in various cultures. Several recurring motifs in the literature characterize it using:

- A feeling of direction.
- A sense of unity with God, others, and oneself
- A quest for harmony or optimism

Those pursuits that offer lives purpose and significance. Numerous of the individual themes are predicated on the idea that striving to make a relationship with the world and determine our place and significance in it constitutes a fundamental (and frequently instinctive) human activity (Hodges et al., 2009). Man develops

traits like love, integrity, acceptance, maturity, empathy, detachment, faith, and hope as a result of spirituality. Recent research has revealed that an understanding and fulfilment of spiritual beliefs and experiences are related to certain segments of the mind, primarily the non-dominant ones. (Timble, 2008; Saver and Rabin, 1997; Abraham, 2004).

One important element that influences how one's life goes is mental health. Mental health includes both the frequent feeling of positive feelings like joy, happiness, classification, marvel, and optimism as well as the absence of mental conditions like anxiety, sadness, or issues with personality. While bad mental health can make it difficult for someone to lead an ordinary life, a healthy mental state can improve one's life.

Mental Health

The lack of any mental illness and having a balanced disposition that can handle day-to-day life are the two aspects of mental health. The key components of mental health include a willingness to accept accountability for one's decisions and behaviour, adaptability, a high threshold for anger, acceptance of uncertainty, participation in areas of social curiosity, bravery in taking risks, serenity in accepting what we are unable to modify and courage in changing what we can, wisdom in distinguishing among the two, acceptance of disabilities, restrained self-control, and a healthy connection with oneself, others, and the divine. One significant component of mental wellness is spirituality.

Mental Health and Spirituality

The primary objective of both spirituality and mental health is to free and develop the self, as well as to lessen emotional pain. The pursuit of freedom from pain, physical as well as mental, has always been a top priority for humanity. Every civilization and culture developed its own special ways to address suffering. Nearly every prehistoric civilization on Earth held a firm belief in God, souls, and spirituality, and they also established procedures and techniques for achieving spiritual maturity.

OBJECTIVES

The major objectives of this study are:

- 1:** To understand the causes of children in conflict with law
- 2:** The role of spirituality on children's emotional wellness in conflict with law

The rationale of the study

The most valuable resources for the future are our kids. Pharmaceutical drugs and/or misuse of alcohol, gang affiliation, cybercrime, killing, and stealing are all strongly linked to juvenile criminality. Getting a positive sense of self can be enhanced, mental health issues can be given significant, sensation can be severe, and social behaviour can be framed by spirituality. The role of spirituality on children's mental wellness in conflict with law can create a positive vibe. This will reduce crime.

Causes of Children in Conflict with Law

Individual Elements: There are a lot of risk factors found in teenage criminal behaviour. Youths with lower intelligence and who are not given a quality education are more inclined to participate in deviant behaviour as adults. Other risk variables include a failure to manage one's aggression, impulsive behaviour, and difficulty postponing pleasure for long. In many circumstances, several different risk factors can be identified as having a role in a juvenile's engagement in risky, destructive, and illegal behaviours. These variables of risk can also be merged to create a single risk element.

Family Elements: Youth and child illegal activity is associated with patterns of persistent familial risk elements. Among the numerous family risks things that need to be taken into consideration are familial neglect and exploitation (emotional, mental, or physical). It is more probable that kids of parents who disregard the law and societal norms will adopt their parents' mindset. Children who have a poor connection with their parents are more inclined to engage in dangerous behaviours like substance use when it relates to delinquent behaviour.

Elements of Mental Health: Adolescent misbehavior is also known to be influenced by several mental health conditions. But it's important to keep in mind that some mental health issues, particularly personality illnesses, are difficult to detect in young people. However, these situations have precursors that can be noticed in early childhood and eventually show up as delinquent behaviour. One that occurs often is conduct disorder.

Elements of Substance Abuse: The bulk of cases involving juvenile offenders are connected to drug consumption. Two trends have been identified regarding children and the use of substances. Teenagers are consuming stronger drugs now compared to a decade ago, which is one of the largest changes. Secondly, certain teenagers start using drugs at an earlier age, generally than the national norm. Research efforts have shown that young people in elementary schools misuse potent illegal substances. The consumption of such illegal

substances, along with the illegal use of permissible drugs or alcohol, pushes adolescents to commit crimes to get money for the purchase of illegal drugs. Furthermore, teens have a higher chance of engaging in disruptive, risky, and illegal activities when under the influence of illicit substances or alcohol.

The Role of Spirituality on the Mental Health of Children In Conflict with Law

Spirituality aids in instilling in children virtues like justice, peace, love, and proper behaviour; contemplation of these virtues aids in the progression of an individual's natural spiritual significance in their personalities and lives (Pulla, 2014). Delinquent children are, in a sense, devoid of the basic principles of humanity, which can be ingrained in them via appropriate corrective action. The part that spirituality plays in the circumstances of young criminals as a coping mechanism and resilience builder has not received much attention. Recognizing the role that spirituality plays in the existence of young people can help with psychological issues, personal catastrophes, and the chance of relapsing into delinquency (Wahl, Cotton, & Monroe, 2008). By making juvenile criminals answerable for their actions, a shift in thinking can be accomplished in this demographic. A disjointed and troubled personality does fail to produce tranquillity and unity of self. As the study states, it is already well acknowledged that instructing spiritual recovery to delinquent kids as an element of life skills instruction can be extremely beneficial. A child who chooses a lifestyle of delinquency often grows fearless because of their scepticism and dislocation of spirituality. They experience a profound subjective sensation of negativity, and their way of thinking firmly establishes a personal deviant religion that forms a subjective deviant character. Delinquent children justify their antisocial behaviour with this subjective, deviant identity. An element of a strategy that addresses this lack of awareness of the spiritual, good faith, and religious dimensions should be included. One potential solution to this issue is to impart a life skill program combined with spiritual guidance.

Conclusion:

A substantial amount of material makes it clear that spiritual wellness is crucial to general welfare. Prominent theorists like Albert Bandura have also asserted that exposure to and relationships with pro-social role models reduce a person's chances of participating in delinquent behaviour. They receive positive reinforcement in this way, and engaging in pro-social behaviour is the initial action taken to spiritual recovery (Cox & Matthews, 2007). Juvenile delinquents require spiritual support, and caregivers have recognized the way spiritual and religion-based therapies and programs can create a connection between wayward children and the community. This would lessen recidivism toward criminality and aid in mainstreaming such children (Larson, 2013). A learning life skill framework has demonstrated its efficacy as a versatile approach that effectively tackles the mental health concerns of various populations. When incorporated into a juvenile lifelong learning intervention, spiritual guidance is an effective corrective treatment for the persistent problems with mental health of juvenile offenders all over the world.

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