



RESEARCH PAPER

Juvenile Recidivism: Analyzing the Rehabilitation Strategies for Delinquency in Criminal Justice System of Sindh

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ABSTRACT

This paper explores the correlation between family background, education, mental health, and juvenile recidivism in Sindh, Pakistan, with a view to establishing the importance of some underlying factors that affect the tendency of juvenile offenders to reoffend. With a qualitative design, the study applied content analysis to interpret juvenile rehabilitation programs in the province. The findings show that dysfunctional family, limited access to education and unattended mental health conditions significantly increase the likelihood of recidivism. Young individuals with several co-occurring vulnerabilities were particularly vulnerable to recidivism. The paper suggests that a comprehensive intervention of a better family support, wider educational opportunities and vocational options, and accessible mental health care could help reduce recidivism. Policy recommendations shall be focused on the long-term effectiveness of the rehabilitation programs, especially in the education and health that influences the peer networks, and the role of community-based support systems in the Sindh juvenile justice system.

KEYWORDS Juvenile Delinquent, Recidivism, Rehabilitation, Justice System, Sindh

Introduction

With The juvenile justice system is an essential component in dealing with delinquency and ensuring that young offenders are rehabilitated and reintegrated into society. However, there are still concerns that a current set of structures can successfully meet such objectives, despite the importance of this. The main feature of the current discussion is the ancient controversy between rehabilitation and punishment as the most desirable long-term child offending management methods. Rehabilitation aims to address social, psychological, and economic problems that are the causes of delinquent behaviour, providing the young offender with emotional support, vocational or educational skills, and other resources that will help them reintegrate successfully. These treatments typically include counselling, training in life skills, and formal mentoring. Comparatively, the punitive measures are aimed at preventing future occurrence of crime by subjecting an individual to legal punishment (imprisonment and corporal punishment) with the perception of preventing future occurrence of crime by means of imposing the threat or experience of unpleasant consequences (Suman et al., 2023).

These conflicting philosophies are producing a dichotomy in the international system, which is reflected even in the juvenile justice system on Pakistan. Rehabilitation has long been known to be able to reduce recidivism and cause behavioural change, however punishment is generally valued due to its expediency and easy application. The

issue concerning the approach that would have more sustainable outcomes is open to debate in the context of Sindh where many structural issues make the provision of services more complex. This paper has then tried to make a comparative analysis of rehabilitation as opposed to punitive interventions based on their recidivism levels, behavioural changes, and eventual reintegration (Malik & Shirazi, 2010). Hopefully, evidence-based information will be obtained during the analysis and will be utilized to inform the policy changes and improve the effectiveness and humanity of the juvenile justice practices. By doing this, the study will not only ensure accountability among young offenders but also provide them with opportunities for proper reform (Abbas, Chughtai & Hussain, 2022).

Such an extended criminal justice system in Pakistan is a tool to control order within the society, enforce the law and offer security to the society. In this system, juveniles are a unique and especially vulnerable group. Their age level makes them more flexible than adults and able to change positively when offered proper interventions. Evidence suggests that juveniles, being in the critical stages of cognitive, emotional, and social development, are susceptible to positive rehabilitation actions that support the development of pro-social behaviour and lower the chances of reoffending (Malik et al., 2024). The legal system in Pakistan is based on the Pakistan Penal Code (PPC) of 1860, according to which juveniles have distinct procedures. Less serious crimes are punished by no more than three years in prison or a fine, and the juvenile court has the power to impose bail with various conditions (Boswell 2016). Less severe crimes (3-7 years of imprisonment with or without fines), to which bail may also be provided, are sometimes accompanied by reprimand but may also have more rigorous requirements based on the severity of the crime (Boswell 2026). Upon arrest, the juveniles are usually confined in observation homes that take at least thirty days to ensure that they are not exposed to the adult system. Despite being intended to provide assessment and counselling, these facilities often fail to fulfil their responsibilities due to a lack of resources and insufficient staff (Khan & Qadri, 2023).

Rehabilitation centres also form part and parcel of the juvenile justice system since they provide education and vocational training that would help improve the prospects of successful reintegration. Some centres have inadequate infrastructure though this is their intended purpose, they are underfunded and they do not have trained professionals who can present evidence-based interventions. These are some of the gaps that led to juveniles returning to the correctional facility in great numbers. Moreover, there are also systemic factors contributing to the challenges of fulfilling the rehabilitation goals and bringing up the problem of compliance with international standards of juvenile justice, including overpopulated detention centres, a lack of effectiveness in dealing with cases, staffing issues, and low standards of living (Fatima et al., 2024).

The passage of juvenile justice system ordinance (JJSO), which attempted to institute special courts and procedures that would respond to the developmental needs of juvenile offenders, was one of the most important legislation in the reform agenda in Pakistan in 2000. This notwithstanding this development in the law, it has not been done consistently. The juvenile courts usually do not have staff, programs, and resources specialisation, which are barriers to their performance and the effectiveness of the intended outcome of the ordinance (Ahmad et al., 2024). Further empirical research is needed to address the operational concerns including the capacity of the judicial system, availability of the courts, and the degree to which the judicial decision making process is informed by rehabilitative ideals. This question will play a significant role in crafting

policy changes that will be significant contribution to the juvenile justice process (Ali, Raza, & Khan).

The reduction of recidivism and the encouragement of behaviour change among the offender juveniles is an ongoing issue in Sindh. The operational modes of punishment are unlikely to expose the causes of delinquency and hence recidivism and further marginalisation. To compare the efficacy of rehabilitation and punishment, it is necessary to conduct a comparison between the two methods to determine which one would lead to a lasting behavioural change that would facilitate effective reintegration. The research is expected to offer a good evidence base regarding the policy and practice enhancement by examining different indicators, including recidivism, behavioural modification, and post-release adjustment. The study is relevant because it can guide the creation of evidence-based decision-making within the juvenile justice system of Sindh. The study will provide information to policy makers, practitioners and other stakeholders that may have to inform the reform of the system to ensure the best practice is applied and gaps in the system failures that increase the formation of a more just, restorative and effective system of juvenile justice are filled. These reforms are not only used to enhance the performance of the institutions, but also safeguard the rights and welfare of young offenders, and also secure their success upon returning to the society in the long run. The paper is therefore an effort to help in building a juvenile justice model that is responsible and caring with emphasis on rehabilitative paths where the youth can restructure their lives and emerge as productive individuals in their respective communities.

In the other sections, part two and three, the paper concentrates on the literature insights and theoretical framework. The third section entails information regarding research methods and models. The fourth section talks of the findings and conclusions. The conclusion and policy recommendations are displayed in section 5.

Literature Review

The juvenile punishment and rehabilitation have always been a controversial issue in the juvenile justice system. One of the theories of punishment is the concept of holding juvenile offenders accountable through the use of sanctions. Theories of rehabilitation, on the other hand, concern changing the behaviour of young offenders through education and therapy, as well as the development of skills. These methods have been studied extensively, and the current trend is towards rehabilitation, especially in the case of juveniles, as young offenders are more receptive to change than adults (Ahmed et al., 2022). A great deal of research shows that a punitive approach focused on imprisonment and harsh penalties does not decrease recidivism among juvenile offenders. Rehabilitation-based approaches, however, which focus on solving the underlying reasons for delinquency (climate changes, poverty, education, family dysfunction, drug abuse, and so forth), are thought to be more effective. Rehabilitation offers a strategy that enables offenders to reintegrate into society, benefiting the community through reduced crime and lower social costs associated with criminal behaviour in federal countries (Khan, 2023; Chandio et al., 2024). Among all the parts of Pakistan, Sindh is the area where rehabilitation strategies are not being implemented, and there are many challenges before the implementation of these strategies, with the main challenges being a lack of infrastructure, a lack of trained personnel, and financial issues. All this is true, of course, but Sindh's juvenile justice system is still trying to overcome the reality of overcrowding of facilities, underfunded programs and cultural norms that don't always line up with the notion of rehabilitation. Though recognition of the importance of rehabilitation has increased, a mixed record of successfully

implementing rehabilitation has followed and support by firms (Majeed et al., 2024; Tunio 2020).

Moreover, for a very long time, the challenge of rehabilitating young offenders was a recurring one for the juvenile justice system, more so in Pakistan than even in the United States. The system that exists in Pakistan is one of unavailability of facilities, overcrowded juvenile detention centres and the absence of trained professionals. The harsh conditions under which juveniles in Pakistan are subjected fall far from addressing the underlying issues related to delinquency and increasing their chance of re-committing a crime, and income issues are also relevant (Pratap 2023; Ullah et al., 2024; Ullah et al., 2022). Nevertheless, the role of rehabilitation in the juvenile justice system has only gained importance. International standards for the treatment of juvenile offenders have been established in the United Nations Convention on the Rights of the Child (1989), with an emphasis on rehabilitation rather than punishment. Pakistan has adopted these principles in the Juvenile Justice System Ordinance (2000), which is designed to shift the focus to rehabilitating juvenile offenders, establishing juvenile courts, and reducing detention for minor offences. Nevertheless, currency crisis, poverty, financial and logistical issues have prevented the implementation of these reforms (Izzo & Ross, 1990; Ullah et al., 2022; Tian et al., 2024).

According to Macallair (2022), restoring juvenile regains goes beyond extraordinary institutionalisation; it involves comprehensive projects to train, supply mental health services, educate, offer vocational training, and provide family support. Such programs are little developed in Sindh. Both the dearth of enough mental health and counselling professionals and overpopulated juvenile detention homes mean that the rehab goal of the system becomes fractured (Macallair, 2012; Asrshad et al., 2024). Juvenile rehabilitation programs must be individualised to address the particular needs of the offender that may be associated with family issues, issues of substance abuse, or mental health issues. Having found that tailor-made treatment based on juveniles' circumstances can obviate recidivism and facilitate reintegration into society, exposure to gangsterism is highly unsuitable for irreparable juveniles. Conversely, punitive measures often prove to be ineffective in addressing the root cause of delinquency and ambidextrous behaviour (Mears et al., 2015; Ahmed et al., 2022). Compared to the international level, as seen in Norway, Sweden, and Canada, rehabilitation programs have been successfully implemented, typically combining community-based alternatives to incarceration with a therapeutic communities. These systems recognise the need to provide juveniles with the necessary tools to change for the better, rather than subjecting them to harsh punishment, which could exacerbate their tendency to engage in criminal activities. In Sindh, poverty increases crime. These international models could be decisive in developing programs that prevent juveniles from being sent to prison, teach the necessary skills, and provide the required support to reintegrate them into society. For instance, in the case of successful programs in India, like those conducted by NGOs and in juvenile homes, skills development and mental health suffer as areas which aren't prioritised in Pakistan (Piquero et al., 2010; Tunio, 2024).

The literature on juvenile justice and offender rehabilitation has mentioned many legal frameworks across the world, but not much information is available on how it works and whether it is effective or not and whether it is practiced locally in Pakistan especially in Karachi. Although Juvenile Justice System Ordinance of 2000 was enacted in Pakistan, even at present, limited resources, problems such as insufficient funds, failure to enforce the law, institutionalised discrimination and inadequate infrastructure, further cripple the law in such cities as Karachi. Nonetheless, despite global trends that

stress on community-based rehabilitation, very little information is available about its feasibility and adaptation in resource-limited towns. Moreover, the unique socio-legal environment of Karachi does not maximize evidence-based approaches, including the Risk-Need-Responsivity (RNR) paradigm that is common in other countries. To determine the barriers in implementation, review long-term outcomes, and adjust the global best practices to suit the Karachi context, localised studies are necessary.

Table 1
Summary of Identified Literature

| Author Name | Title of the Study | Methodology Used | Findings |
|----------------------------|--|--|---|
| (Field, 1989) | " The effects of intensive treatment on reducing the criminal recidivism of addicted offenders " | Quantitative analysis, a survey of 500 participants | "The study found that rehabilitation programs significantly reduce recidivism rates, especially when combined with community support. Offenders who participated in rehabilitative efforts had a 30% lower recidivism rate compared to those who were incarcerated without such programs". |
| (Atkin-Plunk, C. A. 2020) | "Evaluating Punishment vs. Rehabilitation: A Systematic Review" | A systematic review of 50 studies | "This review concluded that rehabilitation programs are more effective in reducing recidivism than punitive measures. Programs targeting substance abuse, education, and vocational training showed the strongest long-term benefits". |
| (Miller & O'Connell, 2019) | " Reducing Recidivism " | Mixed-methods approach (qualitative interviews and quantitative surveys) | "The study revealed that psychosocial interventions, such as cognitive-behavioural therapy (CBT), anger management, and family therapy, significantly reduced violent behaviours among inmates. Offenders who received these interventions showed a 20% improvement in post-release social behavior". |
| (Fox & Videmšek 2021) | "Exploring the Role of Education in Rehabilitation" | Case study analysis, interviews with 100 ex-offenders | "Prison education programs led to a 50% reduction in reoffending within 3 years of release. The study found that participants who enrolled in educational programs had higher employment rates post-release and were more likely to reintegrate into society successfully". |
| (Lardén, et al., 2021) | "The Effectiveness of Cognitive Behavioral Therapy for Offenders" | Experimental design, controlled trials with 200 offenders | "The study demonstrated that CBT improved offenders' self-regulation, reduced impulsive behaviours, and decreased recidivism. Offenders who completed the program had a 40% lower likelihood of reoffending than the control group". |
| (Dhanani et al., 2022) | " Reckoning with racialized police violence: The role of IO psychology " | Longitudinal study following 300 individuals over 5 years | "Vocational training programs significantly impacted offenders' long-term success in finding stable employment, with a 35% reduction in recidivism. The study highlighted the importance of providing marketable skills to offenders before release". |
| (Hipplewitz, 2022) | " Punishment vs. Rehabilitation: A Discourse on American Prison Reform & Comparative Analysis to | A comparative case study involving 10 correctional facilities | "This study argued that rehabilitation programs, such as drug treatment and education, are more effective than punishment in reducing long-term reoffending. Offenders in rehabilitative programs demonstrated a 25% lower recidivism rate than those subjected to punitive measures alone". |

| Swedish Incarceration " | | |
|----------------------------|--|---|
| (Evans & Harris, 2019) | "The Impact of Community Reintegration on Ex-Offenders" | Survey and qualitative interviews with 150 ex-offenders |
| (Carter et al., 2022) | "Interventions to reduce suicidal thoughts and behaviours among people in contact with the criminal justice system: A global systematic review " | Quantitative survey, statistical analysis of 1,000 participants |
| | | "Community reintegration programs significantly improved the social acceptance of ex-offenders, which correlated with a 40% reduction in reoffending. The study found that having a support network and employment opportunities was key to successful reintegration". |
| | | "This study found that participation in rehabilitation programs, such as anger management, education, and vocational training, decreased the likelihood of recidivism, especially in young offenders. The study reported a 25% lower recidivism rate among those participating in at least one rehabilitation program". |

Theoretical Framework

Restorative Justice (RJ) is a transformative approach to juvenile offenders that diverges from traditional views of justice and treatment within the justice system. RJ shifts the offender from being a mere criminal to an offender (as with other crimes), however, not as an offence consisting of something the offender has done, but rather as a disruption of the relationships, communities, and victims of the crime. It promotes the active involvement of all parties in the justice process, including the victim, offender, and community. The primary purpose of RJ is to restore the harm caused by the offence while fostering dialogue, accountability, and mutual understanding (McCold & Wachtel, 2012). The traditional criminal system, generally based on punitive measures, often fails to adequately address the needs of both the victim and the offender. However, RJ emphasises a rehabilitative approach whereby the offenders get a chance to heal and make amends. This is accomplished by instilling a deeper understanding of the consequences of their actions, which tends to discourage the possibility of reoffending. Programs grounded in restorative justice (RJ) principles showed particular efficacy in reducing juvenile delinquency because they aim to foster empathy, responsibility, and pro-social behaviours (Wachtel, 2016).

Victim-offender dialogues, community service, and restorative justice (RJ) reintegration programs that emphasise repairing the harm to victims and strengthening supportive networks for offenders are RJ practices. The RJ framework is exclusively recommended in the United Nations Restorative Justice Guidelines (2016) as a best practice for juvenile justice systems worldwide. These guidelines promote a method of dealing that neither cuts off the offender from the company nor returns the offender, leaving the victims' needs aside and ignoring the offender's potential for development (Marshall, 2020). Restorative Justice Theory is particularly well-suited for the current research on juvenile rehabilitation and punishment programs because it offers a rehabilitative and restorative approach in certain instances. Contrary to the traditional punitive justice system, it has been proven that they are ineffective in preventing recidivism and in achieving actual reintegration of offenders into society. RJ emphasises accountability and the development of empathy, which has also been proven to decrease recidivism rates among juvenile offenders. Contrary to the old system of criminal justice, RJ guarantees that all stakeholders are included and can gain an opportunity to transform their lives, reintegrate with the society, and fulfill the needs of both the victims and the community at large, which would result in achieving long-term social harmony. Moreover, RJ is consistent with some of the existing trends in the philosophy of justice,

which prioritize rehabilitation rather than retribution; thus, it is a valid conceptual framework to the extent of determining the effectiveness of rehabilitation programs in preventing juvenile delinquency (Gabbay, 2005).

Material and Methods

The concept of content analysis as a methodological device in the juvenile recidivism research has become important in a critical way since it enables the researchers to explore and generalise the findings of many empirical studies in a systematic approach. Using it on the meta-analyses and systematic reviews, it will be possible to determine the comparative efficiency of various intervention strategies and the effect that such programs have on reoffending rates. According to the existing body of research, rehabilitative interventions will tend to decrease recidivism; it will simply depend on the specificity of the offenders or the specific program (Pappas and Dent, 2021). In the same way, this method allows detecting the presence of recurring risk factors, such as being exposed to adverse childhood experiences, which particularly contribute to the high risk of recidivism, and numerous differences between different demographic groups and characteristics, including gender, race, and ethnicity (Yohros, 2022). In addition, the instruments of risk analysis, including the Youth Level of Service Inventory, have been also studied, and it was found that their predictive value is equally high with both male and female young offenders, and can be applied to the board because they turn out to be similar (Pusch & Holtfreter, 2018). Content analysis can also be used to establish patterns of successful and unsuccessful psychosocial intervention through coded and categorised patterns in a wide range of studies. It demonstrates that not all non-institutional programs lead to the substantial decrease in recidivism (Olsson et al., 2021). Altogether, content analysis is an in-depth approach to evidence synthesis, which identifies moderating variables and helps guide alternative policies and practices that can enhance the operation of juvenile justice systems (Pusch and Holtfreter, 2018). The research design employed in this study was a qualitative approach to examine the existing research on rehabilitation and corrective programs within the juvenile justice system in Sindh. A content and thematic analysis is adopted to explore the effectiveness of these programs. The qualitative design is appropriate in this context because the study aims to assess and value the impact of rehabilitation and punishment programs on juvenile delinquents. The research is not aimed at making any statistical generalisations, but rather to conclude using general scholarly research, policy reports, and case studies.

Research Design

In this study, the qualitative research design has been applied where content analysis was used to examine studies, articles and reports on the topic. It will examine the available literature on past research on juvenile justice system in Sindh, Pakistan. The research will be based on previous studies, case studies, and governmental or NGO reports to extract the patterns, themes, and important findings and emphasize the differences and effects between the rehabilitation and punishment parts of the juvenile justice system. The sources will undergo a content analysis in which they will be categorised and analysed systematically to show common themes, concepts and conclusions on the effectiveness of rehabilitation and punishment programs.

Data Collection

The research data in this study was gathered through examining and evaluating 46 past research studies on the juvenile justice system in the Sindh regarding

rehabilitation and punishment programs. In this regard, the chosen studies form part of research approaches, such as qualitative methods. In this case, references to academic papers devoted to the outcomes of rehabilitative and punitive programs have been used. The methodologically is of special concern to us. employed in this research, including interviews, surveys, and ethnographic research, to determine the influence these methods have on the reported outcomes of juvenile rehabilitation and punishment programs. The aim is to compile a collection of diverse research on juvenile justice to understand the complexities of the field and the impacts of various interventions.

Conceptual Model

The main concepts of this study are the three independent variables: family background, education level and mental health and their relationship with one dependent variable, the recidivism rates of juvenile offenders in Sindh, Pakistan. See below figure:1.

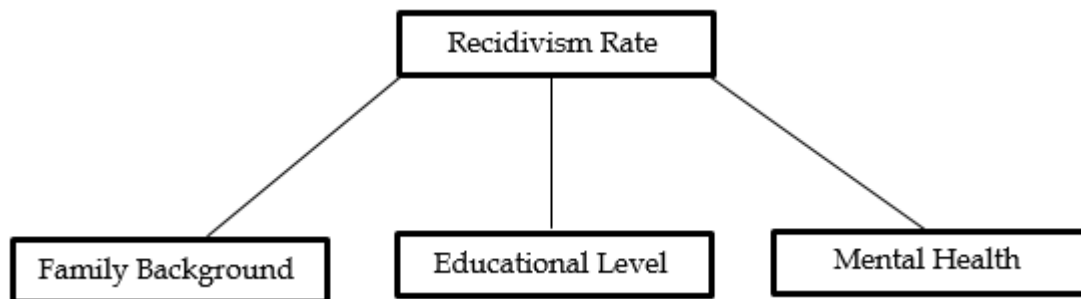


Figure 1: Conceptual Model

Results and Discussion

Family Background and Its Influence on Recidivism

Family background was the main driving factor that contributed to juvenile recidivism, indicating how influential early family interaction is on a juvenile's future behaviour. According to the study, juveniles who are raised in dysfunctional family environments which involve, among others, parental neglect, physical or emotional abuse, substance abuse, or mental health issues of caregivers have their chances of participating in criminal behaviour to rise considerably. Family dynamics, such as the household's socio-economic status, the existence (or non-existence) of positive role models, and the degree of parental involvement, were major factors in shaping the juvenile's attitudes towards authority, societal norms, and decision-making. Children are commonly missing the emotional guidance of present or healthy parents or are lacking the stability needed to build healthy coping mechanisms in homes where the parents are absent or abusive. These juvenile males were more likely to see criminal behaviour as an expected, even an unavoidable, outcome of their conditions (Kubrin & Stewart, 2006).

On the other hand, juveniles from families who created a supportive and nurturing environment had a somewhat lower chance of recidivism. Parental involvement, emotional support and clear boundaries were also found to be protective factors, which restricted juvenile participation in antisocial behaviours, and they used more beneficial ways of coping. Such juveniles were more resilient to the pressures that tend to trigger criminal behaviour. The significance of training in parenting skills, a family therapy, and creating a socio-economic foundation that ensures family stability is

evident. Therefore, the findings of the first-time study are obvious. Nevertheless, the risk of delinquency can be minimised by improving family ties and the quality of parent-child relationships, and family support would be an integral part of any intervention efforts aimed at mitigating recidivism (Aguilar Ruiz & Pereda 2022).

The Effect of Education on Recidivism in Juveniles

Education turned out to be another essential aspect that influences juvenile recidivism. It was also evident that the rates of recidivism were much higher among the juveniles who had a history of dropping out of school or those who had limited access to education, as compared to juveniles with higher levels of educational achievement. The study revealed that juveniles who failed in their studies or even dropped out of school at a tender age were more likely to be involved in crimes, since they were also at a disadvantage, just like the inability to secure a well-paying and stable job. These individuals were not educated, poor, and lacked the necessary personal skills and social networks to re-enter society. Lack of education rendered them further vulnerable to criminalization factors; they would not find it easy in the cycle of exposure and repeat offending (Katsiyannis et al., 2008).

One such situation is that probabilities of reoffending were lower among juveniles attending academic or vocational programmes. By availing these programs to them, they had received the tool they needed to be hired and improve on themselves. The researchers concluded that Juveniles that were enrolled at schooling, either in an ordinary or job training on a specific field, felt more confident, emotionally controlled and had more future aspirations. Additionally, education was also crucial to the development of the sense of personal responsibility and future orientation as the two were tightly connected with low recidivism rates. Vocational training taught in particular practical skills, thus making juveniles more employable and provided them with an alternative to criminal activity in order to survive. In the study, it was revealed that the juvenile rehabilitation programs which aim at reducing recidivism must offer a good educational background, both academic and vocational to help the juvenile succeed. Also, education must be integrated with life skills, mentorship and career counseling to offer a holistic assistance of reintegrating the juveniles in the society in the long term (Hill, 2015).

Mental Health and its implication on the juvenile recidivism

Mental health was identified as a significant cause of juvenile recidivism in the study because it was determined that a significant percentage of youth offenders had prior mental health issues, which, in case they were not treated, predisposed youth offenders to recidivism.. Current research on human beings has shown that juvenile offenders suffer from mental health disorders such as anxiety, depression, post-traumatic stress disorder (PTSD), conduct disorder, as well as attention deficit hyperactivity disorder (ADHD). Many of these mental health conditions were not being addressed or were not being addressed well enough for the juveniles to know how to exist in society. Untreated mental health issues and inability to cope (i.e., not having coping mechanisms), a lot of the time resulting in impulsive behaviour, aggression and emotional dysregulation, were significant risk factors for recidivism (Wibbelink, Hoeve, Stams, & Oort, 2017).

Additionally, this study found that the typical juveniles were also subjected to higher levels of psychological trauma, such as violence, abuse, and substance abuse,

which tested the individuals and made them more prone to reoffending. A lot of these juveniles had trouble managing anger, stress, and interpersonal relationships, and therefore, reintegration into society proved very hard. Once these juveniles underwent the proper care of their mental health through psychotherapy and trauma counselling, to psychiatric care and behavioural interventions, their emotional regulation, impulse control and social functioning improved tremendously. It was established that juveniles who attended mental health programs had reduced recidivism rates by a significant margin, and most of those reports were bragging about a new knowledge of their behaviours and emotions. These findings allow us to conclude that the decrease in juvenile recidivism hinges on the effective delivery of mental health care. To treat the underlying causes of delinquent behaviour and the impact of the long-term behaviour change, they must be treated with a comprehensive rehabilitation program, including psychological counselling, trauma-informed care and specific therapeutic interventions. The mental health care, as part of the rehabilitation initiative, is both suitable to enable the juvenile to manage their emotional and cognitive issues and assists in the effective reentry into life (Wylie and Rufino, 2018).

Delinquency Recidivism

The juveniles who had not met or achieved on one or more of these crucial domains were almost twice as likely to recidivate: they were born in dysfunctional families, received less education and had unaddressed mental health problems. The majority of these juveniles had more than one issue that made their likelihood of escaping the circle of criminal behaviour even more difficult. But on the contrary, the juveniles who had undergone the interventions that were in line with these fields registered reduced recidivism rates, and the integration of family, educational opportunities and mental health care was the most effective to stop recidivism.

Based on the results of the studies, juvenile recidivism is not a case of a single factor; a set of factors, including family dynamics, education, and mental health, develops the phenomenon. The juveniles with encouraging family ties, good schooling, and access to mental health services ended up having an excellent outcome and minimal possibilities of reoffending. Bearing in mind that these factors are correlated, it leads to an assumption that the multidimensional approach to juvenile rehabilitation needs to be adopted. Moreover, it also emphasizes the necessity of an integrated intervention program in which a full variety of services could be offered to the juveniles with the help of family counselling, instructional interventions, and mental health care. When all the three factors are integrated, the rehabilitation programs can achieve more success in preventing delinquency cycle and enabling a person to successfully re-Enter society. The core of this research, which proves the conclusions that juveniles must receive holistic assistance in all aspects of their development (family, education, and mental health), lies in the ability to cause sustainable changes to the existing conditions of recidivism.

Discussion

This research was to examine the relationship between various family backgrounds, education levels, mental health and juvenile recidivism of juvenile offenders in Sindh, Pakistan. And we are providing a valuable commentary on a thorny topic of recidivism and specifically what type of risk factors, that is, family processes, educational opportunities, and mental health, play a role in recidivism among juvenile offenders in certain and somewhat interdependent directions over time.. This study revealed one of the most striking findings regarding the impact of family background on

juvenile recidivism. Consistently, the literature has shown that the most significant predictor of a juvenile becoming a delinquent is family dysfunction, which our finding supports (Joo & Jo, 2015). The findings of this study support the notion that an individual's experience within the family unit during the juvenile period can also influence their response and behaviour towards authority, and to a great extent, their ability to control emotions. More so, we also specifically discovered that the youth in the surroundings of the people who abused resources, were abused by their spouses and parents, had a high likelihood of committing crimes and recidivism.

The Impact of Family Support on Juvenile Outcomes. The absence of nurturing parental role models to offer emotional support and stability may cause a severely adverse impact on emotional and psychological growth. These are typically juveniles who lack attachment, and consequently, they may poorly adapt in their relationships with others and in their positive relationships with individuals who are not family-based. Children in a family that is not financially stable or parents who practice low parenting or lack any access to a mature guardian could engage in criminal acts as a way of coping with the fact that they have no means to fulfil their material needs and as an emotive discharge of the trauma that has no definite solution (Ganzer & Sarason, 1973). The other major predictor variable of juvenile recidivism employed in the study was the education factor, specifically access to schooling and vocational training. Based on social learning theory in delinquency, the lesser the exposure to positive role models and pro-social experiences in youth, the higher the chances of engaging in criminal activities. In turn, education may be identified as the key to reintegrating juveniles, as it addresses their concerns and provides them with the means and skills to establish a stable life and healthier coping mechanisms (Hill, 2015).

The follow-up study also shows that education is of significant importance in rehabilitation. Intriguingly, juveniles who were more educated and received vocational training were more self-assured, emotionally stable, and responsible, and vowed less recidivism. Through education, juveniles acquire skills that enable them a secure stable employment and reintegrate into society. Meanwhile, the juveniles did not receive education and vocational training, which effectively deprived them of a chance at legal employment. Consequently, some poor peasants were pushed into crime as a means of survival (Miller et al., 2019). Moreover, our results indicate that the educational environment influences juvenile behaviour. School engagement and positive peer relationships in school settings were important protections against recidivism. Mentoring programs, after-school activities, and vocational training are all examples of school-based interventions that may channel juveniles into constructive outlets and develop valuable life skills. Life skills training, career counselling and job placement services may be integrated with educational programs to strengthen the latter by addressing juvenile reintegration and emotional needs. We must understand that education alone may not be the solution to decrease recidivism (Cottle, Lee, & Heilbrun, 2001).

The mental health findings of this study provide an essential contribution to the existing literature on juvenile recidivism. We found that a considerable number of juvenile offenders in this study had existing mental health issues (including anxiety, depression, PTSD, and conduct disorder), which were either unknown or insufficiently treated. Untreated mental health issues were a leading factor in juvenile delinquency and recidivism in youth. The researcher discovered that if ignored, it can impair a juvenile's ability to manage emotions, control impulses, and deal with social relationships in a pro-social manner (Fox et al., 2021). Impulsive and aggressive behaviours are more likely to

occur in juveniles with untreated mental health issues, which, in a cycle of greater likelihood, increase the chance of reoffending. Take, for instance, juveniles diagnosed with trauma-related disorders such as PTSD who were more aggressive when aroused by stress or environmental cues. These juveniles often did not have coping mechanisms to deal with their feelings effectively, so rehabilitation was more difficult. The antisocial behaviour rendered these youth isolated and alienated, thereby causing feelings of hopelessness and hope denied because of their untreated depression and anxiety issues (Yampolskaya & Chuang, 2012).

The study also, however, revealed that in juveniles who had obtained appropriate mental health interventions, including psychotherapy, trauma counselling and psychiatric care, recidivism rates decreased significantly. Having mental health treatment in place was key in helping these juveniles improve their emotional regulation skills and find a healthier way to deal with traumatic experiences and cope better altogether. This reveals that there is a need to incorporate mental health care into rehabilitation programs for juvenile offenders. So, rehabilitation programs that include the provision of mental health support, e.g. therapy and counselling, to address the underlying psychology that produces criminal behaviour are more likely to work in terms of juvenile offenders' long-term outcomes. In addition, there was a need to provide trauma-informed care, which is specific to recognising and addressing the effect that trauma has on a juvenile's behaviour. The direct approach towards trauma allows rehabilitation programs to instil a greater level of resilience and emotional stability in juveniles, who are likely to reduce the chances of them returning to prison (Hoeve et al., 2013).

Conclusion

The aim of the study was primarily to examine interrelations of family background, education level, mental health and juvenile recidivism among juvenile offenders in Sindh, Pakistan. This study determines key factors that ensure that a juvenile is likely to commit another crime and how they are interrelated in deciding the crime pattern of juveniles. The family background, level of education and mental health were isolated as critical predictors of juvenile recidivism and their effect had a varying pattern in determining chances of being reoffended. Especially, the juveniles with dysfunctional families such as neglect, drug abuse and domestic violence have a tendency to repeat an error and engage in criminal activities. Moreover, access to education and vocation training were also low, which led to poor educational engagement that consequently helped in reducing the risk of recidivism. Lastly, mental health issues, which are untreated such as depression, anxiety and trauma, were highly associated with habitual offences in juvenile offenders. The findings demonstrate the multidimensionality of the relationship between these variables. The juveniles that were most vulnerable to reoffending were those who were hit by the triple whammy of family dysfunction, educational deprivation and mental health problems in comparison to others. The juveniles who were assisted by services in these fields including family interventions and academic programs to the mental health treatment were better able to be rehabilitated and emerge successful in their reintegration into the society.

Practical Policy Implications

This study has significant policy implications, as its findings suggest the development of policies and rehabilitation programs to address juvenile offenders. There is no one single way to tackle juvenile recidivism. Still, multidimensional and

simultaneous intervention combined will help, and the policymakers and practitioners should realise that combining multiple interventions is not a bad thing to ensure that recidivism among youth is reduced. It needs to be approached more holistically, as many factors can contribute to rehabilitation. According to the study, family background should be used to develop critical family-centred interventions. The programs that are more intensive on the family dynamics and parental skills enhancement and assistance to families that may be grappling with substance abuse, domestic violence or economic hardship will assist in stabilising the environment of juveniles. Youthful offenders with family support can easily cope with their issues, and thereby the likelihood of reoffending is minimised. Therefore, family dysfunction ought to be curbed by involving family therapy and parenting education in the juvenile rehabilitation programs. The study in the field of education emphasises the importance of providing juveniles with quality vocational training opportunities. Education is not a student's thing; it is a bridge to social reintegration, providing juveniles with the skills and opportunities to lead everyday lives, never returning to criminal activity. Policymakers need to put more effort into enhancing educational accessibility, particularly for at-risk young people, with an emphasis on vocational training, mentorship, and after-school activities that foster positive behaviour. In any rehabilitation process among the juvenile offenders, educational support should be a significant part of such rehabilitation methods. Also, a study on mental health care in the process of rehabilitating juvenile offenders was highlighted. The majority of the juveniles in this study are struggling with mental health issues that have not been addressed such as depression, anxiety and something related to trauma due to which they have landed in criminality. To minimize recidivism, therapy, counselling and psychiatric treatment should be used to handle mental issues. In juveniles who are mentally ill, their emotions are difficult to contain hence resulting into pro-social behaviours. So, the problem of its rehabilitation without the relevant assistance is very difficult. The aspect of mental health inclusion in juvenile rehabilitation programs may provide the necessary assistance to the juveniles to overcome those issues and reduce the risk of returning to crime.

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