



# Adjustment behaviour in gender differences and decrease for juvenile delinquents through behaviour therapy

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## ABSTRACT

The present study aims to investigate the adjustment behaviour systematically in gender differences and decrease for juvenile delinquents through behaviour therapy. The Visakhapatnam city has taken as the study area, and a sample of 100 respondents (50 males 50 females, ages 11 to 16years) covered males and females of juvenile homes. The data collected by Bell Adjustment Inventory by Hugh M. Bell (1962) questionnaire. Data obtained processed with SPSS software to find out the results. Concerning gender, males held found to move significantly higher in number compared to girls for the groups of juvenile delinquents. Adjustment behaviour training, for example, Behaviour therapy training can build the function of control systems, including those prompting enhanced adjustment behaviour and along these lines, might be a promising methodology for the treatment of fixation.

## Keywords

Behaviour therapy, Operant conditioning, reinforcement schedule, Adjustment behaviour, Gender differences, Hostility-friendliness adjustment, Emotionality adjustment, Home adjustment, Health adjustment, Juvenile delinquents

## Objectives

1. To assessment the adjustment behaviour among males and females.
2. Propose gender differences in juvenile delinquents.
3. To investigate obsession treatment utilizing continues reinforcement schedule learn training in operant conditioning of behaviour therapy.

## Methodology

In a progression of randomized controlled and adjustment behaviour continues reinforcement schedule learn training (RCABRTs). We tested whether expanded adjustment behaviour achieves identified with better continues reinforcement schedule learn training through operant conditioning of behaviour therapy and also self-control capacities in executive capacities. After a continue reinforces maintaining adjustment behaviour to help change own defeating or problematic behaviours as well as adopted better adjustment behaviour. Juvenile delinquents can become more aware of their own defeating or problematic behaviour. We utilized the Positive and Negative Affect Schedule (PANAS) to quantify adjustment behaviour for the stress reaction.

## Results

In both, males and females of juvenile delinquents, enhanced self-discipline capacities in adjustment behaviour and stress decrease occurred found in the wake of training, and these improvements made identified with reinforcement schedule learn activity training. Contrasted and males, females showed reduced in self-adjustment behaviour before training, and these deficiencies caused improved self-adjustment behaviour after the training. Operant conditioning of behaviour therapy treatment that helps to change own defeating or problematic behaviours and it leads to adopted better adjustment behaviour.

Concerning gender, males held found to move significantly higher in number compared to girls for the groups of juvenile delinquents. Concerning gender and adjustment dimensions among juvenile delinquents, the results reveal those male juvenile delinquents endured significantly higher on the hostility-friendliness dimensions, which mean they got more hostile as compared to female juvenile delinquents.

## Procedure

First, I could apply positive reinforcement of operant conditioning in behaviour therapy schedule learn activity training (i.e. with reward, prise, pleasant, encouragement, moral support etc.) to the juvenile delinquents as increase desirable adjustment behaviour. After fifty schedules repeated, I could see improving adjustment behaviour and enhancing reinforcement schedule learn activity can help increase the adjustment behaviour, in that home adjustment, health adjustment, emotionality adjustment, submissiveness-self-assertion, hostility-friendliness, and masculinity-femininity.

The second time I could apply negative reinforcement schedule learn activity training. Reinforcement means increase adjustment behaviour schedules learn activity repeated. And negative means to take away something. We make going to take away unpleasant consequences, as I stop nagging juveniles, so juveniles just took away the undesirable consequences of nagging, so they are happy.

Third time now, I did apply positive punishment by adding an unpleasant consequence. Punishment means decrease delinquent behaviour, and positive means add something. In the case of positive punishment mean we are adding an unpleasant consequence to decrease delinquent behaviour. (I.e. Being assigned to homework undesirable shifts or with unpleasant co-workers of arriving late to work, and spanking, nagging, etc.) To decreases desired behaviour forgetting to take out trash and avoidance of problematic and violent behaviour of juvenile delinquents. The main purpose of punishment appears to weaken their delinquent behaviour. After fifty

schedules, I could see a decrease in problematic behaviour. Positive punishment learns activity can help decrease delinquent behaviour as anxiety, depression, and violence.

The fourth application, Negative punishment: negative means to take away something in case of negative punishment; we are taking away or removing a pleasant consequence or removing something valued or desirable. So we can decide to temporarily or completely take away food or desirable something to decrease their behaviour of violence and delinquency.

## Conclusion

These outcomes demonstrate that improving adjustment behaviour and enhancing reinforcement schedule learn activity can help avoidance and treatment for juvenile delinquents.

## Introduction

Juvenile delinquency refers to the antisocial or criminal activity (below 16 years of age for boys and girls) violating the law. In the proper context, that same activity would have held a crime if the adult committed it. Before coming of age, girls and boys have less understanding of the world. Parents, friends, and teachers hold all responsible, along with the juvenile who commits a crime. Courts do not punish teenagers like they punish the adults when they commit a crime; most delinquent teenagers belong to lower psychological, social, or economic background.

Juvenile delinquents have more adjustment problems overall and in each of the areas home adjustment, health adjustment, submissiveness-self-assertion, emotionality, hostility-friendliness, and masculinity-femininity adjustment. The juvenile delinquents between 16 to 18 years of age held found to have more the thought problems. Shivasharanappa, N. (2018). On their problems of adjustment via; they have personal and family adjustment, health adjustment, and educational, economic, emotional and social adjustment. Their social support dimensions, namely family support, friends support, and others support due to differences in their gender (male and female) due to difference in their residential background (Rural and urban).

## Behaviour therapy

Uses operating conditioning of behaviour therapy to help people change own defeating or problematic behaviours. Continues reinforcement schedule learn training in operant conditioning of behaviour therapy.

Edward L. Thorndike (1898) first studied operant conditioning of behaviour therapy and later made famous by the work of B.F Skinner (1938) believed that organisms make doing what they appear naturally until they accidentally encounter a stimulus that creates condoning which results in a behaviour change. Operating conditioning of behaviour therapy produces based on the idea that we can increase or decrease certain behaviour by adding a consequence. For example, if a dog poops sit on a carpet, we can either provide reinforcement, the dog makes it again, or punishment of the dog stops. Both reinforcement and punishment can either stay positive or negative, which means we have four possible ways to teach this dog a lesson. We can draw the four options: if

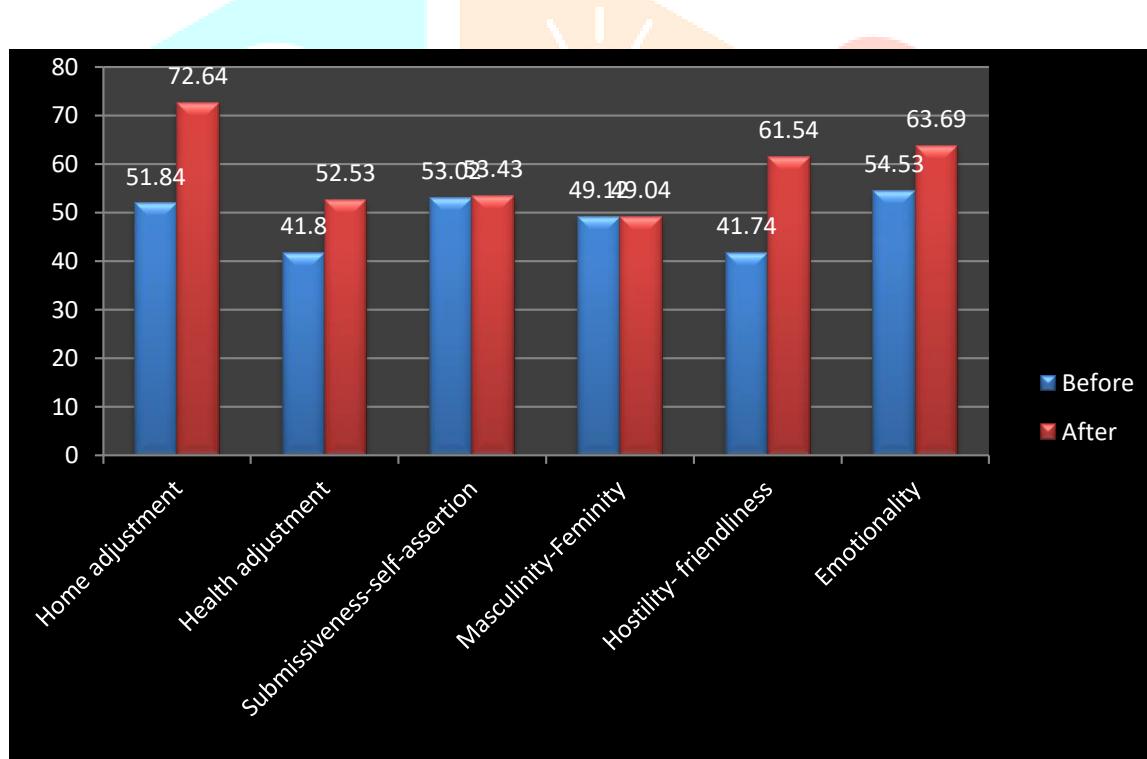
reinforcement remains positive, we add something pleasant like a cookie to increase the likely hood of behaviour. If reinforcement makes negative, we still want to increase the desired behaviour this time by removing something unpleasant like the leash. If punishment continues positive, we add an unpleasant response to decrease behaviour. When punishment appears negative, we also want to decrease behaviour now removing something pleasant like the comfy carpet. If we stop any manipulation, the conditioned behaviour will eventually disappear again. This signifies called extinction.

## Gender Differences

Males held found to move significantly higher in number compared to girls for the groups of juvenile delinquents as well as emotionality adjustment and health adjustment high adjusted take in males than females of juvenile delinquents. Females have more adjustment behaviour in home adjustment.

## Data analysis and data interpretation

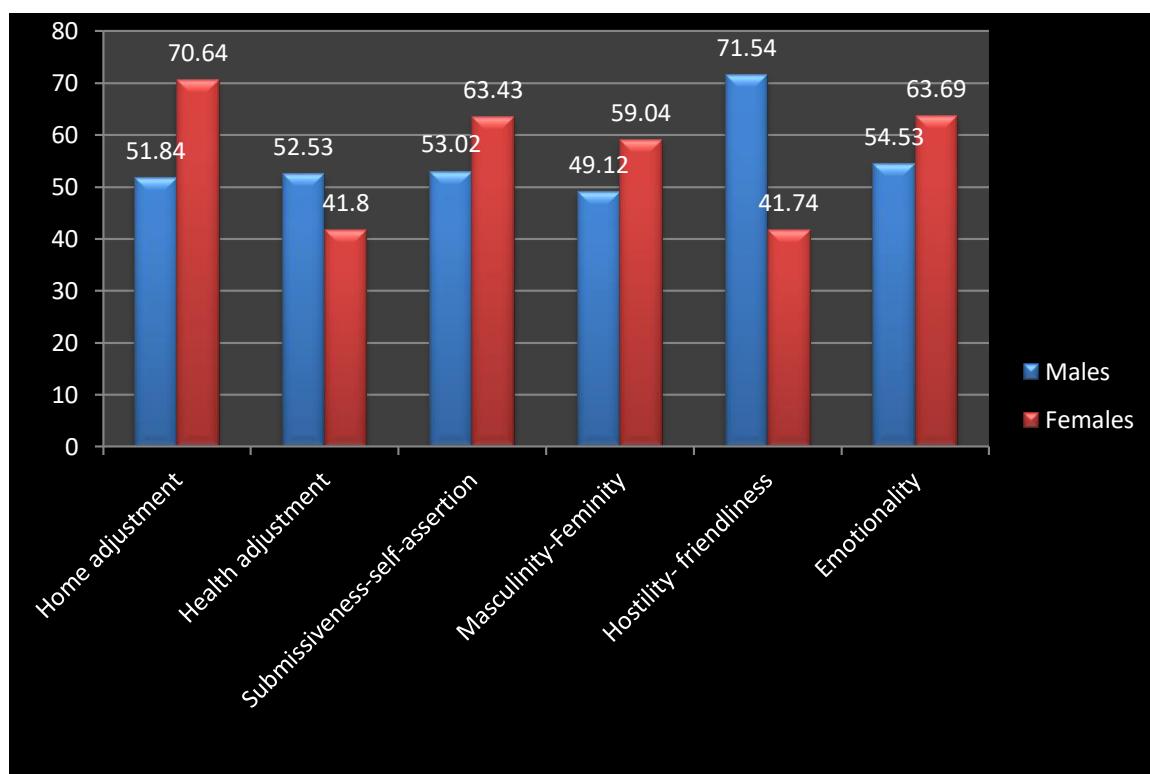
The data collected by Bell Adjustment Inventory by Hugh M. Bell (1962) questionnaire. Data obtained processed with SPSS software to find out the results.



**Graph: Comparison of Mean scores, before (pre-test) and after (post-test) six scales of the dimensions of adjustment behaviour in Juvenile Delinquents.**

Examination of six scales of the dimensions of adjustment behaviour when interactive continues reinforcement schedule learn training through operant conditioning of behaviour therapy. Blue bar, four lower dimensions of adjustment behaviour of pre-training, red bar, four higher dimensions of adjustment behaviour of post-training; Significance was found in dimensions of adjustment behaviour, namely home adjustment, health adjustment, hostility-friendliness, and emotionality adjustment; post-training in the experimental group. No significant

difference was found in submissive-self-assertion, masculinity-femininity after post-training. Average  $p < 0.01$ , error bars demonstrate significant deference



**Graph: Comparison of Mean scores of the gender of males between females adjustment behaviour dimensions of Juvenile Delinquents.**

It can be observed that the mean scores of the dimension, namely hostility-friendliness, with high adjusted take on gender (Males-71.54 respectively), next emotionality adjustment and health adjustment high adjusted take in males of juvenile delinquents. In contrast, the mean score on this dimension of home adjustment with high adjusted take on gender (Females-72.64 respectively), for the group of juvenile delinquents with high adjustment on gender (males and females). Thus it can be concluded that means on hostility-friendliness continues found to move lower for the high (males) adjusted, the juvenile delinquent group compared to that of the low adjusted juvenile delinquent group on hostility-friendliness.

### Research design

A quasi experimental design made adopted to carry out this study.

### Setting:

The study achieved conduct in residential correctional homes affiliated to the Ministry of women and child development, Andhra Pradesh, namely juvenile homes, which signifies location at Visakhapatnam city.

## Conclusion

An increasing confirmation has demonstrated that adjustment behaviour in gender difference, emotionality adjustment and health adjustment high adjusted take in males than females of juvenile delinquents. Females have more adjustment behaviour in home adjustment. Pre-training and post-training learn the activity of increase adjustment behaviour and decrease delinquent behaviour by behaviour therapy. Significance found in dimensions of adjustment behaviour of juvenile delinquents. Suggestions for further research about requirements to use longitudinal, randomized, and effectively controlled research designs and larger sample sizes to advance the understanding of the mechanisms of adjustment behaviour and behaviour therapy treatment.

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