

Emotions and Delinquency: Effectiveness of Counselling Intervention on Delinquency Prone Students' Emotional Maturity

Mudasir Ahmad Kanue¹
Mahmood Ahmad Khan²

Abstract

Delinquency proneness is the susceptibility of developing youths to delinquency during their adolescence. Many teenagers, at this critical stage of development, are vulnerable to the problem of delinquency due to the tumultuous changes faced by them. Research has consistently pointed to lack of emotional maturity as an underlying cause of externalising behaviours. The current research aimed at evaluating the effect of counselling intervention on emotional maturity of delinquency prone students, using self-reported delinquency prone students (N = 100) as the sample. The pretest-posttest equivalent-groups design was used to test the hypotheses. Random assignment was used to place the subjects in the experimental or control groups (N = 50 for each group). Each participant of the experimental group was exposed to a counselling intervention, once in a week, for a total of 15 weeks. The study's results showed that counselling was instrumental in fostering a positive change in emotional maturity of the participants of the treatment condition. A large effect size was observed. Drawing on the results of the study, a discussion committed to investing in socio-emotional enhancement of developing adolescents to alleviate risk factors, using school-based interventions, is presented.

Keywords: delinquency proneness, vulnerability, emotional maturity, counselling, school-based interventions, socio-emotional competence

Introduction

Delinquency has become a vexing trend for modern society (Gussak, 2011). Lawmakers, far and wide, are faced with the problem of dealing with juveniles involved in criminal acts. At the micro level, parents of such children suffer to a large extent because of the shame and infamy induced by their child's