

Prevention of juvenile delinquency through sports participation

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Abstract

Youth crime may be understood as involvement in the activities that are prohibited by juveniles or minors. According to Juvenile Justice Act (2000), a juvenile is a person who is suspected to commence offence and has not been completed the age of eighteen years on the date of commencement of such offence. Youth crime is the involvement in the prohibited activities by minors or juveniles. Juveniles are the individuals younger than the statutory age. A juvenile is an individual between the ages ranging from 10 to 19 years of age were considered as adults who commit any crime. Youth crime inhibition is not the main aim of sport and physical activity but it might be helpful in minimizing juvenile's delinquency and also helps in inclusion of juvenile for come back in the society. Social inclusion is as a process of humanizing the ability, opportunity, and self-esteem of individual, lacking on the basis of their identity, to take part in society. The aim of the study was to assess the importance of sports in prevention of crime among juveniles and to provide recommendations for implementation of sports programmes. The studies revealed that there is positive effect of sports participation on youth's lifestyle to minimize crime among them. And it also leads to lessen the supply of inspired criminals; to make crime grimmer to obligate; and also to create edifices that upsurge the supervision of possible lawbreakers. According to many criminology experts, the most operative method for decreasing the adolescence delinquency is to guide young people to remain missing from destructive community activities to escape the criminal activities (Hartmann and Depro, 2006). Sports help to develops agile capabilities, upsurges self-esteem, develops intellectual skills, provides constructive role-models and advisers, advances decision-making skills, and also provides the occupation opportunities. There is need to understand the importance of sports and physical activities along with their benefits and drawbacks. With the support of the studies already conducted, present study investigates the use of sports and physical activities programmes for inclusion of juvenile delinquents to take part in the society.

Keywords: Juvenile Delinquency, Prevention, Sports participation and Physical Activity

1. Introduction

Sports and physical activity show a vital part in modern humanity. Sports and physical activity have excessive importance for numerous pupils. Clutches of persons come together for varies group activities such as handball, netball and basketball. There are also varies individualized activities such as sprinting, wrestling, judo, surfing, skating, and skinning. Participants who participate in many strenuous activities may experience rewards from such activities for motivating purpose. Sport and physical activity leads to the improvement of the worth of existence. In the 19th century, T. Arnold prepared sports as a fundamental portion of the education curriculum for boys/girls aimed on "character building". During Arnold period, females' existed also motivated for the educational and sports prospects as men had. In the dawn 19th century and initial 20th century, women's showed more interest towards Gymnastics which leads to its aesthetic, educational, and remedial development.

Sport is a fair play domain in which everyone got equal chances and full enjoyment. Nowadays, sports and physical activities lead to the sportsmanship, brotherhood, and leadership qualities. In modern era, Sports Participation bridge the gap of social inequality and gaps and also think beyond caste, creed, religion, tradition and customs. There are different types of sports and physical activities which imply social differences and social inequity. Sports activities are not

merely the reflection of the modern society, but it also leads to remove social inequality and bring change in society. Experts believe that sports popularity may be effective to attract the youth towards urban and rural sports programmes and reduce youth crime. Concluded in their study that sports and physical activities can be used as an effective tool/ instrument/ method to reduce youth crime (juvenile delinquency) through involving the disadvantaged groups.

According to the agenda for Sustainable Development (2030), sport is a tool that emphasizes the growing sports contribution in terms of peace of tolerance and respect. This agenda also emphasizes the sports contribution that would lead to empowerment of community, for the individual and for education, health and social inclusion. Sports provides wide opportunity in terms of build-up life skill among youth who are at risk and allow them to cope up in better way from daily life challenges, also help them to keep away themselves from involvement in various bad practices such as drug use, violence and criminal activities.

1.1 Juvenile Delinquency

Youth crime is a serious problem in all over the world. In technological world, youngsters were more indulging in various criminal behaviors. The nature of the delinquencies dedicated by youngsters are crimes such as stealing, defacement, liquor use, disorganized behavior, and simple

offensives that include beating, thrusting, and combats that don't result in severe injuries. In modern era maximum youngsters were engaging in behaviors such as abuses, contravening elders, school skiving, and liquor ruins leads to grade crimes because of the reason that these offences are not punishable under law.

The definition of the term juvenile delinquency varies from person to person. Commonly the term "juvenile" can be defined as an individual among the ages ranging from 9 to 19 years were considered as adults who commit any crime. The term "delinquent child" may be defined as a child who has violated law and commit a crime which embeds any law.

1.2 Sports contribution in Positive Development of Crime Prevention

Studies revealed and suggested that participation in sports activities voluntarily develops favorable conditions and circumstances for development of social and personal relationship. Thus, sports and recreation activities are considered as area where people of varying nature, culture, caste, creed, ethics, and values meet and interact with each other in healthy manner. In this manner, due to healthy social and personal relation among participants promotes prevention of crime among juveniles through development of community. In some aspects, sports may also be known as Hook because it is way to enter the environment and reach people where it is not possible or inaccessible to do so. Sport also provides empowerment to the youth, and this empowerment could be provided in two perspectives. Firstly, children and youth are strengthening, functioning with maximum abilities and also becoming socially mobile within a society due to becoming empowered in participating in activities and also by taking responsibilities. Secondly, with the mean of education, empowerment in terms of social change is emerging, and keeps safe to youth from marginalization and injustice within society that is also a cause of social problems. In this sense sports plays a productive role in crime prevention.

1.3 The Solemnity of Adolescent Criminal behavior and Discrimination

Youngsters as well as teenagers' remain victimization of intense crimes. Some youngsters are sufferers of exploitation and abandon from their close relatives and other acquaintances. The children's who are needy and ignored any how are persons who are not delivered with appropriate foodstuff, accommodation, wear, and hygiene existing surroundings, and also therapeutic necessities. Children exploitation may be verbal or physical/sensual abuse.

The opinion of most of the Americans and experts of crime and justice are based upon the fact that the multimedia such as internet and television. Varies studies have shown that the multimedia such as TV and the news mass media leads in distinct in addition to embellished vision towards the seriousness of the youth crime, and have a tendency to reveal racial minorities who are liable for the popular of the youth crime. The small screen and bulletin media at national level reports that the school murder instances offered the counter feiting that the schools are hazardous and vicious spaces for admitting crime, and also fake statement that the teenagers and

adolescence are additional at risk of discrimination at schools than somewhere else. It is true that the teen-agers and adolescence are at larger threat of oppression at their hospices and also in different parts of societies. Empathetic degree of youth offense and discrimination is the major and foremost stage for responding efficiently near the crucial problematic.

1.4 Sport and Social Participation

Participation of youth in the sports activities leads to their health, physical fitness and wellbeing. According to the Home Office's citizenship survey- the youth participation in team sports was approx. 53% while participation in recreation activities of youth was approx. 33%. This survey also shows the increasing participation of youth in groups, clubs, and organization.

Sport's not only leads to healthy living but it also has 'therapeutic' qualities. Has given five elements supporting the benefits of sports participation:

1. Sport leads to qualities such as discipline, punctual, and leadership qualities.
2. Sports also have educational values.
3. Sports leads to development of various aspects such as emotional, intellectual, social, and physical development.
4. Sports direct to enjoyment and satisfaction of participant.
5. Sports participation reduces the psychological factors like aggression, stress.

1.5 Reducing Youth Crime

The utmost operative method for tumbling the adolescence criminality is to guide new people to remain absent from undesirable community actions to avoid the criminal events. Therapy was perceived as the appropriate method for commerce with fledgling criminals, and not imprisonment. In modern era, here is the need with a well-adjusted tactic for commerce with the young crooks. There is necessary for the participation of the youngsters in the community and society programs that leads towards constructive character, upsurge confidence an also leads towards skill development. Community and Societal improvement programs will promote positive peer interactions, leads towards opportunities for expansion of problem-solving abilities which will minimize the hazard aspects which were related by the adolescence offense.

1.6 Reducing Crime through Systematized Sport Activity

It is impracticable to claim that the organized sports and physical activities can diminish the youth delinquency in the modern civilization. The effects of the adolescence criminality are intricate and multi-dimensional. Structured sport and physical activity programs help in reducing youth crime by maximum participation of youth in sports and physical activities. The participation in sports will lead towards positive identity; feelings of empowerment and also promote the leadership qualities, sportsmanship and brotherhood qualities. Numerous research studies ensure that the participation of youth in sports help in minimizing the youth crime. The organized sport and physical activity programs develop the feelings of proficiency and authorization amid adolescence.

Although there is partial experimental evidence of association between adolescence sport and lessening in youth crime, there are several thoughts as to how youth sport reduces the youngster's offense, including systematized sport and physical activities:

1. Sports help in keeping young people busy and out of the trouble.
2. Sports develop excitement in youngsters.
3. Sports cultivate the problem-solving abilities.
4. Sports develop sportsmanship spirit, teamwork and brotherhood qualities.
5. Sports develop athletic capacities and abilities.
6. Sports increases self-confidence and self-esteem.
7. Sports lead towards development of emotional and intellectual development.
8. Sports promote the decision-making skills.
9. Sports provide the employment opportunities for the youth.

1.7 Designing sports in a manner for crime prevention

The sports should be organized in a different manner for the purpose of promotion of positive development for the prevention of crime. Initially, the value of non-sport component should be recognized by an individual as sport has no essential value in terms of prevention of crime. Sports programmes and practices should be emphasized on the social and personal relationship among youth and adults. The rules, regulations, criteria, should be minimized for maximum participation. The sport programme should be developed for individual and for group as well so that participants could experience participation and independence in sports.

Emphasis should be laid down on increasing internal motivation with the individual standard of success in a particular game or sport event. Lastly, sport organized should have rational and clear plan for development and also should offer the arrangement through which individuals could reflect on and also understand the criminal behavior. The sport practices are required to acknowledge policy makers and various other sports organization in a particular sport.

2. Recommendations

1. The establishment of National association should be made for the purpose of construction of policies and projects pertaining to the issues faced by the children in every area involved in physical activity. Further association should involve equal participation of parents of those children. The commission should comprise of coaches, teachers, parents, politicians, architects, sports organizers, sports managers, social workers, and so on.
2. There is requirement of comparative survey of national and international level both in terms of physical activity among children and adults in organized and leisure settings for instance, community, schools, and clubs.
3. The role of parents and relatives in participation of sports of children should be provided more attention. Children should not be stopped from participation in sports activities from their side. The research in this area is needed with public health promotion programmes.

4. Proper facilities and area for games, sports and physical activity should be available in every community, village, and city. Lack of space is also one of the reason to keep away children from participation in physical and recreation activity.
5. The national and international level programmes should be developed for promotion of fitness activities and tests for children and youth. These programmes should provide awards and incentives to the children for participation and achievement in the activities proposed by the organizers.
6. Recreation and sports tournaments or competitions should be promoted and organized by school, colleges, universities, communities, and clubs for promotion of sports and physical activity at various age groups and on the basis of the capacities and capabilities of children.
7. The integrated media programmes should be developed with aim of children and youth participation by utilization of comics, stories, sport and games events with level division on the basis of age group.

3. Conclusion

The study was conducted to review studies for understanding and exploring the sport as a mean s for prevention of delinquency among juvenile. The review of studies revealed that sport is a best way to describe and also for prevention of crime among juveniles in all around the world. The youth participation in sports and physical activity will attract the young pupils for the educational programmes. There are various supportive evidences pertaining to the progressive involvement of sports that sports activities can diminish the tendency of fledgling individuals to obligate the criminality. There are many evidences which support minimizing of youth crime through sports activities. Combative sports such as Wrestling, Judo, Taekwondo, and Fencing are also the best way to express aggression, anger & stress which helps to minimize the youth crime.

Crucially, sport will be more effective if it will be combined with the programmes that lead towards the individual and social progress. Only participation in the systematic sports is not the permanent solution for the decline in offenses but integrated programmes and other support mechanisms are also required to deal with it.

4. References

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