

## A Study of Psychopathology in Relation to Anxiety and Conduct Disorder Among Juvenile Delinquents

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Comorbidity is the simultaneous existence of two or more diseases or disorders. Researches show that although symptoms may change as children grow older, at least three-quarters of those who meet the criteria for disorders in childhood or adolescence also meet the criteria of Diagnostic and Statistical Manual of Mental Disorders (DSM-V) for some disorders in adulthood. This study aimed to assess the Psychopathology in Relation to Anxiety and Conduct Disorder Among Juvenile Delinquents. To conduct the study, sample of 20 juvenile delinquents were administered from Juvenile Home, Chandigarh. Childhood Psychopathology Measurement Schedule (CPMS) and Sinha's Comprehensive Anxiety Test (SCAT) were administered on these juveniles to assess the comorbidity and anxiety level. Scale of Childhood Psychopathology Measurement Schedule divide juveniles into eight categories based on their psychopathological behavior in society. The result of study shows low scores on eight categories of Childhood Psychopathology Measurement Schedule, but high score on comorbidity of these eight disorders and has extremely high anxiety level of children who has conduct disorder.

**Key Words:** Delinquents, Anxiety, Conduct Disorder, Childhood Psychopathology.

### INTRODUCTION

Conduct Disorder is basically defined as the psychological disorder which is applicable to the children and adolescents, who are occupied in antisocial behavior. Specific criteria are available to diagnose the disorder based on its prevalence and course of onset of symptoms. Conduct disorder and delinquency has considerably interrelated and inter connected. Although there are noticeable differences that can be found among

both the notions. Assorted groups are found to have conduct disorder because of identified subtypes, which are helpful to contradict the conduct disorder and delinquency overlapped conditions (Jones, 2017).

## **CONCEPTUAL FRAMEWORK**

### **Child Psychopathology**

Child psychopathology is defined as the systematic study of mental disorders in children and adolescents. Low intelligence with behavioral problem, Conduct Disorder, Depression, Psychotic Symptoms, Physical illness with emotional Problem, Somatization, Anxiety and Special Symptoms are examples of psychopathology which are particularly diagnosed in childhood. Mental Health Researchers who are dealing with children and adolescents are informed by research in Developmental Psychology, Clinical Child Psychology and family systems, regarding the causes, symptoms and onset of problematic area. Detailed list of children and adolescent mental disorders can be found in International Statistical Classification of Diseases and related health problems, 10 Edition (ICD-10) published by World Health Organization and Diagnostic and Statistical Manual of Mental Disorder, 5<sup>th</sup> Edition (DSM-V) By American Psychiatry Association. These classifications are used in assessing mental health and developmental disorder in children and adolescents (Mash & Barkley, 2014).

### **Conduct Disorder**

According to WebMed (2018), Conduct disorder is a significant behavioral and emotional disorder that can occur in children and teenagers. A juvenile with conduct disorder exhibit various sequential order of disruptive and violent behavior and shows antisocial behavior patterns. It is uncommon that a juvenile is dealing with behavior related problems during their development. Though, the behavior is considered to be a conduct disorder if it is long lasting and show signs that are violation of others right, behave against the specified norms of the society and distorted family or child's everyday life.

## **Anxiety**

Anxiety and Depression Association of America (2018) postulates anxiety as a normal part of the childhood phase and every child experienced anxiety in their developmental period. However, this phase is temporary and mostly harmless. But there are number of children who suffers from anxiety disorder that can experience fear, shyness, nervousness and they try to avoid several activities or places. According to researches, one out of eight children is affected by anxiety disorder in one or the other way. Though different researches stated that children with anxiety disorder are at higher risk to perform poorly in school, failed to hit important social experiences or involved in any kind of substance abuse.

## **REVIEW OF LITERATURE**

### **Why to focus on Juveniles?**

Juvenile crime is one of the nation's fundamental problem. Concerns related to the juvenile's delinquent behavior is widely shared by state and local government official and by the public. In recent years, this juvenile violence has been grown up with the drastic raise. There are various causes such as anxiety from parents, aloof attitude, rebellious behavior, aggression with both peers and parents, attention deficit disorder in children, which can define the typical childhood problems faced by the children which increase the level of antisocial behavior among children and adolescents. Aggression is found to manifest in children before five years of age, and early stress and aggression in the parental-child relationship correlates with the manifestation of aggression. High susceptibility to child psychopathology is marked by low levels of effortful control and elevated levels of emotionality and neuroticism.

### **Juvenile and Anxiety**

According to Koplewicz and Klass (2016), manifestation of stress in early life is related to the development of anxiety disorder among juveniles. According to the researcher, anxiety in children is a grave issue and it tends to minimize development among children. As anxiety is toxic to the brain.

Anxiety is considered to be a normal pattern of life, but unfortunately it is not. Because, it can cause a lot of distress in a child and disrupt their daily life. Children find anxiety in several situations, according to the which one can categorize the anxiety such generalized anxiety disorder, social phobia or separation anxiety.

### **Juvenile and Conduct Disorder**

Greenwald (2014) conceptualized the conduct disorder as the common pattern of impulsive and antisocial behavior (including, but not limited to, juvenile delinquency), entailing enormous cost to afflicted individuals, their victims, and society. There are various risk factors which can lead to the development of conduct disorder i.e. temperament, gender, low intelligence, Attention Deficit Hyperactive Disorder, impulsivity, poor coping skills, social failure, parental psychopathology, inappropriate discipline, affiliation with deviant peers, and socioeconomic disadvantage

### **OBJECTIVE OF THE STUDY**

A study of psychopathology in relation to anxiety and Child Psychopathology including Depression, Somatization, Special Symptoms, Physical Illness with Emotional Problems, Low Intelligence with Behavioral Patterns, Conduct Disorder and Psychotic Disorder, among Juvenile Delinquents.

### **HYPOTHESIS OF THE STUDY**

Based on review of literature, the following hypothesis was proposed:

1. Anxiety was expected to be positively and significantly related with psychopathology among Juvenile Delinquents.
2. Conduct Disorder, Somatization, Depression, Psychotic Symptoms, Emotional and Behavioral Problems were expected to be positively and significantly related with psychopathology among Juvenile Delinquents.

## METHOD

### Sample

The sample of the study comprised of 20 juveniles in the age range of 12-18 years. They were selected from Juvenile Home, Sector-25, Chandigarh.

### Tests and Tools

The following standardized tests and tools were used for the present study:

1. Childhood Psychopathology Measurement Schedule (Malhotra, Varma, Varma & Malhotra, 1998)
2. Sinha's Comprehensive Anxiety Test (Sinha & Sinha, 1973)

### Statistical Analysis

Total scores on Childhood Psychopathology Measurement Schedule and Sinha's Comprehensive Anxiety Test, were calculated. Further scores were analyzed by using appropriate descriptive analysis i.e. Mean.

## RESULTS AND DISCUSSION

Table 1 shows the total and mean scores of the juvenile delinquents on Childhood Psychopathology Measurement Schedule and Sinha's Comprehensive Anxiety Test.

**Table1: Total and Mean Score of the Juvenile Delinquents**

Scale	Total Scores of Sample	Mean Scores
Childhood Psychopathology Measurement Schedule	225	45.25
Sinha's Comprehensive Anxiety Test	748	37.4

This study aimed to investigate the psychopathology in relation to anxiety and conduct disorder among juvenile delinquents. Child psychopathology was analyzed by various sub-concepts i.e. Depression, Somatization, Special Symptoms, Physical Illness with Emotional Problems, Low Intelligence with Behavioral Patterns, Conduct Disorder

and Psychotic Disorder. Results of the study shows high scores on psychopathology as measured with the help of Childhood Psychopathology Measurement Schedule and extremely high anxiety levels in Juvenile Delinquents.

Results of the study found comorbidity and elevated levels of anxiety had considerable risk of psychopathology among Juvenile Delinquents. The numerous studies done by various researchers were also agreed with the view that prominent levels of anxiety increased the risk of psychopathology and leads to different disorders.

A longitudinal study was conducted by Costello, Mustillo, Erkanli and Keeler (2003) on one thousand, four hundred and twenty children from the age group of 9-13 year. Sample was assessed on prevalence and development of psychiatric disorder in context to homotypic and heterotypic continuity. Psychotic disorders were assessed on the criteria of DSM-IV. After three months of investigation, results of the study show that there is higher risk of having at least one disorder by the age of 16 years. It was also concluded by the researcher that concurrent comorbidity and homotypic and heterotypic continuity found more in girls than in boys.

Barrett, Katsiyannis, Zhang and Kingree (2014) investigated the role of childhood behavioral and mental health problems in the prediction of adolescent childbearing. Sample of seventy thousand and two hundred females were administered, out of which thirty-five thousand and one hundred had juvenile delinquency histories and thirty-five thousand and one hundred were normal. Results of the study shows influential relation between childhood risk and teen childbearing involved juvenile delinquency. And, relationship between teen childbearing and mental health problems/risk indicators seems to be strong even for those girls who had not been involved in the juvenile justice system. Researcher implied that prevention/reduction of adolescent childbearing were examined.

## **CONCLUSION AND IMPLICATION**

It is concluded that anxiety may have etiological significance in the development of conduct disorder. The significantly prominent levels of both internalizing and

externalizing symptoms are also a cause for public concern since it points at the ineffectiveness of the corrective facility.

Interventions should include psychological measures to correct delinquency, psychotherapy (including family therapy programs), treatment of alcohol problems, special treatment of learning disabilities as well as psychopharmacological treatment.

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