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RESEARCH ARTICLE

Self Concept and Social Anxiety among Male and Female Juvenile Delinquents

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ABSTRACT

Evaluation and perception about oneself is known as self-concept whereas fear of being evaluated or judged by others is social anxiety. Existing literature has evidences about the relationship between two phenomena. The main purpose of the current research was to explore the Self Concept and Social Anxiety among juvenile delinquents. Furthermore it was aimed to explore the impact of self-concept on social anxiety. Sample was comprised of (N=200) Juveniles selected through purposive sampling technique from Bostal Jails of Multan, Sahiwal, Lahore and Jhang City of Punjab, Pakistan. The results indicated significant inverse correlation ($P<0.001$) between Self-concept and social anxiety among juvenile delinquents. Results further revealed that male juveniles scored higher on self concept as compared to female juveniles ($P<0.001$) whereas female juveniles show experience more social anxiety than male juveniles ($P<0.001$). Mediating role of gender was also found ($P<0.01$). Significant impact of self-concept on social anxiety was also found ($P<0.001$). It can be inferred that role of self-concept is vital in social interaction and anxiety and females experience social anxiety because of low self-concept. The findings of the study can be used for the rehabilitation of juvenile delinquents.

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INTRODUCTION

A juvenile delinquent is an individual who is usually under the age of 18 and commits an act that otherwise would be charged as a crime or offense, if they were mature (Siegel and Welsh, 2011). The adult or teenager who receives avoidance from their families or society, they break the laws of family and society and adopt antisocial behaviour (Elliott, Pampel, & Huizinga, 2004). Juvenile delinquencies also recognized as juvenile offending or youth crime due to participation in illegal acts and violation of the rules of society (Spruit et al., 2016). The thought of juvenile delinquency is a comparatively modern advancement which is aroused to do juvenile justice. In past, societies punished juvenile lawbreakers as if they were only young criminals (Spruit et al., 2016). Mostly juvenile delinquents who have poor family background or poor parenting attitude also have poor self-concept (Steinberg, 2011).

Worldwide, growing attention has been drawn to the development of conduct problems and delinquency. It has been problematic why some boys misbehave and misconduct and not others. Juvenile delinquency in itself is a poor social adjustment of the person to hard situations. The factors which lead a child's behaviour towards delinquency are very obscure. Poverty, unhappy home, parent's rejection and neglecting attitude may lead juvenile delinquency (Hare, 1999). Researches show that (Schwartz and Stryker, 1970) indicated that "self" is an influencing factor for our behaviour, and interaction with others persons have an effect on self. Rubington and Weinberg (2011) pointed out that connection with deviants always helpful to sustain deviant identity. Individuals, who refuse to follow conventional roles, are more prone to adopt a deviant identity (Matsueda and Heimer, 1987). Matsueda (1992) also hypnotized that the self-concept may be developed and affected through the perceptions of others' attitudes toward self.

The relationship between the behaviour of juvenile delinquent and their self-concept among teenagers and young adults has gained additional attention (Baumeister et al., 2003). Research findings indicated that negative self-concept can lead to various negative life outcomes such as delinquency (Donnellan et al., 2005). Many intervention programs have been introduced to overcome delinquency by improving the self-concept of the offenders (Mason, 2005).

The link between self-concept and delinquent behaviour as indicated by literature for young adult offenders have high important implication for further rehabilitation and adjustment of the juvenile delinquents. On the other hand some researches indicated no relationship between self-concept and delinquency (Bushman and Baumeister, 1998). Fitzpatrick et al. (2005) pointed out that young adults who have elevated self-concept commit offences. Persons with poor self-concept may have poor social interaction with others which creates anxiety in social interaction situations.

Social anxiety is a psychological disorder in which a person has an unnecessary and unreasonable distress of social situations. This anxiety and personal consciousness about the fear of being judged, closely watched, and criticized by others arises for social interactional situations (Stein et al., 2001).

Adolescence is a period at which there is a high risk for social anxiety. Adolescence marks the period of highest risk for onset of social anxiety (Wittchen et al., 1999). Researchers has paid a lot of attention on social anxiety because this is the area which is attached to a number of problems especially negative self-perception, impaired social interaction and distorted thoughts (La Greca et al., 1988). Some researchers like Simmons (2002) and Teplin et al. (2002) indicated that the internalization of the symptoms such as depression and anxiety co-occur among the juvenile delinquents who are involved for juvenile justice. Suicidal attempts are linked with antisocial behaviours and girls are more prone to suicidal ideation than boys. So the internalization of the symptoms may cause the juvenile offences (Chandy et al., 1996). Anxiety is reported in juvenile delinquents who are confined and waiting for justice. Moreover those juvenile delinquents who are in process of rehabilitation have social anxiety due to their concerns for adjustment (Sametz et al., 1994).

Self-concept is related with delinquency and the person who has poor self-concept is more prone to be a criminal (McGloin and Shermer, 2009). Brownfield and Thompson (2005) conducted an empirical analysis to check the connection between self-concept or identity and juvenile delinquency.

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al., 1988). Anxiety has been reported for juvenile delinquents who are imprisoned and waiting for justice. Moreover those juvenile delinquents who are in process of rehabilitation have social anxiety due to their concerns for later adjustment in society (Chitsabesan et al., 2006).

Brownfield and Thompson (2005) conducted an empirical analysis to check the relationship between self-concept and identity among juvenile delinquents, they found strong relationship. The poor self-concept is linked to social anxiety (Detweiler et al., 2010).

Rationale of the study

This research was designed to explore the self-concept and social anxiety among juvenile delinquents. The findings of the current study will be applicable to many fields. Many clinical psychologists and professionals can use these findings for rehabilitation and treatment of the delinquents. They can get better guidelines to provide facilitation to juveniles for building positive self-concept and improved societal adjustment.

Objectives of the study

Following are the main objectives of this study;

1. To investigate the self-concept and social anxiety in juvenile delinquents.
2. To investigate the gender differences for self-concept and social anxiety among juveniles.
3. To find out if there is any impact of self-concept on social anxiety of juveniles

Hypotheses

- H1. There will be differences among male and female juvenile delinquents regarding self-concept and social anxiety.
- Ho. There will be no differences among male and female juvenile delinquents regarding self-concept and social anxiety.
- H2 Self-concept will have impact on social anxiety juvenile delinquents
- Ho. Self-concept will not have impact on social anxiety juvenile delinquents.
- H3 Gender might play any mediating role.
- Ho Gender might not play any mediating role

MATERIALS AND METHODS

Target population

The total sample of (N= 200) Juvenile delinquents including (100 males and 100 females) were taken from Juvenile Jails of Sahiwal, Multan, Lahore and Jhang (with the prior permission of superintendent jail) districts of Punjab, Pakistan. The age range was 11-18 Years old, the mean age was 15.76 years. Whereas male average age was 15.47 and female mean age was 16.05. It is important to mention that according to law of Pakistan 11 to 18 Years criminals are considered as Juvenile Delinquents (Gilani, 1999).

Survey questionnaires

Two instruments were used to collect the data and given instructions for each scale was used.

Liebowitz social anxiety scale

Social Anxiety scale was developed by Liebowitz (1987). This questionnaire was designed to assess the social anxiety of a person. It has 24 items to assess fear and avoidance in different situations. Fear and avoidance are two important factors of social anxiety. If the person scored 0-54 it means that person does not experience social anxiety (None), 55-65 score is the indication of moderate level of social anxiety, 65-80 score is the indication of marked level, 80-95 is for severe, and >95 score means very Severe social anxiety. Scores above 55 indicate a potential clinical case. The reliability of this scale is 0.98. The scale was translated in to Urdu using forward backward translation method. Sub scales items were like talking to people in authority, participating in small groups.

Self-Concept urdu adjective checklist

The Urdu Adjective Checklist (UACL) also called as self-concept scale was developed by Ansari et al., (1982). The scale is comprised of popular adjectives in Urdu language, which were easily understood by the common individual of Pakistan. The final version of the self- concept scale consists of 54 adjectives both negative and positive. The respondents had to rate each item on one to five categories ranging from most to least. These response categories were scored as 1, 2, 3, 4, and 5 for the positively phrased items for example Caring others, Kind hearted Intelligent etc and 5, 4, 3, 2 and 1 for the negative items for example Lazy, Low courage, Worthless. The maximum score on this scale was 270 and minimum score was 54. The higher scores on self-concept scale would mean higher and positive self- concept of adolescents and vice versa.

Procedure

Special written permission was taken, for the data collection, from IG Punjab. Jail authorities were informed about the research purpose and permission. Researcher was accompanied by jail authorities. Juveniles were of different age range and belonged to different areas of Punjab. In the beginning they were little bit reluctant to talk and interact but after a week researcher succeeded to build rapport. Translated

version of both scales was filled by each participant. Data collection was quite hard and it took almost three months. Purposive convenient sampling technique was used for the selection of sample.

RESULTS

In order to find out the gender differences, t-test for independent samples was used. The results supported the hypothesis that male and female juvenile delinquents are significantly different on self-concept, p-value<0.001. The male juvenile delinquents have high self-concept (M=156.00, SD =9.74) as compared to females (M=121.1, SD=7.52, Table 1).

Results regarding gender differences showed significant differences on social anxiety among male and female juvenile delinquents. The mean difference indicates that female juvenile delinquents experience more social anxiety (M=2.70, SD=0.30) than male delinquents (M=1.54, SD=0.8) P-value is <0.001(Table 2).

Self-concept and anxiety are negatively correlated. Pearson correlation was calculated and it showed significant negative correlation (-0.59) between self-concept and anxiety, level of significance is P<0.001 (Table 3).

Simple linear regression analysis has shown a significant impact of self-concept on social anxiety ($\beta=-0.194, t=-2.848, P=0.005$). Furthermore, coefficient of determination R^2 is also significant, approximately 13% variation explained in social anxiety variable by self concept (Table 4).

The partial least square structural equation modeling (PLS-SEM) results are shown in Model 1 and Model 2. SC has shown positive impact on male as well as on SA and the direct inverse impact of SC on SA as shown in Model 1(Table 5). While, SC has shown negative impact on female, female has positive impact on SA and the direct negative impact of SC on SA shown in Model 2. Moreover, female plays significant mediating role display in Model 2 and it is also demonstrated through hypothesis testing given in Table 6. The coefficient of determination R^2 has significant value in both models. Table 5 display the hypothesis in which SC has shown significant impact on male ($\beta =0.429, t=9.770, P<0.01$), SC has shown significant impact on

Table 1: Differences between male and female juvenile delinquents on self concept

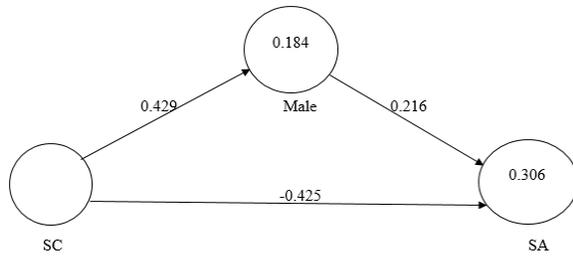
Juvenile delinquents	N	M	S.D	t-statistic	P-value	UI- LL Cohen's d
Male	100	156.00	9.74	5.27	0.000	4.01
Female	100	121.1	7.52			

P-value<0.001 is the level of significance.

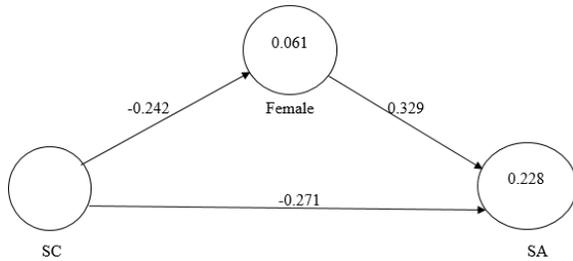
Table 2: Differences between male and female juvenile delinquents in terms of social anxiety

Juvenile delinquents	N	M	S.D	t-statistic	P-value	Cohen's d
Male	100	1.5400	.819	35.628	.000***	1.89
Female	100	2.7004	.301			

P-value <0.001 is the level of significant.



Model 1



Model 2

Table 3: Pearson correlation between self-concept and social anxiety

	N	M	S.D	R
Self-concept	200	156.21	7.42	-0.59**
Social anxiety	200	139.04	6.512	

P-value is the level of significance.

Table 4: Regression analysis of self concept and social anxiety

Model	Unstandardized coefficients		Standardized coefficients	t- statistic	P-value
	B	Std. Error	Beta		
(Constant)	92.343	4.102		22.511	0.000***
Self-Concept	-.194	.068	-.127	-2.848	0.005**

R²=0.127 F=8.111, **P-value=0.005; ***Significant at 0.001 level of significance and SE= "Standard Error"; ** Significant at 0.01 level of significance

SA (β =-0.425, t =8.732, P <0.01), male has shown Significant mediating impact on SA (β =0.216, t =4.410, P <0.01) and the results are supporting this study (Table 5).

Table 6 present the hypothesis showing significant impact of SC on female (β =-0.242, t =4.269, P <0.01) SC has shown significant impact on SA (β =-0.271, t =5.716, P <0.01), female has shown significant mediating impact on SA (β =0.329, t =7.091, P <0.01) and the results are supported to this study.

Cross-validated redundancy (Q^2) value larger than zero for any endogenous variable represent that predictive relevance of the paths in the model (Hair et al., 2013). In this study, Q^2 for two endogenous variable is greater than zero (for model 1; SA: 0.327 and male: 0.219) and (for model 2; SA: 0.418 and male: 0.083), supporting the model's predictive relevance.

DISCUSSION

Findings of the study indicated significant differences among male and female juvenile delinquents in terms of self-concept and social anxiety. Findings revealed that male juveniles have better self-concept than the female juvenile delinquents. The poor self-concept of delinquents and the deficiencies of their personality have been frequently described in the literature (Bartol and Bartol, 2014). The findings support (koiv, 2016) in case of female juvenile delinquents that institutionalized juvenile delinquent subgroup manifested more negative (aggressiveness anger, anticipation, contempt, disgust, disapproval, fear, remorse, submission) and less positive (joy, optimism, surprise) emotional characteristics of actual, ideal and social selves than non-delinquent matched subgroup of adolescents. Previous work (McCabe et al., 2002) found similar psychological aspects and risk factors among female juvenile delinquents.

The current study revealed that female juvenile delinquents experience more social anxiety as compared to male juvenile delinquents. On the basis of the findings we can say that female juveniles have taken great pressure and anxiety and hence indulge in various mental problems. There is clear evidence in literature that juvenile show high degree of psychiatric disorders (Timmons-Mitchell et al., 1997). Girls' rates of anxiety and affective disorders were higher than boys'. Girls with violent offenses, compared with other groups, were 3 to 5 times as likely to report anxiety disorders (Wasserman et al., 2005). However we can infer that female juvenile delinquents social anxiety can be attributed to their poor self-concept. Findings revealed that all negative emotions (stress, anxiety, and depression) and self concepts (except general self-esteem) were significantly predictive of delinquent behavior in general (Wan, 2012). The findings revealed that self-concept and social anxiety are negatively correlated with each other. Among various personality features self-concept play very important role due to its close association with various delinquencies. Relationship between social anxiety and poorer quality of life has been revealed in patients with a longer duration of illness.

The null hypothesis that self-concept has not impact on social anxiety was not supported by the data and it was found that self-concept has an impact on social anxiety. It is logical that if a person has poor self-concept than surely he has many interpersonal problems. The results are in same line as reported by Wilson and Rapee (2006). In next hypothesis the mediating role of gender was found significant. Male plays significant mediating role, self-concept has shown negative impact on female, female has positive impact on social anxiety and the direct positive impact of self-concept on social anxiety.

Table 5: Path coefficients for model 1

Hypothesis	Coefficients	Mean	SD	t-statistic	P-value
SC -> SA	-0.425	0.422	0.049	8.732	0.000
SC-> Male	0.429	0.427	0.044	9.770	0.000
Male -> SA	0.216	0.215	0.049	4.410	0.000

Table 6: Path coefficients for model 2

Hypothesis	Coefficients	Mean	SD	t-statistic	P-value
SC -> SA	-0.271	0.275	0.048	5.716	0.000
SC-> Female	-0.242	0.255	0.058	4.269	0.000
Female -> SA	0.329	0.331	0.047	7.091	0.000

The mediation analysis suggests that self-concept has negative impact on females and females have positive impact on social anxiety. These findings are according to our cultural background. In our culture mostly females have not positive self-concept because this is a male dominant society where the self-concept is imposed on females by society and females have always the problem of identity so here in our society female have role conflicts. Cultural differences exist and well explored in existing literature (Tyson and Hubert, 2002). This role confusion leads towards social anxiety. While male has positive mediating impact because relatively they have clear role and self-concept.

Conclusions and recommendations

The research was aimed to investigate the self-concept and social anxiety among the juvenile delinquents. Literature has been debated on the relationship between self-concept and delinquent behaviour. One thing seemed to be evident in the present study: self-concept of delinquent is inversely related to social anxiety. Another finding indicated that male juvenile delinquents have higher level of self-concept as compared to female delinquents but this was also observed that female delinquents have high level of Social anxiety as compared to male delinquents.

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Authors' contributions

All the authors contributed equally in this study.

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