

Department of Psychology | Volume 2 | Issue 22 | April 2025 | Students' Publication

## Juvenile Delinquency: Where Does Innocence End?

Abhirami Pillai - 23PYJO03

Juvenile delinquency is a special problem for psychologists, legislators, and educators. With rising crime among young people in some locations, the big question is this: should adolescents who commit crime be treated and punished as adults? Knowledge about the psychological growth of teenagers brings important information into this debate that underscores the importance of a different model for justice for juveniles that is both moral and imperative.

Adolescence is marked by significant neurobiological and psychological transformation. The prefrontal cortex, which governs decision-making, impulse control, and emotional regulation, remains in the process of maturation well into an individual's mid-20s. The limbic system, linked to emotion and reward processing, matures at a younger age. This type of developmental difference usually makes teens more prone to risktaking behavior, impulsivity, and peer pressure. For this reason, the majority of juvenile crimes are spontaneous rather than premeditated, motivated by short-term emotional impulses or to impress someone. Research by Laurence Steinberg and his colleagues in developmental psychology has shown that teens tend not to consider long-term effects as much and are more sensitive to immediate rewards. This biological immaturity contradicts the presumption that youthful offenders are equally culpable as adults.



The Supreme Court of the United States, in milestone decisions like Roper v. Simmons (2005) and Miller v. Alabama (2012), acknowledged such developmental variations and held against applying the death penalty and obligatory life sentences for child offenders. Moreover, adolescent brains are highly plastic, i.e., they can change and be rehabilitated more easily. This malleability is in support of the position against punishing juvenile offenders with adult-like punitive action and in favor of rehabilitation.



Studies have shown that with proper interventions—e.g., cognitive behavioral therapy, mentorship, and community intervention— most juvenile offenders can reintegrate into society without a life of crime. But public and political discourse also too often moves toward retributive justice, especially in serious or violent crimes by youth. News coverage of juvenile crime can create hysteria and build stories that define young offenders as incorrigible threats. Accountability is necessary, but treating youth as adults within the criminal justice system denies scientific fact and repudiates the potential for change and growth.

In India, the Juvenile Justice (Care and Protection of Children) Act, 2015 was controversial in that it provided for juveniles between 16 and 18 years old to be tried as adults for serious offenses. This practice has been criticized because it goes against developmental psychology and subject's young offenders to the harsh realities of prison systems for adults, which tend to lack corrective facilities and could encourage recidivism.

In summary, juvenile delinquency has to be dealt with from an understanding that involves both neuroscience and socioenvironmental considerations. Teenagers are not small adults; they are young people at a developing stage, and their conduct, although sometimes criminal, is also an indication of their stage of development. Punishment is not sufficient to deal with the underlying causes of youth offending. Instead, a balanced strategy that unites accountability with psychological rehabilitation and counseling needs to guide them into constructive avenues is needed.

# EVENTS CORNER ESTER



### UG Farewell 2025

The Department of Psychology bid a warm and memorable farewell to the outgoing undergraduate students of Single Major Psychology, Psychology & Journalism, Psychology & English, and Psychology & Performing Arts on 25th April 2025, from 4:30 PM to 5:30 PM at the M1 Auditorium.

The event was beautifully coordinated by Ms. Anitha Mary Mathew and Ms. Nikhath Seema, and brought together faculty, staff, and juniors in a heartfelt celebration of the graduating batch.

Laughter, nostalgia, and appreciation filled the air as students reflected on their journeys and shared final moments with their peers and mentors. The farewell was a touching tribute to the contributions and memories the students leave behind, and the department wished them all the very best as they embark on new paths ahead.



Hitaishi - 23PSYB



PHOTOGRAPHS



Anna - 23PSYB



Jasna Joy - 23PSYA23



Jiya Dugar - 23PSYA27



## STUDENTS' CORNER 🖘

## Rein on Strein

Nikhisha Hari - 23PSYA38

Counting every jiffy, every shilling shackled by time and tide, chilling there is no cease to this horrid never ending feel being entrapped in this vicious wheel although soiled by strain, engraved on grains are the result of my pain

"Honesty is the best policy", a drained ideology for when I begin to ponder myself, a guilty apology

I ever interrogate my soul on every saved penny it is said the life changes for the best with money

although disdained by the sense of delirium, exuberance of my home is my escapism

The moment I sit in my chair, I feel a rush of despair swiftly run through the papers, I appreciate the breeze it wavers for every minute, ticks and passes I relish the melody it encompasses

Thorough and through the walls I see, time yet to come, gleeful and carefree a soft stroke of success tinted, a hope of radiance on the life grieved with my mind and soul at ease raised the shoot of peace

Counting every fortune, every sparkle as shimmering stars, my babies' eyes twinkle, like chords of a harp, my beloved's voice, melodious cleansed my thought of a wealthy sack, so marvellous and I tell myself, "Life changes for the best

as I count my blessings best over shillings"

## Saturn, Gods and Fools

Max Kshetrimayum - 23PSYB

How have you managed to upset saturn and her children? She now envies our moon; for your sight rests upon her creases, and now she believes heaven resides somewhere betwixt your lovely eyes and your arms. Her rings are growing languish, for she yearns to be the curtains your fingertips have brushed.

Do you think heaven drowns in honey? Forged in a sweetness only reserved for you? Where goddesses knit you a scarf? And gods wish to be washed in your fragrance?

The garden of heaven hosts a bunch of fools, for they are far too idealistic. You haven't even whispered a syllable, but Orpheus would turn in every lifetime, and choose to be cursed of you.

But then where do i stand against them? I am no better than those fools, who proclaim godhood, but chase every furniture you've ever loved. Or an artist whose brush only breathes to paint to the color of your rose leafed lips. I am no better than the celestial body that succumbs to your feet.

I think heaven suffocates, in an unending sweetness of flowers; Honey and dew flows from within you, for you are the palace and the garden, and every flower that resides sentient. You are the gates to Elysium.

You transcend me and saturn alike.



"You are loved just for being who you are, just for existing. You don't have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success - none of that matters. No one can take this love away from you, and it will always be here."

#### ARTWORKS



Jiya Dugar - 23PSYA27



Avelin Lal - 23PSYA11

## **PSYCHOLOGY** NEWS

- Favorite music sets the brain's opioids in motion: A new imaging study showed that listening to favorite music affects the function of the brain's opioid system. Music can evoke intense pleasure, sometimes experienced physically as pleasant "chills." While the effect of music on pleasure is clear, the brain mechanisms behind musical enjoyment are not yet fully understood.
- Exposure to air pollution may harm brain health of older adults: Long-term exposure to high levels of air pollution may harm the brain health of older adults in England, finds a new study. The research, published in The Journals of Gerontology: Series A, found that exposure to nitrogen dioxide (NO<sub>2</sub>) and fine particulate matter (PM2.5) is linked to lower scores in key cognitive abilities, particularly language skills.
- Eight or more drinks per week linked to signs of injury in the brain: Heavy drinkers who have eight or more alcoholic drinks per week have an increased risk of brain lesions called hyaline arteriolosclerosis, signs of brain injury that are associated with memory and thinking problems, according to a new study.
- A new study from UC San Diego shows that the brain learns using multiple rules across different synapses in a single neuron, not just one uniform rule. This discovery, made using advanced imaging in mice, helps explain how learning happens and could improve treatments for brain disorders and the design of AI systems.

Source: www.sciencedaily.com



## **MOVIE REVIEW**

"Detainment" is a powerful film that explores the psychological impact of a crime on both the victims and the perpetrators. It uses a unique interview format to delve into the minds of the young boys involved in the murder of James Bulger. The film doesn't shy away from the disturbing aspects of the case, but it also doesn't sensationalize it. It offers a chilling glimpse into the complexities of child psychology and the potential for evil to manifest in even the youngest of minds. It's a difficult film to watch, but it's an important one that raises questions about the nature of good and evil and the responsibility we have to understand and address the psychological factors that contribute to violence.

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