

# The Role of Parental Control in Dealing with Drug Addiction and Juvenile Delinquency among Adolescents in Sindh: Narrative Literature Review

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## Abstract

*Mal-adaptive behavior problems of drug addiction and juvenile delinquency have reached at a very destructive and disturbing situation in Pakistan. The level of severity of the drug addiction and juvenile crime in Sindh-province of Pakistan requires the joint efforts and struggle from parents, social science researchers and members of society in order to recognize and eliminate such fatal behaviors among adolescents, which are building the blocks of any society. This is a theoretical study-designed to review the parental control, and analyze the impact of parental control with drug addiction and juvenile delinquency. Further, it also supposed that although there are the various families –related reasons behind drug addiction and juvenile delinquency among adolescents, family and parental attitude in general and parental control in a specific is highly responsible for such destructive and maladaptive behaviour among youth. For better understanding of the problem; this investigation reviewed extensively empirical research studies about parental control and both problem behaviors. The study found parental attitude and parental control specially related, greatly responsible for psycho-social problems of drug addiction and juvenile delinquency. The findings of this theoretical research highlighted the importance of parents 'control and its relationship with children's the overall behaviour. Further, the research task highlighted the importance of parents' relationship with children and their control, and also monitoring of children as well adolescents. Thus, the research study concludes with some recommendations to address the problems of drug addiction and juvenile crime among adolescents.*

**Keywords:** Drug addiction; Juvenile Delinquency; Parental control; Family.

## 1. Introduction

However, parents are the primary agents of children's socialization and most influential figures in the lives of children; they help children to learn skills, values, norms and attitudes necessary for positive and healthy psychosocial development (Garcia et al., 2017; Lazaro, et al., 2019). The influences of parenting styles and practices- extend from childhood to the whole lives (Garcia, & Serra, 2019; Garcia et al., 2018). Family and parenting always remained focus of research for more than 75 years. When researchers studied parenting and they take the several strategies by considering the parenting

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practices and styles or parenting dimensions. Parenting practices are the directly observable behaviors of parents that they use to socialize their children (Darling & Steinberg, 1993). Whereas dimensions of parenting have also been investigated by many researchers to understand parenting. There are two most researched dimensions of parenting; Warmth/ support or responsiveness dimension (Steinberg, 2005), and parental control or demandingness dimension (Barco et al., 2018). Parental support or acceptance as described a fundamental need of all human beings (Rohner, 2004), parental support or acceptance is, the involvement, acceptance, care and emotional availability of parents for children (Cummings et al., 2000; Rohner, 2005). Parental acceptance and warmth has always been strongly related with the positive outcomes in children such as less involvement with drugs, alcohol and deviant behaviour (Barnes & Farrell 1992) Delinquency (Bean et al., 2006; Rohner, Khaleque, & Cournoyer, 2012), and externalizing behaviour problems among adolescents (Shaw et al., 1994; Putnick, 2015).

Large number of researches have largely been done on parental warmth or support dimension; however, the control or demandingness dimension have not been extensively studied on account of the various explanations of concept of control (Jaureguizar et al., 2018). Control dimension is mostly divided into two types such as Behavioral control, and psychological control (Barber 1996; Schaefer 1965; Steinberg 1990; Rohner, 2016). Behavioral control consists of parenting practices - used to control, manage and regulate children's behaviour either through enforcing demands and rules or through supervisory functions (Barber 2002; Maccoby 1990; Steinberg, 1990). An appropriate amount of parental behavioral control as associated with the positive child development, whereas an insufficient or excessive behavioral control has been associated with unwanted and negative child developmental outcomes. Parental psychological control on the other hand is an intrusive type of control; where parents manipulate and exploit children's thoughts, emotions and behaviors (Barber, 1996; Barber et al., 2005), and usually results in maladaptive behaviour including depression and delinquency (Barber, 1996; Lisani et al., 2013).

However, the use of behavioral control and effective monitoring of children's behaviour as linked to less involvement in problem behaviour including substance abuse and Juvenile delinquency (Barber, 1996; Steinberg, Fletcher & Darling, 1994; Zhu & Shek, 2021). The findings of this study on drug abuse, parenting styles and social support identified parenting styles as the significant predictors of adolescent substance abuse identification, and it further indicated that imperfect parenting behaviors/styles are a risk factor for the development of substance abuse (Liu et al., 2022).

Parental control is of a great importance in child's development; it is the part of rearing practices that parents use to bring up their children, and apply the norms and exercise control - can range from maximum to no control at all. However, particular influence of parental control in relation to

children's involvement in maladaptive behavior problems including drug addiction and juvenile delinquency is not documented properly in Pakistan.

The present research is an effort to understand the impact of parental control on behavioral problems specially, drug addiction and Juvenile Delinquency in a single research investigation. The outcomes of such the study will help to better understand the role of parental control in dealing with antisocial behaviour of juvenile crime and drug addiction among adolescents in collectivistic societies.

## **2. Literature Review**

### **2.1. Drug Addiction**

The American Society of Addiction Medicine defines addiction as 'a treatable chronic medical disease involving complex interactions among brain circuits, genetic, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences' (ASAM, 2019).

Drug addiction affects severely the mental and physical health of addicts (Robbins & Everett, 1999), and is growing at fastest level in the whole world, together with Pakistan, where the current status of drug addiction is terribly alarming. According to latest estimates of drug abusers; there are about 6.7 million drug abusers in the country, out of them 4.25 million are severe drug addicts in a need of long –term treatment (UNDP, 2013). The number of drug addicts is increasing very fast, at very distressful rate of 40,000 per year, and making Pakistan one of the most drug damaged country in the world. However, as an increased use of drugs including sedatives, ecstasy shisha, charas (cannabis), injected drugs and alcohol are commonly used drugs among university students (Sajid et al., 2020). Increasing use of drugs among youngsters between the age having 15- 25, resulted in grave social and health problems (Khan, 2016). This condition of drug addiction requires the social scientists to study the reasons behind increasing number of drug addicts specially adolescents in a country meanwhile the youth population noted as 64% of the total population and, almost 25% to 44% of students involved in illegal drug (Khattak, Khattak & Ullah, 2012).

There are the numerous Psycho-social risk factors behind drug addiction (Glantz & Hartel, 1999) including lack of parental supervision (Hill, K.G, 2005), and low parental monitoring (Haugland et al., 2019), poverty, unemployment, accessibility of drugs, negligence, depression, absence of parental attention, and easy approach to drugs are reported as important factors behind the use of drugs (Qasim, 2015; Zaman et al., 2015; Masood & Sahar, 2014).

### **2.2. Parental Control**

There is no doubt that family is the most important agent of socialization especially during early years in children's life. Children learn countless required skills and patterns that help them to become autonomous, and live in

a society with autonomy and interdependence and also develop their personalities. Moreover, family up skill children to recognize their roles and control their impulses and care of others. Family, parents and parenting reported as one of the major and dominant predictive factors in children and adolescents' psychological and social adjustment (Lengua & Kovacs, 2005; Rodríguez-Fernandez et al., 2012). Research on parenting is mostly sort of parenting and dimension of parenting (Darling & Steinberg, 1993; O'Connor 2002). However, warmth and control are two main dimensions of parenting. Warmth is acceptance, love, care and respect for child (Rohner & Khaleque, 2005). Warmth is associated with psychological adjustment and positive behaviors meanwhile the absence of parental warmth as associated with maladjustment of children (Rohner, 1975), and with behavior problems such as delinquency (Heaven et al., 2004) or substance use (Calafat et al., 2014). Much of the research inquiry focused on warmth dimension of parenting conversely control dimension of parenting is less focused in research. Additionally, the findings about parental control and adolescents' adjustment have provided less persistent and reliable results (Heider et al., 2006; Kerr & Stattin, 2000) because of the different meanings and types parental control.

Parental control related to the various explanations is also defined and clarified as behavioral control and psychological control. Behavioral control (permissiveness-restrictiveness) (Rohner & Rohner, 1981), manifested in many researches as good for adolescents' development, and their adjustment (kerr & statin, 2000) if it is not restrictive control on the other side (Kerr & statin, 2000; Maccoby & Martin, 1983). It is as the extent or level to which parents regulate, manage and supervise their offsprings' behaviour, for example by demanding on compliance with rules, commands and instructions (Rohner & Khaleque, 2003). Parental control is in fact all those attempts which parents take to regulate manipulate and manage their children's behaviour. (Rohner & Khaleque, 2008).

However, Control of parents identified as very influential parental behavior, but it is less studied as compared to the warmth dimension of parenting. Research investigations reported the different findings regarding the different levels and types of control in relation to the use of substance abuse, self-esteem, psychosocial adjustment, Drug abuse, delinquency, social competence, and many other behavioral problems (Calafat et al., 2014; Fuentes et al., 2015; Garcia & Garcia, 2009-2010; Bean et al., 2006 ). There is much need to study it in relation to the different behaviour problems in Pakistan, as very rare work has been done in this domain.

### **2.3. Parental control and Drug Addiction**

Parental control is very important dimension of parenting in addition to parental acceptance-rejection. Control dimension of child rearing styles being very crucial dimension, and produces lifelong effects on the personality of a child (Barbr, 1996; Steinberg, 1990; Rohner & Gill, 1985; Rohner & Rohner, 1981). According to Baumrind parenting revolves throughout the concept of

control of parents. Although parents exercise contrasting levels of control on their children, parental control is used for socialization of children (Baumrind, 1996). Use of control results in normal as well as mal-adaptive behaviors. Excessive control or insufficient control, poor monitoring and supervision were found as related with substance use in Moroccan adolescents (Hicham et al., 2018). Authoritative parenting characterized by high control and high involvement associated with less drug use. In an study about parenting styles and drug use behaviour (Sten-Eric, 1996), parenting style of mother and father was found as related with children's drug use behaviour. Further affectionless control that is characterized by low level of caring and high level of protection associated with drug use among adolescents. In a study (Garima, 2005), related with Children of Authoritative parents were found less engaged with consumption of drugs, smoking and alcohol. And neglectful parents' children were more engaged with smoking and alcohol abuse. In an investigation about drug use and parenting styles (Berge et al., 2016), authoritative parenting was found not related with use of drugs. In one research study about parenting styles and addiction potentiality among students, parenting styles were found most involved in the students' likelihood to abusing of drugs. At an individual level parental control found as associated with alcohol use also (Vashishta et al., 2022). Results of this research showed negative relationship between addiction potentiality among students and positive relationship between permissive styles of parenting (Ahmadi et al., 2014). Permissive parenting style of mother and father found significantly correlated with externalizing behaviour problems among children (Alia et al., 2016). Permissive style of mother and father towards the use of prescribed drugs predicted adolescents' inclination towards the use of illegal drugs (Mehanovic, 2022). All these researches and many other done on the impact of/or relationship between drug addiction and parental control have found about similar results, and supported the influence of family and parental control, supervision and monitoring of paramount importance in the drug addiction among adolescents.

#### **2.4. Juvenile Delinquency**

Crimes committed by minors can easily be identified in the present age. Juvenile delinquency is a serious psychosocial problem all over the world including Pakistan, where the situation is very critical (Naseem, 2020). Juvenile delinquency is given the great importance by researchers over many years. In one such research, it was found that there is not much difference between the developing and developed countries, as in both teenagers form outstanding portion of society reported to be involved in delinquent acts (Alboukordi et al., 2012). Therefore, it is an urgent and absolutely necessary to study predicting factors which lead to juvenile crime, and how to rehabilitate juveniles.

Juvenile delinquency taken from Latin words, coming from "juvenis" and "delinquere". It refers to the children or teenagers who have abandoned the lawful living style due to the various unwanted situations in their lives.

Age of juvenile delinquents who violate societal norms, values and laws varied in the different cultures and countries. In Pakistan age range of delinquents is 10 to 17 years (Zafar, 2012).

Many psychosocial factors described backing juvenile delinquency, including; parental deprivation, parental rejection (Rohner, 2005), family functioning, psychological problems, peer relationships (Khursheed, 2013). The results of an investigation indicated that there are many socioeconomic besides psychological factors affecting juvenile delinquency in Punjab, Pakistan. Restrictive parental behavior, negligence, improper supervision, and delinquent behavior of their parents lead to juvenile delinquency according to the respondents of study (Ahmed, 2016). According to Saleem (2011), youth in Karachi involved in robberies and petty crime. In Rural Sindh, the adolescents involved in many serious crimes including rape, murder, and sodomy. Since the widespread of juvenile delinquency has become a social problem; it has become extremely important to research this problem and to evaluate the influence of parenting styles as a crucial underlying cause of this behavior.

### ***2.5. Juvenile Delinquency and Parental Control***

Families are the greatest element of socialization in any person's life. Family serves the various functions including control of unacceptable behavior; learning prosocial behavior, and delay of gratification. Family conversely can be responsible for antisocial behavior such as juvenile delinquency, and in producing the possibilities of involvement in antisocial behaviour. Researchers report importance of positive parenting - includes moral development, monitoring and control of children's activities, distinctly impacts on the development of productive, and prosocial behavior together with antisocial behavior. Moreover, researches manifested family factors affect the choice to become involved in criminal behavior as a juvenile (Bush & Horn, 1997; Galarza et al., 2022). These family related variables could cover parenting behaviour. Thus, the relationship between parenting styles and juvenile delinquency is the important to investigate. This study should indicate how parenting style, especially parental control is related to juvenile delinquency and lay groundwork for future research into parenting factors that influence the pathways leading to delinquent behavior. Research on parent-child relationship paid the considerable more attention to monitoring and supervision of children. In support of the importance of parental supervision-found to be key variable in the prediction of delinquency (McCord, 1979; Van Voochis et al., 1988; Welher, & Smith, 1991). Direct parental controls, including rule specification, monitoring and punishment were found significantly related to delinquency (Rankin & wells, 1990). Furthermore, too little or too much control leads to delinquency and deviance in this perspective.

Wangangi (2019), found an improper supervision, the absence of discipline and inappropriate emotional support, and parental rejection resulted

as the most important factors in the prediction of delinquency in adolescent. In a study (Moitra et al., 2017), family factors influence the choice to engage in criminal behaviour as a Juvenile. Therefore, parenting control and its impact is of a great importance for researchers to understand the impact of control on the development of juvenile delinquency (Bush & Horn, 1997). Parental less control increases the risk of involvement in juvenile delinquency. Because such parents fail to set any kind of boundaries for their children, and they fail to monitor their children (Hoeve et al., 2008). These and many other researches delineate the importance of parental control in the development of children's behaviors.

### 3. Discussion

This research attempted to assess the impact of parental control in contributing to drug addiction and juvenile delinquency in Sindh. After examining the literature about drug addiction and juvenile delinquency. Thus, the research task finds parental control of paramount importance in the development of and involvement in both destructive behaviors of drug abuse and juvenile delinquency. Further, the research work finds parental control as an important predictive factor behind externalizing and internalizing behaviour problems including drug addiction and juvenile crime, and such the outcome related with Baumrind's claim where she states parental control as a center of parenting (Baumrind, 1997). Parental styles, parental practices and special authoritative parenting- consist of balanced control and warmth as found of paramount importance in relation to drug abuse (Kokotović et al., 2022). Parental control, different levels of parental control and its types have been specially found very much important in relation to crime also included delinquency (Mehanovic et al., 2022).

In Pakistan, a rare research has been done about control parenting and its impact on externalizing behaviour problem including drug addiction and juvenile delinquency, specifically in a single research investigation. The present research based on an effort to study these two types of maladjusted behaviors in relation to parental control. Further, this research after analysis of literature, and also clarified the importance of parental control in the psychosocial and moral development of children and adolescents in Pakistan.

This study showed that the parental control is of equal importance in both collectivistic and individualistic societies. Hence, there is a need to study these maladaptive behaviors in relation to parental control. Pakistan is a collectivistic country, where cultural values support conformity, and compliance of rule and prescriptions. In Pakistan, it is much needed to carry research on the relationship and impact of control parenting and involvement of adolescents in antisocial, deviant behavior along with drug abusing behaviour. Involvement of adolescents in such type of destructive and maladaptive behaviors – weaken the pillars of all type of positive growth among them, making them burden on the country's socio-economic status.

#### **4. Conclusion**

The present research investigation provided an accurate analysis of impact of parental control on the adolescents likelihood in order to get involved in externalizing behaviour problems including drug addiction and juvenile delinquency. Further, such the research study showed that parental control affect later positive or negative child behaviour, Parental control affect psychosocial development of children and these effects are universal across parents. Results of the various parenting interventions in US and Europe have proved that improving parenting behaviour can have positive influence on later development (Putnick et al., 2015). Parental trainings especially in parental control, supervision and monitoring of children may promote and foster learning of positive and constructive behaviour, and may help to reduce the involvement of children in antisocial behaviour and drug addiction irrespective of cultural context.

The present study found that drug users and delinquents' parents were less controlling in their styles of parenting. To our knowledge, this is the first study developed to investigate two problems behaviour, drug addiction and juvenile delinquency in Sindh- Pakistan in a single investigation. The outcomes of the study should be used in educating the parents of young adolescents specifically, so that they may protect their children from involving in the fatal, maladaptive behaviors.

#### **5. Suggestions and Recommendations**

The research study showed that delinquency and drug addiction is increasing among adolescents in Sindh, speedily. The strong and successful measures can be taken to stop adolescents' involvement in such a life threatening behaviors, if all the stake holders take the serious steps including social scientists, researchers, and specifically parents and schools. Control of parents, their supervision and monitoring found to be the strong influential predictive factor behind drug abuse and juvenile crime. Low control of parents found as associated with problem behaviour in adolescents. Parents should be given the trainings about importance of control parenting- will result in the best consequences for children and adolescents' the overall development. Dissemination through social and electronic media regarding awareness about increasing numbers of adolescent's involvement in these hazardous behaviour can help create awareness among masses, and the marginal impact can be seen accordingly. To counterfeit it; further, the ownership of Government is the need of hour. It is further, suggested that researchers and family psychologists should devise some training programmes for parents to improve their positive parenting including involvement in the lives of children. Psychologists should do many researches to further understand such the issue in relation to other socio-psychological factors that can mediate this relationship.



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