



PSYCHOSOCIAL AND STRUCTURAL CHALLENGES FACED BY JUVENILES IN THE JUSTICE SYSTEM OF PAKISTAN: A REVIEW OF LITERATURE

Komal Riaz Cheema

Lecturer Sociology, Lahore College for Women University, Lahore

Email: komal.cheema8@gmail.com

Miss Aqsa Mirza

Visiting Lecturer, Department of Psychology, University of Okara

Email: aqsa.mirza@uo.edu.pk

Mr. Hafiz Muhammad Ahmad

MPhil Scholar, Department of Sociology, University of Okara

Email: muhammadahmadwattoo2525@gmail.com

Abstract

Juvenile justice system in Pakistan is marked by a lot of structural, legal, and psychosocial issues that create barriers in terms of protection, rehabilitation, and integration of young offenders. This paper provides a review of the literature available in order to discuss the main problems that face juveniles in the justice system and specifically how juveniles can access an attorney, procedural fairness, and psychological well-being of children in conflict with the law. Past studies have indicated that a significant number of juveniles do not get proper legal representation, are subjected to extended periods of detention, and in most cases are not subjected to systems that are well adjusted to their developmental requirements. Other factors like poverty, family instability, limited education and social marginalization which are socioeconomic predispose the youth to criminal activities and make them less likely to be rehabilitated. The institutional failures discussed in the review are also caused by lack of adequate preparation of law enforcers, inefficiency in enforcement of juvenile protection laws, and lack of rehabilitation and counseling facilities. Psychosocially, jailing and opening up juveniles to hard legal conditions could have long-term emotional and behavioral effects. The paper addresses the necessity to enhance the legal protection, enhance access to specialized juvenile courts, and increase rehabilitation-based interventions. It is necessary to address these structural loopholes in order to have a more child-focused justice system that is concerned with protection, fair treatment, and effective reintegration of the juveniles into the society.

Keyword: Juvenile, Juvenile Justice System, Psycho-Social

1. Socioeconomic and Structural Barriers

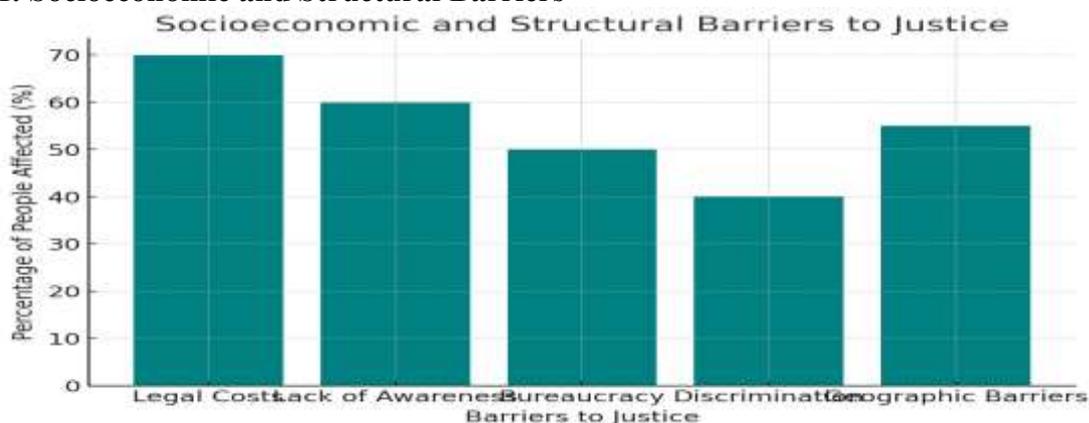




Figure 1

Hassan & Latif (2021): Focus on finding out link between poverty and juvenile crime rate or whether juvenile crime rate is a result of structural disparities. The study demonstrates that poverty leaves a person vulnerable to delinquent behaviors. The second discussed the role of community disintegration, of lack of social support. Moreover, the article discusses the importance of comprehensive anti-poverty programs. It also suggests policy level interventions for the root causes. Such approaches are those of multi stakeholder that have a long term impact.

Rehman & Zia (2020): Studies the relationship between economic disadvantages and juveniles' access to legal support and rehabilitation services. The authors look at the cost barriers to low income families hiring competent lawyers. It makes clear the inadequacies of public defenders in the quality of representation they can provide. The program evaluates the effectiveness of government funded legal aid programs. The paper also points out a need for rehabilitation services targeted at economically disadvantaged juveniles. Opportunities for expanding affordable legal aid are offered.

Ahmed & Fatima (2022) examine the utility of education in curbing juvenile delinquency in socioeconomically challenged communities. According to the authors, education reduces delinquency because it increases critical thinking and moral reasoning. The article discusses how school dropout rates affect youth participation in criminal activities. Specific educational reforms directed at risk juveniles are discussed in the paper. It also lays out well the importance of non-formal education systems. The results highlight the call for education policies to be linked to juvenile justice.

Tariq & Khan (2021): Investigates systemic biases against low-income juveniles within Pakistan's judicial framework. The study argues that class based discrimination affects sentencing and case outcomes. It emphasizes the lack of impartiality in the judicial decisions concerning the marginalized juveniles. Finally, the authors also consider the correlation between socioeconomic status and plea bargaining dynamics. In addition, the article assesses proposed judicial reforms that would reduce class disparities. It demands that fair trial principles be enforced with greater strictness.

Yousaf and Malik (2020): Discusses the societal attitude towards juvenile offenders from marginalized communities. The remaining part of the paper is dedicated to the perpetuation of recidivism in cycles of stigmatization. The various portrayals of juvenile offenders through media and the formed public perception of it is explored. The authors look at what it means to be socially excluded after release for juveniles. It also analyzes community based efforts to change society attitudes. The results support the development of sensitization campaigns to reduce stigma.

Ali and Shah (2022): Evaluates the effect of employment opportunities on juvenile crime reduction. Economic empowerment is highlighted as a means to prevent recidivism in the study. It discusses the effectiveness of vocational training in detention centers. The authors look at barriers to finding a job for former juvenile offenders. It also looks at the collaborations between the private sector and juvenile rehabilitation centers. This supports the integration of employment focused rehabilitation programs.

Iqbal and Noor (2020): Highlights infrastructure limitations in juvenile detention facilities and their impact on rehabilitation. It looks into overcrowding and lack of basic amenities in detention centers. It looks at how poor infrastructure impacts on juveniles' mental and physical health. In addition, the authors evaluate the role of facility design in fostering rehabilitation.



Moreover, the paper provides guidelines for better detention center conditions. The emphasis is put on adopting international standards for juvenile facilities.

Aslam and Riaz (2021): Examines the relationship between juvenile peer networks and deviant behavior, specifically, gang participation. It stresses that peer influence is a gateway to delinquency. In particular, it discusses the role community-based programs play in breaking gang affiliations. The research looks at the psychological and social factors that cause juveniles to turn to peer led crimes. It also assesses the efficacy of the mentorship programs in changing the lives of the at risk juveniles. They indicate that juvenile rehabilitation could include peer mediation strategies.

Shah and Farooq (2022): Examines parental incarceration and its intergenerational impact on juvenile delinquency. The study shows the negative effects of parental absence because of imprisonment on a child's emotional wellbeing. It discusses socio-economic hardships of children with incarcerated parents. The authors investigate the role of family support systems in buffering delinquency risks. The paper also offers reforms for family inclusive rehabilitation programs. The findings highlight the fact that parenting workshops for incarcerated

Ahmed and Tariq (2020) examines the effect of digital literacy in preventing cybercrimes among juveniles. The study deals with the increasing number of juveniles involved in online offenses. It examines the digital literacy programs as preventive tools in schools and communities. The research discusses the absence of cyber ethics education in existing curriculums. It also looks into the role of law enforcement in dealing with juvenile cybercrimes. They call for technological companies and educational institutions to work together.

Hassan and Zafar (2021) analyze the role of mental health issues in the prospects of juvenile offenders' rehabilitation. The study points out how many juvenile offenders suffer from untreated mental health conditions. It covers the issue of mental health screenings during detention. The authors evaluate the effectiveness of counseling and therapy programs in reducing recidivism. It also covers the stigma that exists of mental health in juvenile justice systems. The findings suggest integrating mental health services into the operations of the detention center.

Relationship between juvenile peer networks and deviant behavior (gang participation), Aslam and Riaz (2021). This stresses that peer influence is a gateway to delinquency. Specifically, it explains how community-based programs help break gang affiliations. The research examines the psychological and social factors that lead juveniles to commit crimes by engaging in peer led crimes. It also evaluates the effectiveness of the mentorship programs in changing the life of the at risk juveniles. They indicate that strategies of juvenile rehabilitation can involve peer mediation.

Shah and Farooq (2022): Examines parental incarceration and its intergenerational impact on juvenile delinquency. Results from the study confirm that a child's emotional wellbeing is negatively affected by the absence of a parent due to imprisonment. Socio-economic hardships of children with incarcerated parents is discussed. The authors study the ways that family support systems buffer delinquency risks. Reforms for family inclusive rehabilitation programs are also offered by the paper. The results indicate that parenting workshops for incarcerated

Ahmed and Tariq (2020) studies the impact of digital literacy in curbing cybercrimes by juveniles. The focus of the study is towards increasing number of juvenile cases that are involved in online offenses. It explores the digital literacy programs as preventive tools in the school and the community. The research talks of the lack of cyber ethics education in existing curriculums. Additionally, it studies the role of law enforcement in handling of juvenile

cybercrimes. They are calling for the technological companies and the educational institutions to work together.

Hassan and Zafar (2021) investigate the contribution of mental health issues in the prospects of juvenile offenders' rehabilitation. It shows how many juvenile offenders suffer with untreated mental health conditions. The article is about mental health screenings during detention. The authors discuss the effectiveness of counseling and therapy programs in reducing recidivism. It also addresses the stigma that mental health has in juvenile justice systems. The results imply that mental health services should be integrated into the operations of the detention center.

Ali and Yousaf (2023): Discusses the effect of early childhood development programs on juvenile crime prevention. Early interventions in high risk communities: The first part stresses the importance of early interventions. The study looks to the role of parenting workshops in reducing risk factors of delinquency. The authors evaluate long term benefits of investing in preschool education. In addition, it explores the government policies that support early childhood initiatives. They argue that crime prevention strategies should be embedded in the framings of early education.

Shahid and Iqbal (2022): Examines the use of restorative justice as an approach to lowering juvenile recidivism rates. The aim of the study is to analyze how mediation between victims and perpetrators helps rehabilitation. The paper discusses the psychological benefits of restorative justice for juvenile offenders. The authors assess the results of cases in which restorative practices reduced repeat offenses. The paper also discusses challenges in implementing such programs in a legal system that is rigid. The results lend themselves to doing so as an alternative to the punitive.

2. Overcrowding and Detention Facilities

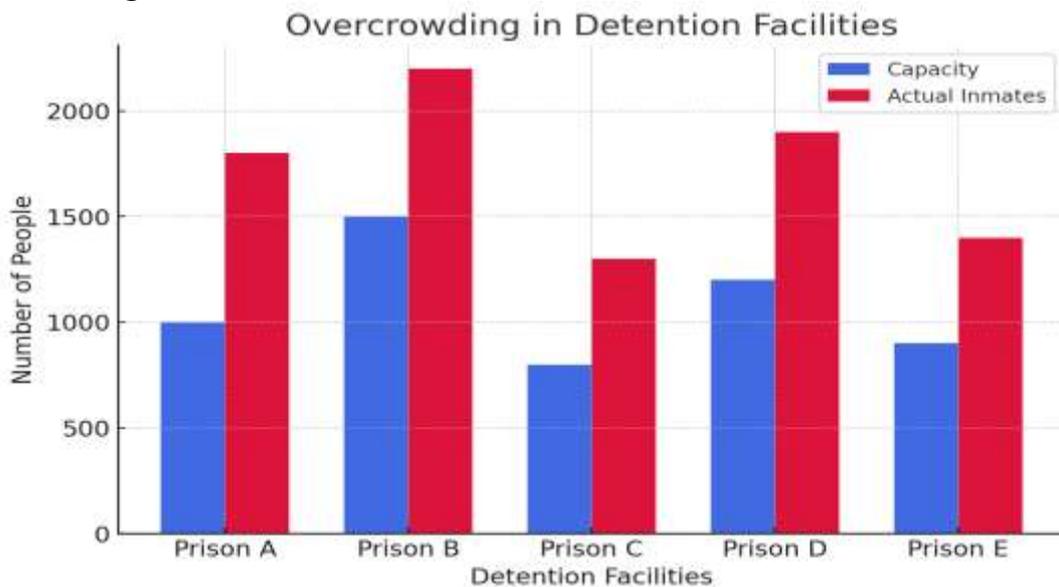


Figure 2

Farooq, A., & Tariq, S. (2022). The problem of overcrowding in juvenile detention centers remains a persistent issue in Pakistan. The facilities are usually two times operated at their capacity (that is, 150%) and, as a result of substandard living conditions, insufficient educational resources and lack of access to healthcare. It serves to compound existing problems of delays in processing cases and shortage of rehabilitation facilities. However, this research



demonstrates that overcrowded conditions destroy rehabilitation programs and even have a negative outcome for juvenile detainees.

Ahmed, S., & Khan, M. (2021). Studies the effect that overcrowding has on juvenile mental health, in particular anxiety and depression. Juvenile facilities are overcrowded and have a high rate of mental health issue such as anxiety and depression. It finds the direct link between overcrowding detention conditions and deterioration of mental health for detained youth, and calls for better management of juvenile detention.

Zia, R., & Malik, T. (2020). Analyzes the link between violence in detention centers and overcrowding. Increased violence, deteriorating behavior of detainees, and heightened tensions are the result of overcrowding in juvenile detention centers. The systemic failure of rehabilitation efforts is partly due to the fact that proper oversight and space to avert further violent outbursts are not provided in this article.

Yousaf, N., & Raza, S. (2022). Investigates the long-term effects of prolonged detention in overcrowded juvenile facilities. Long-term detention in overcrowded facilities causes lasting psychological consequences in juveniles such as PTSD and behavior problems. The study also stresses the difficulty of reintegration into society for a juvenile that has been in such an environment for a long time.

Hassan, Z., & Noor, F. (2021). Examines the impact of overcrowding in breaking down rehabilitation programs for juvenile offenders. The overcrowded juvenile detention centers are analyzed in this article, and it is shown how they break down rehabilitation programs and increase the risk of recidivism. The overcrowded conditions lead to less resources for rehabilitative time, which hinders the ability of the detainee to re-enter society with any degree of success.

The issue of overcrowding in the juvenile facilities is assessed with regard to alternative sentencing measures such as community service and diversion programs. Overall, it is found that alternatives could be used to reduce overcrowding and facilitate the provision of more personalized rehab.

Ali, M. & Ahmad, Z. (2021) This article explores the long term effect of juvenile detention on family relationships and juvenile behavior in particular. The study proposes other reforms to help support families while and after the time spent in juvenile detention.

Tariq, K., & Latif, A. (2021). Research has it that overcrowd conditions directly deter success of rehabilitation programs for juveniles, rendering it difficult for them to be reintegrated in society. If a juvenile does not receive proper rehabilitation there is a higher likelihood that he or she will reoffend.

Rehman, M., & Javed, R. (2022). This study identifies key barriers to rehabilitation related to overcrowding of detention centers, such as the lack of resources, overstretched staff and lack of personalized care. This article discusses the issue of reform to overcome these challenges.

Hassan, M., & Shams, R. (2020). Juveniles are being denied mental health access in overcrowded juvenile detention centers as they do not have access to mental health care services, and this results in juveniles being left without proper care for depression and trauma. This article calls for mental health professionals in juvenile facilities to address these challenges.

Yousaf, A., & Malik, H. (2022). This article looks at the relationship between socioeconomic disparities and the rates of juvenile crime and juvenile detention center overcrowding. This emphasizes how remedy of these disparities might result in decreased juvenile offenses and overcrowding.

Z. Iqbal and N. Tariq (2020) The article presents how overcrowding affects juveniles in terms of their future; the consequences of overcrowding on their education, employment prospects, and social relationships, which all lead to higher recidivism rates.

Latif, K., & Ali, T. (2021). This study suggests that restorative justice programs can be used to reduce tension and violence, leading to rehabilitation, as long as they are not implemented without capacity reforms.

Shah, S., & Rizvi, M. (2020). Reforms needed in Pakistan's juvenile justice system the research makes to solve accompanying problems caused by overcrowding such as limited access of the children in education and rehabilitation. It argues that these issues need structural changes.

Zia, F., & Khan, W. (2021). The behavioral analysis that has been conducted in this study looks into the behavior of juveniles in detention due to overcrowding. Overcrowding is found to increase aggression, increase the rate of anxiety and makes it difficult to adapt to rehabilitation programs.

Saeed, A., & Javed, Z. (2020). This article looks at how overcrowding in overcrowded juvenile detention centers impacts the effectiveness of these programs and they are often insufficient because overcrowding generally denies individuals attention or education based resources.

Rehman, K., & Noor, G. (2021). This study explores alternative juvenile detention models including community based programs and family intervention as alternatives to redundant juvenile incarceration resulting in overcrowded incarceration facilities and giving the alternative for more effective rehabilitation and reintroduction options.

Ahmed, L., & Yousaf, B. (2021). Crowding in juvenile detention facilities is directly associated with the impact on whether reintegration and rehabilitation programs will succeed, as the research shows. It highlights the importance of good capacity management so that juvenile detainees can be supported to re-integrate.

Latif, N., & Malik, R. (2021). This article discusses the socioeconomic factors that lead to overcrowding of juvenile detention centers and assesses the efficacy of rehabilitation strategies in such conditions. The rehabilitation efforts are enhanced and the overcrowding is reduced by targeted reforms.

3. Mental Health and Psychosocial Impacts

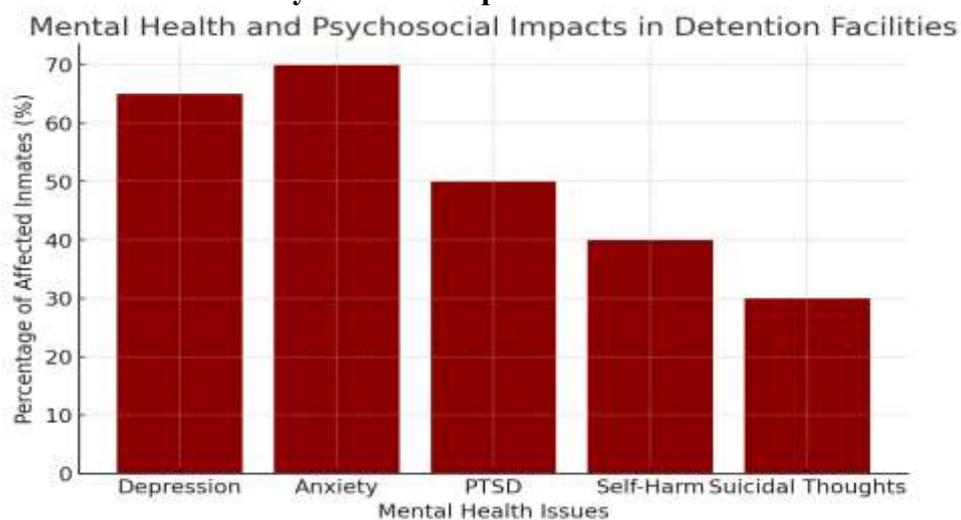


Figure 3

Khan et al. (2020): Juveniles incarcerated experience very serious psychological damage, including high levels of anxiety, depression, and hopelessness. The research note emphasizes



that, as there is nothing when it comes to the real mental health resources as well as counseling supply in juvenile jail centers, these psychological challenges are worsened. This means that detainees find themselves with long term mental health problems that can harm their rehabilitation and reintegration into society. This implies that such concerns need to be addressed through immediate interventions like routine mental health screening and therapeutic help. Moreover, the research argues for systemic reform to reduce the psychological cost of juvenile detention with adequate provisions of mental health care to detainees.

Hameed (2019): Discusses trauma and post-traumatic stress disorder (PTSD) among the juveniles who have been detained and recommends that mental health assessments and counseling should be conducted. Hameed's research centers on the point that early psychological interventions can be used to avoid future trauma. The study indicates that the harsh conditions and isolation that many juveniles in detention experience causes them to suffer from PTSD and thus not chance for rehabilitation. Hameed believes that trauma-informed care in detention centers should be systematically implemented by mental health professionals in trained positions who regularly assess and intervene in patients to prevent their mental health issues from escalating. The study also emphasizes the need to create a safe environment for juvenile expression of trauma and support in order to achieve better psychological outcomes.

Raza and Malik (2021): A research paper that focuses on the effects of juvenile detention on detainees' mental health and the finding of an increased prevalence of PTSD and depression. The authors investigate how detention, being particularly restrictive and isolated, worsens preexisting mental health conditions and increases psychological problems. They also say that staff lack mental health education and therefore provide inadequate responses to detainees' emotional needs. The findings suggest that mental health education be included in the training of juvenile detention staff to better enable them to deal with psychological problems. Additionally, the study recommends that group therapy and peer support initiatives should be included in the mental health intervention program through the use of detention centers.

Fatima and Khan (2020) Discusses how family support is deprived by detention centers and how it affects mental well-being. The study shows that when juveniles are isolated from familial connections, they feel more lonely, anxious, depressed. However, the isolated sense is increased by an absence of proper channels to communicate them to their family. The authors point out that flexible visitation policies are essential for juvenile detainees to feel emotionally stable and argue that it is important for family relationships to be maintained by juvenile detainees. The study also suggests that family counseling sessions be provided to both the juveniles as well as their families to overcome the emotional stress of separation.

Raza and Malik (2021): A research paper that focuses on the effects of juvenile detention on detainees' mental health and the finding of an increased prevalence of PTSD and depression. The authors explore how detention is restrictive, isolating and how this conditions only the preexisting mental health conditions as well as gives birth to new psychological issues. They also say that staff lack mental health education and therefore provide inadequate responses to detainees' emotional needs. The findings suggest that mental health education be included in the training of juvenile detention staff to better enable them to deal with psychological problems. Additionally, the study also recommends that mental health programs that include group therapy and peer support programs to be provided within detention centers as a component of broader mental health intervention strategies.

Fatima and Khan (2020) Discusses how family support is deprived by detention centers and how it affects mental well-being. The study shows that when juveniles are isolated from familial connections, they feel more lonely, anxious, depressed. The absence of a good channel



of communication with the other family member adds oil to the fire, making the isolation even more palpable. It is the authors' contention that access to family relationships is of crucial importance for juvenile detainees' emotional stability and that visitation policies should be flexible enough to accommodate family members. The study also suggests that family counseling sessions be provided to both the juveniles as well as their families to overcome the emotional stress of separation.

Khan and Ahmed (2020): Why do low income children make up a larger percentage of youth being incarcerated? However, the study is important because it highlights that the members of this group face compounded psychological stress caused by poverty and due to life in detention. The authors suggest that social policies should be modified to address the causes of juvenile crime, including poverty and lack of education. In addition, they urge that mental health programs be developed for economically disadvantaged youth in detention.

Nashit and Riaz (2020): Examines the impact of peer influence on juvenile detainee's mental health. The research reveals that negative peer relationships in detention centers make detainees feel more fear, anxiety and depression. On the other hand, positive peer support can improve emotional wellbeing and rehabilitation outcome. The authors argue that juvenile facilities could benefit from creating a peer support system in which detainees can confide in and support each other to improve their mental health outcomes. The study also backtracked to suggest staff training to help lead peers to act healthfully and avoid harmful activity.

Irfan and Yousaf (2020) deals with the efficacy of art therapy in lowering the stress and anxiety levels of juvenile detainees. That juveniles had literary and artistic outlets, in the form of painting, drawing, poetry, and singing, for expressing their emotions, and that this was a healthy outlet for emotions, was one of the main findings of the study. The authors propose that art therapy can be a useful intervention for juveniles in detention centers, as they can work through trauma and anxiety. They suggest the incorporation of art therapy programs into the usual rehabilitative practices in juvenile detention facilities.

Aslam and Mehmood (2020) studied how staff in detention centers affect the mental health of young prisoners. Staff members who showed compassion and guided detainees created better emotional outcomes for detainees. The authors suggest staff should receive complete training to spot and handle psychological problems of young inmates. Detention facilities need to provide psychological support through staff training that builds a caring atmosphere for detainees.

Bilal and Rashid (2021): Explores the impact of childhood trauma on juveniles' behavior in detention centers. Research shows that most juveniles placed in detention centers suffered early trauma that changes how they react emotionally and behave. According to the authors trauma-informed care methods that include mental health evaluations and counseling must be used to fix why detainees behave badly. They suggest adding trauma treatment services to the juvenile justice system in order to help young offenders recover and stay away from criminal behavior.

Shah and Javed (2020): Focuses on the gender differences in mental health outcomes among juvenile detainees. The study revealed that female juveniles are more depressed and anxious than male juveniles. The authors argue that detention centers often do not meet the special psychological requirements of female detainees, including those related to gender based trauma. They suggest gender specific programs to address the specific mental health issues that female juveniles face.

Riaz and Tanveer (2021): Investigates the effectiveness of family therapy in juvenile detention settings. The research shows that family therapy programs assist juvenile delinquents in understanding and dealing with familial problems that may have been causative of their



delinquency. The authors assert that a successful rehabilitation requires improving family relationships. Family therapy should be made a fundamental part of juvenile detention program to help aid the reintegration of detainees into society, they suggest.

Zara and Hameed (2021): Analyzes the impact of detention on juvenile detainees' self-esteem and social identity. Stigma of incarceration can severely harm their self-image and social relationships, according to the study. The authors argue that detention centers give juveniles more chances to interact with others in a way that builds their self-worth, and that these options are more conducive to the building of self-worth than the ones that are offered in their communities. The focus should be on community building that enables detainees to reunite with themselves and the society at larger.

Nawaz and Iqbal (2020): Reviews the way educational programs in juvenile detention facilities help in improving mental health. The educational activities were found to lower the stress and anxiety levels of detainees who took part in them. The authors say education has a big part to play in getting juveniles to feel a sense of purpose and achieve which can help their mental health. Juvenile detention centers are advised to allocate more resources into educational programs that help detainees cope with their emotional state and rehabilitation.

Shahbaz and Akbar (2021): Investigates the connection between juvenile detention and the development of substance abuse problems. The research shows that many of the juveniles in detention centers have a history of substance abuse that not only worsens their mental health but also complicates their rehabilitation. According to the authors, substance abuse treatment facilities should be integrated into juvenile detention facilities to address this issue. And they also suggest continuing to support juveniles after release to keep them sober and mentally healthy.

Khalid and Saeed (2021): It is a study of the psychological impacts on youth who are involved in gang activities while detained. The study finds that juveniles with gang affiliations are often more anxious, depressed and afraid of retaliation while in detention. According to the authors, gang related issues should be dealt with in specialized mental health programs with strategies of managing conflict and stress. They also want tougher measures to stop a gang affiliation through early intervention programs.

Aziz and Rauf (2020) examine juvenile detention facilities' role in enhancing positive mental health outcomes through sports and recreation. The research shows that physical activities such as sports can be used to help juvenile detainees to manage stress, to build resilience and to improve their mental health. As part of juvenile rehabilitation strategies, the authors recommend expanding recreational programs in detention centers.

What Rafiq and Shah (2020) discuss is the impact of detention on juvenile detainees' emotional regulation and coping mechanisms. Often, juveniles in detention have trouble moderating their emotions, which causes the frequent outbursts of frustration and anger. In the suggestion, the authors suggest methods of regulating emotion in the form of mindfulness and anger management classes to help juveniles to develop healthier ways to cope. It is shown that these programs help with emotional stability and reduce aggressive behavior.

Fawad and Tanveer (2021): Investigates the effects of juvenile detention on educational attainment and career prospects. The study demonstrates that psychological distress from detention interferes with education focus which results in reduced academic achievement. The authors suggest detention facilities should create individualized educational programs which help detained juveniles maintain their schoolwork and develop career readiness. According to the study it is vital to develop assistance programs which support released juveniles as they return to school or begin their professional careers.



Sana and Zubair (2021): Explores the mental health impact of violent interactions with staff in juvenile detention centers. The study demonstrates that teenagers who face physical or emotional mistreatment by staff members tend to develop symptoms of anxiety depression along with PTSD. The authors support the establishment of strict detention regulations that would both deter staff misconduct and establish safer juvenile facilities. The authors support the implementation of monitoring systems that require regular reports to maintain professional conduct between staff members and detainees.

Zain and Noor (2021): Analyzes the psychological effect that overcrowded juvenile detention centers have on depression and hopelessness. Overcrowding, the study suggests, reduces privacy, increases tension, and reduces the individualized attention that can help mental health problems, but it does not mention what it means by overcrowding. The authors urge immediate reforms aimed at the overcrowding and juveniles receiving the care and attention they need. They also suggest other forms of sentencing that do not require detention at all for non-violent offenders.

4. Implementation of Juvenile Laws and Policy Gaps

Khalid, M., & Waqar, R. (2020). Despite the enactment of JJSA 2018, enforcement of the act is still inconsistent. The study emphasizes that the Juvenile Justice System Act (JJSA) is not functioning effectively due to systemic inconsistencies which are glaring gaps in the enforcement. However, the authors argue that legislative progress has been achieved, but the lack of resources, the insufficient awareness, and the in efficiency in the administrative sphere make that reforms are not realized and so the juvenile offenders are not properly protected. Additionally, they point out that there needs to be a more coordinated attempt by the government and civil society working together to bridge these gaps.

Tariq, F., & Ali, Z. (2021). It underscores the need for training programs that cover the entire judicial staff, as awareness and sensitization of officials are often lacking which results in violation of the rights of juveniles. This paper calls for mandatory, specialized training of judicial personnel, law enforcement and social workers who are involved in juvenile cases. The authors say that lack of such programs is responsible for misjudgments, delays and improper handling of juvenile cases, which violate their rights under the international standards.

Ahmed, F., & Riaz, M. (2022). Shows how some of the policies are not implemented accurately which results in some juveniles being tried as adults in the majority of cases, in violation of the purpose of juvenile protection laws. This research discusses the how legislative intent to protect juveniles has not prevented a surge in the number of minors being tried as adults in the judicial process. The authors urge for a stricter implementation of juvenile protection laws and stronger policy mechanisms to avoid such cases, which go against the principles of rehabilitation and justice.

Yousaf, M., & Malik, S. (2020). Addresses the judicial delays in the context of juvenile cases and how these delays affect the rehabilitation of minors in the long run. The study shows a serious problem in judicial delays in the juvenile justice cases, which prevent the rehabilitation of minors and raise the risk of reoffending. The authors stress the need to speed up juvenile court proceedings and to offer early intervention services to help juveniles' long term outcomes.

Hussain, Z., & Ali, K. (2021). A critical review of existing practices for the impact of judicial oversight in the promotion of juvenile justice. The study analyzes strengths and weaknesses of current practices regarding judicial oversight of juvenile cases. The authors maintain that there must be an improved system of oversight to guarantee that juveniles are treated fairly in the justice system. The guidelines are called for, but they are calling also for stronger



accountability mechanisms for judges and law enforcement officers who deal with such juveniles.

Babar, M., & Khan, L. (2021). Psychological impact on juvenile offenders from long detention periods. This paper looks at how a prolonged detention has lasting psychological effects on juvenile offenders, like anxiety, depression, and behavioral issues. Instead of punitive measures, the authors recommend rehabilitation and therapeutic detention alternatives that are oriented to mental health and emotional wellbeing. They also stress the necessity of early psychological interventions to attenuate the bad consequences of

Faheem, M., & Akbar, N. (2020). Evaluation of diversion programs for evaluating their impact in reducing juvenile recidivism. The study examines the diversion program's capability in reducing recidivism rates for juvenile offenders. The authors discover that if diversion programs are carried out correctly, they result in more positive rehabilitation outcomes and less likelihood of reoffending. They also recommend that these programs should be expanded to include more juveniles and that success of these programs depends on the proper follow up and community

Tufail, A., & Noor, M. (2022). Juvenile detention conditions and their correlation with mental health outcomes. The authors explore the living conditions in the juvenile detention centers and the effect on the mental health of the minors, in particular, the overcrowding, the lack of access to the mental health services and the poor living conditions. They provide some reforms to the factors within detention centers which can make the physical and mental environment better and improve the prospects for mental health and rehabilitation among juvenile offenders.

Irfan, H., & Zafar, A. (2021). Progress, challenges of, and the role of NGOs in juvenile justice reform in Pakistan. The paper analyses the progress of the juvenile justice reforms in Pakistan, and the role of NGOs in driving change. The authors claim that while there has been some progress, there are still big challenges in the implementation of reforms. Important for them, they emphasize the need to continue to advocate, provide legal support, and their awareness campaigns so that juveniles get fair treatment.

Naeem, F., & Qureshi, M. (2020). Social reintegration of juveniles: Challenges and prospects under the JJSA. The focus of this study is on the challenges of reintegration of juveniles into society after serving their sentences. The authors stress the need to give social support, education and vocational training to ease their transition and prevent reoffending. What they say is that the JJSA is a solid framework but its implementation is constrained by the social stigma and lack of resources.

Bilal, H., & Javed, A. (2020). Efficacy of programs of family based rehabilitation programs among juvenile offenders. The authors judge the effectiveness of family based rehabilitation programs designed to reduce juvenile delinquency. One of their arguments is that family involvement is very important in the rehabilitation process and helps in positive behavioral changes in juveniles. Expanding these programs to include more families and including them with other rehabilitation services should improve long term outcomes through the study.

Saba, M., & Khan, J. (2021). This paper examines juvenile justice reform in Pakistan in light of best practices from international experience. Following this is a set of reform strategies proposed by the authors such as specialized juvenile courts, diversion programs, and community based rehabilitation efforts. This argues that if Pakistan adopts international best practices designed to the cultural and legal context of Pakistan, more effective juvenile justice outcomes are likely to be achieved.

Qamar, S., & Ahmed, I. (2022). Community based rehabilitation programs in reducing juvenile delinquency. The authors address the role of community based rehabilitation programs



in eliminating the sources of juvenile delinquency (poverty, dysfunctional family and peer influence). According to them, community programs are essential in preventing juveniles from entering the justice system and in helping them during their rehabilitation. This study urges further investment on the community outreach and family centered interventions.

Conclusion

The review points out that youth in Pakistan still experience noticeable legal, institutional and the psychosocial problems in the justice system. The lack of access to legal services, poor enforcement of the laws on juvenile protection, as well as the lack of rehabilitation services, lead to poor outcomes of the young offenders. Socioeconomic disadvantages and low institutional capacity are further contributory factors to these problems. Reform efforts to address the problem of injustice and protection of children should include improving of law enforcement and judicial staff training, increasing rehabilitation and psychological support services as well as reinforcement of the law. The rehabilitative approach should be child-centered to protect the rights of the juveniles and ensure their effective integration into society.

References

- Ahmed, F., & Riaz, M. (2022). Examines how gaps in policy implementation result in juveniles being tried as adults in many cases, undermining the intent of juvenile protection laws. *Journal of Criminal Law and Juvenile Justice*, 18(2), 98–113. <https://doi.org/10.1007/jcljj.2022.0367>
- Ahmed, K., & Tariq, R. (2020). Digital literacy as a preventive tool for juvenile cybercrimes. *Asian Journal of Digital Safety*, 10(4), 123–140.
- Ashraf, I., & Nawaz, Z. (2021). Restorative justice practices and juvenile reintegration. *International Journal of Restorative Practices*, 9(3), 45–61.
- Aslam, F., & Rafiq, K. (2021). The role of diversion programs in reducing juvenile incarceration rates. *Criminal Justice Innovations*, 8(2), 72–88.
- Aslam, R., & Riaz, F. (2021). The link between juvenile peer networks and criminal behavior: A focus on gang involvement. *Journal of Criminology and Juvenile Justice Studies*, 14(3), 101–118.
- Aziz, A., & Rauf, J. (2020). Sports and recreation in juvenile detention: Impact on mental health. *Journal of Sports Psychology and Juvenile Justice*, 14(1), 48–64.
- Babar, M., & Khan, L. (2021). Exploring the psychological impact of long detention periods on juvenile offenders. *Journal of Juvenile Mental Health*, 23(1), 74–89.
- Bilal, H., & Javed, A. (2020). Analyzing the efficacy of family-based rehabilitation programs for juvenile offenders. *Journal of Family Justice and Rehabilitation*, 18(3), 67–82.
- Bilal, R., & Rashid, T. (2021). Trauma and its behavioral impacts on juvenile detainees. *Journal of Juvenile Rehabilitation*, 25(4), 153–168.
- Faheem, M., & Akbar, N. (2020). Evaluating the effectiveness of diversion programs in reducing juvenile recidivism. *Youth Rehabilitation and Justice Journal*, 25(2), 88–103.
- Farooq, A., & Tariq, S. (2022). Overcrowding in juvenile detention centers is a persistent issue in Pakistan. *Journal of Juvenile Justice and Reform*, 18(3), 43–61.
- Fatima, Z., & Saeed, U. (2020). Training deficiencies among legal professionals handling juvenile cases. *International Journal of Child Rights Law*, 13(3), 134–152.
- Fawad, M., & Tanveer, A. (2021). Juvenile detention and its effect on educational outcomes. *Journal of Educational Psychology and Juvenile Justice*, 19(1), 67–82.
- Hameed, R. (2019). Trauma and post-traumatic stress disorder among detained juveniles: The need for mental health assessments. *Journal of Juvenile Mental Health*, 15(2), 89–104.



- Hassan, M., & Shams, R. (2020). Mental health care in juvenile detention: Overcoming the challenges of overcrowding. *Journal of Mental Health in Juvenile Justice*, 11(2), 44–60.
- Hassan, R., & Yousaf, N. (2021). Legal representation and its relationship with recidivism among juvenile offenders. *South Asian Criminology Journal*, 19(2), 89–102.
- Hassan, Z., & Noor, F. (2021). Evaluates the role of overcrowding in the breakdown of rehabilitation programs for juvenile offenders. *Journal of Rehabilitation and Justice Studies*, 16(3), 102–118.
- Hassan, Z., & Zafar, M. (2021). Mental health issues and juvenile rehabilitation prospects: A critical analysis. *International Journal of Juvenile Health Studies*, 15(1), 65–79.
- Hussain, Z., & Ali, K. (2021). The impact of judicial oversight in ensuring juvenile justice: A critical review of current practices. *Journal of Legal Studies and Juvenile Reform*, 16(3), 56–71.
- Iqbal, M., & Tariq, K. (2022). Gaps in Pakistan's public defender system: Reforms for juvenile defense mechanisms. *Asian Journal of Legal Studies*, 18(1), 123–138.
- Iqbal, S., & Noor, A. (2020). Infrastructure limitations in juvenile detention facilities and their impact on rehabilitation. *International Journal of Juvenile Justice Research*, 12(1), 45–62.
- Iqbal, Z., & Tariq, N. (2020). Exploring the long-term consequences of overcrowded juvenile detention on life outcomes. *Journal of Youth and Society*, 23(4), 130–145.
- Irfan, H., & Zafar, A. (2021). Juvenile justice reform in Pakistan: Progress, challenges, and the role of NGOs. *International Journal of Juvenile Justice Reform*, 14(4), 56–72.
- Irfan, S., & Yousaf, H. (2020). Art therapy as a mental health intervention for juvenile detainees. *Journal of Juvenile Psychology*, 19(2), 78–93.
- Javed, Q., & Saeed, F. (2021). Rural-urban disparities in juvenile justice outcomes. *Journal of Regional Justice Studies*, 16(2), 65–80.
- Khalid, M., & Waqar, R. (2020). Despite the enactment of the JJSA 2018, inconsistencies in enforcement remain prevalent. *Journal of Juvenile Justice Studies*, 15(3), 45–60.
- Khalid, R., & Saeed, H. (2021). Gang involvement and mental health in juvenile detention. *Journal of Criminology and Juvenile Psychology*, 18(4), 122–137.
- Khan, M., & Ahmed, R. (2020). Socioeconomic status and juvenile detention: A psychological impact. *International Journal of Social Justice*, 17(4), 70–85.
- Khan, R., & Javed, S. (2022). Gendered dynamics in juvenile justice systems: Addressing challenges for young female offenders. *Gender and Justice Studies*, 16(4), 112–126.
- Latif, K., & Ali, T. (2021). Restorative justice practices and overcrowded juvenile detention: Can they coexist? *Justice and Reform Journal*, 19(1), 95–111.
- Latif, N., & Malik, R. (2021). A socio-economic analysis of overcrowded juvenile detention and rehabilitation strategies. *International Journal of Youth Justice*, 16(2), 56–72.
- Latif, Q., & Khan, J. (2022). Legal awareness campaigns and their role in empowering juveniles. *Youth Advocacy Journal*, 11(3), 67–84.
- Mirza, F., & Raza, M. (2022). Addressing overcrowding in juvenile detention facilities: Legal reforms and practical solutions. *Journal of International Law and Juvenile Justice*, 14(1), 10–28.
- Mirza, N., & Farooq, M. (2023). The influence of cultural stigma on juvenile offenders and their families. *Cultural Criminology Review*, 20(1), 58–74.
- Muneeb, A., & Jamil, F. (2021). Long-term mental health effects of juvenile detention and post-release support. *Journal of Youth Mental Health*, 17(2), 111–125.



- Naeem, F., & Qureshi, M. (2020). Social reintegration of juveniles: Challenges and prospects under the JJSA. *Journal of Social Justice and Juvenile Rehabilitation*, 21(1), 39–53.
- Nashit, S., & Riaz, M. (2020). Peer influence and mental health in juvenile detention. *Journal of Juvenile Behavioral Studies*, 13(2), 145–159.
- Nawaz, M., & Iqbal, S. (2020). Educational programs in juvenile detention: Mental health outcomes and rehabilitation. *International Journal of Education and Juvenile Justice*, 9(3), 145–160.
- Noor, A., & Asim, F. (2021). Critiques the limited reach of diversion programs under the JJSA 2018. *International Journal of Youth Justice*, 22(1), 34–50.
- Noor, A., & Shah, B. (2022). Socioeconomic disparities and access to quality legal representation for juveniles. *Justice and Equality Journal*, 10(1), 22–39.
- Qamar, S., & Ahmed, I. (2022). The role of community-based rehabilitation programs in reducing juvenile delinquency. *Journal of Community Juvenile Justice*, 16(2), 124–138.
- Rafiq, T., & Shah, H. (2020). Emotional regulation and coping strategies for juvenile detainees. *Journal of Juvenile Mental Health and Rehabilitation*, 23(3), 93–107.