

Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa

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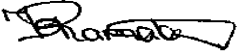
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Declaration

I, **Tshilidzi Olga Ramakulukusha (11502273)**, declare that this thesis submitted by myself titled "***Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa,***" has not been submitted previously for a degree at this or any other University, that it is my own work in design and execution, and that all reference material contained therein has been duly acknowledged.

Student: 

Date: 2022/07/15

Acknowledgement

The greatest honour and glory first goes to the Almighty God, for giving me strength, wisdom and good health throughout this study. I thank you, Heavenly father. I also appreciate the following people and organizations for their support and contributions towards the success of this thesis:

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Preface

Violent behaviour in young people is an important, preventable, and worldwide public health problem caused by numerous aspects such as individual, familial and environmental factors. Throughout the world, many strategies to prevent violent behaviours in the youth have been developed. In South Africa, strategies to prevent violent behaviours in the youth among families, schools, and communities have also been implemented. This thesis is presented in an article format which is composed of seven chapters: chapter one gives the overview of the study, chapters 2 to 6 provide the manuscripts/papers with their journal guidelines for authors, and chapter 7 presents the conclusion, study limitations, and the recommendations from the thesis.

Chapter One:

This chapter presents the background of the study, problem statement, the rationale of the study, significance of the study, the purpose and objectives of this study, the theoretical framework, operational and conceptual definitions of terms, the overview of the study and the structure of the thesis.

The following chapters have a total of six papers as detailed below:

Chapter Two:

This paper reviews the literature on factors that led youth to commit offenses and is guided by Rodgers's evolutionary concept analysis framework. The further study leveraged the findings of this literature review. It developed a conceptual framework (CF) that guided research on the "Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa". The review paper was submitted to *The Open Public Health Journal* and has been published as a research article.

Chapter Three:

This paper seeks to explore and describe the factors that contributed to violent behaviours among the youth. The non-probability purposive sampling technique was used to sample 48 youth aged 14-20 years. Data was collected through in-depth individual interviews and focus group discussions (FGD) among the youth. Five FGDs comprising 5-8 members were conducted, and the number of FGDs was determined by data saturation. In-depth individual interviews were conducted as a follow-up to participants who committed serious crimes such as rape and murder, and data saturation occurred after interviewing eight participants.

The study revealed socio-economic factors such as the home environment characterized by family conflicts, divorce/separation, poverty and unemployment, and harsh punishments. Environmental factors such as the influence of delinquent peers, availability and misuse of drugs and alcohol were significant factors that contributed to violent behaviors among the youth in child and youth care centers (CYCC's) in the Limpopo Province. This paper further highlights aspects that could be addressed to prevent the above-stated socio-economic factors contributing to violent behaviours amongst the youth. This paper was submitted to *The Open Public Health Journal* and has been published as a research article.

Chapter Four:

This paper explores and describes the perceptions of parents/guardians on factors contributing to violent youth behaviours. A qualitative research design that was exploratory and descriptive was executed with a sample of purposively selected study participants who are parents/guardians of youths who have displayed violent behaviours in CYCC's in the Limpopo Province. Data was collected using a semi-structured interview guide from ten parents/guardians aged 32-72 years recruited and individually interviewed until data saturation was reached.

Direct interaction with the participants in their natural settings permitted the researcher to obtain rich narrative data. This paper reveals contributory factors towards violent behaviours amongst the youth such as parental divorce/separation, misuse of substances, peer influences, and community violence exposure, as indicated by the parents/guardians of the youth in CYCC's in the Limpopo Province. There were also suggestions by parents/guardians aimed at the prevention of violent youth behaviours. This paper is under peer-review to *The Criminal Behaviour & Mental Health Journal*.

Chapter Five:

This paper seeks to explore and describe the views of a multidisciplinary team on youth rehabilitation programmes. A non-probability, purposive sampling method was used to select participants of a multidisciplinary team rendering youth rehabilitation programmes in child and youth care centers (CYCC's) in the Limpopo Province. A total of thirteen multidisciplinary team members aged 35-52 years old were recruited and interviewed individually until data saturation was reached.

The paper reveals that despite the youth rehabilitation programmes rendered at CYCC's in the Limpopo Province, factors such as lack of parental attachment and guidance, family structure, poverty and unemployment, and involvement in gangsterism and media violence played a significant role in violent youth behavior habits. The multidisciplinary teams at CYCC's indicated that rehabilitation programmes for youth with violent behaviours would be

effective and have better outcomes by taking into account the risk factors and minimizing the issues of involvement in gangsterism and media violence exposure. This paper has been submitted to *the International Journal of Offender Therapy and Comparative Criminology* and is under peer-review.

Chapter Six:

This paper develops strategies to improve the rehabilitation programmes for violent behaviour youth in child and youth care centers (CYCC's), South Africa. A qualitative research design that was exploratory and descriptive was used, and the findings were used to develop strategies. The third phase was development of strategies to improve rehabilitation programmes for youth displaying violent behaviour in CYCC's in the Limpopo Province, based on the findings from phase two. This paper adopted the six elements of the practice-oriented theory by Dickoff, James, and Wiedenbach (1968), which were applied to outcomes of the findings from phase two. The six elements of the practice-oriented theory were then used to develop the strategies.

In this study, the validation of developed strategies was done through the Delphi technique and Key stakeholders consultation through checklist administration in organized workshops. The Delphi technique was utilized to validate the strategies by recruiting fifteen experts from different professional groupings to evaluate the developed rehabilitation strategies and to assess their applicability. Furthermore, thirty-five youth and five parents/guardians replied to a semi-structured checklist to express their views on strategies developed, and their feedback was used to refine the strategies. Lesser adjustments were proposed by the experts on one strategy and agreed with the other four strategies.

Most of the key stakeholders (97%) endorsed the proposed strategies. Therefore, the strategies were refined and presented as per the indications of the considered individuals. This paper has been submitted to *Rehabilitation Research and Practice Journal* and is on Initial checking.

Chapter Seven:

This last chapter presents the conclusion from this thesis, makes vital recommendations, and shows the study limitations and implications, considers all that is presented in the chapters, and is also informed by the whole research process.

Publications

1. **Ramakulukusha, T.O.**, Babalola, S.S., Mashau, N.S. "Interventions to promote rehabilitation programmes for youth with violent behaviours in the Limpopo Province : A systematic literature review". *The Open Public Health Journal* (published).
2. **Ramakulukusha, T.O.**, Babalola, S.S., Mashau, N.S. "Contributing factors to violent youth behaviours: A study in the Limpopo Province, South Africa". *The Open Public Health Journal* (published).
3. **Ramakulukusha, T.O.**, Babalola, S.S., Mashau, N.S. "Violent behaviours among the youth: Perceptions of parents/guardians in the Limpopo Province, South Africa". *Criminal Behavior & Mental Health Journal* (under review).
4. **Ramakulukusha, T.O.**, Babalola, S.S., Mashau, N.S. "The multidisciplinary team's views towards violent youth rehabilitation programmes in South Africa". *International Journal of Offender Therapy and Comparative Criminology* (under review).
5. **Ramakulukusha, T.O.**, Babalola, S.S., Mashau, N.S. "Strategies to improve rehabilitation programmes for violent behaviour youth in South Africa: Development and Validation". *Rehabilitation Research and Practice Journal* (Initial checking).

Abstract

Background: Youth is a period that exposes young individuals to high-risk behaviours due to its overwhelming changes and challenges. Violent behaviour amongst the youth is regarded as a significant public health problem associated with severe physical and psychological consequences. Despite the availability of rehabilitation programmes rendered at the child and youth care centers (CYCC's), there is an escalation and repetition of violent behaviours among the youth due to some underlying socio-economic factors. Therefore, the study was conducted at CYCC's in the Limpopo Province, South Africa.

Aim: This study aimed to develop strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa. The specific objectives were to explore and describe the factors contributing to violent youth behaviours; to explore and describe the perceptions of parents/guardians on contributory factors to violent youth behaviours; and to explore and describe the views of a multidisciplinary team on youth rehabilitation programmes.

Methods: This study adopted the multiphase methods consisting of 3 phases: A systematic literature review, the empirical data and the development of strategies. A systematic literature review was used as phase one of this study to identify and describe the intervention strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

The empirical data was employed as phase two of this study. A qualitative research design that was exploratory and descriptive was used through the collection of rich narrative data. A non-probability purposive sampling technique was used to sample 71 study participants with 48 youth aged 14-20 years, 13 multidisciplinary team members, and 10 parents/guardians of the youth at CYCC's.

Data was collected through in-depth individual interviews and focus group discussions (FGD) among the youth. Five FGDs comprising 5-8 members were conducted, and the number of FGDs was determined by data saturation. In-depth individual interviews were conducted as a follow-up to participants who committed serious crimes such as rape and murder, and data saturation occurred after interviewing eight participants.

Among the 13 multidisciplinary team members and ten parents/guardians, data was also collected through in-depth individual interviews until data saturation was reached. Data was analysed through thematic content analysis. Ethical principles and measures to ensure trustworthiness were considered throughout the study.

Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province was used as phase three of this study. The six elements of the practice-oriented theory by Dickoff, James, and Wiedenbach (1968) were applied to interfaced findings from phase two. The developed strategies were validated by applying the Delphi technique to experts and Key stakeholders' consultation through administering a checklist in organized workshops.

Results: Data collected from this study among the youth revealed that various socio-economic factors contributed to their violent behaviours. The multidisciplinary team highlighted the factors that prevent the positive outcomes of youth rehabilitation programmes and the suggestions on mitigating those risk factors. The parents/guardians also stated that there were contributory factors towards violent youth behaviours, and the suggestions aimed at overcoming the factors were outlined.

Furthermore, five strategies were developed to improve youth rehabilitation programmes namely, emphasizing parental-child attachment, communication, support, guidance, and education, provides education amongst the youth on the impact and management of violence behaviours, develops rehabilitation programmes specifically for all the categories of youth within the CYCC's, prevents substance misuse and the influence of delinquent peers and strengthening the rehabilitation programmes aimed for reintegration and aftercare services.

Lesser adjustments were proposed by the experts on one strategy and agreed with the other four strategies. Most of the key stakeholders (97%) endorsed the proposed strategies. Therefore, the developed strategies were refined and presented as per the indications of the considered individuals and validated as well.

Conclusion: Violence amongst the youth is a significant public health problem that usually contributes to the premature death of thousands of young adults each year. Youths' behaviours are structured by what they experience daily. Thus, rehabilitation of young offenders should be a cornerstone in every society. It was observed that the CYCC's in the Limpopo Province offered educational, vocational programmes, counseling, and psychosocial services to the youth displaying violent behaviors.

Rehabilitation programmes for youth displaying violent behaviors will be effective and have better outcomes by considering the risk factors and minimizing gangsterism and media violence involvement. The parents/guardians of the youth displaying violent behaviours in CYCC's in the Limpopo Province are overwhelmed by the deviant behaviours displayed by these young individuals.

Violent behaviours amongst the youth can be prevented if parents/guardians understand the relevance of monitoring their children's life activities and make the extra effort of being involved in their children's academic studies. Parents/guardians need to ensure that the family rules apply to everyone in the household, and they should always strive to be the best parents/guardians towards their children. Most of the developed programmes have targeted rehabilitating young people on behaviour therapy and preventing re-offending. Still, they lack the strategies to address the factors preventing the positive outcomes of those youth rehabilitation programmes.

Therefore, the developed strategies towards violent behaviour amongst the youth need to be piloted and implemented in CYCC's and monitored and be evaluated in terms of their progress in the Limpopo Province. Implementing these developed strategies must be expanded to other Provinces of South Africa if they yield positive results in violent behaviours amongst the youth.

Keywords: Behaviour, Improve, Programme, Rehabilitation, Strategies, Violent, Youth.

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List of Acronyms and Abbreviations

CJC: Centre for Justice and Crime Prevention

CYCC: Child and Youth Care Center

CYCW: Child and Care Worker

DSD: Department of Social development

DOE: Department of Education

FGD: Focus Group Discussion

NIJ: National Institute of Justice

SAPS: South African Police Services

SLT: Social Learning Theory

UNAIDS: United Nations against AIDS

UNICEF: United Nation Children's Fund

Chapter One

Overview of the Study

1. Introduction

This chapter provides an overview of the study on the development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa. Violent behaviour amongst the youth is an important, preventable, and worldwide public health problem caused by numerous aspects such as individual, familial and environmental factors. The child and youth care center (CYCC) is a facility for providing residential care that exists for the care and protection of vulnerable children whose lives are presumed to need of care in terms of the Children's Act no.38 of 2005.

According to this Act, other factors that influence the need for care in these centers include uncontrollable or violent behaviours among youth and adolescents below the age of 21 for rehabilitation (Children's Act no.38 of 2005). The World Health Organization [WHO] (2011) has defined rehabilitation as a set of measures that assist individuals who experience or are likely to experience difficulties in achieving and maintaining optimum functioning in interaction with their environments. In addition, rehabilitation is instrumental in enabling people with limitations in functioning to remain in or return to their home or community, live independently, and participate in education, the labour market, and civic life.

This chapter includes the background of the study, the problem statement, rationale for the study, significance of the study, the study purpose and objectives, the theoretical framework guiding the study, conceptual and operational definitions of terms in the study, the overview of the study and the structure of the thesis.

2. Background of the Study

A study by WHO (2016), as cited in Wongin and Paileeklee (2018), found that violent behaviour and delinquency among the youth has become a major global public health issue. It is in line with a study by the Centre for disease control and prevention [CDC] (2015), which indicated that youth and adolescents' violence is considered a public health challenge that has harsh and long-term effects on their physical, mental, and social health. Violence is the intentional use of physical force, threatened or actual, against oneself another person, or against a group or community that either result in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation (WHO, 2017).

Suleiman, Musa and Abubakar (2018), assert that violent behaviour refers to any behaviour that does not fit into the established rules of a group of individuals or society. The same authors further state that violent behaviour among the youth is a major concern in most contemporary societies because it may inflict damage and harm to other individuals, which also constitutes a serious threat to the well-being of the group and the community. According to WHO (2016), youth is regarded as a period wherein physical, psychological, and social maturity and behaviours are acquired.

It results in young adults who are both perpetrators and victims of violence, which has been found to harm not only them, but also affects their families, friends, and societies. WHO (2016) asserts that 43% of violent activities are committed every year around the globe by young people. They are more likely to occur among youth aged 14-19, which negatively impacts on their lives. In the United States of America, violent behaviours among youth have been reported to be increasing. A study conducted by Kaur and Niwas (2017), outlines that the school environment is the first experience of learners outside the home setting, where they acquire various attributes.

Kaur and Niwas (2017) also allude that, in this country, violent behaviour amongst the youth is considered a severe public health concern and has numerous negative impacts on the lives of millions of young individuals, their families, and society. In 2018, Hutchison conducted a similar study in the USA, which showed that every youth almost disregards the rules by taking the law into their own hands. As a result, they do not obey the orders or regulations of parents or teachers. In addition, the study highlights that these young people become untruthful, double-crosser, and possibly vandalize the properties. Their kind of behaviour is regarded as unacceptable as it is against the norms of society.

Anyone who has committed an offense regardless of age breaks the law and needs to be punished. Furthermore, Hutchison (2018) alludes that this kind of behaviour among the youth is an episode that is normally triggered by numerous factors such as smoking cigarettes, misuse and dependence on alcohol and drugs, skipping school, and being involved in gangs. It is in line with the study by WHO (2015), which postulates that violent behaviours usually include murder, rape, assaults, bullying, and reckless driving. As a result, violent behaviour amongst the youth contributes considerably to the increased incidence of injury, disability, and ultimately death among these young individuals.

A study conducted in Turkey by Eker, Tasdemir, Ulger and Ozder (2015), found that the number of young people subjected to violence is 23,4% for males and 10,1% for females, in the age range between 12 and 21. In the same study, it was found that 30% of young people account for those exposed to violence in schools. Moreover, Esker et al., (2015) further discovered that youth violence is related to numerous adverse outcomes, including serious injury, mental health problems, and criminal justice system involvement. Haveripeth (2013) has argued that in India, violent youth behaviour is a severe social problem.

Contributing factors include lack of parents' supervision, lack of discipline, a lack of parental monitoring, a large family size, associations with other delinquency, drug or alcohol abuse, and the criminal behaviours of parents and siblings. However, the parents and family members must guide the young people to provide them with a better future rather than giving them the qualities of becoming criminals. In developed countries, there are strategies for preventing youth-related violence developed by Aguilar-Umana and Rikkers (2012), namely: The promotion of youth development through arts, sports, recreation, and community participation, which include non-violent conflict management.

Healthy, well-rounded development for youth and adolescents is strengthened enormously by engagement in activities outside of school and home. Arts, sports, recreation, and community, and political participation are referred to as excellent opportunities to develop leadership, self-confidence, and other skills and values that can prevent violent behaviours. Holistic interventions for vulnerable groups such as youth who are homeless, substance abusers, victims of sexual and economic exploitation, or who live in a very violent community; the groups of individuals are assisted in restoring their rights that may have been violated. Each group faces specific vulnerabilities that need to be addressed to avoid escalating their exclusion and risk of violence.

Promotion of holistic treatment of victims of violence based on the principle of restorative justice; this strategy addresses the importance of proceeding in a way that contributes to strengthening the social fabric through reconciliation and restoration, involving both the offender and the community (Aguilar-Umana and Rikkers, 2012). The same authors conclude that even though there are youth prevention strategies in Western countries, violence remains a major concern for the majority of the population of the region. In the same study, it is highlighted that youth are particularly targeted and vulnerable both as victims and perpetrators of violence; however, as the levels of criminal violence increase, so has the number of youth involved.

It is further reported in the same study that, amongst the most alarming acts by youth, there are activities perpetrated by what has come to be known as street gangs and other types of gangs; most active gang members are young people. In some cases, children under 12 years are also involved (Aguilar-Umana and Rikkers, 2012). In Kenya, a study conducted by Mbiriri, Waithima and Omondi (2017), reveals that many youths are detained for committing crimes such as disorderly conduct, drug and substance offenses, truancy, loitering, as well as possession of stolen goods.

In addition, Mbiriri et al., (2017) indicate that it becomes the responsibility of the community leaders to control the incidents of such criminality in the area by minimizing and reducing the availability of drugs and alcohol as some of the violent behaviors are being caused by alcohol. A study in Zimbabwe conducted by Chikwature, Oyedele and Ganyani (2016) outlines that school violence is a serious problem, especially in public schools. Regardless of how good the teachers or curriculum are, it becomes difficult for students to learn due to violence.

The same study further found that some antisocial behaviour in schools is charged by bullying extortion as violent behaviour poses a serious threat to learning in most school environments. This is supported by a study by Nkhata and Mwale (2016) who confirm that young individuals start making decisions and the growing demands that might affect their engagement in dangerous behaviors as they experience physical and cognitive changes. In 2014, Matshaba conducted a study in South Africa that showed that youth involvement in violent activities is a global problem. Its occurrence in every country is phenomenal. Although various prevention strategies are implemented, including efforts to curb it by criminal justice systems, it continues to increase.

In South Africa, many young individuals are exposed to violence in their daily lives in many or all of the major developmental contexts including home, school, and communities. Violence can be encountered in various ways such as directly, through personal experiences of victimization, or indirectly, through witnessing or hearing about violence. (S.A Police service, 2022). This is shown by the South African Police statistics which indicates violence conducted by young people or minors.

Table 1: Statistics on youth re-offending in South Africa

Offence Category	01 April 2017 to 31 March 2018	01 April 2018 to 31 March 2019	01 April 2019 to 31 March 2020	01 April 2020 to 31 March 2021	01 April 2021 to 31 March 2022	Total
Attempted murder	410	530	689	799	920	3448
Murder	250	390	490	598	720	2448
Rape	569	693	848	1095	1342	4547
Common assault	931	1118	1328	1545	1780	6702
Robbery	763	991	1286	1609	1987	6636
Malicious damage to property	971	1278	1590	1943	2365	8147
Shoplifting	784	993	1282	1634	1985	6678
Housebreaking	869	1055	1340	1703	2112	7079
Total :						45685

The statistics from (S.A Police Services, 2022) reported above on youth re-offending indicates that for the period of five years from 2017 to 2021 there was an increase on the number of re-offending cases amongst the young individuals. Even though there was an increase on all the reported cases, the report indicates that young people mostly re-offend in cases such as rape, common assault, malicious damage to property and housebreaking.

In order to strengthen the significance of the study, the increase on the number of re-offending cases among the youth prompted the researcher to conduct this study, in order to explore and describe the factors contributing to youth violence behaviours. Even though there are rehabilitation programmes rendered at CYCC's in the Limpopo Province an escalation of youth violence behaviours was observed.

A conducted study by Khuzwayo, Taylor and Connolly's (2018) in South Africa found that young people have been involved in criminal and gang-related violence for many years with numerous research interventions and government and non-governmental efforts to prevent this. However, the rates continue to escalate. Khuzwayo et al., (2018) discovered that the most significant concern is that young people become perpetrators at a younger age.

It negatively impacts their lives with psychosocial problems, poor academic performance, and health outcomes. A study by Petit, Kornreich, Verbanck, Cimochovska and Campanella (2013), highlights that youth and adolescence are marked by considerable existential conflicts and exposure and vulnerability to substance abuse. In addition, these authors state that the health of youth is of importance in terms of economic development. Still, during youth and adolescence, these individuals engage in negative lifestyles that usually impact their adulthood. In South African schools, violent behaviors among the youth have been reported to be on the increase.

A study conducted by Ncontsa and Shumba (2013) postulates that school violence promotes insufficient productivity. It results in ineffective teaching time and always subjects learners and educators to dangerous conditions. In addition, these authors report that even though violent youth behaviors also tend to occur at other places, it is more common in schools as young people spend most of their time in their learning environments. Maphalala and Mabunda (2014) concur with this by indicating that South African schools have inadvertently become territories prone to crime and violence among the youth, representing a threat to achieving their educational goals.

These authors further allude that violent behaviour among youth and adolescents is a very challenging social problem. Unlike most other psychological disorders, its harmful effects often extend beyond individuals and families to neighbourhoods, communities, and society at large. Singh and Steyn (2013) support this by pointing out that both the educators and learners have become targets of violence in South African schools due to aggressive youth and adolescents. This kind of behaviour has been reported to result in the victims displaying feelings of helplessness, humiliation, disappointment, poor self-concepts, low self-esteem, and depression due to the impact of these violent behaviors in the youth.

In South Africa, violent behaviour is escalating daily. The following instances show this: On the 22nd of September 2018, *The Sowetan Times* alleged that violence in South African schools is a societal problem that requires all stakeholders to play their part to create a safe schooling environment. An Acting Director of the Government Communication and Information system in South Africa, said in a statement that this violence includes stabbing, rock-throwing, assault, and bullying that have led to the deaths of both learners and educators.

On the 16th of November 2018, *The City Press Times* stated that the Gauteng Education Department expelled a Soweto pupil who threw a stone at a teacher, causing the teacher to suffer minor injuries. The incident occurred at one of the special schools on the day when a commonwealth ambassador had to come to donate wheelchairs. In the Limpopo province, *The City Press Times* on the 28th of February 2019 reported that a group of high school pupils

allegedly killed a young man from Limpopo. His body was found dumped in Flora Park, Polokwane. In a video, a teenager is seen chasing the teacher out of the hall while the teacher ran away, with other pupils and teachers trying to stop the pupil.

The video shows a young man bleeding lying down while his attackers continue to kick him; the police spokesperson confirmed that the young man was taken to the hospital but was confirmed dead on arrival. There are rehabilitation programmes that are available in South Africa aimed at preventing violent behaviour among the youth. Schools need strategies to respond when violence occurs to prevent it whenever possible. A study conducted by Meyer and Chetty (2017) in South Africa relates that the Department of Education has primary interventions known as the safe schools' programme. This programme's strategies include security systems, addressing the social environment, influencing learner behaviour, and working with schools to mobilize community support for safe schools.

The programme works in partnership with local police and community organizations such as neighbourhood watches and policing forums. Unfortunately, the current programmes do not enable teachers and the entire schools' staff to create and maintain socially supportive classrooms. In Limpopo province CYCC's, there are various programmes aimed at diverting the youth and adolescents away from the criminal Justice System through diversion programmes developed by the Department of Social Development (Ned, Cloete and Mji, 2017; Nevhutalu, 2017). The first programme is regarded as the life skills programme.

This is the programme that makes use of interactive and experimental learning techniques to teach youth and adolescents life skills to avoid re-offending. The second programme is the family group conferencing, which includes the involvement of the family, the young individual, and the victim in decision-making at a venue provided where a procedure is used that is culturally appropriate. The third programme is victim-offender mediation. It is a process where the victim and the offender are brought together to discuss the impact of the offenses on their lives with the assistance of a mediator. At this phase, a plan is drawn to repair the harm done by the youth and the adolescents.

Individual counselling is the fourth programme, an essential diversion programme for youth offenders as some problems the individual experiences cannot be addressed in a group or programme. The fifth programme includes substance abuse, pre-relapse, anger management, and sexual offender programme. The national guideline on rehabilitation shows gaps in the rehabilitation process whose mission is to make youth with violent behaviours become valuable members of society after they are released to prevent them from standing a chance of becoming criminals in their adulthood.

The child and youth care centers (Mavhambe and Polokwane) which forms part of this study target the young individuals or youth below the age of 21. These two facilities offers services which are structured in two phases. Phase 1 focuses on rendering rehabilitation programmes such as diversion programmes, substance abuse prevention, HIV/AIDS management, anger management, conflict resolution, counselling, life orientation, and skills training such as vocational are provided. This may also involve the use of former convicted youth offenders who are doing well in their communities.

Family support groups are also started during this phase of service. Phase 2 of the service is aimed at post-release preparation and rehabilitated youth are encouraged to use the services of the centre if there is a need and they are linked with the external stakeholders, services and agencies for further assistance. Due to the indicated budget constraints effective reintegration and after care programmes are not provided as they are time-consuming and required skilled personnel. For the rehabilitation programmes to have positive outcomes, it is important to address the above stated factors to prevent re-offending in future.

Therefore, this study seeks to develop strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo province, South Africa. In Limpopo province, youth violence repetition has escalated despite the rehabilitation programmes to prevent violent youth behaviours.

2.1 Problem Statement

Despite the availability of the CYCC's in the Limpopo province, which rendered the rehabilitation programmes for violent behaviours youth, the researcher observed the escalation of violent behaviours. Apart from the repetition of violent behaviours, young people become victims and perpetrators of violence early. This also seriously influences others in society, resulting in emotional abuse, physical injury, and death.

The researcher observed a high incidence of violent behaviors among the youth, including fighting, stabbing of learners and educators, rape, bullying, gangsterism, and theft. This might be related to insufficient rehabilitation programmes in CYCC's, and school campaigns provided.

In Limpopo Province the incredibly high rates of violent behaviours among the rehabilitated youth were noted, due to the fact that after their release there is non-existence of reintegration and aftercare programmes that are meant to curb or prevent the issues around re-offending

due to high caseloads among the social workers who deals with youth violence behaviours and their incarceration.

The Province has a large number of youth population whose health, survival and development are key to economic growth. If the Department of Social Development can train the social workers to deal specifically with reintegration and after care programmes, the problem that the Province and the country is facing of youth violent behaviours can be eliminated or reduced. By providing the reintegration and aftercare programmes, youth can be involved into social activities such as sports, youth groups, choirs and so forth. The reintegration and aftercare programmes can also assist the youth who can also be vulnerable when returned to their former communities.

They might face stigma and lack of support network from their families, former friends and the community which can lead to re-offending. The social workers can improve the outcomes through maintaining and sustaining engagement with young people and relevant individuals, services, agencies and different stakeholders. By addressing the above stated rehabilitation challenge it can assist to improve the current youth violent behaviour problem that the Province is facing and other parts of the country by prevent the same problems from happening again in future. Literature shows that these violent behaviours among the youth have negative consequences, regarded as one of the increasing and disseminating reasons for death at an early age worldwide (Eker et al., 2015).

The evidence of for this can be linked to the study conducted in South Africa by Mncube and Harber (2013), which confirms that the scourge of violence among the youth in our communities is a concern. It was revealed that violent behaviour among youth is a serious threat to their well-being and educational goals. This prompted the researcher to undertake the study to develop strategies to improve the rehabilitation programmes for youth displaying violent behaviour in CYCC's in the Limpopo province, South Africa.

Therefore, development of strategies will also assist to fill the gap in terms of the monitoring and supervision of the youth violent behaviours of preventing re-offending. However, little or no study has been done in the Limpopo province on development of strategies to improve the rehabilitation programmes for youth displaying violent behaviour, so the researcher is interested in this study.

2.2 Rationale for the Study

Most studies in South Africa have focused on challenges and factors that contributed to violent behaviours amongst youth in rehabilitation centers. However, no known studies have focused

on developing strategies to improve the rehabilitation programmes for violent behaviour amongst the youth in the Limpopo province, South Africa. Since there are no studies on this aspect, this study may hopefully fill a gap in the information on this specific area.

2.3 Significance of the Study

The developed strategies may benefit the community by increasing the body of knowledge regarding violent behaviour among the youth and assisting the parents and guardians to support their children better to limit violent behaviours. It may also assist young people in the community on information regarding violence prevention by avoiding negative modelling behaviour but rather encourage positive behaviour. Educators are vital in the development of our future generations; therefore, they are the academic legs that influence the failures and successes of learners.

The developed strategies may propose security measures at the Department of Education, designed to keep guns and other weapons out of schools. It may further enrich and add to the meagre body of knowledge regarding violence in schools, specifically violence against educators. The strategies may benefit the Department of Social Development by adding to a new dimension of knowledge and strengthening the existing rehabilitation programmes regarding the youth within the province.

It may assist the community in addressing issues related to youth and how it can be prevented and supporting them on campaigns and the activities that can be rendered to minimize the crimes committed by youth. However, this strategy may facilitate better insight into what could be done in violent youth behaviours.

2.4 The Study Purpose and Objectives

2.4.1 Purpose

The purpose of this study was to develop strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo province, South Africa.

2.4.2. Objectives

The specific objectives were set to achieve the purpose of the study. The objectives of this study were divided into 3 phases, namely:

Phase 1: The Systematic Literature Review

To identify and describe the intervention strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

Phase 2: The Empirical Data

To explore and describe the factors contributing to violent behaviours amongst the youth.

To explore and describe the views of the multidisciplinary teams on youth rehabilitation programmes.

To explore and describe the perceptions of parents/guardians on factors contributing to violent youth behaviours.

Phase 3: To develop strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo province, South Africa.

2.5 Theoretical Framework

This study was guided by various theories namely: the ecological-system theory, the social learning theory, the theory of wise stance in human geography and the balance theory of wisdom. These theoretical frameworks are important because they serve as the foundation from which all knowledge is constructed for the research study.

They serve as the structure and support for the rationale of the study, the statement of the problem, the purpose, as well as the significance of the study (Bowleg, 2012). Theoretical frameworks also provide the background that supports the investigation and offers a justification for the study of a research problem. Therefore, without the theoretical frameworks in the study, the study's vision is unclear (Bowleg, 2012).

2.5.1 Ecological - System Theory

This is the theory that was developed by Bronfenbrenner in 1994, which explains how everything in a child and the child's environment affects how they grow and develop. This theory was applied to this study because it serves as a guide that focused on the youth's factors towards violent behaviours. Bronfenbrenner's theory labelled different aspects or levels of the environment that influence children's development as the microsystem, the mesosystem, exosystem, and the macrosystem.

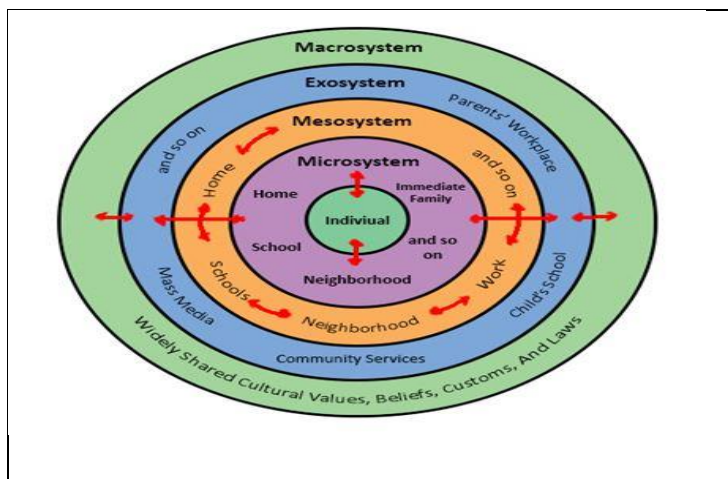


Figure 1: The ecological-system theory

According to this theory, if the relationships in the immediate microsystem break down, the child will not have the tools to explore other parts of his environment. The theory indicates that child development is influenced by the qualities of the social settings in which the child lives or participates and the extent and nature of the interaction between these settings. For example, lack of parental monitoring and poor discipline methods have been consistently related to participation in delinquent and violent behaviours among the young individuals.

The data collected from this current study was arranged and analysed based on this theoretical framework. The theoretical intervention assisted in developing the strategies to improve the rehabilitation programmes for violent behaviour youth, which was the primary purpose of this study. However, it should be emphasized that the present study was not attempting to validate the ecological-system theory, but instead used it as a guide to investigate violent behaviours amongst the youth.

2.5.2 Social Learning Theory

This theory was established in 1977 by Bandura. In this theory, Bandura states that there are concepts that people learn from each other through observation, imitation, and modelling. This theory guided this study based on the idea that individuals form their interactions with others in a social context by observing the behaviour of others and they tend to develop similar behaviours.

After observing the behaviours of others, people assimilate and imitate that behaviour, especially if their observational experiences are positive ones or include rewards related to the observed behaviours.

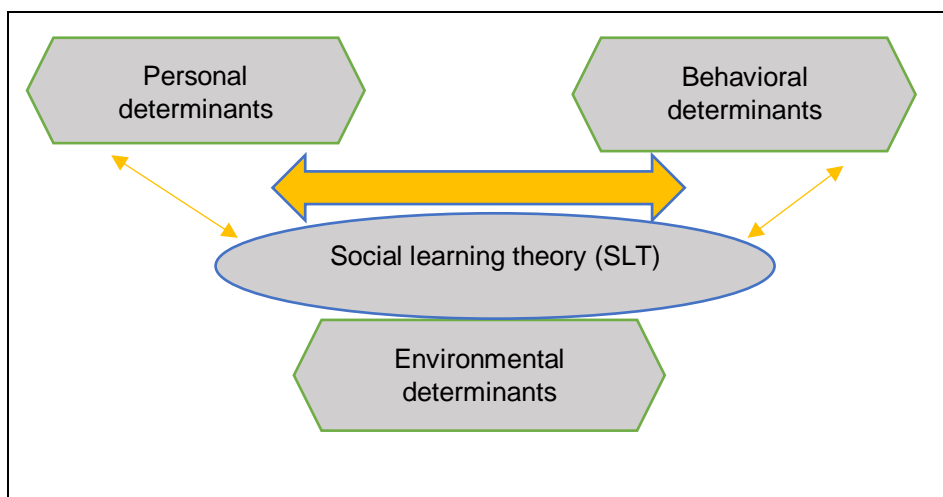


Figure 2: The social learning theory

Social learning theory suggests that individuals exhibit aggressive behaviours because they observe others acting aggressively and see how these behaviours are reinforced over time. Imitation, modelling, and observational learning are considered important ways in which social learning takes place. For example, youth who spend much time with friends who are mostly involved in violent activities may reproduce the same behaviours as their friends.

2.5.3 Theory of Wise Stance in Human Geography

This theory was established by Simandan, in 2011. This theory was found suitable to this study because it outlines that many irrational behaviours can be explained by realising that human beings do not simply attempt to maximise the instrumentality of their actions to achieve a particular goal, but instead “deliberately choose suboptimal, less instrumental: for achieving their goals because that type of choice helps keep their lives interesting.”

Simandan explains that individuals learn from their living environments and become wiser than their earlier selves despite the inherent ambiguities of their positionality and the situatedness of their knowledge claims. The author argues for an underlying behavioural continuum (analogue distinction) from foolishness to wisdom. In his study on the wise stance, Simandan highlights that how we learn from life depends not only on breadth of experience, such as the number of years lived, but also on our ability to learn from those experiences.

This author added that the wise stance seems to be more “conservative”, built on time-tested knowledge, acknowledges the value of tradition and experience, and questions the excessive reliance on changing one’s environment as the main strategy of one’s successful adaptation.

2.5.4 The Balance Theory of Wisdom

This theory was developed by Sternberg, in 2001. This theory guided this study on the fact that people may differ in the extent to which they seek a common good, and thus in the extent to which they aim for the essential goal of wisdom. Individuals also differ in their balance of responses to environmental contexts. Their responses always reflect the interaction of the individual making the judgment and the environment, and they can interact with contexts in a myriad of ways.

The data collected from this current study was arranged and analysed based on this theoretical framework. The theoretical intervention assisted in developing the strategies to improve the rehabilitation programmes for violent behaviour amongst the youth, which was the primary purpose of this study.

2.6 Conceptual and Operational Definition of Terms

Youth: The United Nations describe youth as individuals between the ages of 15 and 24 (United Nations Educational Scientific and Cultural Organization [UNESCO], 2013). For this study, youth refers to young individuals between the ages of 14 to 20 who have been incarcerated for their violent behaviours in the Limpopo Province Child and Youth Care Centres (CYCC's).

A Child and youth care center (CYCC): According to Children's Act no.38 of 2005, a CYCC is a facility for the provision of residential care which exist for the care and protection of children who are vulnerable and whose lives are presumed to need care in terms of the Children's Act no.38 of 2005. For this study, a CYCC is an institution with youth who are in the process of being rehabilitated from their violent behaviours.

Strategy: A plan designed and implemented to attain goals or objectives to achieve a particular long-term aim (Freedman, 2013). For this study, a strategy will be an action and methods of a plan to bring about a desired solution that will be developed to improve the rehabilitation programmes for youth with violent behaviours in CYCC's.

Rehabilitation: Rehabilitation is a process or a set of processes that is planned and is limited in time, having well-defined goals and means, of which professionals or services co-operate in assisting the individual user in their efforts to achieve the best possible functioning and coping capabilities and promoting independence and participation in society (Drum, 2010).

For this study, rehabilitation improves the character and perceptions regarding violent behaviours among the youth in CYCC's.

Programme: A set of structured activities to accomplish objectives, details what work is to be done, by whom, when, and how (Delaney, 2013). For this study, a programme refers to a planned performance utilized to provide support and guidance to youth in CYCC's to prevent re-offending.

Violent behaviour: According to Suleiman et al. (2018), violent behaviour refers to any behaviour that does not fit the established rules of a group of individuals or society. For this study, violent behaviour refers to the unacceptable behaviour against the social norms of the society displayed by youth in CYCC's in the Limpopo province.

2.7 Overview of the Study

The study is an article format which was conducted in three phases in order to meet the set objectives of this study.

2.7.1 Phase 1: The Systematic Literature Review

A systematic literature review was employed as phase one of this study in order to meet the objectives of the study. A systematic literature review refers to a review of clearly formulated questions that use systematic and explicit methods to identify, select, and critically appraise relevant research and collect and analyze data from the studies included in the review (Mackenzie et al., 2012). The aim of this phase was to identify and describe the intervention strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

A comprehensive database search was conducted from 2010 to 2020. The review has focused on quantitative and qualitative studies and reports obtained from GOOGLE SCHOLAR, SABINET, SAGE, EBSCO-HOST and SCIENCE DIRECT. Key words and search strategies were also taken into consideration. The researcher systematically reviewed the literature, and 250 articles and 25 reports were obtained; their content was screened for relevance, and 50 articles and 11 reports were found to be suitable and relevant; these were then reviewed.

The thematic analysis was done to identify antecedents, attributes, and consequences of rehabilitation on youth with violent behaviours. The study findings were then used to inform the development of the conceptual framework. The results show that antecedents of these rehabilitation strategies on violent youth behaviours include family structure, increased bullying due to gangs, and gender and environmental factors.

The identified attributes were motivation, contextual differences, transformation, opportunity, and ineffective rehabilitation programmes in addressing violent behaviours in youths.

2.7.2 Phase 2: The Empirical Data

The empirical data was employed as phase two of this study to meet the stated study objectives. A qualitative study was found to be appropriate for this study as it is a method which is frequently used in exploring new ideas, examining hard-to study clusters, and defining what study participants play to their lives and activities Engel and Schutt (2013).

According to Brynard, Hanekom and Brynard (2014), qualitative research refers to a method that produces descriptive data-generally the participant's own written or spoken words pertaining to their experience or perception, and therefore usually no numbers or counts are assigned to these observations. At this phase, the qualitative approach was employed to achieve the three objectives of this study:

To explore and describe the factors contributing to violent behaviours amongst the youth.

To explore and describe the views of the multidisciplinary teams on youth rehabilitation programmes.

To explore and describe the perceptions of parents/guardians on factors contributing to violent youth behaviours.

2.7.2.1 Study Design

A qualitative, explorative, and descriptive research design was used in this study to achieve the stated objectives. The approach helped the researcher to gain an in-depth understanding on contributory factors towards violent behaviours amongst the youth, the views of the multidisciplinary team on rehabilitation programmes and the perceptions of parents/guardians on factors contributing to violent behaviours.

2.7.2.2 Study Population, Sampling method and Sample

A population is defined as a group of elements that possess characteristics of interest to a researcher and meets the specific characteristics which has been predetermined by a researcher (Polit and Beck, 2010). According to Grove et.al (2013), sampling is the procedure of choosing participants who are characteristics of the population being studied. In this study the non-probability purposive sampling technique was used to sample 71 study participants with 48 youth aged 14-20 years, 13 multidisciplinary team members, and 10 parents/guardians of the youth at CYCC's. This method was chosen because the topic was sensitive, and that it sought to obtain in-depth information from the study participants.

2.7.2.3 Data Collection

In this study data was collected through a focus-group discussion and in-depth individual interviews. According to Babbie (2017), a focus- group discussion is a data collection method that is interactional in nature and involves the researcher asking a group of participants open ended questions. Five FGDs comprising 5-8 members were conducted among the youth, and the number of FGDs was determined by data saturation.

According to Mackey, Alison, Gass and Susam (2015), an individual interview is one in which researchers make use of written listing of questions as a guide but can deviate and probe for additional information in response to answers. In-depth individual interviews were conducted as a follow-up to participants who committed serious crimes such as rape and murder, and data saturation occurred after interviewing eight participants. Among the 13 multidisciplinary team members and ten parents/guardians, data was also collected through in-depth individual interviews until data saturation was reached.

2.7.2.4 Data Analysis and Quality

In this study the narrative data from the in-depth interviews were analysed qualitatively using Tesch's open coding technique as outlined by Botma et al. (2010). The method included the following steps: the researcher read carefully through all the transcripts to understand the whole. After the completion of all transcripts, a list of similar topics was compiled. The themes and their sub-themes emerged, and field notes were coded and categorized. Finally, a literature control was done to contextualize the results of the study in the existing literature.

The criteria for ensuring trustworthiness as outlined by Lincoln and Guba (1985), were observed. Credibility was ensured by prolonged engagement to build a rapport with the participants. Credibility was also provided through direct quotes from the study participants. The researchers contacted participants during the appointment-making session, the information session, and data collection. Referential adequacy was achieved by taking notes to record findings that provided a suitable record and the use of a voice recorder.

The researcher identified themes and their relationships, and the sub-themes that have emerged after codes were identified and grouped. Thick descriptions of research methodology ensured transferability.

To validate the truth and to confirm the results, a member check was also conducted. The themes were compared, and differences were discussed until a consensus was reached, as outlined by Brink et al., (2012).

2.7.3 Phase 3: Development of Strategies

In this study, the third phase has focused on developing the strategies to improve rehabilitation programmes for violent behaviour amongst the youth in the Limpopo province. The six elements of the practice-oriented theory by Dickoff, James and Wiedenbach (1968), were applied to interfaced findings from phase two.

The five strategies were developed to improve youth rehabilitation programmes namely, emphasizing parental-child attachment, communication, support, guidance, and education, provides education amongst the youth on the impact and management of violence behaviours, develops rehabilitation programmes specifically for all the categories of youth within the CYCC's, prevents substance misuse and the influence of delinquent peers and strengthening the rehabilitation programmes aimed for reintegration and aftercare services.

Lesser adjustments were proposed by the experts on one strategy and agreed with the other four strategies. Most of the key stakeholders (97%) endorsed the proposed strategies. The developed strategies were then validated by applying the Delphi technique to experts and Key stakeholders' consultation through administering a checklist in organized workshops.

2.7.4 Ethical Considerations

The following ethical principles were adhered to throughout this study since human subjects were involved:

2.7.4.1. Permission to Conduct the Study

The ethical clearance to conduct this study was obtained from the University of Venda Research Ethics Committee with project no: SHS/20/PH/15/0707. Thereafter, an approval to conduct this study was obtained from Limpopo Provincial Department of Social Development and Polokwane and Mavhambe CYCC's. The approval letter from the Department was presented to the managers of the two institutions to obtain their permissions to conduct the study in their facilities.

2.7.4.2 Informed Consent

According to Plooy-Cilliers Davis and Bezuidenhout (2014), in a research study, participants ought to know that they are taking part in a study. In this study the researcher ensured that participants were able to make a decision on whether to participate in the study or not and the participants were notified that there was no remuneration for taking part in the study in order to make their own choices.

In this study, written consent was obtained from the managers of the institutions on behalf of those who are minors and youth themselves “assent” to be part of the study. Written consent was also obtained from social workers, child and youth care workers, educators and a psychologist, as well as the parents/guardians of the youth at CYCC’s. In order to receive consent, the researcher provided participants with sufficient understandable information about their participation in a research project.

Information for this study were provided in written form and included the identification of the researcher, the study topic, the purpose, and objectives of the study. The participants were also informed that the study was for academic purposes only. All essential information was presented and discussed with participants to ensure their understanding (Brink et al., 2012).

2.7.4.3 Anonymity and Confidentiality

Babbie (2014), emphasizes that anonymity in research is attained or reached when neither the researchers nor the readers of the findings can distinguish a particular reply with the stated participants. In this study the researcher ensured that participants were guaranteed with anonymity, and confidentiality by being informed that the researcher will take the responsibility of not recording their names at any level of the research process, and that this study results would not be able to match their identification to their research responses in any way.

The researcher also assured anonymity to the study participants by informing them that their information that they have disclosed will remain in a lockable cupboard and that they would not discover their information being shared by other people. In this study the researcher informed the participants that their information would be known only by the researcher and that codes would be used instead of participants’ names.

2.7.4.4 Voluntary Participation and Right to Withdraw

In this study all participation was voluntary, and no study participants were subjected to any coercion or threat of harm for non-participation. This concept is concerned with the ability of each individual to exercise their power of will freely to decide on whether to participate in a study or not without the employment of any external force like coercion, force, deceit or duress (Hogan, 2008). Participation in this study was strictly voluntary as clearly stated in the letter of information.

The researcher ensured that the study participants knew that they could withdraw at any time and that their data recorded could be removed from the analysis. Also, no rewards were promised to intending participants. In this study youth and their parents were given a free choice to participate.

Their decision to stop or withdraw from this study was stated that it will not impact upon their ability to access some of the rehabilitation programmes or other services at the facilities. It was also made clear in this study that, no pressure will be made upon them for choosing not to participate or not answering some of the questions that they feel they cannot answer, and that their explanations were not required either.

2.8 Structure of the Thesis

This thesis followed an Article Format which consisted of seven chapters, as shown in Table 2:

Table 2. Structure of the Thesis

Chapters	Content	Status
Chapter 1	Background of the study, problem statement, rationale for the study, the significance of the study, the study purpose and objectives. It also contains the theoretical framework guiding the study, conceptual and operational definition of terms in the study, the overview of the study and the structure of the thesis.	Not applicable
Chapter 2	A systematic literature review manuscript submitted to <i>The Open Public Health Journal</i> on studies related to the thesis submitted as a review article titled "Interventions to promote rehabilitation programmes for youth with violent behaviours in the Limpopo province: A systematic literature review."	Published
Chapter 3	A manuscript relevant to this thesis was submitted to <i>The Open Public Health Journal</i> titled "Contributing factors to violent youth behaviours: A study in the Limpopo Province, South Africa."	Published
Chapter 4	A manuscript relevant to this thesis was submitted to <i>Criminal Behaviour and Mental Health Journal</i> titled "Violent youth behaviours: Perceptions of parents/guardians in the Limpopo Province, South Africa."	Under Review
Chapter 5	A related manuscript to the thesis has been submitted to the <i>International Journal of Offender Therapy and Comparative Criminology</i> titled "The multidisciplinary team's views towards violent youth rehabilitation programmes in South Africa."	Under Review

Chapter 6	A manuscript on proposed strategies developed after analyses and findings of phase 2. The manuscript was submitted to the <i>Rehabilitation Research and Practice Journal</i> "Strategies to improve rehabilitation programmes for violent behaviour youth in South Africa: Development and Validation."	Initial checking
Chapter 7	A summary of conclusion based on the research findings of this study, recommendations for further research, study limitations and implications.	Not applicable

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Chapter Two

Interventions to promote rehabilitation programmes for youth with violent behaviours in Limpopo Province: A systematic literature review.

This section focused on the reviewed systematic literatures worldwide on interventions to promote rehabilitation programmes for youth with violent behaviours. A systematic literature review refers to a review of clearly formulated questions that uses systematic and explicit methods to identify, select and critically appraise relevant research, and to collect and analyses data from the studies that are included in the review [1]. The section resulted in a published research article in accredited peer- review Journal.

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RESEARCH ARTICLE

Abstract:

Background:

A rehabilitation strategy aims to reshape the individual and prepare them to enter society with a different state of mind and start a new life after incarceration.

Objective:

The purpose of this systematic literature review is to identify and describe the intervention strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

Methods:

A comprehensive database search was conducted from 2010 to 2020. The review has focused on quantitative and qualitative studies and reports obtained from GOOGLE SCHOLAR, SABINET, SAGE, EBSCO-HOST and SCIENCE DIRECT. Key words and search strategies were also taken into consideration.

The researchers systematically reviewed the literature, and 250 articles and 25 reports were obtained; their content was screened for relevance, and 50 articles and 11 reports were found to be suitable and relevant; these were then reviewed. The thematic analysis was done to identify antecedents, attributes, and consequences of rehabilitation on youth with violent behaviours. The study findings were then used to inform the development of the conceptual framework.

Results:

The results show that antecedents of these rehabilitation strategies on violent youth behaviours include family structure, increased bullying due to gangs, and gender and environmental factors. The identified attributes were motivation, contextual differences, transformation, opportunity, and ineffective rehabilitation programmes in addressing violent behaviours in youths.

Conclusion:

Youth is regarded as the most vulnerable group in society, holding a high percentage of the population. As a result, it is always vital to protect them.

Keywords: Antecedents, Attributes, Consequences, Youth, Rehabilitation programmes, Intervention, Violent behaviours, Strategies.

1. INTRODUCTION

Youth violence is a significant public health problem that affects thousands of young people each day, and in turn, their families, schools, and communities. David-Ferdon *et al.* [2] report that youth violence occurs when young people between the ages of 10 and 24 intentionally use physical force or power to threaten or harm others. The same authors allude that youth violence can take different forms, including fights, bullying, threats with weapons and gang-related violence. As a result, a young person can be involved with violence as a victim, offender, or witness.

Worldwide, several prevention strategies have been implemented to improve youth violent behaviours outcomes, such as rehabilitation strategies that play a major role in addressing youth violence. However, despite the availability of those strategies, violent youth behaviours continue to increase. Rehabilitation is defined as a process or a set of processes that are planned and are limited in time, having well-defined goals and means, of which professionals or services co-operate in assisting the individual user in their efforts to achieve the best possible functioning and coping capabilities and promoting independence and participation in society [3].

In literature, statistical data in many countries show that delinquency is essentially a group phenomenon. Between two-thirds and three-quarters of all offences committed by young people are committed by members of gangs or groups, which can vary from highly structured criminal organizations to less structured street gangs. It is further reported that even those young people who commit offences alone are more likely to be associated with groups. Youth violence is regarded as a severe challenge to the family, public safety, the lives of young people themselves, and law enforcement agencies large [4]. Therefore, strategies are defined as plans designed and implemented to attain goals or objectives to achieve a long-term aim [5].

The Limpopo Province of South Africa is a largely rural province, with more than 87% of people in the province living in rural areas [6]. Limpopo is one of the provinces with a high rate of unemployment among young people. It is one of the most underdeveloped areas in South Africa; the province is made up of five District Municipalities and 25 local municipalities [6]. The reasons for the increase in unemployment in this province are numerous. Still, the main one is that the formal sector of the economy has not been able to create enough job opportunities for its growing labour force.

Approximately 17% of the inhabitants of the province do not have a formal education. Inhabitants of Limpopo are employed by public sector institutions and the mining, trade, and agricultural sectors [6]. This study included two child and youth care centres (Bosasa-Mavambe) in the Vhembe District and (Bosasa-Polokwane) in the Capricorn District. The study was conducted to develop strategies to promote the implementation of rehabilitation programmes for youth in child and youth care centres in the Limpopo Province.

2. PURPOSE

The purpose of this systematic literature review is to identify and describe the interventions and strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

The study further aims to develop a Conceptual framework (CF) that would guide research on interventions to promote rehabilitation programmes for youth with violent behaviours in the Limpopo province. The study was conducted based on the assumptions that dysfunctional families, the influence of delinquent peers, substance misuse and gangsterism may influence the involvement of youth towards violent behaviours. This study seeks to add to the literature on the intervention strategies meant to promote the rehabilitation programmes for youth with violent behaviours in the Limpopo Province.

Thus, it will pay attention to the factors to prevent youth offences and the factors that will improve positive outcomes of rehabilitation programmes. Moreover, the study will enlighten the youth's parents/guardians to take their full responsibility towards raising and providing for the basic needs of their children.

3. METHODS

3.1 Rodger's Concept analysis framework

Rodger's evolutionary concept analysis framework will guide this study. Rogers highlights that concept develop over time and are influenced by the context in which they are used [7, 8]. He further argues that these concepts are constantly undergoing dynamic development, which redefines the analysis of a concept and related terms such as antecedents, attributes, and consequences. The antecedents of events or concepts that influenced the evolution of a concept that happened before its occurrence; attributes are defined as characteristics of that specific concept in terms of addressing its intended issue; and consequences are the results of the concepts, which help to clarify them more clearly [9,10].

3.2 Collection and analysis of data

3.2.1 Inclusion Criteria

In this systematic review, studies were included if they met the following criteria.

Population: This study will target the youth considered to be young individuals under the age of 35. Therefore, all the articles that targeted these young people were included.

Study setting: The study will include all the studies conducted in institutions/correctional facilities, families, schools, and community-based settings.

Type of study: All studies such as qualitative, quantitative, mixed methods, randomized control trial, and quasi-experimental were included. Studies carried out all over the world have been included.

Language of the publication: Peer-reviewed and gray literature written only in English were included.

Time period: All studies from 2010-2020 were included in this study.

Other data: All studies on rehabilitation programmes implemented from 2010 to 2020 that targeted young people meant to prevent violent behaviours were included.

The selected articles and reports have had to pass the quality assessment criteria described in Table 2.

3.2.2 Exclusion Criteria

In this study, the exclusion criteria are:

Studies focus on people older than the age of 35 years.

Publications not written in English.

Studies published outside of the given time period.

Studies focus on the factors contributing to violent behaviours and rehabilitation programmes in other age groups.

3.2.3 Search Strategy

To achieve this, the researchers searched a variety of research databases on empirical and grey research literature. The review has focused on quantitative and qualitative studies and reports obtained from GOOGLE SCHOLAR, SABINET, SAGE, EBSCO-HOST and SCIENCE DIRECT. Key words and search strategy were also taken into consideration. Key concepts and search terms were developed to capture literature related to the rehabilitation of violent behaviours amongst the youth.

The search strategy was used in collaboration with a Health sciences librarian. An example of search terms used in Sabinet is: "Violent behaviours *or Deviant behaviours* AND therapy * or programmes* or interventions*" AND violence prevention and young people or adolescents". Furthermore, additional references were found by systematically examining the reference lists of relevant papers and reviews.

3.2.4 Methods of Review

In this study, the titles and abstracts were reviewed to identify relevant articles and reports and be included. Full texts of these articles and reports that met the inclusion criteria were also reviewed and discussed findings.

3.2.5 Data Extraction and Synthesis

A data collection form will be developed, guided by Rodger's Evolutionary Conceptual Analysis Framework, to collect data on antecedents, attributes, and consequences of Rehabilitation strategies on violent youth behaviours from the articles and reports that met the inclusion criteria. The findings from the reports and articles were then coded and thematically analyzed to identify and explain the antecedents, attributes, and consequences of rehabilitation strategies on youths' violent behaviours.

4. RESULTS AND DISCUSSION

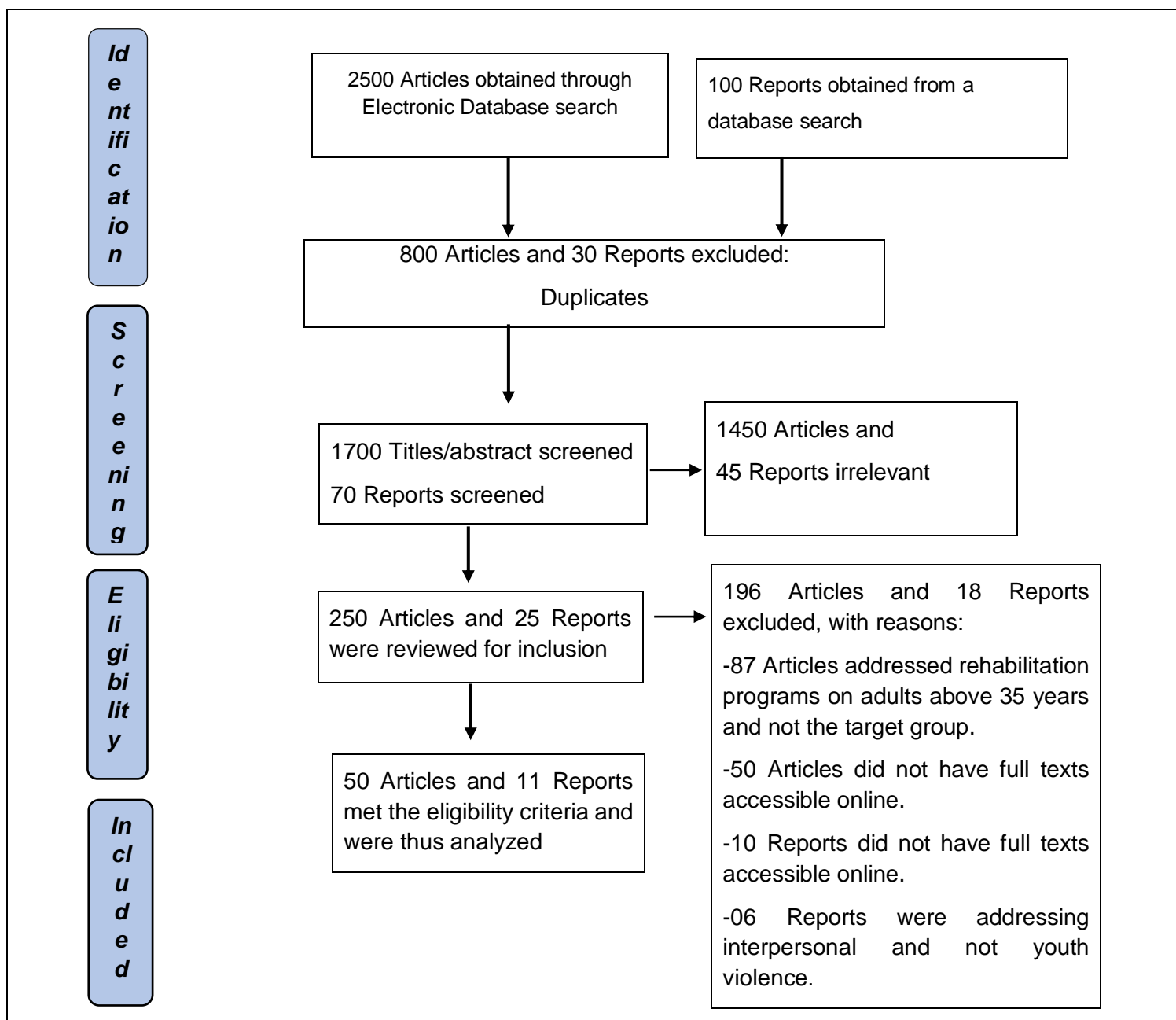


Fig. (1). Adapted Flow chart of the literature search for the included and excluded studies. Wu & Lin, Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009)

There were 2500 articles and 100 reports that were obtained through an electronic database search. After the screening of duplicates, 1700 articles and 70 reports were reviewed by titles and abstracts. Of these articles and reports reviewed, 1450 articles and 45 reports were excluded as they were irrelevant to the study. The 250 articles and 25 reports were then reviewed to find out if they met the inclusion criteria. After reviewing articles and reports, it was resolved that 50 articles and 11 reports met the inclusion criteria and were then analysed. The results are summarised on the PRISMA flow chart diagram as displayed in Fig.1.

Table 1. Characteristics of included studies in systematic review according to titles and years

Study	Setting & Country	Study Objectives	Study Design	Outcomes/Findings
INSTITUTIONAL BASED STUDIES				
1. Mantey EE, Dzator G. Juvenile Delinquency: Evidence of Challenges in Rehabilitation. J Appl Sciences 2013; 15(6): 321-330. (Research Article)	The juvenile detention centre, Ghana	To explore the procedure used in admitting inmates into juvenile detention facilities and challenges in rehabilitating them and recommend strategies based on findings to improve the rehabilitation system.	Quantitative Study.	-The findings indicated challenges that affect both caretakers and inmates at the centre regarding human resources, inadequate training period, facility to house inmates and the proper procedure for admission into the correctional facility. -These challenges showed gaps in the rehabilitation process which mission is to make delinquent children valuable members of society after they are released. Instead, many juvenile delinquents stand a high risk of becoming criminals in their adulthood.
2. Gwatimba L, Raselekoane NR. An Evaluation of the Effectiveness of Diversion Programmes in the Rehabilitation of the youth and the promotion of Juvenile Justice in South Africa. J Gen & Behaviour 2018; 16(1):	Youth development centres, SA	-To evaluate the effectiveness of diversion programmes in the rehabilitation of the youth and promoting juvenile justice in South Africa.	Qualitative study.	-The study revealed that some young people continue to display antisocial behaviour even after being exposed to diversion programmes. -Follow-up services and tracking the young people during their reintegration into their communities would discourage them from sliding back into anti-social behaviour.

11168 – 1118. (Research Article)				
3. Seyyed-Mohammad <i>et al.</i> A Behavioural Intervention for Changing the Attitude of Young Boys in Iranian Juvenile Detention Centres. Iran Rehabil Journal 2019; 17(3): 241-252. (Research Article)	Juvenile detention centres, Iran.	-For changing the attitudes of juveniles in conflict with the law.	Quasi-experimental study	-The efficiency of the model was evaluated. This model is effective in improving knowledge and skills and changing the attitude of delinquent juveniles. -Based on the findings of this study, a model was designed, using three principles of the Red Cross society, basic life skills, and first aid skills that can be effective in changing the attitudes and behaviour of people in juvenile detention centres.
4. Reingle <i>et al.</i> A case-control study of Risk and Protective factors for incarcerated among urban youth. J Adol Health 2013; 53(4): 471-477. (Research Article)	Correctional facility & School-based, USA	To examine the early risk factors for incarceration using a high-risk sample of urban youth.	Quantitative study	-The early risks factors for incarceration were age, having been sent to detention, the number of hours spent participating in a sport.
5. Obioha, E.E. and Nthabi, A.M. Social Background Patterns and Juvenile Delinquency Nexus in Lesotho: A Case Study of Juvenile Delinquents in Juvenile Training Centre (JTC), Maseru. Journal of Social Sciences.2011; 27(3): 165-177.	The juvenile training centre, Lesotho.	To investigate the social background patterns of juvenile delinquents to ascertain their contributions to juvenile delinquencies in Lesotho.	Quantitative study	Most delinquents come from broken homes; most delinquents are males; delinquency is higher in urban areas than in rural areas. Most delinquents are part of peer groups who engage in delinquent behaviours. Precisely, Maseru, the capital city of Lesotho and Leribe, were the districts with the highest rates of

<p>https://doi.org/10.1080/09718923.2011.11892917 (Research Article)</p>				<p>juvenile delinquency. It was also discovered that most of the juveniles have fathers who are employed in the mining industry.</p> <p>-The most committed offence across the country was a robbery. The high rates of robbery, housebreaking and stock theft indicate that poverty may be the factor behind the scene in Lesotho, which requires urgent attention from the government to tackle and eradicate poverty.</p>
<p>6. Mambende <i>et al.</i> Factors Influencing Youth Juvenile Delinquency at Blue Hills Children's Prison Rehabilitation Centre in Gweru, Zimbabwe: An Explorative Study. <i>Int Jour Human Social Science and Education</i> 2016; 3(4): 27-34. (Research Article)</p>	<p>Detention centre, Zimbabwe</p>	<p>To explore the factors influencing youth juvenile delinquency at Blue Hills Children's Prison Rehabilitation Centre in Gweru.</p>	<p>Qualitative study</p>	<p>-Results indicated that juvenile delinquency was influenced by lack of parental attachment, broken homes, the authoritative parenting style and poverty.</p> <p>It was concluded that the family and home environment greatly influence a child's development and subsequently create a delinquent predisposition.</p>
<p>7. Azade <i>et al.</i> Adolescent Female Offenders' Subjective Experiences of How Peers Influence Norm-Breaking Behaviour. <i>Child and Adol Soc work Journal</i> 2018; 35(1):</p>	<p>The youth detention centre, Sweden</p>	<p>To explore how young female offenders described their delinquent behaviours and, more specifically, their role in peer relations in committing or</p>	<p>Qualitative study</p>	<p>-The finding was that the female offenders showed an awareness of the importance of pro-social peers and the need to eliminate delinquent friends from their peer network to help them refrain from deviant behaviours.</p>

257–270. (Research Article)		avoiding delinquent acts.		
8. Alamgir <i>et al.</i> Explore the factors behind Juvenile delinquency in Pakistan: A research conduct in juvenile jail of Rawalpindi, Pakistan. <i>Int Jour of Scien & Engin Research</i> 2018; 9(3): 1086-1091. (Research Article)	The juvenile detention centre, Pakistan	-To identify the characteristics of juvenile delinquency, investigate psychological reasons for juvenile delinquency and investigate the relationship between socio-economic instability and juvenile delinquency.	Quantitative study	-The following factors may be included: Socialisation, psychological factors, parental responsibilities, educational background, societal framework, economic conditions and many other factors that motivate them to do so for the crime.
9. Rathinabala I, Naaraayan SA: Effect of family factors on juvenile delinquency. <i>Int Jour Cont Paediatrics'</i> 2017; 4(6): 2079-2082. (Research Article)	Adolescents detention centre & School, India.	-To determine the effect of family factors on juvenile delinquency.	Randomised Control Trial	-Paternal age of more than 50 years, paternal smoking, maternal employment and the single parent are significant independent risk factors of juvenile delinquency.
10. Abella JL: Extent of the Factors Influencing the Delinquent Acts among Children in Conflict with the Law. <i>J Chil and Adol Behaviours</i> 2015; 4 (2): 1-4. (Research Article)	Children institution, Philippines	-To determine the influence of several factors in the commission of delinquent acts among children in conflict with the law.	Quantitative study.	This study found out that external factors, including the environment outside the home, peer pressure, and community rule, greatly influence the lives of children in conflict with the law. -This study further holds that there has been a strong positive relationship between the internal

				factors and the external factors identified which thereby influenced the respondents to commit delinquent acts
11. Basson P, Mawson P. The Experience of Violence by Male Juvenile Offenders Convicted of Assault: A Descriptive Phenomenological Study. Indo-Pac Jour Phenomenology 2011; 11(1): 1-10. (Research Article)	The juvenile detention centre, SA.	To describe the experience of violence by male juvenile offenders convicted of assault to gain a deeper understanding of this phenomenon.	Qualitative study.	-The researchers found that the phenomenon of violence is characterised by the juveniles' experience of external events that provoke a specific response manifesting itself in violent behaviour. -The responses described by the participants were primarily emotional and included emotions such as anger, rage and fury.

<p>12. Ahmad Badayai <i>et al.</i> An exploratory study on symptoms of problem behaviours among juvenile offenders. <i>J Psychology</i> 2016; 30 (1): 69-79. (Research Article)</p>	<p>Juvenile institutions, Malaysia</p>	<p>To examine different types of symptoms of problem behaviours among juvenile offenders.</p>	<p>Quantitative study</p>	<p>-The results showed there were different symptoms of problem behaviours among young offenders. Gender differences profile also showed mean differences in each symptom of problem behaviours among juvenile offenders.</p> <p>-One-way ANOVA results showed significant differences in thought problem $F(7) = 2.748, p < .01$ and attention problem $F(7) = 25.948, p < .01$ among different types of delinquent behaviours. Moreover, t-test results revealed that gender differences were significant in social problem; $t(402) = -2.710, p < .01$, thought problems; $t(402) = -2.476, p < .05$, attention problem; $t(402) = -4.841, p < .001$, and aggressive behaviour; $t(402) = -3.165, p < .001, p < .01$.</p>
<p>13. Matshaba TD. Risk-taking behaviour among incarcerated male offenders in South African Youth correctional centres. <i>Sou Afri J of Criminology</i> 2014; (1): 40-52. (Research Paper)</p>	<p>Youth Correctional Centre, SA.</p>	<p>-To establish and explore the youth tendencies and motivation to be involved in risk activities within correctional centres</p>	<p>Qualitative study.</p>	<p>-The results reveal that a significant number of inmates recognise that sexual activity is the highest form of risk behaviour inside correctional centres.</p> <p>The results also revealed that gang activities are rated as high-risk behaviour in youth correctional centres because inmates affiliate with various gangs to protect themselves</p>

				against possible violations from other inmates.
14. Ruigh <i>et al.</i> Predicting quality of life during and post detention in incarcerated juveniles. Quality of life research 2019; (28): 1813 -1823. (Research Paper)	Juvenile Justice Institutions, Netherlands	To describe and predict QoL of detained young offenders up to 1 year after an initial assessment and examine whether QoL differs between youth who are still detained versus released.	Quantitative study	-Methods incorporating trauma-sensitive focus and relaxation techniques in treatment protocols in juvenile justice institutions may be of added value in improving the general functioning of these individuals.
15. Milani <i>et al.</i> Effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) in Reducing Aggression of Individuals at the Juvenile Correction and Rehabilitation Center. Int J of High-Risk Beh Addictions 2013; 2(3):126-31. (Research Article)	Juvenile Correction & Rehabilitation centre, Iran	-The present study investigates the effectiveness of mindfulness-based cognitive therapy training (MBCT) in reducing aggression.	Quantitative study	-The results of ANCOVA showed that mindfulness-based cognitive training could significantly reduce aggression during post-test and follow-up test phases in the experimental group, compared to the control group ($P < 0.01$). According to the present study results, mindfulness-based cognitive training seems to be effective for reducing aggressive behaviours.
16. Mbiriri M. To establish the relationship between sociodemographic characteristics and conduct disorder among girls incarcerated at Kirigiti and Dagoretti Rehabilitation Schools in	Rehabilitation schools, Kenya	-To establish the relationship between sociodemographic characteristics and conduct disorder among girls incarcerated	Quasi-experimental study	-The study suggests that the risk factors for adolescents in conflict with the law include poor socio-demographic status and psychological impacts of divorced parents. Negative peer group pressure was also a risk factor for incarcerated adolescents. These

<p>Kenya. Int J of Soc Scie and Econ Research 2017; 02(08): 4147-4166. (Research Article)</p>		<p>at Kirigiti and Dagoretti rehabilitation schools. The researchers purposively.</p>		<p>agreed with several studies which have found a consistent relationship between involvements in delinquent behaviours and socio-economic background dress girls' delinquency. It suggests that the factors need to be addressed in efforts to understand and address girls' delinquency.</p>
<p>17. Alnasir FA , Al-Falaj AA. Factors Affecting Juvenile Delinquency in Bahrain. J of Gen Practice. 2016; 4(1) :1-5. (Research Article)</p>	<p>Juvenile centre, Saudi-Arabia</p>	<p>-To find out the factors that affect the juveniles in Bahrain.</p>	<p>Quantitative study</p>	<p>-The results indicate that there are relationships between juvenile delinquency and parental demographic characteristics. More delinquent subjects had illiterate fathers (47%) ($p < 0.05$) and mothers (67%), ($p < 0.001$) than the non-delinquent. Fifty per cent ($n=15$) of the non-delinquent reported that their fathers were professional versus 21% of the delinquents ($p < 0.05$). The familial relationships, conflicts, and practices were also related to the presence of delinquency</p>
<p>18. Ntuli NP. Exploring Diversion Programmes for Youth in Conflict with the Law: Case Studies of the Youth Empowerment Scheme Programme at NICRO. 2017; Durban, South Africa. University of Kwazulu-Natal. Master of Social Sciences and</p>	<p>Nicro-Institution, SA.</p>	<p>-To establish whether the youths' understanding of their criminal behaviour had changed after completing the program to identify factors</p>	<p>Qualitative study</p>	<p>Despite some success in reducing crime among youth who conflicted with the law by rehabilitating them in diversion programmes, some youth find it difficult to live their lives in harmony with the behavioural norms of their society. And are often tempted to deviate due to their circumstances.</p>

Criminology. (Unpublished Dissertation)		contributing to their criminal behaviour.		-The illumination of the perspectives and understanding of youth is limited in the literature. However, much work has been done in recent years through diversion programmes. Efforts have been made to determine the effectiveness of diversion programmes
19. Cole B, Chiphaca A. Juvenile delinquency in Angola. J of Crim & Criminal Justice 2014; 14(1): 61 –76. (Research Article)	Juvenile observati on centre, Angola	-To attempt an explanation of these children’s offending based on their accounts of what they claimed was responsible for their offending behaviour.	Quantitative study	-The study indicates ways to address this problem; a proactive approach is required in Angola that supports youth, prevents violence and enables sustainable neighbourhood development.
FAMILY-BASED STUDIES				
Study	Setting & Country	Study Objectives	Study Design	Outcomes/Findings
20. De Vries <i>et al.</i> Practitioner Review: Effective ingredients of prevention programs for youth at risk of persistent juvenile delinquency recommendations for clinical practice. J Chil Psych and Psychiatry 2015; 56 (2): 108–121. (Research Article)	Family- based, Netherla nds	-To examine the effectiveness of programs in preventing persistent juvenile delinquency and by studying which particular programme, sample, and study characteristics	Quasi- experimental study	-Prevention programs have positive effects on preventing persistent juvenile delinquency. In improving programme effectiveness, interventions should be behavioural-oriented, delivered in a family or multimodal format, and the intensity of the program should be matched to the level of risk of the juvenile.

		contribute to the effects.		
21. Luya TM. The Importance of a Stable Home and Family Environment in the Prevention of Youth Offending in South Africa. <i>Int J of Crim and Sociology</i> 2012; 1(3): 86-92. (Research Article)	Family-based, SA.	-To present a strategy to prevent youth offending in South Africa.	Qualitative study	<p>This paper argues that South Africa should consider the importance of a stable home and family environment to prevent youth offending.</p> <p>-Firstly, family planning is essential. Secondly, parental involvement in a child's activities is vital to ensure proper supervision and monitoring.</p> <p>-Thirdly, in the absence of adequate parenting skills, efficacy and management parenting programmes could help parents learn a conforming manner of rearing their children.</p> <p>-Lastly, once they have been caught committing a crime, parents ought to take centre stage to ensure that the child's behavioural transformation takes.</p>
22. Chauke TA, Malatji KS. Youth experiences of deviant behaviours as portrayed in some television programmes: A case of the youth of 21 st century. <i>J of Gen & Behaviours</i> 2018; 16(3): 12178 – 12189. (Research Article)	Family-based, SA.	-To explore how the portrayal of deviant behaviour in selected television programmes influences the youth to adopt similar behaviour in their lives.	Qualitative study	-This study's findings revealed that the portrayed of deviant behaviour in some television programmes result in the following forms of deviant behaviour among young people: premarital sex, the perception of women as sex objects, the use of profane language, the abuse of drugs and alcohol, involvement in gangster activities and sexual confusion.

				-The study recommended that parents should monitor and regulate what their children watch on the television.
23. Karam <i>et al.</i> The Integration of Family and Group Therapy as an Alternative to Juvenile Incarceration: A Quasi-Experimental Evaluation Using Parenting with Love and Limits. <i>Family Process</i> 2015; 56 (2): 331-347. (Research Article)	Family-based, USA.	-To evaluate the effectiveness of Parenting with Love and Limits (PLL), an integrative group and family therapy approach.	Quasi-experimental study	-This study contributes to the literature by suggesting that intensive community-based combined family and group treatment effectively curb recidivism among high-risk juveniles.
24. Nowakowski E, Mattern K. An Exploratory Study of the Characteristics that Prevent Youth from Completing a Family Violence Diversion Program. <i>J of Fam Violence</i> 2014; 29(1): 143-149. (Research Article)	Family-based, USA	-To explore the characteristics of youth who perpetrate violence against a family member.	Qualitative study	-Findings indicated that delinquency characteristics, explicitly having a prior violent arrest and skipping school, carry significance in preventing youth from completing the Family Violence Intervention Program. -These findings support the current literature and address the need for a more tailored approach to treating and retaining youth in a family violence intervention program.
25. Murray J, Farrington. Risk factors for conduct disorder and delinquency. Key findings from longitudinal studies. <i>Can J Psychiatry</i> 2010;	Family-based, UK.	-To review the most critical individual, family, and social risk factors for conduct disorder	Quantitative study	Offenders differ significantly from nonoffenders in many respects, including thoughtlessness, low IQ, low school achievement, poor parental supervision, punitive or erratic parental discipline, cold

55 (10): 633-642. (Research Article)		and delinquency on young people aged between 10 and 17 years.		parental attitude, child physical abuse, parental conflict, disrupted families, antisocial parents, large family size, low family income, antisocial peers, high delinquency rate schools, and high crime neighbourhoods.
26. Olufemi M, Ojo DA. Sociological Review of issues on Juvenile Delinquency. J of Int Soc Research 2012; 5 (21): 468 - 482. (Research Article)	Family, School & Community based, Nigeria	-To examine issues on Juvenile Delinquency and Juvenile Justice System.	Quantitative study.	It recommends that the government assist families. Schools must incorporate teachings on Juvenile Delinquency in their curricula and provide good counselling departments and ready assistance to the less privileged students. - The communities should be encouraged to provide recreational facilities for the youths and encourage the youths to join social clubs and associations. The governments should train and equip the Police, Court, and Reformatory Homes to meet international standards to handle the Juvenile Justice system.

SCHOOL -BASED STUDIES

Study	Setting & Country	Study Objectives	Study Design	Outcomes/ Findings
27. Turkmen <i>et al.</i> Bullying among High School Students. J of Clin Medicine 2013; 8(2):	School-based, Turkey.	-To investigate the prevalence of bullying behaviour, its victims, the types of bullying and	Quantitative study.	-A multidisciplinary approach involving affected children, their parents, school personnel, media, non-governmental organisations, and security units are required to achieve a practical approach to

143-152. (Research Article)		places of bullying among the adolescents.		prevent violence targeting children in schools as victims and perpetrators.
28. Sadinejad <i>et al.</i> Frequency of Aggressive Behaviours in a Nationally Representative Sample of Iranian Children and Adolescents: The CASPIAN-IV Study. <i>Int J of Prev Medicine</i> 2015; 6(6): 1-7. (Research Article)	School-based, Iran	-To explore the frequency of aggressive behaviours among a nationally representative sample of Iranian children and adolescents.	Quantitative study	Findings emphasise the importance of designing preventive interventions that target the students, especially in early adolescence, and increasing their awareness of aggressive behaviours. -Implications for future research and aggression prevention programming are recommended.
29. Khuzwayo <i>et al.</i> Prevalence and correlates of violence among South African high school learners in uMgungundlovu District Municipality, KwaZulu-Natal, South Africa. <i>Sou Afri med Journal</i> 2016; 106 (12): 1216-1221. (Research Article)	School-based, SA.	-To investigate the prevalence of violence and the demographic factors associated with such violence among South African (SA) high school learners in the uMgungundlovu District, KwaZulu-Natal, SA.	Quantitative study	-There were higher odds of male learners carrying weapons than female learners (OR 5.9, 95% CI 2.0 -15.0). -Violence among learners attending high schools in uMgungundlovu District is a significant problem and has consequences for their academic and social lives. -Urgent interventions are required to reduce the rates of violence among high school learners.
30. Shahnila M, Rukhsana, K. Exploring Dimensions of Deviant Behaviour in Adolescent Boys. <i>J of Beh Sciences</i> . 2018; 28(1): 105-126. (Research Article)	School-based, Pakistan.	-To explore the dimensions of deviant behaviour in adolescent boys through an indigenous developed	Quantitative study	-The analysis identified three factors of deviant behaviour scale ($\alpha=.87$) naming conduct disorder (CD; $\alpha=.96$), intermittent explosive disorder (IED; $\alpha=.95$) and oppositional defiant disorder (ODD; $\alpha=.93$).

		deviant behaviour scale, based on the Diagnostic and Statistical Manuals.		-The results were compared and discussed by Pakistani culture and adolescents behavioural patterns.
31. Zhang <i>et al.</i> Impact of media violence on aggressive attitude for adolescents. J of Health 2013; 5 (12): 2156-2161. (Research Article)	School-based, China	-To examine the impact of media violence on aggressive attitudes among Chinese adolescents.	Quantitative study.	-The findings imply that violent movies could effectively affect aggressive attitudes for adolescents in China.
32. Magidi <i>et al.</i> High school learners' experiences of gangsterism in Hanover Park. The Social Work Practitioner Researcher 2016; 28 (1): 69- 84. (Research Paper)	School-based, SA.	-To explore the experiences of non-gang school-going adolescents regarding gangs and gangsterism in Hanover Park in the Western Cape.	Qualitative study	-The results have shown that the presence of gangs affects the learners' school attendance, restricts their mobility, increases bullying at school and seriously disrupts family and community life.
33. Estefanía E, Moreno D. Aggressive behaviours in adolescence as a predictor of personal, family, and school adjustment problems. Jour of Piscothema 2018; 30 (1): 63-73. (Research Article)	School-based, Spain	-To determine the extent to which aggressive behaviours towards peers predicts greater personal, school, and family maladjustment in adolescent aggressors of both sexes.	Quantitative study	-In the school setting, aggressive behaviours were related to low scores in academic engagement, friends in the classroom, perception of teacher support, and a positive attitude towards school. -At the family level, significant relationships were observed between aggressive behaviours and high scores in offensive communication and family conflict, low scores in open communication with parents, general

				expressiveness, and family cohesion.
34. Tugli AK. Investigating Violence-related Behaviours among Learners in Rural Schools in South Africa. Int J of Edu Science. 2015; 10(1): 103-109. (Research Article)	School-based, SA.	-To investigate violence-related behaviours among rural learners in ten rural secondary schools within the Vhembe district of South Africa.	Quantitative study	-The school-based management and governing bodies must be adequately empowered to handle violent situations and security issues within and outside the perimeter of the learning environments.
35. Silva S. Factors Associated with Violent Behaviour among Adolescents in North-eastern Brazil. Sci Wor Journal 2014; 20 (14): 1-7. (Research Article)	School-based, Brazil	-To identify prevalence and factors associated with violent behaviours among adolescents in Aracaju and the Metropolitan region.	Quantitative study.	-For both sexes, association between violent behaviours and cigarette smoking (OR = 3.77, CI 95% = 2.06 – 6.92 and OR = 1.99, CI 95% = 1.04 to 3.81, male and female, resp.) and alcohol consumption (OR=3.38, CI95%=2.22 to 5.16 and OR=1.83, CI95%=1.28 to 2.63, male and female, resp.) was verified. -It was concluded that violent behaviours are associated with consuming alcoholic beverages and cigarettes among adolescents.
36. Hanımoğlu E. Deviant Behaviour in School Setting. J of Educ and Train Studies 2018; 6(10): 133-141. (Research Article)	School-based, Turkey.	-To examine causes and effects of deviant behaviour and identify main strategies to combat the issue.	Qualitative study	- Correction of deviant behaviours among teenagers should be carried out both by parents and professional psychologists, individual or group settings using various methods, e.g. destruction of a negative type of a character, adjustment of a motivational

				sphere and self-consciousness, stimulation of positive behaviour, etc.
37. Hendricks EA. The Influence of Gangs on the Extent of School Violence in South Africa: A Case Study of Sarah Baartman District Municipality, Eastern Cape. J of con and soc Transformation 2018; 7(2): 75-93. (Research Article)	School-based, SA.	-To explore the influence of gangs on the extent of school violence in South Africa: A case study of Sarah Baartman District Municipality, Eastern Cape.	Qualitative study	<p>-The findings revealed constantly escalating rates of sexual violence, physical violence, and vandalism on school property inflicted by gang members from both inside and outside the selected schools.</p> <p>- Mainly, the types above of violence are caused due to excessive levels of substance abuse amongst these gang affiliates.</p> <p>Therefore, it is recommended that school security be increased and that the South African Police Services frequently patrol areas in which the respective schools are located.</p>
38. Mykota DB, Laye A. Violence Exposure and Victimization Among Rural Adolescents. Can J of Sch Psychology 2015; 30(2): 136-154. (Research Article)	School based, Canada	-To examine the rates of violence exposure and the relative risk for multiple exposures among adolescent youth living in rural communities.	Quantitative study	<p>-The results confirm that adolescents who live in rural areas were frequent victims of violence exposure and that males were more likely to be the victims than females.</p> <p>Moreover, the relative risk for multiple exposures either indirectly, directly, or in combination reveals that risk amplifies in all instances.</p>

<p>39. Chen et al. Community Violence Exposure and Adolescent Delinquency: Examining a Spectrum of Promotive Factors. <i>J of Youth & Society</i> 2016; 48 (1): 33-57. (Research Article)</p>	<p>School based, USA.</p>	<p>-To examine whether promotive factors (future expectations, family warmth, school attachment, and neighbourhood cohesion) moderated relationships between community violence exposure and youth delinquency.</p>	<p>Quantitative study</p>	<p>-Results indicate that while promotive factors from family, school, and neighbourhood domains are related to lower delinquency rates, only future expectations served as a protective factor that specifically buffered youth from the risk effects of community violence exposure.</p>
<p>40. Buckley L, Chapman RL. Resiliency in Adolescence: Cumulative Risk and Promotive Factors Explain Violence and Transportation Risk Behaviours. <i>J of Yout & Society</i> 2020; 52(3): 311-331. (Research Article)</p>	<p>School based, Australia</p>	<p>-To identify associations among specific injury-risk behaviours with experience of higher cumulative risk factors and lower cumulative promotive factors (testing the compensatory model of resiliency).</p>	<p>Randomised control trial</p>	<p>-Findings showed the presence of risk factors increased the odds of engagement in unintentional and intentional injury-risk behaviour, and the presence of promotive factors decreased the odds, supporting a compensatory model of resiliency. -An interaction term of cumulative risk by promotive factors was a significant predictor in logistic regression analyses suggesting a protective-factor resiliency model also applies.</p>
<p>41. Bushman <i>et al.</i> Youth Violence: What We Know and What We Need to</p>	<p>School-based, USA.</p>	<p>-The differences between violence in the context of</p>	<p>Quantitative study</p>	<p>-Acts of violence are influenced by multiple factors, often acting together. We summarise evidence</p>

<p>Know. American Psychological Association 2016; 71(1):17–39. (Research Paper)</p>		<p>rare rampage school shootings and much more common urban street violence.</p>		<p>on some significant risk factors and protective factors for youth violence, highlighting individual and contextual factors, which often interact.</p>
<p>42. Jackson et al. A systematic review of interventions to prevent substance use and risky sexual behaviour in young people. Journal of Epidemiology & Community Health 2011; 65(1): 733-747. (Research Article)</p>	<p>School based, UK.</p>	<p>-To identify and assess the effectiveness of experimental studies of interventions that report on multiple risk behaviour outcomes in young people.</p>	<p>Quantitative study.</p>	<p>There is some, albeit limited, evidence that programmes to reduce multiple risk behaviours in school children can be effective. The most promising programmes are those that address multiple domains of influence on risk behaviour.</p> <p>-Intervening in the mid-childhood school years may impact later risk behaviour, but further research is needed to determine the effectiveness of this approach.</p>
<p>43. Gulpinar A, Savci B. Tendency to Violence in Adolescents and the Affecting Factors. Int Jour of Car Sciences 2018; 11(1): 262-266. (Research Article)</p>	<p>School based, Turkey</p>	<p>-To identify the tendency to violence and the factors affecting 9th and 10th-grade adolescents in a city located in the Eastern part of Turkey.</p>	<p>Quantitative study.</p>	<p>It is recommended that one avoid demonstrating oppressive and authoritative attitudes towards adolescents; parents/teachers should avoid committing violence and demonstrate attitudes that help adolescents express themselves comfortably.</p> <p>-Besides, the tendency to commit violence could be decreased through education programs that help adolescents learn effective problem-solving skills without resorting to violence</p>

<p>44. Yang <i>et al.</i> Physical Fighting and Associated Factors among Adolescents Aged 13–15 Years in Six Western Pacific Countries. <i>Int Jour of Env Res and Publ Health</i> 2017; 14 (11): 1-5. (Research Article)</p>	<p>School based, China</p>	<p>-To examine the prevalence of adolescent physical fighting in selected low- and middle-income countries and its relations with potential risk factors</p>	<p>Quantitative study</p>	<p>-The high prevalence of physical fighting and the associations with risk behaviours emphasise the need for comprehensive prevention programs to reduce youth violence and associated risk behaviours</p>
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COMMUNITY-BASED STUDIES

<p>45. Jomon <i>et al.</i> Management of at-risk behaviour of adolescents in India: Revisited. <i>International Journal of Management and Sciences Research Review</i>. 2015; 1(16): 1-6. (Research Article)</p>	<p>Community-based, India</p>	<p>-To review the various efforts to understand the prevalence of risky behaviour among Indian adolescents and evaluate the socioeconomic and emotional factors potentially influencing these behaviours.</p>	<p>Quantitative study</p>	<p>-The development of effective prevention and intervention strategies for health risk behaviours should include theory-driven models and hypotheses and the identification and evaluation of mediators and moderators involved in the behaviour change process.</p> <p>-This study attempts to pool together the various efforts in India in understanding health risk behaviours and behaviour change by resorting to secondary sources of information.</p>
<p>46. Van Biljon <i>et al.</i> The influence of a Diversion Programme on the Psycho-social functioning of youth in conflict with the law in the North-West Province. <i>Acta J of</i></p>	<p>Community-based, SA.</p>	<p>-To review the influence of diversions programmes among the youth.</p>	<p>Quantitative study</p>	<p>The research found an improvement within the psycho-social functioning of those who completed the diversion programme.</p>

Criminology 2011; 24(2): 75-93. (Research Article)				
<p>47. Barnert et al. Incarcerated Youths' Perspectives on Protective Factors and Risk Factors for Juvenile Offending: A Qualitative Analysis. <i>Am J of Pub Health</i> 2015; 105(7): 1365-1371. (Research Article)</p>	Community-based, Los Angeles.	-To understand incarcerated youths' perspectives on the role of protective factors and risk factors for juvenile offending.	Qualitative study	<p>-The adolescent participants described their homes, schools, and neighbourhoods as chaotic and unsafe.</p> <p>-They expressed a need for love and attention, discipline and control, and role models and perspective.</p> <p>-Youths perceived that when home or school failed to meet these needs, they spent more time on the streets, leading to incarceration.</p>
<p>48. Abinader <i>et al.</i> Trends and correlates of youth violence-prevention program participation. <i>A J of Prev Medicines</i> 2019; 56(5): 680-688. (Research Article)</p>	Community-based, USA.	-To address the elevated rates of youth fighting and violence.	Quantitative study.	<p>-Youth participation in violence-prevention programs decreased significantly from 16.7% in 2002 to 11.7% in 2016, a 29% relative decrease in participation.</p> <p>-A significant declining trend in participation over time was found across all sociodemographic subgroups examined and among youth reporting the use of violence and no use of violence in the past year.</p> <p>-Participation among black/African American youth was significantly greater than Hispanic youth, who, in turn, had significantly higher participation rates than white youth.</p>

<p>49. Ukoha E. Media Violence and Violent Behaviour of Nigerian Youth: Intervention Strategies. Nigerian Educational Research and Development Council 2013; 21(3): 230-237 (Research Paper)</p>	<p>Community-based, Nigeria.</p>	<p>-To review the result of research on the effects of media violence on youths and try to relate these to the increased exhibition violence among Nigerian youths.</p>	<p>Quantitative study.</p>	<p>-The paper recommends, among other things, that the mass media should be censored more seriously.</p> <p>-Age limits should be indicated on media programmes sold in the market.</p> <p>Parents, teachers, caregivers, and even youths should be educated on the harm of consuming large doses of violent media content.</p> <p>-Research should be done to investigate the relationship between media violence and the violent behaviour of Nigerian youths.</p>
<p>50. Atienzo <i>et al.</i> Interventions to prevent youth violence in Latin America: A systematic review. Int J of Publ Health 2017; 62(2): 15–29. (Research Article)</p>	<p>Community-based, Latin America.</p>	<p>-To summarise evidence on the effectiveness of interventions to prevent youth violence in Latin America.</p>	<p>Quantitative study.</p>	<p>-Most of the interventions had some promising results, including the reduction of homicides within communities.</p> <p>-Community-based programmes were the most consistent regarding effectiveness to prevent violence.</p>
<p>51. Brendon Duran Faraa Exploring experiences and self-explanations of antisocial offending behaviours of a group of South African emerging adults. 2018; University of Western Cape, South Africa. Master of</p>	<p>Community-based, SA.</p>	<p>-To explore experiences of a group of South African emerging adults who have engaged in antisocial offending behaviours.</p>	<p>Qualitative study</p>	<p>The findings indicated that participants invoked multiple causes and explanations and highlighted several factors that motivated their engagement in antisocial offending behaviours.</p> <p>-Moreover, participants' explanations overwhelmingly attributed their antisocial offending</p>

Psychology (Unpublished Thesis)				behaviours to external factors in the home and social spaces.
52. Mudau <i>et al.</i> Investigation of the Socio-Economic Factors that Influences Deviant Behaviours Among the Youth: A Case Study of Madonsi Village, South Africa. <i>J of Gen & Behaviours</i> . 2019; 17(1): 12630-12648. (Research Article)	Community-based, SA.	-To reveal socio-economic factors that contribute to deviant behaviours of youth and identify mechanisms to eradicate them.	Qualitative study	The study findings revealed that socioeconomic factors such as poverty, peer pressure, lack of sporting activities, and dysfunctional family negatively impact their behaviour. - It results in a situation in which they behave in the following way; abuse drugs, get involved in premarital sex, and abuse alcohol.
53. Waimaru MW. Perceived factors influencing deviant behaviour among the youth in the Njathaini community. 2013; Nairobi, Kenya. Kenyatta University Master of Science in community Resources management. (Unpublished Thesis).	Community-based, Kenya.	To determine the factors contributing to deviant behaviours among the youth aged between 15-35 years in Njathaini semi-slum.	Quantitative study	The study concludes a relationship between socio-psychological factors and deviant behaviour among the youths in the study area. In other words, there is a relationship between deviant behaviour and unemployment, poverty, lack of skills, peer influence and family influence.
54. Azmawati <i>et al.</i> Risk-taking behaviours among urban and rural adolescents in two selected districts in Malaysia. <i>J of South African Fam Practice</i> . 2015; 1(1): 1-6. (Research Article)	Community-based, Malaysia	-To compare the prevalence of risk-taking behaviour and its associated factors among urban and rural adolescents.	Quantitative study	-Parental background factors such as parents' education level, marital status, health status, and income were unrelated to risk-taking behaviour among adolescents. -The multiple logistic regression tests showed that being a male (AOR = 4.55, 95% CI = 228–9.07), inadequate number of bedrooms (AOR = 11.54, 95% CI = 1.48–

				8975), and presence of family conflict (AOR = 3.64, 95% CI = 1.49–8.89) were the predictors among adolescents for risk-taking behaviour in rural areas.
55. Barnie <i>et al.</i> Understanding Youth Violence in Kumasi: Does Community Socialization Matter? A Cross-Sectional Study. <i>J of Urb studies</i> 2017; 20 (17): 1-10. (Research Article)	Community-based, Ghana.	-To assess the causes and consequences of youth violence in the Kumasi Metropolis.	Quantitative study	-Principally, the categories of youth violence were manifested in noise-making, rape, murder, stealing, drug addiction, obscene gestures, robbery, sexual abuse, and embarrassment. -Peer pressure and street survival coping approaches emerged as the pivotal factors that induced youth violence.
56. Khoury-Kassabri M, Schneider H. The Relationship Between Israeli Youth Participation in Physical Activity Programs and Antisocial behaviour. <i>Chil and Adol Soc work Journal</i> 2018; 35(1): 357–365. (Research Article)	Community-based, Israel.	-To explore whether youth participation in sport and physical activity programs reduces their involvement in delinquent behaviours.	Quantitative study	-The findings highlight the importance of including sports programs in the interventions provided for at-risk youth and call for further investigation of the factors that may increase the benefits provided by participation in physical activity programs.
57. Boxer P. Negative Peer Involvement in Multisystemic Therapy for the Treatment of Youth Problem Behaviours: Exploring Outcome and Process Variables in “Real-World” Practice. <i>J of Clin</i>	Community-based, USA.	-The effects of negative peer involvement on case closure status and treatment characteristics in a large sample of adolescents	Quantitative study	-Findings suggest that negative peer involvement is significantly related to treatment failure, mainly when negative peer involvement is comprised of gang affiliation.

Chil & Adol Psychology 2011; 40(6): 848–854. (Research Article)		enrolled in Multisystemic Therapy services.		
58. David-Ferdon <i>et.al.</i> A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviours. 2016; Atlanta, GA: National Center for Injury Prevention and Control, Centres for Disease Control and Prevention. (Research Paper)	Community-based, USA.	-To increase public health leadership to prevent youth violence -Promote the widespread use of youth violence prevention strategies based on the best available evidence	Quantitative study	-Findings suggests that mentoring and after-school approaches can benefit youth in several ways, including reducing their risk for involvement in crime and violence. However, the evidence of effectiveness varies by model and program.
59. Mrug S, Windle M. Prospective effects of violence exposure across multiple contexts on early adolescents' internalising and externalising problems. Journal of Child Psychology and Psychiatry 2010; 51(2): 953–961. (Research Article)	Community-based, USA.	-To address the gap by examining independent and interactive effects of witnessing violence and victimisation in the community, home, and school on subsequent internalising and externalising problems in early adolescence.	Quantitative study	-Violence exposure at home and school had the most potent independent effects on internalising and externalising outcomes. -Witnessing community violence attenuated the effects of witnessing home violence on anxiety and externalising problems, perhaps due to desensitisation or different norms or expectations regarding violence.
60. De Ramos <i>et al.</i> An Assessment on the factors that influence the commission of crimes	Community-based,	-To assess the factors instigating the children in conflict with the	Quantitative study	-The results show that all the factors except external environment influence, which resulted to not at all influential, is

among selected male children in conflict with the law. J of Art and Scie Psych Research 2015; 2 (2): 149-166. (Research Article)	Philippines.	law to commit such an act.		slightly influential in the commission of the crime.
61. Khurana <i>et al.</i> Media violence exposure and aggression in adolescents: A risk and resilience perspective. Journal of Aggressive behaviour 2019; 45 (1): 70-81. (Research Article)	Community-based, Philadelphia	-To examine Black and White differences in media exposure and its effects on risk behaviours.	Quantitative study	-Targeted preventive interventions that reduce family conflict, promote parental monitoring, and reduce exposure to violent media may be effective in reducing aggressive tendencies and related adverse outcomes.

A total of 275 articles and reports were identified but after rigorous screening only 61 met the inclusion criteria. The studies were conducted between 2010 and 2020. The majority of the studies (n=13) were carried out in South Africa, United States of America (n=09), Iran (n=03), Turkey (n=03), China(n=02), Pakistan(n=02), Malaysia (n=02), Netherlands (n=02), Philippines (n=02), India(n=02),Nigeria (n=02),Ghana(n=02), Zimbabwe (n=01), Lesotho(n=01), Saudi-Arabia (n=01), Angola(n=01), Kenya (n=02), Sweden (n=01), Israel(n=01), Philadelphia (n=01),Latin America (n=01), Los Angeles (n=01),Canada(n=01), Australia (n=01),United Kingdom (n=02), Brazil (n=01), and Spain (n=01).

About (n=45) of the studies utilized Quantitative design, followed by (n=16), which used Qualitative design. Majority (n=19) of the programmes were delivered in institutions, followed by (n= 18) which are school-based programmes, (n=17) were community -based studies and lastly (n= 07) were family-based programmes.

4.1 Quality Assessment

In this study, a quality evaluation tool was used to assess the quality of selected studies in line with Rodgers Evolutionary Concept Analysis Framework [11].The included reviews' methodological quality was assessed using the AMSTAR quality assessment tool (A measurement tool to assess systematic reviews). The reports and articles were assessed for clarity in presenting antecedents, attributes and consequences of rehabilitation strategies on violent youth behaviours.

The AMSTAR tool was developed to check the quality of a systematic review and determine whether the most important elements are considered, as shown in Table 2. A Prisma checklist was also completed to ensure that the study fulfilled the expectation of the review articles.

Table 2. AMSTAR tool results on Methodological Quality (Answers: Yes, No, Can't Answer, and N/A).

AMSTAR QUESTIONS	ANSWERS	JUSTIFICATION
<p>1. Was 'a priori' design provided?</p> <p>The research question and inclusion criteria should be established before the conduct of the review.</p>	Yes	Prior to conducting the literature review, a review protocol was developed.
<p>2. Was there duplicate study selection and data extraction?</p> <p>There should be at least two independent data extractors, and a consensus procedure for disagreements should be in place.</p>	Yes	The researcher and her two supervisors reviewed the articles and reports, and a straightforward procedure was followed to reach a consensus.
<p>3. Was a comprehensive literature search performed? At least two electronic sources should be searched.</p> <p>The report must include years and databases used (e.g. Central, EMBASE, and MEDLINE). Key words and/or MESH terms must be stated, and the search strategy should be provided where feasible. All searches should be supplemented by consulting current contents, reviews, textbooks, specialised registers, or experts in the field of study and reviewing the references in the studies found.</p>	Yes	The review has focused on quantitative and qualitative studies and reports obtained from GOOGLE SCHOLAR, SABINET, SAGE, EBSCO and SCIENCE DIRECT. Key words and search strategy were also taken into consideration.
<p>4. Was the status of publication (i.e. grey literature) used as an inclusion criterion?</p> <p>The authors should state that they searched for reports regardless of their publication type. The authors should state whether they excluded any reports (from the</p>	Yes	The inclusion and exclusion criteria are fully described, and only studies written in English were included in this study.

systematic review) based on their publication status, language etc.		
<p>5. Was a list of studies (included and excluded) provided?</p> <p>A list of included and excluded studies should be provided.</p>	No	The list is only provided for included studies but can also be available for excluded studies.
<p>6. Were the characteristics of the included studies provided?</p> <p>In an aggregated form such as a table, data from the original studies should be provided on the participants, interventions and outcomes. The ranges of characteristics in all the studies analysed, e.g. age, race, sex, relevant socioeconomic data, disease</p>	Yes	These were summarised as Tables 1-3 that summarised the literature contributions according to three of Rodger's characteristics: antecedents, attributes, and consequences.
<p>7. Was the scientific quality of the included studies assessed and documented?</p> <p>'A priori' assessment methods should be provided. For example, effectiveness studies, if the author(s) chose to include only randomised, double-blind, placebo-controlled studies, or allocation concealment as inclusion criteria); for other types of studies, alternative items will be relevant.</p>	Yes	These were assessed using the 14-point quality assessment tool and Rodger's Evolutionary Conceptual Framework.
<p>8. Was the scientific quality of the included studies used appropriately in formulating conclusions?</p> <p>The methodological rigour and scientific quality results should be considered in the analysis and the conclusions of the review and explicitly stated in formulating recommendations.</p>	Yes	The included studies were guided and met Rodger's Evolutionary conceptual analysis framework requirements.
<p>9. Were the methods used to combine the findings of studies appropriate?</p>	N/A	The review had a guiding conceptual framework; therefore,

<p>For the pooled results, a test should be done to ensure the studies were combinable, to assess their homogeneity (i.e. Chi-squared test for homogeneity, I²). If heterogeneity exists, a random-effects model should be used and/or the clinical appropriateness of combining should be considered (i.e. is it sensible to combine?).</p>		<p>the combination of articles was guided by this framework.</p>
<p>10. Was the likelihood of publication bias assessed? An assessment of publication bias should include a combination of graphical aids (e.g. funnel plot, other available tests) and/or statistical tests (e.g. Egger regression test).</p>	<p>N/A</p>	<p>Rodger's Evolutionary Concept Analysis framework guided the review. However, limitations of this systematic review are presented.</p>
<p>11. Was the conflict of interest stated? Potential sources of support should be acknowledged in both the systematic review and the included studies.</p>	<p>Yes</p>	<p>The author declared that she did not have any conflict of interest.</p>

4.2 Timeline

The literature search was done from January 2020 to May 2020. Quality appraisal then followed in June, and data extraction, synthesis and writing up was done between March and July 2020.

4.3 Outcome of Quality Assessment Tools

The articles selected in this systematic review were subject to a 14-point quality assessment tool and met the minimum standard required. The reports and articles were assessed for clarity in presenting antecedents, attributes and consequences of Rehabilitation strategies on violent youth behaviours. The AMSTAR tool was developed to check a systematic review's quality and determine whether the most critical elements are reported. These findings are presented in Table 2.

5 Definition of Violent Behaviours

Violent behaviour is defined as conduct un-approved by society, which means that such behaviours vary from one society to another. In addition, this author alludes that, in most countries, young people constitute both the majority of perpetrators and victims of violence and offence and violence prevention measures with a strong focus on youth have a great

potential to reduce violence and offences rates across society. The prevention efforts can reduce youth's susceptibility to violence and crime by addressing the root causes of youth violence and strengthening young people's resilience to risk factors [12-14].

5.1. Antecedents, Attributes and Consequences of Rehabilitation strategies with violent youth behaviour.

5.1.1 Antecedents

In this study, the antecedents that influence violent youth behaviours reported in the literature were: Family structure, Increased bullying resulting from the gang, and gender and environmental factors. Literature sources reporting these antecedents are summarised in Table 3.

Table 3. Summary of critical Antecedents, Attributes and Consequences of Rehabilitation programmes with violent youth behaviours.

Key Antecedents factors	Supporting literature
Family structure	[15, 16]
Increased bullying as a result of gang	[17, 18]
The influence of gender and environmental factors	[19-22,23]

Summary of critical Attributes of Rehabilitation programmes with violent youth behaviours

Key Attributes factors	Supporting literature
Motivation	[24]
Contextual differences	[24]
Transformation	[15]
Opportunity	[15]
Ineffectiveness	[25]

Summary of crucial Consequences of Rehabilitation programmes with violent youth behaviours

Key Consequences factors	Supporting literature
Incompletion of Youth Rehabilitation programmes	[26, 27,23]
Low-income family involvement in youth programmes	[28,29]

5.1.1.1 Family Structure

Family is regarded as the first institution in which an individual interacts. Most studies have found that children from broken families are more likely to deviate than intact families [15]. This author adds that violent behaviour is likely an outcome, especially when children continuously witness dysfunctional behaviour displayed by authority figures that they trust, especially if it is not sanctioned or punished. Moreover, parenting serves the role of a root

mechanism through which children learn appropriate and inappropriate behaviour as they come to understand the roles and norms of the communities[15].

Mambende *et al.* [16] add that family-related risk factors include poor parenting skills, family disruption, low attachment to parents and parents or relatives with criminality or substance abuse problems. These findings are supported by World Youth Report, which claimed that dysfunctional family settings characterised by conflict, inadequate parental control, and weak internal linkages are closely associated with juvenile delinquency.

5.1.1.2 Increased Bullying as a result of Gang

Magidi *et al.* [17] highlight that gang presence increases the culture of violence and bullying and increases the victimisation and bullying of both learners and teachers. A report published in the New York Times supports the above statement by reporting that 4,5% to 7,5% of the students in the USA carry some weapon with them to school. The authors also confirm that using a variety of weaponry by gangsters in schools, such as guns, knives, bottles, and sharpened pencils, is used to threaten and control other learners [18].

The same authors further highlight that the availability of weapons in schools has a psychological effect on non-gang learners. As a result, they are conditioned to believe that violence is the way to resolve specific problems. In addition, these authors believe that gang behaviour, such as responding to insults and offences through violence and carrying of weapons, leads to the normalisation and justification to carry weapons by everyone, including non-gang affiliated learners [18].

5.1.1.3 The influence of Gender and Environmental factors

One study has reported a higher frequency of physical fighting among boys than girls. This finding is in line with other studies that argued that boys engagement in occasional fighting might be because of the potential influence of gender norms on the involvement in physical fighting. However, the same study demonstrates that girls are more likely to fight in intimate relationships, whereas boys fight with strangers [19-22]. It is revealed that community disorganisation, economic inequality and relative deprivation, high unemployment rates and the availability of alcohol and drugs in the neighbourhood may contribute to violent behaviour. This implies that the environment in which youth are reared can influence tendencies towards delinquency [23].

5.1.2 Attributes

Violent behaviour attributes obtained from the literature are Motivation, Contextual differences, Transformation, Opportunity, and Ineffectiveness. Literature sources reporting these attributes are summarized in Table 3.

5.1.2.1 Motivation

Literature reports that youth with multiple characteristics are at greater risk for termination of programmes. The number one reason for this termination is non-participation in intervention services; thus, more incredible support is needed to ensure retention and successful programmes [24]. In Rehabilitation Strategies (RSs), the treatment options seem limited for violent delinquent youth, and a need exists for more research to create models of practice for working with such youth.

5.1.2.2 Contextual differences

While the barriers and enablers to youth violent rehabilitation programmes were applicable in different societies, the literature reveals several contextual differences, including age, gender, culture, mode of delivery, financial resources, and services location.

These contextual elements are important factors to consider when designing rehabilitation interventions in different countries [24]. Collective intervention is needed to address different societal values and differences.

5.1.2.3 Transformation

Literature also highlights that if parents can participate meaningfully in rehabilitation programs to transform their children's offending behaviour, they can learn about the contribution of specific home and family circumstances to their children, particularly in criminal activities [15].

However, it is reported that in the absence of parents/guardians to constrain this behavioural expression carefully, adolescents' deviant behaviour may progress to delinquency. Once parents are alerted to their children's behaviours by the criminal justice authorities, they take things personally instead of finding good ways of resolving conflict [15].

5.1.2.4 Opportunity

Due to high-risk behaviour in youth correctional centres, such as gang activities, inmates' affiliates to various gangs occurs to protect themselves against possible violations from other inmates. As a result, some young people continue to display antisocial behaviour even after being exposed to diversion programmes due to a shortage of staff members to monitor them in the institutions [25]. Follow-up services and tracking the young people during their reintegration into their communities would discourage young individuals from sliding back into anti-social behaviour.

5.1.2.5 Ineffectiveness

Due to different perceptions among the parents/guardians of the youth and the youth regarding the refusal of participating in family group conferencing, the programme becomes ineffective. In some cases, the parents did not seem to be ready to forgive the young offenders.

Some young offenders attend rehabilitations programmes only to avoid prosecution, and such individuals have a negative attitude and are challenging to deal with [25]. Literature also highlights that it is problematic and challenging to work and achieve the intended goals with young offenders who can avoid prosecutions. As a result of these negative attitudes, the same young offenders will likely find themselves back in the centres in no time [25].

5.1.3 Consequences

This study reports the consequences of these antecedents and attributes in Table 3: Incompletion of youth intervention programs and low-income family intervention programmes.

5.1.3.1 Incompletion Of Youth Rehabilitation Programmes

Literature reports that youth with more delinquency characteristics were less likely to complete the diversion program. It highlighted a need for a thorough assessment of family distinguishing socio-demographic and delinquency characteristics that contribute to violence and individualising treatment [26]. Diversion refers to the referral of youth offenders away from the criminal courts when appropriate, and it serves various purposes. These include encouraging the youth to take responsibility for their actions, allowing victims to express their views on the harm that the offender caused, and advocating reconciliation between the offender and the victim [27].

Studies highlight that youth with multiple delinquency characteristics are at the most significant risk for programme termination. There is a need for them to be connected to services that meet their individual needs for diversion to be successful. Terminated youth perpetrators have a history of more violent arrests, use more substances, and are more likely to skip schools than those who complete the programmes [23].

The number one reason for termination from the programme was non-participation in the intervention services. Thus, greater support is needed for those youth with multiple delinquency characteristics to ensure retention and successful completion of the programme. Treatment options seem limited for violent delinquent youth, and a need exists for more research to create models of practice for working with such youth. Furthermore, curricula and intervention components should be established based on data collected from research that examines programme participants [23].

5.1.3.2 Low Income Family Involvement in Youth Programmes

Studies conducted by [28, 29] stated that certain types of parenting increase the likelihood of a child committing offences. Poor parental supervision is usually the strongest and most replicable predictor of offending based on the child-rearing methods.

These authors further revealed that children who are not provided with support and authoritarian parents who tend to emphasise rules and harsh consequences also increase the probability of children returning to violent activities. It is paramount during the rehabilitation process that parents or guardians are involved in supporting their children at all costs. And it is also essential for parents or family members to foster family cohesion, unity, and good parenting styles to combat youth violence behaviour [29].

6. DISCUSSION

6.1 Conceptual Framework

The conceptual framework based on the findings of this study will be presented in Fig. 2 as a summarised model. In addition, the model also includes the proposed strategies found in the literature that are aimed at improving violent youth behaviours.

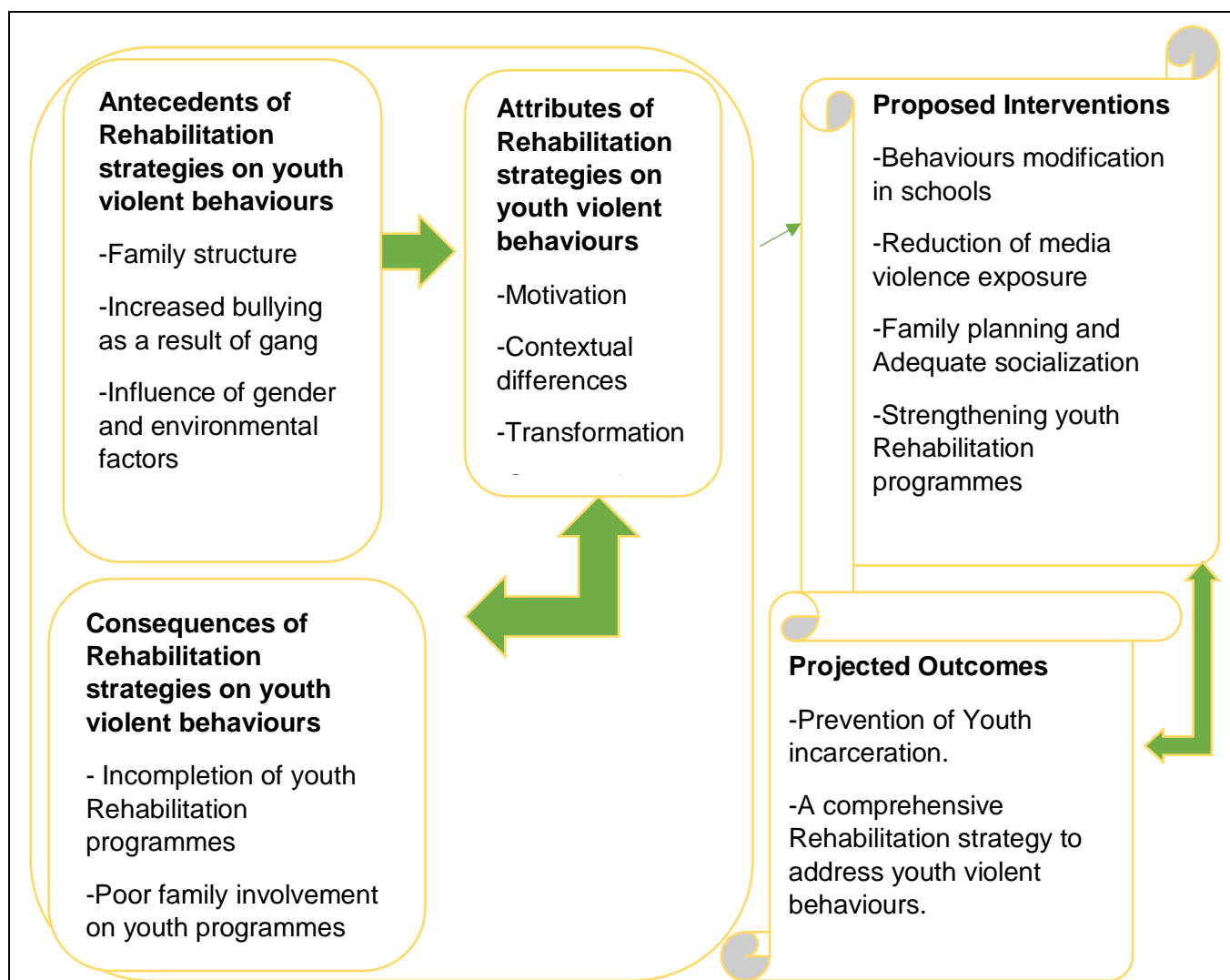


Figure. (2). Conceptual Framework of Rehabilitation strategies and violent youth behaviours as informed by findings.

6.2 Proposed Strategies to prevent violent youth behaviours

6.2.1 Behaviour Modification in Schools

According to David-Ferdon *et al.* [2], school violence is preventable. Learners' academic success and social well-being are a product of safe and supportive school and home environments, including healthy social relations. Since the children spend approximately half of their day at school, the schools also serve as the most crucial socialising environment after the home. Violent behaviour is associated with alcohol and cigarette consumption. Intervention in the school environment should be implemented, either in the continued preparation of teachers or in the development of curricula where these issues comprise the day to day lives of students.

Furthermore, it was stated in the same literature that the school-based behaviour modification and intervention programmes designed with inputs from all stakeholders such as community structures, parents, educators, learners, and union representatives should be introduced in all schools and at all phases [30,17].

6.2.2 Reduction of Media Violence Exposure

Media violence exposure is associated with aggressive outcomes in youth and adolescents. The portrayals of violence in TV and movies are often unrealistic, associated with rewards and negative consequences, reinforcing observational learning making youth more likely to engage in similar actual life behaviour [31]. Literature reports that using active mediation strategies such as discussion of media content to understand the values better can have a protective influence on aggression by contextualising what children watch.

Zhang *et al.* [22] highlight that with the rapid development of the film industry, various violent movies indicated that numerous adolescents got easy access to violent movies in their daily lives. Thus, they are prone to forming aggressive cognition, attitude, and violent behaviour based on their brain plasticity from a developmental perspective. The same study suggests that media violence exposure is a significant risk factor for aggression in adolescents and operates with other risk factors. Targeted preventive interventions that help reduce exposure to violent media content, strengthen self-regulation, and promote parental monitoring could reduce adolescents' aggression and related adverse outcomes [22].

6.2.3 Family Planning & Adequate Socialisation

Family planning results in few children being born in families, and as a result, parents, single or married, can rear their children adequately to prevent the development of criminal personality [15]. Furthermore, family planning prevents the adherence to traditional customs encouraging most women and men to give birth with limited or few financial resources.

The same author also suggests that policymakers should emphasise family planning, parenting programmes and parental involvement in children's activities combined. These strategies will prevent violence and contribute to the financial growth of families [15].

6.2.4 Strengthening Youth Rehabilitation Programmes

The literature argues that diversion involves the referral of the youth offenders away from the criminal courts when appropriate, and it serves various purposes. These further include encouraging the youth to take responsibility for their actions, allowing victims to express their views on the offenders' causes, and advocating reconciliation between the offender and the victim [32]. Diversion programmes give young people a chance to avoid criminal records while at the same time teaching them to acknowledge responsibility for their actions. As a result of these programmes, the youth involved in criminal activities turn into advocates and role models of positive behaviour to other young people.

Mantey and Dzetor [4] highlight that religion appears to be an important tool in the rehabilitation of the inmates, especially in guidance and counselling. It is established that counselling is an essential tool used in bringing discipline among juvenile delinquents in the rehabilitation process. It gives them the confidence to believe that there are people who care about them. These young people play an essential role in helping to encourage and guide other young people to avoid being caught up in criminal activities.

Furthermore, the resources and effective diversion programmes create an appropriate opportunity environment and life skills that address young people's educational, vocational and emotional needs against the law [16]. In addition, these diversion programmes play a significant role in the life of the youth in conflict with the law by transforming and giving them hope for a brighter future. However, while the role of religion in the rehabilitation process cannot be over-emphasised, there should be some level of professionalism.

This study further reported that many of the inmates perceived the process of their incarceration as a form of humiliation and societal rejection, which made them feel like criminals rather than the persons meant for reformation. It was further stated that several juvenile inmates had developed a negative attitude towards the correctional home despite the efforts by caretakers to make it as close to home as possible [4].

7. STRENGTHS AND LIMITATIONS OF THE STUDY

In this study, one of the strengths is that the authors were able to identify and examine all systematic reviews related to youth rehabilitation programmes from 2010 to 2020. It was possible because of the indicated online access to the relevant issues of the Journals.

The simplicity of the design and application of the AMSTAR tool was important because it made it quick and easy to use. The study is limited because the sampled participants were from only two child and youth care centres. Thus, the findings cannot be generalized among all the youth in other CYCC's in South Africa and worldwide.

8. CONCLUSION

Youth violence is a significant public health problem that usually contributes to the premature death of thousands of young adults each year. In this study most of the systematic reviewed studies conducted were school based. This study concludes that the rehabilitation programmes among the youth worldwide are a holistic approach that should be embraced. The proposed intervention strategies in this study serve to reinforce and strengthen this holistic approach to improve on the goals of rehabilitation. Globally most studies, including this one, have reported that the family structure does play a considerable role in violent behaviours in the youth. The relevant training among the youth and their parents/guardians is crucial and can be regarded as an effective rehabilitation programme.

In addition, the relevant resources needed to promote effective rehabilitation programmes among the youth are inadequately provided for; still, if more resources are available, this might reduce the violent behaviours among the young individuals, and re-offending can also be minimized. Health policymakers and administrators must know what media young people are consuming. The best way to do this is to watch, play and listen attentively to the media youth consume. Moreover, it is paramount for other professionals who work with youth to suggest to their parents/guardians proper monitoring of their children's activities.

The tremendous positive news is that youth violence is preventable. During this study, a gap was identified that no publications or sources addressing detailed strategies used to prevent violent behaviours among the youth in South Africa /Africa were found. Some of the studies found were not evaluated to find out the outcome of improving the prevention and rehabilitation of violent youth behaviours. All studies that have outcomes were conducted in developed countries. Significantly, a lot of material is available on preventing violent youth behaviours in institutions, families, schools and communities. This suggest that there are no known studies conducted on the intervention strategies to improve rehabilitation of violent youth behaviours in the Limpopo Province of South Africa.

ETHICS APPROVAL AND CONSENT TO PARTICIPATE

This study is part of PhD studies at the University of Venda. Permission to conduct this review was granted by the University of Venda Research Ethics Committee (Ethics number: **SHS / 20 / PH / 15/ 0707**)

CONSENT FOR PUBLICATION

Not Applicable

STANDARDS FOR REPORTING

PRISMA guidelines and Rodgers concept analysis framework

FUNDING

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CONFLICT OF INTEREST

The authors declare no conflict of interest, financial or otherwise.

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Chapter Three

Contributing Factors in Violent Youth Behaviours: A Study in the Limpopo Province, South Africa.

This chapter has focused on the contributing factors in violent youth behaviours: A study in the Limpopo Province, South Africa. The chapter resulted to a publication of a research article in accredited peer- review Journal.

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RESEARCH ARTICLE

Abstract

Background: Violent behaviour in youth is regarded as a significant public health problem associated with severe physical and psychological consequences. Despite the availability of rehabilitation programmes rendered at child and youth care centres (CYCC's) in the Limpopo Province, South Africa, there is an escalation and repetition of violent behaviours among the youth due to some underlying socio-economic factors.

Objective: The study sought to explore and describe the factors contributing to violent behaviours among the youth.

Methods: A qualitative, explorative, and descriptive research design was used. A non-probability, purposive sampling method was used to select participants in this study. The study population consisted of youth, from the age of 15-20 years old, who were admitted to the child and youth care centres due to violent behaviours. Focus group discussions and in-depth individual interviews were used to collect data from participants. A semi-structured interview guide and focus group discussion guide were used to collect data until data saturation which occurred after interviewing 48 participants.

Data were analysed following Tesch's open code data analysis technique. Measures to ensure trustworthiness and ethical principles were adhered to.

Results: Two themes emerged from the analysed data, namely, the socio-economic factors contributing to violent behaviours among the youth in CYCCs and the effectiveness of rehabilitation programmes for violent youth behaviours in CYCCs. Six sub-themes were derived from the two main themes. The home environment, the influence of delinquent peers, availability, and misuse of drugs and alcohol were most cited as the factors contributing to violent behaviours among the youth in CYCCs in the Limpopo Province. The study's findings revealed that youth had little knowledge of the impact that violent behaviour has on the victim, themselves, their families, and society.

Conclusion: Rehabilitation programmes for violent behaviours among the youth will have better outcomes by involving the youth's family, especially the parents/guardians. Also, the child and youth care centres and youth violence policymakers need to emphasise family education as one of the most crucial violence prevention strategies in vulnerable youth.

Keywords: Child and youth care centres, drugs and alcohol, home environment, peer pressure, violent behaviour, youth.

1. INTRODUCTION

The home environment and society have a vital role in the prevention of violent behaviours among the youth. Violent behaviour and delinquency among youth have become a significant global public health issue. They are regarded as behaviours that do not fit into the established rules of a group of individuals or society. Moreover, young peoples' violence is considered a public health challenge with harsh and long-term effects on physical, mental, and social health [1-3]. The child and youth care centers (CYCCs) provide residential care and protection to vulnerable children whose lives are presumed to need care in the Children's Act no.38 of 2005. In addition, the Act specifies other factors that influence the need for care in these centres, including uncontrollable or violent behaviours among the youth and adolescents below the age of 21 for rehabilitation [4].

However, rehabilitation is defined as a set of measures that assist individuals who experience or are likely to experience difficulties in achieving and maintaining optimum functioning in interaction with their environments [5]. Rehabilitation programmes at CYCCs are important because they aim to prevent violent behaviours by assisting young people to become equipped with the necessary skills and competencies to manage themselves and successfully reintegrate into society. The home environment has been reported globally in several studies to contribute to violent behaviours in youth.

Positive parenting provides a healthy base for successful child development and transition from one developmental phase to another. Furthermore, when parental strategies are ineffective and fail to promote positive outcomes in their children's problems, behaviours arise that have a severe and long-lasting effect on maturing youth and young individuals. The parent-child relationship quality has a significant impact on the prevention of behavioural problems and their development. Youth are more likely to develop good behaviour when parents provide warmth and support appropriately, monitor behaviour, and practice discipline in non-coercive ways [6,7].

Parents who are unable to instill proper discipline in their children contribute to their disruptive behaviours. However, healthy parenting behaviours, such as spending quality time with young adults, monitoring their activities, school activities, and providing them opportunities to disclose their challenges, prevent them from participating in violent activities. Moreover, broken families and those with inappropriate parenting practices that open disciplinary borders can lead to violent behaviours amongst the youth [8-9]. For some time now, it has been known that young people succumb to violence at much higher rates than their adult counterparts. Much of the violence they experience occurs within the school environment, a context where they usually spend a substantial amount of their time [10].

Studies conducted by Haveripeth, Kaur, and Niwas [11, 12] in the United States of America and India indicated that the school environment is learners' first experience outside their home setting. The home environment and the environmental factors such as the influence of delinquent peers and the availability and misuse of drugs and alcohol were also found worldwide to be crucial factors contributing to violent youth behaviours. As a result, young people acquire various attributes that negatively impact their lives. However, violent behaviour among the youths that lack parental supervision is considered a social problem that affects families, communities, and societies.

In addition, lack of discipline in the home, a lack of parental monitoring, a large family size, associations with other delinquency, drug or alcohol abuse, and the criminal behaviour of parents and siblings were considered to be factors contributing to violent youth behaviour [11,12]. Studies conducted in South Africa and Zimbabwe also highlighted that those young people who abused drugs were more likely to engage in violent behaviours, such as physical fights with others and the most extreme health effects of illicit substances related to death. Moreover, violence is a severe problem, especially in public schools, regardless of the teachers or curriculum, making it difficult for students to learn.

The studies reported that although violent behaviour among the youth also occurs at other places, it is most common in schools where youth and adolescents spend most of their time [13-14]. A study by Singh and Steyn [8,15] outlined that both teachers and learners have become aggressive youth targets. The impact of this violent behaviour is that victims may display feelings of helplessness, humiliation, disappointment, poor self-concept, low self-esteem, and depression. As a result, the school environment also plays a vital role in learning and socialisation. The authors of this study believe that schools offer a safe environment in which authentic learning and development can take place.

Youth at high risk of violent behaviours usually come from dysfunctional homes characterised by various factors such as poverty and unemployment, parental conflicts, harsh punishments, and abuse, which are primarily out of their control. Due to poverty, the family members are often involved in quarrels, negatively impacting the children's minds. However, in order to be relieved from the family crisis, young individuals spend most of their time outdoors with their friends, who gradually influence them to become involved in criminal activities [16].

There are two CYCCs in the Limpopo Province, providing rehabilitation programmes among the youth with violent behaviours. Nevertheless, there is an escalation or repetition of violent behaviours due to environmental factors. Moreover, most youths with violent behaviours are involved in violent behaviours due to their peers' influence. By spending much time together, it is easier for them to adopt and repeat their peers' behaviours. Peer influences among the youth include a social pressure on them to adopt certain types of behaviour, dressing style, or attitudes to be accepted as part of a group, and these factors affect them both positively and negatively. Peers can easily influence an individual to feel pressured into doing something that they would not normally do due to the desire for approval and acceptance [17,18].

Therefore, this study explored the factors contributing to violent behaviours among the youth in CYCCs in the Limpopo Province, South Africa. Even though there are two child and youth care centres in the Limpopo Province rendering youth with violent behaviours, the participants believe that the escalation is due to unchanged socio-economic factors that young people are exposed to daily. This study explains the challenges faced by the youth adhering to the rehabilitation programmes that they have learned at the centres. No such study in the Limpopo Province has been attempted before. It is hoped that this study will contribute to the education of the youth on the impact of violent behaviours on the victim, themselves, their families, and society.

2. METHODS

A qualitative, explorative, and descriptive research design was used to explore and describe the factors contributing to violent youth in CYCCs in the Limpopo Province, South Africa.

2.1. Study Setting

The study was conducted in CYCCs in the Limpopo Province, South Africa. The Limpopo Province of South Africa, one of nine provinces, is stationed on the Northward part of the countryside and borders Botswana to the West, Zimbabwe to the North, and Mozambique to the East. It has a high unemployment rate among young people. It is predominantly rural and one of the most underdeveloped areas in South Africa. The reasons for the increase in unemployment in this province are numerous, but the main one is that the formal sector of the economy has not created enough job opportunities for its growing labour force [19].

2.2. Study Population and Sampling

The study population was youths in CYCCs in the Limpopo Province, South Africa, sentenced for different offences. The target population consisted of youth between the ages of 14-20 years who were in the process of being rehabilitated for violent behaviours. The inclusion criteria were that youth should have committed violent activities and been at the centre during the study period. Purposive sampling was used to select the child and youth care centres in Limpopo Province because they were only two in the province. Therefore they were all included in this study. Data saturation occurred after interviewing 48 participants through focus group discussions and in-depth individual interviews.

2.3. Data Collection

Data was collected through in-depth individual interviews and focus group discussions (FGD). Five FGDs comprising 5-8 members were conducted, and the number of FGDs was determined by data saturation. In-depth individual interviews were conducted as a follow-up to participants who committed serious crimes such as rape and murder, and data saturation occurred after interviewing eight participants. The languages preferred by the participants were used during data collection, such as English, Tshivenda, Sepedi, Setswana, and Xitsonga. The researchers were fluent in Tshivenda and English, and they were assisted by two research assistants who were well versed in the other indicated languages. The researchers asked one central question to all participants: "*What are the factors that contributed to your violent behaviour?*" The broad question was then followed by probing questions which were guided by the participant's responses.

The interview schedule was semi-structured, allowing the youth to speak freely about the factors that led to their violent behaviours. Before the interviews, written consent was obtained from all participants above the age of 18. For participants below 18 years of age, approval was given by the managers of the two institutions. In addition, permission to use a voice recorder was obtained, and recordings were transcribed verbatim and translated into English. The interviews were conducted in a private room and lasted for 30-45 minutes. The researchers also used other data collection procedures such as making observations and taking field notes. The initial question was followed by probing as a communication skill that elicited more information from the participants, as De Vos et al. [20] outlined. Data were collected until data saturation was reached, as Babbie [21] postulated.

2.4. Data Analysis

The narrative data from the in-depth interviews were analyzed qualitatively using Tesch's open coding technique as outlined in Botma *et al.* [22]. The method included the following steps: the researcher read carefully through all the transcripts to understand the whole. After the completion of all transcripts, a list of similar topics was compiled. Two themes and their sub-themes emerged, and field notes were coded and categorized. Finally, a literature control was done to contextualize the results of the study in the existing literature.

2.5. Data Quality

The criteria for ensuring trustworthiness as outlined by Lincoln and Guba were observed [23]. Credibility was ensured by prolonged engagement to build a rapport with the participants. Credibility was also provided through direct quotes from the study participants. The researchers contacted participants during the appointment-making session, the information session, and data collection. Referential adequacy was achieved by taking notes to record findings that provided a suitable record and the use of a voice recorder. The researchers identified themes and their relationships, and the sub-themes that have emerged after codes were identified and grouped. Thick descriptions of research methodology ensured transferability. To validate the truth and to confirm the results, a member check was also conducted. The themes were compared, and differences were discussed until a consensus was reached, as outlined by Brink *et al.* [24].

2.6. Ethical Consideration

Permission to conduct the study was obtained from the Limpopo Provincial Social Development Department and the managers of the institutions before conducting the study. The participants were provided with the necessary information regarding the purpose of the study.

Their rights to confidentiality and privacy were observed throughout the study. Ethical clearance number SHS/ 20/ PH /15/0707 was obtained from the Research Ethics Committee at the University of Venda. Written consent was obtained from all the interviewed participants. The participants were not exposed to any form of injury or maltreatment, and their taking part in the study was voluntary. The participants were informed that they could withdraw from participation at any time and that no remunerations were to be provided for being part of the study. In order to ensure anonymity, codes were used instead of participants' names.

3. RESULTS

Many irrational behaviours can be explained by realising that human beings do not simply attempt to maximise the instrumentality of their actions to achieve a particular goal. But instead “deliberately choose suboptimal, less instrumental means for achieving their goals because that type of choice helps keep their lives interesting” ([25]; page 105). Simandan [26] outlines that individuals learn from their living environments and become wiser than their earlier selves despite the inherent ambiguities of their positionality and the situatedness of their knowledge claims. The author criticized referring to others as either wise or fools and argued instead for an underlying behavioural continuum (analogue distinction) from foolishness to wisdom.

The study results indicated that socio-economic factors contributed to violent behaviours among youth in CYCCs in the Limpopo Province, South Africa. The findings also highlighted aspects that could be addressed for the effectiveness of the rehabilitation programmes rendered at the centres (Fig. 1).

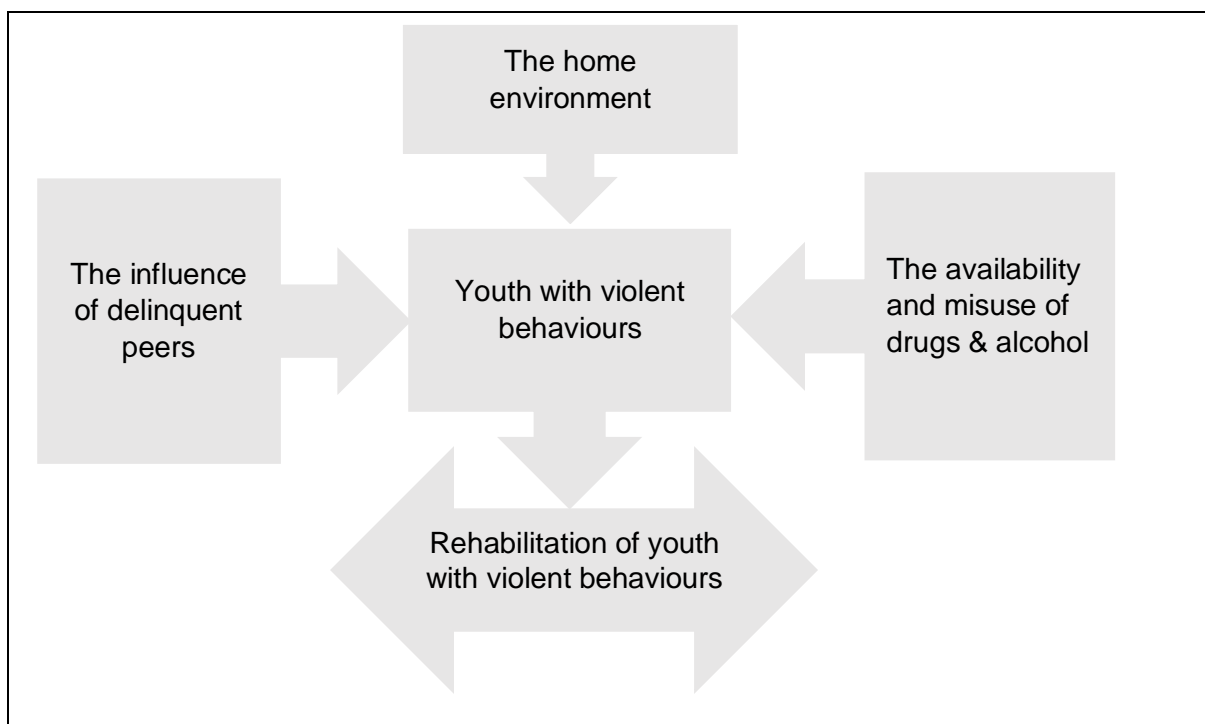


Figure 1: Socio-economic factors contributing to violent youth behaviours

In discussing the themes and sub-themes, quotations and relevant literature were used to emphasize the results. The two themes and sub-themes are presented in Table 1. The following is the demographic profile of youth with violent behaviours in CYCCs in the Limpopo Province, South Africa.

3.1. Demographic Profile of Youth with Violent Behaviours

The study participants' ages ranged from 14 to 20 years old. Forty were males, with only 8 females. The findings revealed that in terms of academic levels, 44 of the participants in children and youth care centres ranged from grade 9 to 12. The highest qualification held by the other four participants was AET level 4 (Adult education training). Regarding the violent activities committed, out of 48 participants interviewed, 14 committed murder, 1 attempted murder, 14 rape, 5 house-breaking, 4 robberies, 4 theft, 3 shoplifting, and 3 common assaults. Furthermore, 30 participants were at the centres for the first time, 14 for the second time, and 4 for the third time, but for different offences. Forty-six of the study participants were classified as black, and 2 as white. Eight of the participants' home language was Tshivenda, 12 Xitsonga, 22 Sepedi, 3 Setswana, 1 English, 1 Afrikaans, and 1 was Shona.

3.2. Theme 1: The socio-economic factors contributing to violent behaviours among the youth in CYCCs

Table 1: Themes and sub-themes on socio-economic factors contributing to violent behaviours among the youth

Main-Theme	Sub-Themes
1. The socio-economic factors contributing to violent behaviours among the youth in CYCCs	1.1. The home environment 1.2. The influence of delinquent peers 1.3. The availability and misuse of drugs and alcohol
2. Effectiveness of rehabilitation programmes for violent behaviours youth in CYCCs	2.1. Improvement of the home environment 2.2. Avoiding the influences of delinquent peers 2.3. Avoiding the misuse of drugs & alcohol

The two themes that emerged from data analysis were socio-economic factors that contributed to violent behaviours among the youth and the rehabilitation aspects on preventing violent behaviours. Sub-themes that emerged from two themes were the home environment, the influence of delinquent peers, and the misuse of drugs and alcohol.

3.2.1. Sub-Theme 1: The home environment

During the interviews, the home environment characterized by family conflicts, harsh punishments, poverty, and parents' unemployment does contribute to violent youth behaviours.

However, the youth indicated that when parents are directly involved in their children's lives and activities, they are more likely to open up on pertinent issues affecting their lives. Participants also stated that they believe that consistent guidance and love by their parents/guardians and other family members can positively adjust to life. The following sentiments were expressed by participants:

"Mmm, I think that family conflicts and bullying does contribute to violent behaviour because as a child, I might feel unloved and having no sense of belonging. You will be abused all the time by the person who should always protect you, I regard my uncle as a father, but in my case, it was different."

"I was always fighting with my uncle at home because he used to "bully" me by telling me that I am ugly and not good enough. I ended up fighting for myself, and then there was this day when he was starting to "bully me" I took a knife and killed him....I was protecting myself because he usually does his things when I was alone with him when I told my siblings' no one uses to believe what I say." (Participant 1: 18-year-old female)

Participants further reported that bullying, family conflicts, and harsh punishment appropriately solve some problems. As a result, children from such homes tend to develop violent behaviours due to learned behaviour.

"I used to hang out with my friends at the streets and shops due to the situation at home. My parents used to fight in front of us, the children. As a result, I decided to spend most of my time outside. I got friends who were not afraid of stealing at the shops, and I decided to take their path as it feels incredible, and I always have most of the things I wanted because my parents could not provide for me."

"I knew that the life that I was living was not good, but I was unable to get out of it, and one day I got caught, and I was taken to this place." (Participant 3: 16-year-old female)

"Mmm, I would say that my parent's poor parenting skills have contributed to my violent behaviour because they were always fighting as they used to abuse substances, and they didn't want to listen to us as their children. I used to hang out

with my friends in the street, and they didn't even bother to find out where I was even at night."

*"It's tough, you know.....and hanging out with friends outside is the only solution."
(Participant 4: 15-year-old male)*

"Eeh, I think having parents who are always fighting and not guide you as a child on what is right or wrong does contribute to violent behaviours. My parents were too lazy to work for us, and I was the one to makes sure that my younger sisters have food on the table."

"I used to have friends who would teach me how to make money fast by stealing from other people at the shops, and I was arrested for shoplifting with my friends, and I was then taken to this place." (Participant 5: 16-year-old male)

"Eeh, my father was an alcoholic who used to abuse us physically. He will come home and start to shout and beat us, including my mother, and he cannot provide for our basic needs. As a child growing up, I didn't want to see my mother crying and struggling to provide for us alone, so I ran away."

"My mother was struggling financially, and she used to wash other people's clothes so that we could have food on the table." I dropped out of school thinking that I would get a piece job and assist my mother to raise my younger siblings." I ended up being with the friends who influenced me badly and didn't think of the consequences. I hate my father for putting us in this bad situation, and I ended up being at the centre for theft." (Participant 7: 17-year-old male)

3.2.2. Sub-Theme 2: The influence of delinquent peers

The influence of delinquent peers was reported frequently as a factor contributing to violent behaviours among the youth in CYCCs in the Limpopo Province. The majority of the participants stated that peer pressure had influenced them significantly, causing them to be involved in criminal activities. These young people indicated that they needed acceptance from their peers more than their parents or close relatives to find a sense of commonality or common ground. Furthermore, the participants highlighted that they used to admire and respect their delinquent peers and needed a sense of belonging without realising the consequences of being involved in violent activities. It was confirmed by five participants:

"Eeh, peer pressure has contributed to my violent behaviour because I used to have delinquent friends at school who influenced me to violent activities like fighting

with other learners and bullying them by taking their pocket money and lunch boxes.

"I was part of the gang in the community, and I joined it because I wanted to be protected and have a sense of belonging."

"Yoh, I used to like fights at school and in the community, and I envied those that beat others even in television programmes, and I used to enjoy that because most learners used to praise me for what I was doing. I have been at this centre twice because of different offences." (Participant 3: 19-year-old male)

"Mmm, I think my violent behaviour was influenced by my delinquent peers whom I used to hang out with. I was the only child at home, and my parents used to provide for all my basic needs. I dropped out of school in grade 9 and joined the gang, and we were involved in car robberies and hijacking of cars.

I joined the gang at the age of 14 because I wanted protection and a sense of belonging at school. At first, I was afraid of using a gun, but it became a habit as time passed. My parents were apprehensive about my behaviour, and I never listened to them. I got arrested for murder, and I always blame myself for choosing the wrong friends." (Participant 5: 16-year-old male)

"Eeh, I think the influence of delinquent peers does contribute to violent behaviours. My parents used to provide for all my basic needs and wanted me to be educated. I was the firstborn in a family of three, and my younger siblings were looking at me as their role model.

"At school, I started hanging with friends who were older than me, and they were part of the gang. They influenced me to leave school and enjoy life outside by hanging out with girls and hijacking nice cars. One day I had this girlfriend I have known for two years, and she later accused me of rape, and I was then arrested and brought to this centre." (Participant 6: 17-year-old male)

"Mmm, I think the influence of delinquent peers has contributed to my violent behaviours because my parents were working far and they usually come home after we have slept. I was under the care of my elder sister with my younger brother. I met these friends at school, and I didn't know they were part of the gang until I could not leave them due to fear of being hurt or dying.

"I will tell my sister that I'm going to school whereas I'm going to the shopping malls to hijack the cars being sent by the leader of the gang." One day our plan didn't go

as planned, and I was arrested for car robbery, and it was then that I was brought to this centre." (Participant 7)

I think the influence of friends has contributed to my violent behaviours. I used to listen to my friends more than I will listen to my parents, and I thought they were enjoying life to their fullest as they used to be taken by nice cars at school, and these were the gang leaders." So, I became involved in the gang's life and admired their nice cars and money by robbing the banks.

"I was later arrested for theft and was brought to this centre. I hated the life I was living because I didn't accept what my parents were providing for me." (Participant 10: 18-year-old male)

3.2.3. Sub-Theme 3: Availability and misuse of drugs and alcohol

Participants mentioned that their violent behaviours were mainly influenced by exposure to drugs and alcohol. As a result, they became involved in unnecessary fights and other violent behaviours. Furthermore, participants added that witnessing their friends using these substances has contributed to their misuse of drugs and alcohol. It is supported by five participants as follows:

"Mmm, I think substance use can lead to violent behaviour because when you are under the influence of substances, you get involved in criminal activities like stealing and beating other learners at school being under the influence of substances."

"I used to be expelled from school because of my behaviour, and I didn't bother myself of studying and doing other schoolwork as I was always in the street." (Participant 4: 16-year-old female)

"Mmm, I think substance use can lead to youth violence behaviour because when someone is under the influence of substances, he/she gets involved in criminal activities like stealing and getting involved in robbing others without thinking about the consequences of his/her actions."

"I started using drugs and stealing when I was 12 years old. My uncle was the gang leader where I was staying, and he used to teach my friends and me how we can make money fast by breaking other people's houses and hijacking cars at the Shopping malls." (Participant 5: 16-year-old male)

"Eeh, I believe that substance use can lead youth to be involved in violent behaviours. For example, I was a perfect kid at home and at school who never have many friends, but because my uncle used to drink in front of me and also sent me to buy alcohol and drugs for him, I started to learn to drink and to smoke."

"At first, I used to hide it, but I ended up doing it without being ashamed. I used to have a knife in my pocket when I went to the taverns, and one day I was coming from the tavern, and I met my ex-girlfriend, and I called her, and she ran away. I then followed her and asked her to go home with me, and she refused, and I told me that she would report me for raping her and I then took a knife and stabbed her on the right arm, but she didn't die, and I was charged with an attempted murder.
(Participant 6: 15-year-old male)

"I believe that alcohol and drug misuse does contribute to violent youth behaviour. When I was growing up, I was that kind of person who always wanted to fit-in in with specific groups of those friends who used to abuse substances, and I thought I was clever, and I also wanted to forget the situation at home.

It was good hanging with my friends, but they were a bad influence as they taught me to be involved in delinquent behaviours like fighting other learners at school by taking their pocket money and stealing for other people at the shops. I ended up being caught and realised that the life I was living was not good at all." **(Participant 7: 17-year-old male)**

"EehI was that kind of person who wanted to prove a point that I am not stupid by using drugs and alcohol and being involved in gangster groups. So, one day, I stole a gun at the farm where my cousin was working for white people, and I hid it wanted to protect myself when I'm with my friends."

"The following day, I tested the gun to find out if it's working by pointing it on the ceiling, and when my cousin comes after hearing the noise of the gun and ask me what was happening, I pointed at him with that gun out of fear, and I killed him."

Ooh, I didn't want to do that, ... I didn't mean to kill him and feel sorry for what I have done, and I wish I could find him next to my bed one day to tell him how sad I was as it was not my intention to kill him ... (Shaking his head). Guys killing a person is not a game. You saw that person in your dreams every time."
(Participant 8: 20-year-old male)

3.3. Theme 2: Effectiveness of rehabilitation programs for youth with violent behaviours

The participants highlighted that for the rehabilitation programmes to be effective, they have suggestions to improve the factors contributing to violent youth behaviours.

3.3.1. Sub-Theme 1: Improvement of the home environment

The participants stated their views and opinions to assist the youth who have been rehabilitated to prevent re-offending. One of the indicated factors was the improvement of the home environment among the youth. This might be shown as a factor that could help as young individuals would not be exposed to family conflicts, poverty, and harsh punishment and abuse, which often drives them to the streets with delinquent peers. They also indicated that the improvement of the home environment would assist the youth in empowering them with the knowledge of the impact of violent behaviours. Furthermore, it was stated that if the home environment were conducive for the youth, the number of the youth in conflict with the law would have improved from worse to better. The following excerpts confirm this:

"Eeh, I think it will be helpful if the parents are informed or educated about the consequences of poor home circumstances on the young individuals. Some parents are not ashamed of fighting for their children and not providing for their basic needs. It makes the child run away to the streets, avoiding the situation at home." (Participant 1:)

"I believe that if parents can change the way they relate with their children and have parental-child attachment, it might assist in finding it earlier if the child is involved in violent activities or not.

Some of the parents don't even bother to find out about their children's whereabouts, and they went to the extent of accepting the things that their children have brought home even though their children are unemployed."(Participant 2:)

3.3.2. Sub-Theme 2: Avoiding the influences of delinquent peers

The participants indicated that youth should adhere to the parents' and educators' rules and guidance to avoid conflict with the law. Young people should be educated on the impact of violent behaviours and be encouraged about the importance of education as a route to success. Furthermore, it was highlighted that youth should learn to avoid the influence of delinquent peers and obey the rules and guidance of their parents and educators. It was stated by one participant who said the following:

"I think youth should accept their family situations and learn to seek for assistance on the relevant individuals, and youth needs to be provided with more education at school to increase their knowledge of the impact of violent behaviours."

(Participant 5: 16-year-old male)

Another participant said:

"I believe that parents should learn to provide the basic needs for their children to avoid running to streets for friends who might teach them violent activities. I think that doing this will assist in preventing the youth's violent behaviours and assist in re-offending. (Participant 7: 17-year-old male)

3.3.3. Sub-Theme 3: Avoiding availability and misuse of drugs and alcohol

Participants emphasized that the misuse of substances among youth does not affect their character and results in poor cognitive functioning and physical health. They indicated that most young individuals who misuse drugs often suffer from short-term memory loss. It also creates a greater chance for them to behave in a specific manner without realizing it. Most learners and educators have become victims of learners who use drugs at school as they usually involve themselves in fights and other violent behaviours caused by these substances. Furthermore, it was stated that instability in the family and community regarding the availability of drugs and alcohol might influence young people to form gangs which may be extended to the school premises. One participant said:

"I think that if parents/guardians can avoid sending young people to buy drugs and alcohol, it might help as they may develop the tendency of using such substances." (Participant 6: 17-year-old male)

Another participant said:

"It will be helpful if parents/guardians can limit or avoid giving young people excessive money to school as this might influence them to violent behaviours. "I think giving enough pocket money and monitoring the usage of it could be much better in limiting some violent activities." (Participant 10: 18-year-old male)

4. DISCUSSION

The study's findings revealed socio-economic factors such as the home environment characterized by family conflicts, divorce/separation, poverty and unemployment, harsh punishments. Environmental factors such as the influence of delinquent peers and availability and misuse of drugs and alcohol were significant factors that contributed to violent behaviours among the youth in selected child and youth care centres in South Africa. The study's findings further revealed that if the factors mentioned above mainly characterize the home environment, children often conflict with the law. However, it was also stated that witnessing parental conflicts has a high rate of influencing violent behaviours among the youth. As a result, they tend to spend most of their time with friends in the streets to avoid home situations.

The study results agree with Mudau *et al.* and Miomira [27-28], who explained that the results of parental conflicts in a family are a more excellent predictor for their behaviours among the young adults who are vulnerable to any form of deviant behaviour. In addition, the study found that the impact of the home environment led the youth to take shortcuts in their lives due to involvement in violent behaviours. Most participants highlighted that various factors in their home environment had influenced them towards engagement in violent behaviours. Several authors agree that broken homes have serious effects on a young person's behaviour and their entire development. Being raised in a broken home often influences young people to behave in a deviant way, such as resorting to criminal activities to deal with the pain inside them caused by their parents. [27- 30].

Furthermore, studies conducted by Mudau *et al.*, Miomira, Fagan and Churchill, and Theobald *et al.* [27-30] indicated that the parents and family members help build children's overall development and competence to adapt to the social structure and block children from harmful criminal activities because home and family are regarded as the primary growth centre for the children. The study found that parents argue and often resort to physical fights in front of their children, which affects a young person's psychological well-being due to growing up in a dysfunctional family.

In addition, the home environment was influenced by various aspects that the participants were unable to control, such as family conflicts, divorce/separation, poverty, and unemployment among the parents. The other reasons stated indicated a lack of parental attachment. Participants outlined that their parents' lack of true love and guidance and other home circumstances have influenced violent behaviours. The study also found poverty and unemployment of parents as a factor that contributed to violent youth behaviours. As most of the participants reported that their parents could not provide for their basic needs, this resulted in hanging out with delinquent friends in the streets and stealing to provide for themselves and

their families. These findings are similar to a study [31-32], which reported that the history of ill-treatment among the juvenile's families of roughly 90% had been observed in South Africa, and the highest risk for violent and criminal behaviour is presented among the young individuals without parents or parental supervision. These authors further explained that these households are more likely to be exposed to the misuse of alcohol and illegal substances and face financial difficulties. These findings align with Mudau et al. [27] and Wairimu [33], who showed a strong link between poverty and violent youth behaviours.

They further explained that the experience of staying in a slum and poverty among young individuals plays a dominant role in exposing youth destructive behaviours. In order to escape the reality of living in poverty, young people from poor backgrounds are more likely to engage in violent behaviours. The current study aligns with another research that points out high risks of educational underachievement among children from low-income households [34]. Furthermore, the problem usually emanates at the primary level to other levels of education. These young individuals tend to drop out of school and engage themselves in delinquencies in the community. Similar results were also confirmed in a study [16] that postulated that in many low-income families, family members are always involved in a quarrel due to poverty, which negatively impacts the children's minds.

However, young individuals need to be relieved from the family crisis. They tend to spend most of their time outdoors with their friends, which gradually influences them in many criminal activities. The study conducted by Chowdhury, Khan, Uddin [16] further explained that children from low-income families usually run to drugs and are interested in violent actions to escape reality because their parents cannot provide for their basic needs. As a result, they suffer considerable stress due to their low-income homes. These findings are also supported by further studies [27, 30, 33], which indicated that young people from poor backgrounds often become vulnerable to drugs to relieve and escape their situation. Furthermore, it was reported that the low-income family is a strong predictor of drugs among young people.

This study found that young individuals could not handle their situations due to factors in the home environment such as poverty and unemployment, family conflicts, and harsh punishments and abuse by parents and other family members. Instead, they resort to comfort from friends as it was not found at home. Similar results were reported by Nkhata and Mwale [35] in their study. They mentioned that youth is a time in which individuals experience physical and cognitive changes. They start making decisions and demands that might have implications for their engagement in risky behaviours. The study findings regarding the influence of delinquent peers reveal that most of the study participants found themselves in conflict with the law due to the effect of peers.

The research established that young people place great importance on their peers and relationships to develop self-identity and self-confidence. Some participants in the current study indicated that peer pressure had influenced them significantly, causing them to be involved in criminal activities. To find a sense of commonality or common ground, they needed acceptance from their peers more than their parents or close relatives. The availability and misuse of drugs and alcohol were mentioned as contributing to violent behaviour among the youth. Participants indicated that drugs and alcohol had contributed a lot to their violent behaviour because they could not differentiate between right and wrong due to excessive use of substances.

The majority of the participants further stated that witnessing their friends and other family members using the substances has contributed to their misuse. Several authors agree that substance use among young individuals at an early age often leads to numerous individual, family, and peer risk factors associated with poor developmental outcomes. Also, personal characteristics include early initiation, externalizing symptoms-hyperactivity, impulsiveness, inattention, and aggressive behaviour. In addition, the frequency of negative emotions is influenced by novelty-seeking, sociability, and activity, especially among girls [36-40]. These findings are similar to the study by Nevhotalu [41-45], who discovered that youth who abuse substances tend to increase their risk of substance abuse and are more likely to have suicidal thoughts and depression.

Furthermore, Nevhotalu [41-45] stated that marijuana could lead to other mental illnesses such as schizophrenia or suicide. It worsens depression and drug abuse, which increases the severity of emotional problems and can result in issues such as anxiety, mood swings, and schizophrenia. As a result, young individuals are at a higher risk of social problems, depression, and violence by being involved in substances. Similar results were reported by Mathungeni [46] and Tshitangano [47]. They showed that drug abuse among young adults had contributed to school crime in a decade, increasing its negative impact on their cognitive development. Furthermore, these individuals might have serious physical injuries as a result of consuming excessive amounts of substances without realizing it.

In his study on the wise stance, Simandan [48] highlighted that how we learn from life depends not only on breadth of experience, such as the number of years lived, but also on our ability to learn from those experiences. This author added that the wise stance seems to be more “conservative”, built on time-tested knowledge, acknowledges the value of tradition and experience, and questions the excessive reliance on changing one’s environment as the main strategy of one’s successful adaptation [25-26].

Sternberg [49] is also of the opinion that people may differ in the extent to which they seek a common good and thus in the extent to which they aim for the essential goal of wisdom. The author added that individuals also differ in their balance of responses to environmental contexts. Their responses always reflect the interaction of the individual making the judgment and the environment, and they can interact with contexts in a myriad of ways [49]. Based on the above findings, it may be concluded that the availability and misuse of drugs and alcohol put young individuals in stressful and traumatic situations. Consequently, after exposure to those substances, youth are more likely to see violence and other criminal activities to solve their challenges.

5. LIMITATIONS OF THE STUDY

The study was conducted in CYCCs in the Limpopo Province of South Africa and focused on the youth's violent behaviours. Therefore, the study results cannot be generalised to all CYCCs in other provinces of South Africa. However, other researchers may explore the effectiveness of rehabilitation programmes to assist the youth further.

6. CONCLUSIONS AND RECOMMENDATIONS

The study results revealed various socio-economic factors contributing to violent behaviours among the youth in CYCCs in the Limpopo Province, South Africa. The results discovered that the home environment is characterized by family conflicts, poverty, unemployment, harsh punishments, abuse, etc. In addition, environmental factors such as the influence of delinquent peers and availability and misuse of drugs and alcohol played a vital role in youth engagement in violent behaviours. Therefore, involvement with delinquent peers tends to influence young individuals to be involved in violent activities without being aware of the consequence of such behaviours.

Workshops for parents, guidance and advice on the importance of parental-child attachment, ways of dealing with family conflicts, and how to eradicate poverty and unemployment by starting income-generating projects in their communities should be provided by CYCCs providing rehabilitation programmes to youth with violent behaviours. Moreover, they should also provide information on seeking donations to start the income-generating projects and their sustainment. In addition, the child and youth care centres should always emphasize educating the youth on what is meant by violent behaviours and their impact on the victim, themselves, families, and society during family visits and gatherings.

ETHICAL APPROVAL AND CONSENT TO PARTICIPATE:

Ethical clearance was obtained from the Ethics and Research Committee of the University of Venda, South Africa. Accordingly, ethical clearance certificate number SHS/20/PH/15/0707 was approved.

HUMAN AND ANIMAL RIGHTS:

Not applicable.

CONSENT FOR PUBLICATION:

Informed consent was obtained from the participants, and consent from the institutional managers was provided for all minors.

FUNDING:

None.

CONFLICT OF INTEREST:

The authors declared that they have no financial or personal relationships that may have inappropriately influenced them in writing this manuscript.

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Chapter Four

Violent behaviours among the youth: The perceptions of the parents/ guardians in the Limpopo Province, South Africa.

This chapter presents violent behaviours among the youth: The perceptions of the parents/ guardians in the Limpopo Province, South Africa. The chapter has been submitted to the *Criminal Behaviour and Mental Health Journal* as a research article and is under peer- review.

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Abstract:

Background: The parent's role is critical towards guiding and monitoring their children's activities and development. The thoughts of young individuals are mostly uptight. They are more likely to be created by the environment where they arise from, and these involve their shared knowledge and understanding of a significant role played by their parents. Youth violence has been a global phenomenon that remains a cause of concern amongst parents and other close relatives.

Aim: This paper explores and describes the perceptions of parents/guardians on contributory factors towards violent youth behaviours in child and youth care centers (CYCC's) in the Limpopo Province. The contributory factors such as parental divorce/separation, misuse of substances, peer influences, and community violence exposure were indicated throughout this study as the most crucial factors towards violent youth behaviours. Therefore, this paper reveals the perceptions of parents/guardians on contributory factors towards violent youth behaviours and also outlines the suggestions by the parents/guardians on the prevention of such violent behaviours.

Methods: A qualitative research design that was exploratory and descriptive was executed with a sample of purposively selected study participants who are parents/guardians of youths who have displayed violent behaviours in CYCC's in the Limpopo Province.

Data was collected using a semi-structured interview guide from ten parents/guardians aged 32-72 years recruited and individually interviewed until data saturation was reached. Direct interaction with the participants in their natural settings permitted the researcher to obtain rich narrative data. A thematic analysis was used to analyse data, and throughout the study, ethical issues and measures to ensure trustworthiness were observed.

Results: The two themes and eight sub-themes in this study emerged from the data analysed. This study reveals that there are contributory factors towards violent youth behaviours: parental divorce/separation, misuse of substances, peer influences, and community violence exposure, as indicated by the parents/guardians of the youth in CYCC's in the Limpopo Province.

Conclusion: From this study results, it is clear that the parents/guardians of the youth with violent behaviours in CYCC's in the Limpopo Province are overwhelmed by the deviant behaviours displayed by these young individuals. Violent youth behaviours can be prevented if parents/guardians understand the relevance of monitoring their children's life activities and make extra efforts to be involved in their children's academic studies. Parents/guardians need to ensure that their family rules apply to everyone in the household, and they should always strive to be good role models towards their children. It should be the responsibility of every parent/guardian to provide the basic needs for their children, including food, clothes, shelter, and education.

Keywords: child and youth care centers, community violence exposure, contributory factors, divorce/ separation, parents/guardians, peer influences, substance misuse, youth.

1 Introduction

The parent's role is critical towards guiding and monitoring their children's activities and development. The thoughts of young individuals are mostly uptight. They are more likely to be created by the environment where they arise from, and these involve their regular knowledge and understanding of a significant role played by their parents (Sopekan, Alade & Ignatious-Jirika, 2020). Youth violence has been a global phenomenon that remains a cause of concern amongst parents and other close relatives. However, parents and significant family members' thoughts who instil discipline and development towards these young people have been drawn due to their violent behaviours.

Many countries are struggling to deal with the main social issues such as violent youth behaviours. Consequently, as long as these young individuals are neglected, their behaviours might transverse them from graduating into toughened offenders (Sopekan, Alade & Ignatious-Jirika, 2020). Research conducted throughout the world indicates that proper parent-child relationships promote good quality behaviors among young individuals. A study conducted by (Yusuf et al., 2021; Kumpfer & Magalhaes, 2018; Keer et al., 2012; Ishak et al., 2012) asserts that the parents are the closest and most influential people who are also described in their children's social development as the most critical factors in a young person's life.

As such, the crucial role as a socializer and controlling agent for children's behaviour has to be played by parents, with parental control as a key feature towards their monitoring. It is the responsibility of the parents to step up their child's training and practice the required parenting style to ensure that young people adhere to social expectations and values. The methods used by parents to educate, nurture, and guide their children are parenting styles described as the way parents communicate and influence their personal, emotional, social, or intellectual development towards their children. A similar study conducted by Yusuf et al., [2021](#); Jackson., [2012](#); Bamrind, [2012](#), postulates that parenting styles are commensurate with local society's principles and norms. At the same time, some think they are innate in the infant, but for most people, the child's parents are the most important individuals in their life.

The parents provide food, shelter, finance, and companionship to their children, mostly dependent on them. If their punishment and love are correctly handled amongst their children, a great influence can be exerted. A study by (Anyanwu et al., [2020](#); Oswalt, [2015](#)) indicates that parent-child closeness is an important factor in fostering healthy development. The home environment is regarded as a place where behavior is shaped and making sure that the child goes to school already imbued with a sense of right and wrong, becomes the responsibility of the parents. However, it is shown that as the children begin to attain adulthood, the closeness between children and their parents begins to wane. This can only happen when an appropriate attachment between the parent and the child is right from conception through adolescence. Still, without that attachment, the children are more likely to perform poorly at school and become involved in violent activities (Anyango-Aute, [2019](#)).

Various studies have highlighted that many factors are co-related with violent behaviours among the youth. The study by Nzeru et al. ([2017](#)), Newman. ([2015](#)), Amato. ([2012](#)) and Brooks ([2011](#)) stated that the idea of being married and having offspring is the image most people who get married have when getting together. Still, sometimes it is not always the case due to divorce/separation. Divorce is a legal dissolution of marriage, although parental divorce is usually associated with the children's loss of the family unit of a father, mother, and other siblings. In addition, the same authors highlighted that divorce significantly impacts children, especially those below the age of 18 years, as they are caught up in the middle of the fights between the divorcing parents.

The changes of divorce such as new households, financial changes, and parents changes can increase or cause stress among the young individuals involved (Nzeru et al., [2017](#); Newman., [2015](#); Amato., [2012](#); Brooks, [2011](#)). Various research studies suggest a strong relationship between the misuse of substances and violent behaviors among the youth (Hlungwani et al., [2020](#)).

A survey conducted by the World Health Organization [WHO] (2019) postulates that regardless of parents' support and what other stakeholders are doing to prevent this social problem, the percentage of young people with substance abuse increases in all communities. For thousands of years, substance misuse has been an integral part of most societies. Nowadays, substance abuse tends to be particularly intense amongst the youth, even though it is a problem that both old and young people experience. Substances that young individuals abuse varies in type, including depressants, stimulants, opioids, hallucinogens, and cannabinoids (Hlungwani et al., 2020; Ondieki & Makua.,2012; Nitescu, 2019).

A study by Wakoli et al. (2016), Whitmore (2011), and Okorodudu (2010) showed that young individuals could learn aggressive behaviors from their peers as they serve as role models. Moreover, the same author states that young adults learn much of their behavior patterns from modelling others around them. These peers may reinforce aggressive behavior through their social interaction. In addition, these individuals model the aggressive behaviours to which they are exposed and successfully defend themselves with aggressive counteractions. Most of these young people conform because they are afraid of being rejected by their peers. As a result, they become engaged in inappropriate behaviors to gain acceptance and approval of the group, which mainly consists of antisocial youth gangs. As young people grow, they begin shedding off their parental orientation and replacing it with their peers' dependence by surrendering to their influences.

The same author adds that in the process, the peers are often encouraged to engage in undesirable acts like fighting, alcohol consumption, sexual promiscuity, and destruction of property by their friends. In research studies, community violence exposure has been reported to influence violent behaviours among young individuals (Mathungeni, 2013). A study by Mathungeni (2013) and CJP (2012) asserts that young individuals may feel that it is not wrong to be involved in violent activities due to their community being characterized by different offenses.

Mathungeni (2013) further argues that the youth in the community may become violent if it is characterized by violent access to illegal substances and firearms. These influence young individuals into becoming criminals due to the social problems experienced in their areas and communities. The parents/guardians often find it challenging to provide guidance and support to the youth due to certain factors. The factors of parental divorce/separation, misuse of substances, peer influences, and community violence exposure are the most common factors contributing to violent youth behaviors.

In the Limpopo Province, various studies have been conducted on parents and youth violence, but no such study has been attempted to interview parents/guardians with youth at CYYC's. This paper, therefore, explores the perceptions of parents/guardians on contributory factors towards violent youth behaviours in the Limpopo Province, South Africa.

2 Methods

2.1 Ethics

Ethical clearance was obtained from the Ethics and Research Committee of the University of Venda, South Africa. Accordingly, ethical clearance certificate number SHS/20/PH/15/0707 was approved. Permission to conduct the study was sought from the Limpopo Department of Social Development and its two CYCC's. Permission was also sought from the parents/guardians of the youth at the facilities. The researcher contacted the parents/guardians to arrange interviews with them in their home settings, and ethical principles governed the study. In avoiding violating the rights of the study participants, the following ethical measures were considered.

The researcher developed a written consent for participants to sign before engaging in the research to ensure that their rights throughout the study process were protected. Participants were informed that participation in this study was voluntary and that they may withdraw at any time from participation without repercussions. Codes were used instead of the participants' names to ensure the anonymity of study participants, and raw data was not exposed to anyone except to the study's supervisors. The researcher assured the study participants that the information they provided would not be used against them.

This study was conducted in the Limpopo Province, South Africa. The Limpopo Province of South Africa is stationed in the Northward part of the countryside and borders Botswana to the West, Zimbabwe to the North, and Mozambique to the East. It is predominantly rural and one of the most underdeveloped areas in South Africa. It has a high unemployment rate among young people. The reasons for the increase in unemployment in this province are numerous. Still, the main one is that the formal sector of the economy has not created enough job opportunities for its growing labor force (Special tours, [2018](#)).

2.2 Participants and Procedure

Participants in this study were youth parents/guardians between the ages of 32-72 years. The parents/guardians were recruited through the social work rehabilitation programs when purposive sampling was used to collect the data between November and December 2020 from ten parents/guardians of the youth at CYCC. The study participants were comprised of eight females and two males. The inclusion criteria were biological parents/guardians of the youth who were incarcerated.

The parents/guardians were recruited through the social workers at the CYCC's where their children were admitted. This facility provides rehabilitation programmes for violent behaviour youth for behaviour modification. The researcher was provided with the parents/guardians contacts to arrange the interviews at their home settings. To answer the research question and achieve the purpose of this study, the researcher adopted a qualitative research approach to gain a more comprehensive and inclusive perspective on the research topic (Fouche & Shurink, 2011). An exploratory and descriptive research design was utilized to explore and describe the perceptions of parents/guardians on contributory factors towards violent youth behaviours (Creswell, 2009). In this study, to obtain a sample of the participants, a purposive sampling method was used to select the ten study participants (Maree, 2016).

A qualitative research design assisted the researcher in gaining first-hand information on the perceptions, feelings, and the understanding that the parents/guardians have on contributory factors towards violent youth behaviours. Based on the investigated problem, the research design was exploratory and descriptive, using a qualitative method of data collection that was best suited for this study. A qualitative explorative research design was used to get insight into the perceptions of parents/guardians on factors contributing to violent youth behaviours for this study (Creswell, 2009). This study's population comprises ten parents/guardians of youth who have been apprehended for violent behaviour in CYCC's in the Limpopo Province.

A non-probability, the purposive sampling method was chosen because it enabled the researcher to consciously select biological parents of the youth or guardians who have been taking care of the youth during their incarceration and were still in contact with them at the center. In this study, the youths' parents/guardians were the most appropriate participants to share their perceptions on contributory factors towards violent youth behaviours. The aim of the study was explained to the participants before seeking their written consent. Permission to use a voice recorder was also obtained to assist with the storage and transcribing process of data into English.

Data collection took place at the homes of the selected participants/guardians after they had provided their consent to participate in this study. They were then taken to a private and convenient place in their house for the interviews, which lasted for 45-60 min. The ten study participants targeted by the researcher all took part in in-depth individual interviews. In-depth individual interviews were used in this study to obtain more information on the perceptions of parents/guardians (De Vos, Strydom, Fouche & Delport, 2011). During the interviews, the youths' parents/guardians could express their perceptions freely without restrictions, and data were collected until data saturation was reached.

2.3 Instruments

A semi-structured interview with an interview guide was used for data collection. This interview guide was only a guide to keeping the participants focused on the aim of the study, meaning that the participants were allowed to express themselves freely, and data was collected from the study participants until data saturation was reached (Babbie & Mouton, 2010). Non-verbal cues were recorded during the field study to complement the notetakings during the interviews. They were done in the presence of the study participants after the purpose was explained to them. The interview recordings were then transcribed verbatim and translated into English.

The participants' home languages were used during the interviews, including Xitsonga, Tshivenda, and Sepedi. The researcher is fluent in Tshivenda. She was assisted by two research assistants who were well versed in the other two languages. An interview guide based on the study's aim was used to direct the questions during the interview. The leading question which guided the interview among the parents/guardians was: "*What are your perceptions regarding the contributory factors towards violent youth behaviours?*" The broad question was then followed by probing as a communication skill that elicited more participants' information (De Vos, Strydom, Fouche & Delport, 2011).

2.4 Data Analysis

The researcher reviewed the set data thoroughly by listening multiple times to the recordings and going through the field notes to make sense of the responses using thematic analysis (Green & Thorogood, 2009). This was followed by transcribing the audio recordings beginning with the most exciting interviews. The exciting features in the transcripts and field notes were identified and coded systematically, and the codes were later organized. The identified codes were grouped, and from these groups, the themes were then identified. The themes were reviewed against available data.

Those that did not have a sufficient database to support them were terminated and excluded. Each theme was described to capture its true essence, and the themes were organized to present a narrative representing the data across themes. Finally, to contextualize the results of the study, the existing literature control was done. The researcher applied the constructs of credibility, transferability, dependability, and confirmability to ensure data trustworthiness (Lincoln & Guba, 1985). The credibility strategy was used to ensure that the study's findings reflect parents/guardians' perceptions of violent behaviour youth. In confirming credibility, the following methods were used in this study:

Prolonged engagement: The researcher was engaged in a prolonged interaction with the parents/guardians of the youth with violent behaviours during data collection.

Member checking: Follow-up interviews were conducted for data validation that was already gathered with some participants. Several consultations were held with the supervisors who are well experienced in research methods.

Transferability was enhanced by giving a dense description of the perceptions of parents/guardians on factors contributing towards violent youth behaviours. The strategy of transferability was used to ensure applicability.

The strategy of dependability was used to ensure consistency which was enhanced by coding and re-coding of data.

The strategy of conformability was used to ensure neutrality.

The researcher identified themes and their relationships and the sub-themes that have emerged after codes were identified and grouped. The themes were compared, and differences were discussed until a consensus was reached (Brink, Van der Walt, & Van Rensburg, 2012).

3 Results

3.1 General characteristics of the sample

3.1.1 Parents/guardians

This group consisted of 10 parents/guardians with incarcerated youth at CYCC's in the Limpopo Province.

Table 1. Demographic profile of parents/guardians of youth in CYCC's in the Limpopo Province

Participants	Age	Gender	Race	Language	Relationship to the youth	Employment status	Marital status
1	32	Female	Black	Tshivenda	Elder sister	Unemployed	Single
2	39	Female	Black	Sepedi	Biological mother	Self-employed	Divorced
3	72	Male	Black	Xitsonga	Maternal grandfather	Pensioner	Married
4	47	Female	Black	Tshivenda	Biological mother	Self-employed	Married
5	49	Female	Black	Tshivenda	Biological mother	Self-employed	Divorced
6	38	Female	Black	Xitsonga	Biological mother	Unemployed	Married
7	46	Female	Black	Tshivenda	Biological mother	Employed	Married
8	48	Male	Black	Tshivenda	Maternal Uncle	Self-employed	Single
9	65	Female	Black	Tshivenda	Maternal grandmother	pensioner	Single
10	35	Female	Black	Tshivenda	Elder sister	Unemployed	Single
TOTAL=10							

All the participants who formed part of this study were the parents/guardians of the youth in CYCC's in the Limpopo Province. The ages of the study participants ranged from 32 to 72 years old, and amongst them, eight were females, and two were males. In terms of the employment status of the parents/guardians, four were self-employed, three were unemployed, one was employed, and two were pensioners. Out of the ten parents/guardians interviewed in this study, four were married, two were divorced, and four were single.

All of the study participants were black, and seven of the participants' home language was Tshivenda, two Xitsonga, and one Sepedi. Five of the study participants were biological parents and five guardians of the youth.

This study indicated contributory factors towards violent behaviours among the youth in CYCC's in the Limpopo Province.

The parents/guardians' suggestions to prevent violent behaviors among these young individuals were also highlighted. The findings of this study are summarized below in Figure 1.

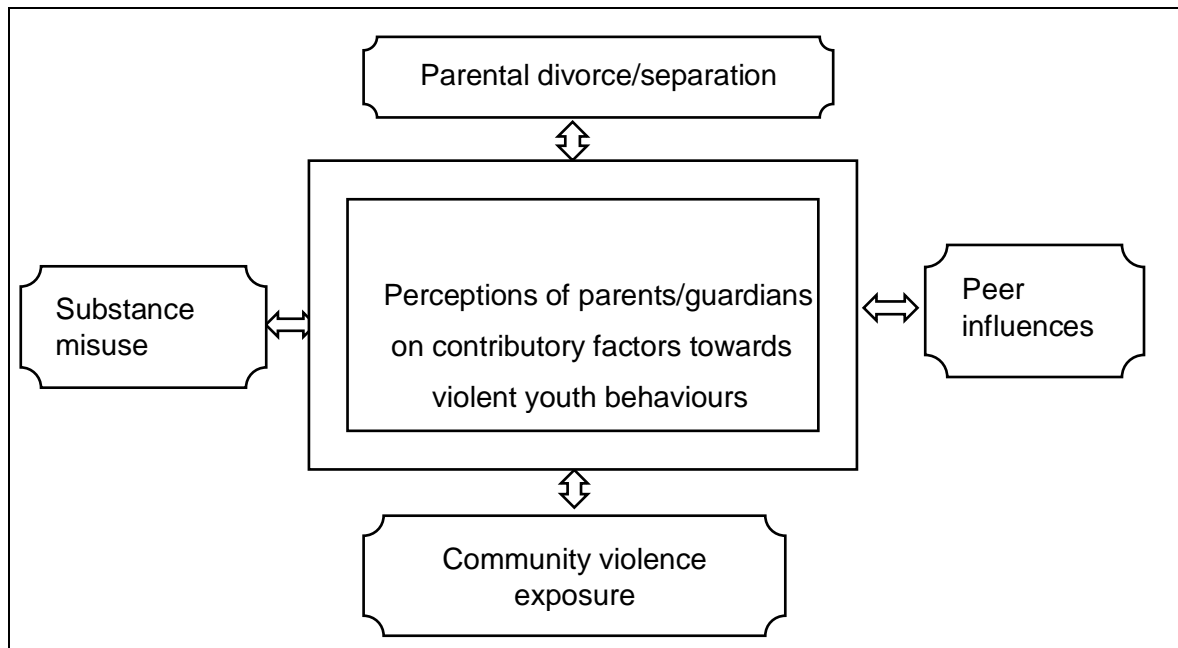


Figure 1. Perceptions of Parents/guardians on contributory factors towards violent youth behaviours

In emphasizing the results of this study, relevant literature and quotations were used in discussing the themes and sub-themes. Table 1 shows the demographic information of the study participants.

Theme 1: The perceptions of parents/guardians on contributory factors towards violent youth behaviours

The findings of the study are presented in Table 2. Two themes were identified with their sub-themes, as indicated.

Table 2. Themes and sub-themes on the perceptions of parents/guardians towards violent youth behaviours

Main-Theme	Sub-Themes
1. The perceptions of parents/guardians on contributory factors towards violent youth behaviours	1.1. Parental divorce/séparation 1.2. Misuse of substances 1.3. Peer influence 1.4. Community violence exposure
2. Parents/guardians suggestions aimed at the prevention of violent youth behaviours	2.1. Involvement by both parents in youth life activities 2.2. Avoiding the misuse of substances 2.3. Distancing from negative peers 2.4. Uninvolment in community violence exposure

The data analysis gave rise to the two themes, which were subsequently discussed with the support of the relevant literature: the perceptions of parents/guardians on contributory factors towards violent youth behaviours and parents/guardians suggestions aimed at improving violent youth behaviours. Sub-themes that emerged from the first theme were parental divorce/separation, misuse of substances, peer influence, and community violence exposure. The sub-themes will be discussed individually.

Sub-Theme 1: Parental divorce/separation

The participants indicated that many young people lose the capacity to handle their problems and solve conflicts due to parental divorce/separation. As a result, most young individuals are primarily aggressive and use physical violence to solve disputes when facing life challenges due to parental divorce/separation. The following are participants direct quotations or perceptions:

"Eeh, I think the separation of the parents does contribute towards violent youth behaviour. Because if the child knows that they have a father somewhere who is not contributing to anything in their life, it becomes a huge problem, and the child sometimes will start to disrespect the mother or other people around to cope with these problems. Even though the mother is providing for him financially, the void of not having a father figure, especially on the male child, creates problems." **(Participant 1: 32-year-old female guardian).**

"Mmm, I think the separation of parents does contribute to violent youth behaviour in a sense that most of the children without parents sometimes blame themselves for their parental separation, especially amongst the male child as they ended up changing their behaviors." (Participant 2: 39-year-old female parent).

"Mmm, I believe that separation of the parents influences a child to be engaged in violent activities. My grandson's parents are separated. His mother is re-married and is in JHB; I am currently staying with him here. The problem is that he wants to stay with his father, who also stays at this same village, and his father has also married again, and I don't think it is a good idea." (Participant 3: 72-year-old male guardian) (Shaking his head).

"I don't think his father is willing to stay with him because even though he is around and also working here, he is not contributing financially towards his child. His mother and his stepparents are the ones who are providing for him, and I don't think he will be able to do that staying with him if he is unable to provide for him at this moment. It is the responsibility of all the parents to provide for their children regardless of parents' separation. I don't deny him having a relationship with his father but staying with him. At the same time, he is also married. I don't think it will be a good idea also considering this violent child behaviour." (Participant 3: 72-year-old male guardian).

Sub-Theme 2: Misuse of substances

The misuse of substances was reported frequently as a contributory factor towards violent youth behaviours by the participants in this study. The study participants stated that these young people's substances led to violent behaviors, not performing well at school, dropping out of school, and hanging around in towns. Participants direct quotations are as follows:

"Eeh, I think the misuse of substances is contributing to these violent youth behaviours. When these young people are under the influence of these substances, they cannot think properly, and they think they own this world by doing everything they want without realizing the consequences of their actions.

You know it's tiring because you want your child to live a better life like other children, and I believe that no parent wants to raise a gangster."
(Participant 5: 49-year-old female parent).

"Mmm, Substance misuse is a problem among these children. When they have used those substances, they don't think about what will happen. Next, you know they only think about being involved in violent behaviours. These substances are everywhere, and if you limit providing the pocket money for these children, he will steal because he is used to those substances. It's a problem because you want what is best for your children." **(Participant 2: 39-year-old female parent).**

"I think that the substance my nephew is using is a contributory factor towards this violent behaviour. He was once suspended for three months at school after stabbing another learner in the arm at school. It was not reported to the police because they wanted to solve it with the school governing body. He is really under the influence of these substances because even the foster care grant that he is receiving from the state, he wants to use it on his own as he always tells us here at home that it's his money and he can do everything he wants. You know raising these children is not an easy route." **(Participant 8: 48-year-old male guardian).**

"Mmm, I think the problem is a misuse of substances among this child. I have never seen him using those substances, but they state that he uses substances at school. Indeed, his behaviours do indicate that he is under the influence of those substances. I have set a rule that before 7 pm, everyone should be at home, and if he comes back and finds that I have already looked at the door, he will break the lock for the door or tries to open the window to get inside." **(Participant 4: 47-year-old female parent)**

"If he knows that he is not coming home early, he will make it a point by closing his bedroom window not completely so that he can use it when coming in. His behaviour is not good at all because he is not even performing well at school due to these substances."
(Participant 4: 47-year-old female parent).

"Eeh, in my view these substances it's causing a lot of problem on this child. I have been called to school several times, and I was told that he was fighting with other learners at school due to the usage of these substances. I always tell him that I want him to be educated to see that I can provide for all his needs. He is at that place because of misusing these substances and not listening, which led him to commit offenses. I was always against his violent behaviours and emphasizing the importance of education, but he does not listen at all." **(Participant 10: 38-year-old female guardian).**

Sub-Theme 3: Peer influence

Participants stated that peer influence mainly caused violent youth behaviours in their opinions. The participants indicated that young individuals respect their peers and listen to them more than their parents/guardians and other family members. Through these delinquent peers, they become involved in violent activities and find themselves conflicting with the law. The following are participants direct quotations or views:

"I believe that the peer influences contribute to violent youth behaviors because this child associates himself with delinquent peers who do not even go to school. Through these delinquent peers, he is involved in violent activities and doesn't realize the consequences of his actions. I used to tell him that this kind of life that he is living won't take him anywhere, so it's better if he can realize the importance of education. I make sure that I provide for everything that I can to this child, but to him, it's nothing" **(Participant 9: 65-year-old female guardian).**

"Eeh, the influence of delinquent peers does contribute to violent youth behaviours. This child spends most of his time with friends from school who are bad influencers. I have been called to school several times due to his bad behaviour, which he promised that he would change for the better. I make it a point that I provide this child to be like other children, but he does what he wants. His friends are not good at all because they have been arrested several times, and when you tell him to stay away from them, he will listen for that moment, but when he lives this place, he changes his behavior" **(Participant 6: 38-year-old female parent).**

"Mmm, I think the influence of delinquent peers plays a vital role in these violent behaviours. My child started this behavior when he was 12 years old, and now he is 15. I used to tell him to separate from his friends as they were not good for him, but he won't listen. I make a point that I provide for this child so that he can go to school with pocket money like other children, and I also buy quality clothes for him to look like others but instead, he chooses to listen to his friends more than myself." (Participant 4: 47-year-old female parent).

"I think that delinquent peers do contribute to violent youth behaviours because this child associates himself with friends who have dropped out of school. And sometimes he will dress in uniform clothes and put the other clothes inside the school bag, and you will think that he is going to school whereas he is going to meet his friends in town. He is a good child when he is here at home, but he becomes a different person when he is outside with friends" (Participant 10: 38-year-old female guardian).

"Eish, I think the influence of deviant friends causes this violent behavior that this child is displaying. My child was a perfect child at school, but suddenly he became associated with bad friends who would influence him to run away during school hours and be involved in delinquent behaviours. I provide food and clothes to this child, and I don't remember any day that he went to school being hungry, but he will try to please his friends over you as a parent" (Participant 5: 49-year-old female parent).

Sub-theme 4: Community violence exposure

Participants reported that community violence exposure is a factor that contributes to violent youth behaviours. This study's findings highlighted that young people living in a community exposed to violence were more likely to commit offenses than their counterparts. The antisocial behaviors in some communities gradually become the culturally acceptable norm. The following are direct quotations from the participants.

"Mmm, I believe that this child got involved in violent activities because he was used by someone in the community who is a known criminal. Most of the time, these gangsters hooked up young children into criminal activities like selling illegal drugs at school and in the community, theft, and car robberies. "

"Even though he denies that there is someone behind his robbery case, you can tell that he is hiding something maybe because he has been threatened that he will die, or his family will be killed." **(Participant 2: 35-year-old female guardian).**

"Eish, I think community violence exposure does contribute to this violent behaviour. These younger children are usually told to perform those illegal activities because adults tell them that their charges won't be the same as that of adults offenders as they are still minors. This child used to stay at home doing the household chores, but all of a sudden, his behavior changed, and he used to come home late being dropped by fancy cars that I don't know, and when I ask about the car, he will tell me that he just got a lift." **(Participant 6: 38-year-old female parent).**

"Mmm, I think community violence exposure is a factor contributing to violent youth behaviours. It seems as if this child has witnessed someone beaten to death in this community and has been threatened with severe physical harm.

My grandson is a thief, and he doesn't play with the children of his age, and I think there is someone behind his stealing." **(Participant 3: 72-year-old male guardian).**

"This child breaks other people's houses to steal, and he went as far as breaking the house of a known police officer in this village, and he was arrested on the spot. His behaviour is very disgusting, you know..... He has been involved in many criminal activities and got arrest at the same place for the third time." **(Participant 3: 72-year-old male guardian).**

"I believe that community violence exposure has a big impact on the young individuals because violent adults in the community use them to make money. I don't know why this child is behaving the way he does because I make sure that I provide for him to be like other children, but he doesn't listen." **(Participant 7: 46-year-old female parent).**

Theme 2: Suggestions by parents/guardians on improving violent youth behaviours.

Participants mentioned that to improve on violent youth behaviours, they are suggesting the following:

Sub-Theme 1: Both parents/guardians involvement towards youth life activities

Participants indicated their opinions and views on the improvement of violent youth behaviours. The involvement of both parents in the lives of the youth was stated as a factor that can improve violent youth behaviours. It was indicated that some youth have parental-child attachment from one parent due to separation/divorce because the parents cannot communicate effectively with each other. Furthermore, the participants reported that the divorced/separated parents should put their differences aside and not blame each other regarding the child's behaviour, but rather support the child to deviate from the violent behaviours.

Sub-Theme 2: Avoiding the misuse of substances

The participants highlighted that they should play a role in identifying the warning signs of substance abuse amongst their children and finding out who hangs out with their children during and after school hours. Participants felt that it should be their responsibility to provide less pocket money to their children to minimize the misuse of substances.

Sub-Theme 3: Distancing from negative peers

Participants emphasized the importance of education as a route to success. They also felt that much emphasis should be put on providing their children's basic needs and teaching them to accept their situation and avoid comparing themselves with the other children as the families are not alike. They were also of the opinion that monitoring the youth activities to prevent violent behaviours should be done by every parent/guardian and not regarded as the responsibility of educators at school.

Sub-theme 4: Uninvolvement in community violence exposure

Participants mentioned that it should be every parent/guardian's responsibility to make sure that they provide support and love to their children. They also emphasized the dangers of involvement in community violence. They felt that the parents should join hands and work as a team with the community leaders and police in preventing the gangster in the community who uses young children for their benefit.

4 Discussion

In this study, the participants viewed violent youth behaviors as being a result of several inter-related factors. This section discusses the parents/guardians' perceptions on contributory factors towards violent youth behaviours. The study revealed that parental divorce/separation, misuse of substances, peer influence, and community violence exposure contribute to violent behaviours amongst the youth in CYCC's in the Limpopo Province. Some parents were emotionally exhausted during the interviews when sharing their perceptions on factors contributing to violent youth behaviours. They seem to have feelings of regret and self-accusation that maybe they did not do enough to provide their children with love, guidance, and support.

This study revealed that many young people lose the capacity to handle their problems and solve conflicts due to parental divorce/separations. According to studies conducted by (Chauke & Obadire, 2019; Giddens & Phillip, 2013; Heaton, 2010), it was discovered that divorce could disrupt family life and is a painful and traumatic experience for all those who are involved. The participants reported that they are stressed by having youth engaged in violent activities and not valuing the importance of education because they rarely attend and perform well at school when involved in violent behaviours.

Furthermore, young people whose parents are divorced tend to be overwhelmed by anxiety and stress as they decide which parents they will live with. As such, their decision may have consequential effects on their academic performances. A study conducted by Ahiaoma (2013) shows that it is the responsibility of the parents to monitor their children and provide them with good nurture and discipline because the family and the home environment play a great role in the development of the youth and adolescents. In addition, parents are important resources that also serve as role models to teach their children social skills by providing them with emotional support, practical assistance, and guidance.

Furthermore, Ahiaoma (2013) asserts that the stressful nature of divorce elevates anxiety, high rates of substance abuse, and low self-esteem among young individuals by increasing their chances of experiencing a wide variety of mental health problems, including aggression. Therefore, it becomes the responsibility of the parents to monitor their children and provide them with good nurture and discipline because the family and the home environment play a significant role in the development of the young individual's behaviours. In this study, the participants reported negative feelings regarding their young individuals and the misuse of substances.

A study by Rothman et al. (2012) and Winters and Arria (2011) outlines that substance misuse is the risk factor for physical victimization and aggression among the youth. The link between violence and substance use is due to the substance's acute and chronic pharmacological effects on individual functioning. Among young individuals, substance misuse has been indicated to have a damaging and detrimental effect on their emotional, psychological and mental wellbeing. In addition, extensive and excessive use can stunt emotional growth and development, and most significantly, stunt brain development. The desire and need for a sense of belonging seem related to the illegal use of substances among the youth. As such, this substance misuse affects decision-making capabilities and one's personality.

The findings of this study highlighted a link between violent youth behaviours and the influence of peers. A study by Sedibe & Hendricks, 2021; Rathus, 2012; Thobejane & Raselekoane, 2017, postulates that a significant contributing factor for youth to abuse substances is likely to be the influence of deviant peers. In society, young individuals are at a stage where they are trying to determine their role and who they are, and they do all of this just because they have hope of wanting to belong by impressing and keeping their friends. As a result, they mostly do things such as drinking to impress their friends. However, Sudhinaraset et al., 2016, reports that young people engage in these violent activities due to fear of being rejected by their peers. Most will feel depressed if rejected because they feel less important and can sometimes have suicidal thoughts.

Similar results were found by Jacobs & Slabbert (2019); Costello & Hope (2016). These authors mention that the desire for social acceptance and popularity might emerge at this stage, resulting in negative consequences among their peers. Furthermore, friends and peers' desire for approval and endorsement can easily influence young individuals to be pressured to do something they would not normally do and gain their peers' approval. This need for acceptance is related to finding a sense of commonality or common ground amongst the young individuals. The findings of this study indicate that young people who live in a community exposed to violence are more likely to commit offenses than their counterparts. The antisocial behaviours in some communities gradually become the culturally acceptable norm.

This was confirmed by a study conducted by the National Institute of Justice [NIJ] (2016), which discovered that a child's emotional, psychological, and even physical development could sometimes be through exposure to violence. In addition, young people exposed to violence are more likely to suffer from depression or other mental health problems and engage in criminal behaviour as adults. They tend to have difficulty in school, abuse drugs or alcohol and act aggressively.

The above finding indicates that young people, particularly those who live in conditions of chronic violence, are most vulnerable to violence. The study concurs with Akers (2010), who found that the behavior is most likely to be imitated more if it repeats itself. The individuals can be easily influenced to conforming to the behavior of others who are next to them through witnessing their actions. The study further showed a higher risk for young people to imitate and repeat the behaviours of close individuals who are criminals. The findings also support a study conducted by Ntshangase (2016) and that of Bureau of Market Research (2012) on substance abuse by Gauteng secondary school learners, which contends that among the youth, there is an escalating abuse of alcohol if it is socially acceptable and tolerated by the community.

Based on the findings of this study most young individuals are residing in the Limpopo Province communities that are characterized by violent activities and as a result they tend to regard these violent activities as a proper way of living. These disorganized communities have the negative influence on the behaviours of these young individuals. This is supported by a study by CJCP, 2012 which indicated that the exposure to violence, access to illegal substances and firearms affects the young people risk of becoming criminals as well as social problems experienced in different areas in communities

Furthermore, the study discovered that children and youth emulate when the community exemplifies antisocial behaviour such as binge drinking, sexual immorality, violence, and theft as a way of living. In this study, the participants emphasized that they anticipated a change of violent behaviours amongst their children and provided suggestions on preventing violent youth behaviours (Ntshangase, 2016; Bureau of Market Research on substance abuse by Gauteng secondary school learners, 2012). However, Hlungwane et al. (2020) and Masombuka (2013) point out that despite the parent's emotional challenges due to violent youth behaviours, they still hope their children will respect them and deviate from their violent behaviours and change for the better.

5 Limitations

This study was exclusively conducted in one province of South Africa with parents/guardians of the youth with violent behaviours. Therefore, a generalization of the findings may be made with caution as research needs to be replicated in other provinces of South Africa. The study was conducted with one parent of the youth in the absence of the other, so further research may be necessary to include both biological parents.

6 Conclusion

In conclusion, the findings of this study reveal that there were contributory factors that resulted from the interaction of various factors amongst the youth with violent behaviours in the Limpopo Province. The parents/guardians of the youth with violent behaviours in CYCC's in the Limpopo Province are overwhelmed by the deviant behaviours displayed by these young individuals. Violent youth behaviours can be prevented if parents/guardians understand the relevance of monitoring their children's life activities and make the extra effort of being involved in their children's academic studies.

Parents/guardians need to ensure that the family rules apply to everyone in the household, and they should always strive to be the best parents/guardians towards their children.

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DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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Chapter Five

The multidisciplinary team's views towards violent youth rehabilitation programmes in South Africa.

The chapter has focused on the multidisciplinary team's views towards violent youth rehabilitation programmes in South Africa. It is under peer- review for publication as a research article in the International Journal of Offender therapy and Comparative Criminology.

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Abstract

Violent youth behaviours have remained a serious public health problem with long-term impacts on the health and wellbeing of the youth. A young individual can be involved in youth violence either as a victim, an offender, or a witness. The multidisciplinary team at child and youth care centres (CYCC's) in the Limpopo Province has a significant role in preventing violent youth behaviours. During youth rehabilitation, the programmes rendered by the multidisciplinary team at CYCC's involve counselling, education, vocational training, hygiene and life skills training on behaviour modification. This study sought to explore and describe the views of the multidisciplinary team on these youth rehabilitation programmes. A qualitative, explorative, and descriptive research design was used.

A non-probability, the purposive sampling method was used to select participants of a multidisciplinary team rendering youth rehabilitation programmes in CYCC's in the Limpopo Province. A total of thirteen multidisciplinary team members aged 35-52 years old were recruited and interviewed individually until data saturation was reached. Data was collected using a semi-structured interview guide. It permitted the researchers to obtain rich descriptive data through having direct interaction with the participants in their natural settings. Thematic content analysis was used to analyse data, and measures to ensure trustworthiness and ethical issues were observed. Two themes and eight sub-themes emerged from the analysed data.

The study revealed that despite the youth rehabilitation programmes rendered at CYCC's in the Limpopo Province, factors such as lack of parental attachment and guidance, family structure, poverty and unemployment, and involvement in gangsterism and media violence played a significant role in violent youth behaviour habits.

Rehabilitation programmes for youth with violent behaviours will be effective and have better outcomes by considering the risk factors and minimising gangsterism and media violence exposure.

Keywords: child and youth care centres, family structure, gangsterism, multidisciplinary team, rehabilitation programmes, youth.

Introduction

The multidisciplinary team in child and youth care centres (CYCC's) in the Limpopo Province has a significant role in preventing violent youth behaviours. Violent youth behaviours have remained a serious public health problem with long-term impacts on the health and wellbeing of young people. A young individual can be involved in youth violence either as a victim, an offender, or a witness (Centre for Disease Control and Prevention [CDC], 2020). During youth rehabilitation, the programmes provided by the multidisciplinary team in CYCC's include counselling, education, vocational training, hygiene and life skills training on behaviour modification.

Most of the youth admitted to CYCC's have repeated violent behaviours linked to lack of parental attachment and guidance, family structure, poverty and unemployment, and gangsterism and media violence involvement. CYCC's provide residential care for the care and protection of vulnerable children whose lives are presumed to need care in terms of the Children's Act no. 38 of 2005. In addition, the Act specifies other factors that influence the need for care in these centres, including uncontrollable or violent behaviours among the youth and adolescents below the age of 21 (Children's Act no.38 of 2005).

Many young individuals at these centres have been apprehended for committing offences such as murder, rape, theft, robbery and hijacking, drug and substance offences, and possession of stolen properties. Rehabilitation refers to an intervention to change aspects that contribute to criminal behaviour such as attitudes, cognitive processes, personality, mental health, social relationships, education and vocational skills or employment, and reduce recidivism among offenders (Muyobela & Strydom, 2017).

Various studies have shown the family environment to be a strong determinant of violent youth behaviour. Studies conducted by Olofinbiyi et al., 2020; De Camp & Ferguson, 2017; De Camp, 2019, postulate that youth are prone to engage in aggressive behaviours or criminal activity if they receive little or no supervision from their parents. And also, if they do not have the resources needed to make good choices or recognise risks without adequate adult supervision.

The same author indicates that these youth tend to associate with the wrong people, take unnecessary risks, and experiment with things an involved parent would never allow. Furthermore, the author reports that when parents are permissive, their children often have no motivation to do well in school and may even stop caring about their future, culminating in frustration and violent tendencies. Family is regarded as the first and best institution from where children learn their basic learning, and the role of the family is most important towards the physical, mental and moral development of a child.

In addition, parents serve as the influential component to protect their children from rising malfeasance and are regarded as the best teachers of their children (Patoari, 2020; Miles, 2015). Another study by Patoari et al., 2020; Kemme et al., 2014, indicates that the family is the primary enculturation agent for children to develop their ethical standards and moral values. If the family cannot play a proper role, children are more likely to deviate. A study by Mwangangi (2019), conducted on the role of the family in dealing with juvenile delinquency, postulated that although different factors impact the development of a child's character, the family plays a central role in child development, consequentially impacting on the character of a child.

In addition, the family has been seen as a determining factor for children's subsequent involvement in crime, which is also a critical element for child development. A similar study by Mwangangi, 2019; Mwenda, 2012; Mary et al., 2016, highlights that family plays an important role, including an understanding of right and wrong, respect, fairness, compassion and responsibility, and of teaching norms and values within children. In addition, young individuals learn these values by observing and emulating their parents' behaviour and being taught by their parent figure. As a result, children learn the importance of these values and the consequences of not observing them.

A study conducted by Burton & Leoschut (2013) in South Africa outlines that roughly 90% of youth with violent behaviours have a history of ill-treatment in their families. In addition, youth without parents or parental supervision present the highest risk for violent and criminal behaviour. These households are more likely to face financial difficulties and be exposed to the misuse of alcohol and illegal substances. Poverty and unemployment have been reported in various studies to contribute to violent youth behaviours.

Researches conducted by Ngutu, 2014; Wairimu, 2013, outlines that among the children who are from low-income households, there are high risks of educational underachievement. The problem of these young individuals from poor backgrounds tends to begin at primary levels of education.

As a result, they usually drop out of school and practice juvenile delinquencies in the community. Poverty plays a dominant role in exposing young people to destructive behaviour, and the experience of staying in a slum is a determinant of deviant behaviour. However, young people from poor backgrounds do not like to involve themselves in substance abuse, such as smoking dagga, but they do so because it helps them escape the reality of living in poverty (Ngutu, 2014; Wairimu, 2013). The study by (Hendricks, 2018; Rungani, 2013) supported the above findings. They indicated that in South Africa and other parts of the world, knives, guns and other weapons are part of daily school life.

The most highly published incidents involving severe physical violence, serious forms of physical aggression like stabbings and shootings, and psychological violence such as harassment, bullying, and relational aggression are present in South African schools. It is assumed that the presence of weapons in schools is due to gangsterism among young individuals. It is further established that more than one-fifth of sexual assaults occurred in school premises among South African children. School violence is a widespread social problem that threatens learners' health, achievement, and well-being (Hendricks, 2018; Rungani, 2013).

Gang violence also affects those who witness such violence in schools and those who are directly victimised. This interferes with one's ability to learn, which also creates an atmosphere of fear and apprehension. In numerous cases, especially in circumstances where gang membership is intergenerational, the decision to join a gang is informed and done willingly. Young individuals join gangs to find a place of belonging and a sense of self-worth or see gang membership as a solution to various social adjustment issues that they face in their lives (Ramon & Maritz, 2015; Pacheco, 2012). Due to the developmental stage of their brains, young people are more susceptible to the harmful effect of exposure to violence. Boyd (2013) reports that most media presents violence that seems to present a skewed context.

As a result, most of these violent acts in media portrayals are committed without remorse, criticism or penalty. The same author stated that the inappropriate presentation of violence leads to inappropriate expectations of youth about the true effects of violence. Another study conducted by Chauke (2018) concurs with the above research by indicating that televised entertainment programmes have become a major means of learning about and understanding the world around them since their environment shapes young people's behaviour. This author indicates that adults need to pay more attention to the portrayal of deviant behaviour in television programmes to understand the behaviour that young people resort to.

Furthermore, young people adopt what they see in selected television programmes by learning how to dress, how to walk, how to dance, and also how to talk. There are only two CYCC's in the Limpopo Province providing rehabilitation programmes for youth with violent behaviours. A multidisciplinary team consists of practitioners rendering youth rehabilitation programmes in CYCC's Limpopo Province for this study. Even though there are two child and youth care centres in the Limpopo Province, the multidisciplinary team usually struggle to render effective rehabilitation programmes due to several factors that need to be addressed.

Factors such as lack of parental attachment and guidance, family structure, poverty and unemployment, and involvement in gangsterism and media violence exposure have a vital influence on violent behaviours amongst the youth. Therefore, this paper aims to explore the views of the multidisciplinary team on youth rehabilitation programmes in CYCC's in the Limpopo Province, South Africa. Various studies have been conducted in the Limpopo Province on youth violence, but no such research has been attempted before to interview members of the multidisciplinary team. For our young individuals to be free of violence, it is hoped that the involvement of the parents, relatives and other community members will assist in the effectiveness of youth rehabilitation programmes, which could lead to youth behaviour modification.

Methods

Participants, Sampling, Recruitment, Participants, and Procedure

We obtained ethical approval to conduct the study from the Research and Innovation Directorate of the University of Venda with ethical clearance certificate no (SHS/20/PH/15/0707) in July 2020. Permission to conduct the research study and enter the two institutions was obtained from the Department of Social Development, Limpopo Province. Final access to the participating institutions was negotiated with the managers responsible, and we obtained written informed consent from the participants and the institutional managers before conducting the study.

The participants were provided with the necessary information; their rights to confidentiality and privacy were observed throughout the study. The participants' consent to participate in the study was voluntary, and they were not exposed to any form of injury or maltreatment. No remuneration was provided to the participants for being part of the study, and they were informed that they could withdraw from the study at any time. Instead of using participant's names in the research study, codes were used to ensure anonymity.

We conducted this study in two CYCC's in the Limpopo Province, South Africa. The Limpopo Province of South Africa is situated on the Northward part of the countryside and borders Botswana to the West, Zimbabwe to the North, and Mozambique to the East. It is predominantly rural and is one of the most underdeveloped areas in South Africa. The Limpopo Province has a high unemployment rate among young people.

The reasons for the increase in unemployment in this province are numerous. Still, the main one is that the formal sector of the economy has not created enough job opportunities for its growing labour force (Limpopo special tours, 2018). In this qualitative study, participants were members of a multidisciplinary team rendering youth rehabilitation programmes and were between 35-52 years. We recruited the study participants through the managers of the institutions where the youth are rehabilitated. The participating institutions were those that render rehabilitation programmes for youth with violent behaviours.

A qualitative, explorative, and descriptive research design was used to explore and describe the views of a multidisciplinary team on youth rehabilitation programmes in CYCC's in the Limpopo Province, South Africa. A qualitative research approach was deemed appropriate to achieve the study's goal and answer the research question. It allowed the researchers to gain a more comprehensive and inclusive perspective on the topic (Fouche & Shurink, 2011).

A qualitative explorative and descriptive research design was used to explore and describe the views of the multidisciplinary team on youth rehabilitation programmes. A semi-structured interview guide was used to collect the data from study participants. The interviews focused on the views of the interdisciplinary team regarding youth rehabilitation programmes. Appointments for interviews with the study participants were secured during lunch hour. Data was collected in their offices through in-depth individual interviews, recorded with the participants' permission.

The interview recordings were transcribed verbatim and translated into English, and the participants' home languages used during the interviews include Tshivenda, Sepedi and Xitsonga. Data were collected from November to December 2020 among the thirteen study participants until data saturation was reached. Before the interviews, we obtained written consent from all participants, and the interviews were conducted for 45 to 60 minutes. The opening question which guided the interview was: "What are your views regarding youth rehabilitation programmes that are rendered at this centre?"

The broad question was then followed by probing as a communication skill that elicited more participants' information (De Vos et al., 2011). Permission to use a voice recorder was obtained, and data was collected from participants until data saturation was reached (Babbie & Mouton, 2010).

The study population consisted of a multidisciplinary team rendering youth rehabilitation programmes in CYCC's Limpopo Province. A non-probability and purposive sampling technique were used to select thirteen multidisciplinary team members between 35-52 years. The inclusion criteria included members of a multidisciplinary team rendering youth rehabilitation programmes willing to share their knowledge and sign informed consent forms. The study participants were social workers, child and youth care workers, educators, and a psychologist. Members of the multidisciplinary team rendering rehabilitation programmes were recruited, and data was collected at the CYCC's in the Limpopo Province.

The only two CYCC's in the Limpopo Province were purposefully selected due to the high incidence of violent youth behaviours, including fighting, stabbing learners and educators, bullying, murder, rape, theft, and gangsterism.

Data analysis

The narrative data from the in-depth interviews were analyzed qualitatively using thematic content analysis (Creswell, 2009). After the completion of all transcripts, a list of similar topics was compiled. Two themes and their eight sub-themes emerged, and field notes were also coded and categorized. Finally, a literature control was done to contextualize the results of the study in the existing literature. The criteria for ensuring trustworthiness as outlined by Lincoln and Guba were observed (Lincoln & Guba, 1985). Credibility was assured by a prolonged engagement to build a rapport with the participants. Credibility was also provided through direct quotes from the study participants.

We contacted participants during the appointment-making session, the information session, and during data collection. Referential adequacy was achieved by taking notes to record findings and through the use of a voice recorder. We identified themes and their relationships and the sub-themes that have emerged after codes were identified and grouped. Thick descriptions of the research methodology ensured transferability. To validate the truth and to confirm the results, a member check was also conducted.

RESULTS

We compared the themes, and differences were discussed until consensus was reached (Brink et al., 2006). The study results indicated that factors prevented the positive outcome of youth rehabilitation programmes in CYCC's in the Limpopo Province. The findings also highlighted the factors that could be addressed for positive outcomes or effectiveness of youth rehabilitation programmes. This is shown in Figure 1.

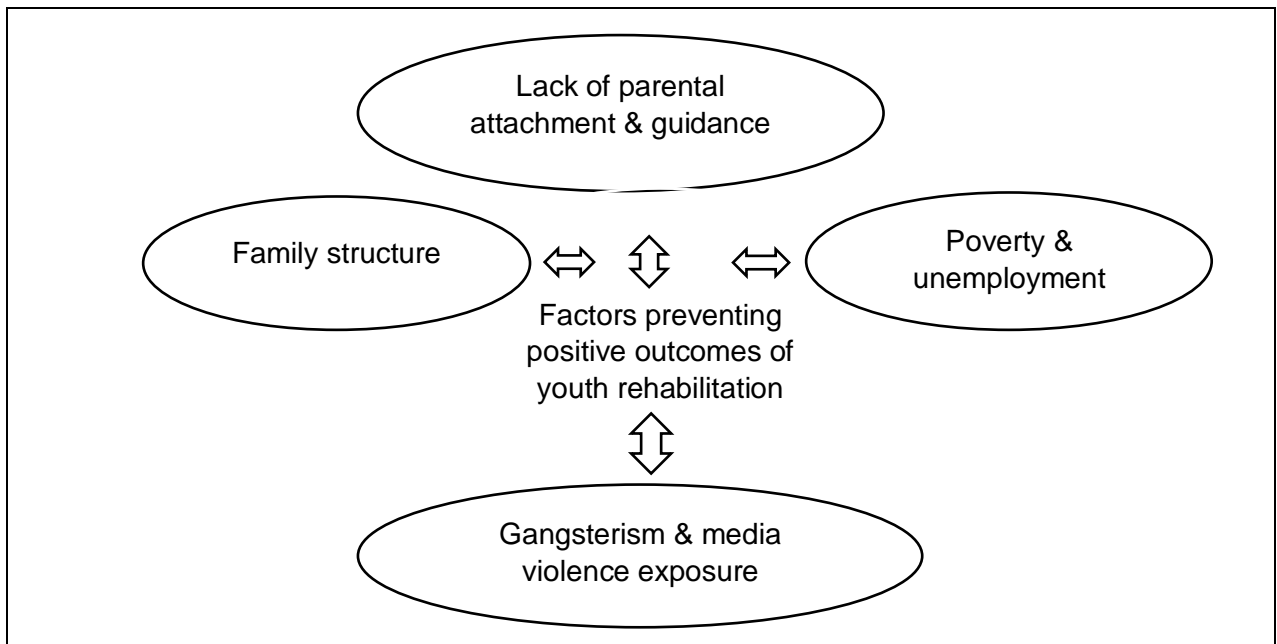


Figure 1. Factors preventing positive outcomes of youth rehabilitation programmes

In discussing the themes and sub-themes, quotations and relevant literature was used to emphasize the results. The two themes and sub-themes are presented in Table 1. The following is the demographic profile of the multidisciplinary team in CYCC's in the Limpopo Province, South Africa.

Demographic Profile of the Multidisciplinary team at CYCC's

The study participants' ages ranged from 35 to 52 years old, and among them, three were female, and ten were male. The findings revealed that four social workers had a Bachelor of Social Work degree, and three child and youth care workers had a Diploma in child and youth care in terms of participants' academic achievements. The psychologist among them had a master's degree. Other educational achievements include one with an honors degree in youth development, three honors degrees in education, and one with a diploma in education. In terms of race, all of the study participants were black. Three of the participants' home language was Tshivenda, five participants' home language was Xitsonga, and five participants' home language was Sepedi.

Theme 1: The views of a multidisciplinary team on youth rehabilitation programmes

Of the thirteen study participants, four were social workers, four were child and youth care workers, four were educators, and one was a psychologist. Two themes and eight sub-themes were identified, as indicated in Table 1.

Table 1: Themes and sub-themes on the views of the multidisciplinary team on youth rehabilitation programmes.

Main-Theme	Sub-Themes
1. Factors preventing positive outcomes of effective youth rehabilitation programmes	1.1. Lack of parental attachment and guidance 1.2. The family structures 1.3. Poverty and unemployment 1.4. Gangsterism and media violence exposure
2. Suggestions by the multidisciplinary team on factors to improve youth rehabilitation programmes	2.1. Involvement of parents/guardians in the youth rehabilitation process 2.2. Improvement of the family structure 2.3. Eradication of poverty and unemployment 2.4. Uninvolment in gangsterism and media violence exposure

The two themes that emerged from the data analysis were factors preventing positive outcomes of youth rehabilitation programmes and suggestions by the multidisciplinary team on factors to improve youth rehabilitation programmes. Sub-themes that emerged from the first theme were lack of parental attachment and guidance, family structure, poverty and unemployment, gangsterism, and exposure to media violence. The sub-themes will be discussed individually.

Sub-Theme 1: Lack of parental attachment and guidance

During the interviews, the study participants stated lack of parental attachment and guidance as a factor preventing the positive outcome of youth rehabilitation. The participants illustrated that even though rehabilitation programmes are being rendered at the centre, young individuals who lack parental attachment and guidance have higher re-offending rates than their counterparts.

The following statements from participants demonstrate the importance of parental affection and guidance in a child's upbringing, which they believe should be the responsibility of every parent or guardian.

"Mmm, I believe that one of the things hindering the positive outcomes of rehabilitation programmes among the youth is lack of parental attachment and guidance.

Children require support from both parents, and most of the children who ended being at this centre are growing up without their fathers. Even though

rehabilitation programmes are being rendered, they will go back to their normal ways if there is still a gap that needs to be fulfilled."

"I am of the view that a father figure contributes a lot to the behaviour of the child, especially on a male child because he can get involved in violent activities as a way of telling people that there is something that is missing in his life."

"Mmm, I think lack of parental attachment and guidance does contribute to negative outcomes of rehabilitation programmes on youth. In other instances, in the family you find that most parents fail to control their children, are involved in violent activities, or hang out with the wrong friends. Sometimes the parents know about their whereabouts, and the child comes home late, and their parents say nothing."

"I am of the view that one of the factors that are preventing the positive outcome of rehabilitation programmes is lack of parental guidance. When a child in the family does what they want without guidance, it can lead to violent behaviour. Some parents know that their children are coming home late..... (shaking his head) and have bad friends who influence them to behave violently. Still, they decided to keep quiet about it." (Child and youth worker)

"Eeh, I think when this young person doesn't have that sense of belonging in a family, it becomes a problem. Even though they are being rehabilitated, when they go back, the situation is still the same. Their parents' love and affections are not there as it is supposed to be between the youth and parents. So now you go out and try to seek that attachment in the wrong place, and that is where you find yourself in prison or a secure facility."

"Mmm, I feel it starts at home, where the children don't have that sense of belonging, you know. Rehabilitation programmes are being provided to these young individuals, but they tend to re-offend and come back to the centre because of a lack of parental guidance. Some don't have parents at all, and some are being raised by extended family members like a grandmother who is old to tell them what is right or wrong. That bond is not formed between the mother, the child and the father. They are there physically, but it's like they are not there as they don't have that attachment." (Social worker)

Sub-Theme 2: The family structure

The family structure was reported frequently as a factor preventing the positive outcomes of effective youth rehabilitation in CYCC's in the Limpopo Province. Participants indicated that children from disorganized families find pleasure in engaging in violent behaviours to forget the problems they face at home. The family structure plays a vital role in the development and progression of a child, and the involvement in their children's lives is essential to their growth and development. A study conducted by (Bukakto & Daehler, 2011; Mudavanhu & Schenck, 2014) outlined that a lack of involvement and interest between the child and parent can result in a dysfunctional relationship.

The dysfunctionality within the family system and a likelihood to experiment with illegal substances usually result in young people facing or experiencing low or no self-esteem, socialisation problems, susceptibility to peer pressure, and a lack of self-control.

Participants stated:

"I think that the family structure is one factor that contributes to negative outcomes of youth rehabilitation programmes because when you stay in a family where there is no peace and people are always fighting, the children will look for peace at other places. Witnessing such violence at your home can also create or shape a violent behaviour in a child's life." (Child and youth worker).

"Mmm, I am of the opinion that the situation at home is usually one of the contributory factors hindering the effectiveness of rehabilitation programmes among the young individuals. You can find that maybe the father is abusive towards the mother, and then the children will grow up with anger inside and will also believe that it is normal to beat the other partner."

"I believe that in a family setting, some of the parents respect their children too much and give them a lot of freedom to do what they want like coming home late and don't ask them where they are coming from." (shaking his head).

"I am of the view that the home environment impacts how the young person perceives the world, as his family members play a big part in shaping the young person's character, values and belief systems. Rehabilitation programmes that are being provided are good, but if their home environment is still the same, it becomes a problem."

"I think it mainly stems from dysfunctional families, wherein the father is abusive towards the mother in front of the children, and it makes children fight with the abusive partner or spend most of their time in the streets avoiding the situation at home." (Educator)

"Mmm, in my opinion, I think rehabilitation programmes are good, and these youth does mention that they are being assisted a lot on their violent behaviours. But I think that the young person parents and other family members impact on how the young person perceives the world and these individuals plays a big role in shaping the young person's character, values and belief systems." (Psychologist)

Sub-Theme 3: Poverty and unemployment

Participants thought that violent youth behaviours were mainly influenced by poverty and unemployment. During the interviews, it was indicated that there is a greater risk of becoming criminals amongst the children living in poverty with behavioural problems, including aggression, depression, and low self-esteem that are more likely to develop among these individuals. Participants pointed out that the youth at the centre indicated on their arrival that they became involved in violent activities as a means of survival because they were coming from poverty-stricken families and mostly with unemployed parents.

A study conducted by (Wairimu, 2013) reveals that the experience of staying in a slum and poverty among young individuals plays a dominant role in exposing them to destructive behaviours and to escape the reality of living in poverty, young people from poor backgrounds are more likely to engage in violent behaviours. Participants explained:

"I personally think that the socio-economic factors such as poverty and unemployment can lead these children to commit violent behaviours because they are not well-taken care of at home and they can engage in violent activities such as stealing and robbery to survive." (Child and youth worker).

"Eeh, I am of the view that poverty does play a role on youth violence behaviour because in some instances parents are too lazy to work to provide for their children's basic needs. They ended up sending the wrong message to their children of stealing and providing for themselves to survive." (Social worker)

"Mmm, I think poverty plays a huge role in violent youth behaviour because some of these children don't get food at home, and due to hunger, they find themselves offending so that they can get enough food at the table." (Educator)

"I am of the opinion that poverty is one of the factors contributing to youth violence behaviour. Young people go the extra mile because of this poverty, such as getting into violent activities and forgetting the consequences. This poverty plays a very big role in what young people do to be out of their frustrating situations." (Psychologist)

"I think in some cases, you find that a child doesn't have a shirt to school and when they ask the parents and the answer from the parents sometimes is that they have to find a way of getting it as there is no money as they are unemployed. It becomes a great challenge because, with other children, they will end up stealing to look like other children at school."

Sub-theme 4: Gangsterism and media violence exposure

Participants highlighted that gangsterism and media violence exposure is another factor that triggers violence and other delinquencies among young individuals. A gang is a group of persons who go about together or act in concert, especially for criminal or illegal purposes (Jackson, 2016). Furthermore, these groups share a common identity, and many have common identifying signs and symbols.

A study by Chauke & Malatji (2018) postulates that the portrayal of the gangsters' lifestyles in televised programmes plays a huge role in forming real-life youth gangs. In the same study, young people developed the wrong perception of success by claiming that seeing their favorite actors achieve massive success and make a large amount of money without working hard led them to develop unhealthy perceptions of success. Chauke and Malatji (2018) further state that young people tend to imitate deviant behaviour portrayed in some television programmes, which often leads to situations in which they conflict with the law. Thus, television programmes can have a bad influence on the behaviour of young individuals. Participants stated:

"Eeh, I think gangsterism does play a huge role in contributing to violent youth behaviour because these youngsters seek a sense of belonging in peers and gangsters. Especially when a child is from a disorganised family, they want to find comfort and protection from gangsters and also to please them".

"I personally think that some television programmes do contribute to violent behaviour among these young people because they are being taught on how to be criminal, looking at the movies and dramas they normally watch they are taught to bomb the banks or hijack cars and becoming rich with no consequence at all." (Child and youth worker)

"I am of the opinion that gangsters have a big impact on the young individuals because they join gangs to make money and for self-protection. Especially in the impoverished communities, these young people join gangs to change their present situation and move to something better no matter how it cost their lives."

"I am of the view that media violence influences young people to be involved in violent behaviour because they don't learn much about good but focus more on bad behaviour. When they switch on the television, violence is there, and they imitate that behaviour without looking at the consequences." (Social worker)

"Eeh, I personally think that the media violence does play a big role in terms of the influencing youth towards violent behaviours, and they tend to look up to those actors on televisions, and they admire them of their criminality. So, these young individuals look up to those people in their television as their role models."

"I am of the opinion that gangsterism among the young individuals has a big impact because young people don't even think of what might happen next. They just need to have the quick money by selling illegal drugs among the learners at school and in the communities. Especially the young people coming from poor backgrounds want to get rid of their situation by joining these gangs, and they think they are cool by doing that."

"I think our youth usually praises gangster lifestyle as they think it offers a happy lifestyle admired by others. Young people, especially from poverty-stricken families, even went to the extent of dropping out of school to find an easy way of accessing material and financial gain." (Educator)

"Mmm, I am of the opinion that these young people are influenced by gangsterism and media violence which plays a huge role in the lives of these children nowadays. "Eeh, you know their problem is that they admire the

leaders of the gang as they usually drive nice cars, and they have all the access to resources and girls." (Psychologist)

"So, I think it's a huge factor in terms of predisposing these young people into violent activities. Another thing these young people can see is that these gang leaders have authority in the community by having a say, and they also create fear amongst the community. "Eeh, you know..... It's really painful because this kind of behaviours puts young people in a dangerous situation or even cost their lives."

Theme 2: Suggestions by the multidisciplinary team on factors to improve youth rehabilitation programmes.

The participants offered some suggestions to improve the positive outcomes of youth rehabilitation programmes.

Sub-Theme 1: Involvement of parents/guardians towards the youth rehabilitation process

One of the factors to improve youth rehabilitation is parents/guardians' involvement in the youth rehabilitation process. The participants stated that parents/guardians must be part of the rehabilitation process, especially parents/guardians of the youth who have been reported to lack parental-child attachment and guidance. Though youth rehabilitation programmes are being rendered at the centre, repetition of violent behaviours among the youth was observed due to a lack of involvement of parents/guardians. It should also be emphasized that divorced/separated parents should all be part of the rehabilitation process for the child's best interests and avoid further problems such as blaming each other for their incarceration.

Sub-Theme 2: Improvement of family structure

The participants mentioned that parents/guardians should improve their family structure or environment to minimize their children's chances of conflicting with the law. The participants indicated that children from disorganized families find pleasure in engaging in violent behaviours to forget the problems they face at home. The family structure plays a vital role in the development and progression of a child, and the involvement in their children's lives is essential to their growth and development.

Participants revealed that when children live in families with parents and other family members who are always fighting and behaving in inappropriate manners, it may at some point drive the children into a vulnerable situation where they resort to deviant behaviour. It is the responsibility of every parent/guardian to improve their family environment to accommodate the rehabilitated youth by deviating from their violent ways.

Sub-Theme 3: Eradication of poverty and unemployment

Participants highlighted a greater risk of becoming criminals amongst the youth living in poverty due to behavioural problems, including aggression, depression, and low self-esteem. Participants mentioned that youth stated they became involved in violent activities to survive because they came from poverty-stricken families and mostly with unemployed parents. This shows that poverty indeed contributes to youths' violent behaviours.

Most young people feel that it is their responsibility to fend for their families by being involved in violent activities despite the consequences. The parents/guardians need to be educated in their responsibility of providing their children's basic needs, including food, clothes, shelter, and education. Much emphasis should be on parents/guardians starting community projects and doing casual jobs in their community as a way of eradicating poverty.

Sub-theme 4: Uninvolvement in gangsterism and media violence exposure

Participants stated that gangsterism and media violence exposure is another factor that triggers violence and other delinquencies among young individuals. Based on the statements from the participants, gangsterism and media violence exposure plays a vital role in violent youth behaviours. Participants highlighted that young people admire and respect the gangsters and the culture that accompanies them. Some of these gangsters are seen as community leaders and role models who influence the youth and broader environment. The youth requires education on the dangers of gangsterism and exposure to media violence while focusing on education as a route to success. Community members need to be educated on the consequences of using young individuals in violent activities on their behalf.

Discussion

The main aim of the current study was to explore and describe the views of a multidisciplinary team on youth rehabilitation programmes. The study's findings reveal that lack of parental attachment and guidance, family structure, poverty and unemployment, and gangsterism and media violence exposure are the factors that prevented the positive outcomes of effective

rehabilitation among the youth in CYCC's in the Limpopo Province. Findings further reveal the suggestions by the multidisciplinary team to improve on positive outcomes of youth rehabilitation programmes.

The study results agree with Abelle (2016) study, which explains that the environment at home and parents and siblings play an important role in a child's development. However, children would show deviant and violent behaviour if parents could not take care of and demonstrate the love that children are supposed to have. Abelle (2016) further states that these children might do unnecessary things to be noticed by their family members or other people, expecting that this act would make their family and friends care for them.

These statements are supported by (Bukakto & Daehler, 2011; Mudavanhu & Schenck, 2014), who conducted a study that outlined a strong epidemic of social issues caused by dysfunctional families in the absence of parental figures in the lives of young individuals. It affects them especially in the tendency to be exposed to or become involved in substance misuse and criminal behaviour, which later affects their optimal development.

The above statements align with Bakare & James's (2019) study, which indicates that children are unlikely to be over aroused and can respond to parental efforts to focus their attention and guide their behaviour when their parents are warm, protective and supportive towards them. It means that adequate socialization is needed wherein family planning results in fewer children being born by parents, single or married, who can rear them adequately to prevent the development of a criminal personality. These authors further highlight that socialization practices are adequate, especially if parents or caregivers can discipline their children without strict measures such as harsh physical punishment (Bakare & James, 2019).

The findings from the current study reveal that children who come from disorganized families find pleasure in engaging in violent behaviours to forget the problems they face at home. The family structure plays a vital role in the development and progression of the child. The involvement of parents/guardians in their children's lives is essential to their growth and development. A study by (Sarwar, 2016; Brook et al., 2014; Poduthase, 2013) notes that lack of intimacy, lack of guidance, lack of parental involvement, lack of parental attachment, and anger and blaming usually led young individuals towards delinquent behaviours.

The authors add that the increased risk of violence in male juveniles is influenced mainly by a lack of parental involvement and interaction. Similar findings by Wairimu (2013) outline that the child's behaviour can be at stake, particularly that of young boys, if there is an absence of a father figure in their lives. The same author states that young people are more likely to be exposed to wrongful acts by experimenting, especially those from dysfunctional families with

no role model or care at home. Their thinking seems to be that they can make decisions for themselves and learn from their own mistakes since no one cares about them.

Furthermore, the author indicates that young boys need a father figure in their lives to be able to teach them what society expects from them, and sometimes society seems to neglect the male child and pay more attention to shaping the female child. Therefore, the absence of a father figure does contribute to deviant behaviour, especially among the boys Wairimu (2013). The findings of this study also show a strong association between youth exposure to violence and poverty and unemployment among the parents. It indicates that being raised in a disorganized family with no sense of security or love often becomes a future predictor of destructive behaviour among these young individuals.

The study found that there is a greater risk of becoming criminals amongst the children living in poverty. As such, behavioural problems, which include aggression, depression and the development of low self-esteem, are more likely to develop among these individuals where parents argue and resort to physical fights in front of their children. This tends to affect a young person's psychological well-being due to growing up in a dysfunctional family. The above findings are similar to the findings of studies conducted by (Chowdhury et al., 2012; Wairimu, 2013). They claim that the family members are involved in quarrels in many low-income families, which negatively impacts the children's minds.

However, to be relieved from the family crisis, young individuals spend most of their time outdoors with their friends, gradually influencing them to engage in many criminal activities. The experience of staying in a slum and poverty among young individuals plays a dominant role in exposing them to destructive behaviours. In escaping the reality of living in poverty, young people from poor backgrounds are more likely to engage in violent behaviours. This concurs with a study conducted by Theobald et al., 2013, which reports that young people from low-income family backgrounds have a greater tendency to abuse drugs than those from a family where parents' income is high.

Children from low-income families usually run to drugs and are involved in violent activities to escape reality because their parents cannot provide for their basic needs. As a result, they suffer considerable stress due to their low-income homes.

Participants in this study highlighted that gangsterism and media violence exposures are factors that trigger violence and other delinquencies among young individuals. A gang is a group of persons who go about together or act in concert, especially for criminal or illegal purposes (Jackson, 2016). A study by Chauke & Malatji (2018) postulates that the portrayal of the gangsters' lifestyles in televised programmes plays a huge role in forming real-life youth gangs.

The authors indicate that young people develop the wrong perception of success without working hard. They believe their favorite actors achieve massive success and making a large amount of money without working hard for it led them to develop the wrong perception of success in life. Furthermore, Chauke & Malatji (2018) state that young individuals start realizing that hustling in the street and committing crimes is the only way to become rich. The study further states that young people tend to imitate deviant behaviour portrayed in some television programmes as they appear to be real. This often leads to a situation wherein they conflict with the law.

Similar findings were reported in a study conducted by (Haveripeth 2013), who found that children's' exposure to media violence influences them to view violence as an acceptable way to handle conflicts and increases their desire to see more violence in real life and entertainment. Some of these effects make children more aggressive. They tend to be less sensitive to pain and suffering due to the media violence exposure to aggressive behaviour. Fearful attitudes where children become afraid of the world caused by media violence and desensitisation with media violence make violence seen as a way of life. At the same time, it also desensitises children to real life.

Limitation

The study was conducted in two CYCC's that are located in the Limpopo Province and focused on the views of a multidisciplinary team on factors preventing the positive outcomes of youth rehabilitation programmes. The study results, therefore, cannot be generalized to all the CYCC's in other provinces of South Africa. However, other researchers may explore the perceptions of the multidisciplinary team on the coping strategies among the youth from dysfunctional families at the CYCC's.

Even though appointments were done some of the study participants were in hurry for other work-related commitments, and they were no longer concentrating in answering the follow up questions efficiently. The majority of the study participants were males, and they were only three females, as a result this study mostly indicates the views of male staff rendering youth rehabilitation programmes at CYCC's.

Conclusions

In conclusion, it was observed that the CYCC's in the Limpopo Province offered educational, vocational programmes, counselling, and psychosocial services to the youth with violent behaviours. Rehabilitation programmes for youth with violent behaviours will be effective and have better outcomes by considering the risk factors and minimising gangsterism and media

violence involvement. This study explored some of the factors that played a role in preventing the positive outcome of youth rehabilitation programmes and the suggestions by the multidisciplinary team on the improvement of rehabilitation programmes.

Authors' Note

The authors take responsibility for the integrity of these data and the accuracy of the data analyses.

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Declaration of Conflicting Interests

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this manuscript.

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Chapter Six

Strategies to improve rehabilitation programmes for violent behaviour youth in South Africa: Development and Validation.

This chapter presents the development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa. The chapter has been submitted for publication as a research article to Rehabilitation Research and Practice Journal.

Submitted to Journal as:

Ramakulukusha, T.O., Babalola, S.S., Mashau, N.S. Strategies to improve rehabilitation programmes for violent behaviour youth in South Africa: Development and Validation. *Rehabilitation Research and Practice Journal (Initial checking)*.

Abstract

Background: Evidence suggests that even though rehabilitation programmes are rendered among the youth in child and youth care centers (CYCC's), there is an escalation and repetition of violent behaviours. As a result, young individuals are becoming victims and perpetrators of such violence at an early stage. Around the world, there has been growing interest in rehabilitating offenders in correctional systems. There is also more optimism about the effectiveness of programmes and the likelihood of them preventing re-offending.

It is assumed that reducing increased rates of recidivism could be essential through effective rehabilitation and reformation that are coupled with proper community reintegration. Violent behaviour among youth is a serious problem with multiple negative effects on contemporary society's health, educational, financial, vocational, and judicial system.

Objective: The study aimed to develop strategies to improve rehabilitation programmes for violent behaviour youth at CYCC's in the Limpopo Province, South Africa.

Methods: The study employed the six elements of practice-oriented theory namely, the context, agent, recipient, dynamic, procedure and purpose. The six elements of the practice-oriented theory were used to develop the strategies which were then validated by applying the Delphi technique and key stakeholders consultation through the organized workshops.

Results: The framework consisted of six components: CYCC's and the youth's home (context), Parents/guardians of the youth (agents), youth (recipients), acceptance, trust, and determination (dynamics), education, communication and parental-child attachment (process), and encouragement (purpose).

Conclusions/ Recommendation: Violent behaviours among the youth is a serious problem with multiple negative effects on contemporary society's health, educational, financial, vocational, and judicial system. The conceptual framework could be a guide to support the youth, the multidisciplinary team at CYCC's and the youth's parents/guardians regarding the prevention of violent behaviours amongst the youth.

Keywords: Limpopo Province, Rehabilitation programmes, South Africa, Strategies, Violent behaviour, Youth.

Introduction

Around the world, there has been growing interest in rehabilitating offenders in correctional systems, and there is more optimism about the effectiveness of programmes and the likelihood of them preventing re-offending. It is assumed that reducing increased rates of recidivism could be essential through effective rehabilitation and reformation that are coupled with proper community reintegration [1]. In contemporary society, violent behavior among youth is a serious problem with multiple adverse effects on health, educational, financial, vocational, and judicial systems [2-5]. Youth justice and social care agencies are committed to empirically supported interventions that reduce persistent youth antisocial behaviours.

The preventative efforts are based on the assumption that the life course trajectories of young people can be changed by actively reducing the risk factors associated with their antisocial behaviors and building on the strengths and protective factors that support resistance. However, some promising results have been realized with cognitive or behavioral approaches, parent management training, pharmacological approaches, and multimodal therapies [6-7]. A study conducted by [8,9] in Kenya among the youth revealed that the numbers of young individuals that reach correctional centers to serve for their offenses even though the rehabilitation programmes include counseling, psychoeducation, education, vocational training, and community work have been provided.

Despite all the efforts provided, the young individuals return to the justice system at a higher rate. Furthermore, [8,9] added that these rehabilitation programs promote personal responsibility and provide offenders with real opportunities to succeed in legitimate occupations. In South Africa, there have been violent youth programmes initiated to improve violent youth behaviours. A study conducted by [10] in South Africa indicated that the Department of Education has the primary interventions known as the safe schools' programmes. These programmes' strategies include security systems, addressing the social environment, influencing learners' behaviours, and mobilizing community support for safe schools.

However, the initiated programmes have partnered with the local police and community organizations such as neighbourhood watches and policing forums. Furthermore, it was outlined that the initiated programmes are unfortunate because they do not enable educators and the entire school staff to create and maintain socially supportive classrooms. Schools need strategies to respond when violence occurs to prevent it whenever possible. There are various programmes at CYCC's in Limpopo Province to divert the youth away from the criminal Justice System through diversion programmes developed by the Department of Social Development [11-12].

The first programme is regarded as the life skills programme, and this programme uses interactive and experimental learning techniques to teach youth life skills to avoid re-offending. The second programme is the family group conferencing, which includes the involvement of the family, the young individual, and the victim in decision-making at a venue provided where a procedure is used that is culturally appropriate. The third programme is victim-offender mediation. It is the process in which the mediator meets with the victim and the offender to discuss the impact of disruptive behaviour in their lives.

A plan is drawn at this phase to repair the harm done by the young individual. Individual counselling is the fourth programme, an essential diversion programme for youth offenders as some of the youth experiences problems that cannot be addressed in the group settings. The fifth programmes are substance abuse, pre-relapse, anger management, and sexual offender programs. Research indicates that the appropriate home environment is usually the most crucial factor in effective behavior therapy among young individuals.

Even though rehabilitation programmes are being rendered at the CYCC's, some factors were found to prevent the positive outcomes of youth rehabilitation programmes. In many instances, the parents/guardians cannot provide love, guidance, and support to their children during the rehabilitation process. The outcome of the situational analysis in CYCC's in Limpopo province was instrumental in developing these strategies. These outcomes were aligned with the six elements of the practice theory, as proposed by Dickoff, James and Wiedenbach [13].

Research Problem

Violent behaviours amongst the youth have remained a serious public health problem with long-term impact on their health and well-being. As a result, young individuals can be involved with youth violence either as a victim, offender, or a witness [14]. Presently, in South Africa the Department of Social Development has various programmes at CYCC's aimed at diverting the youth away from the criminal Justice Systems through diversion programmes.

The researchers have observed that despite all the efforts provided, young people are returning to the Justice systems at a higher rate. The observations are overtly related to increased cases of re-offending among these young individuals due to some of the factors that are preventing the positive outcomes of their rehabilitations. Among the multidisciplinary team at CYCC's it becomes a challenge to rehabilitate young people who does re-offend with the same or other offences.

Taking into consideration the impact that youth violence has on the academic future of young individuals and that of the society, it was found crucial to develop the intervention strategies to improve youth rehabilitation programmes in the Limpopo Province of South Africa.

Aim

The study aimed to develop strategies to improve rehabilitation programmes for violent behaviour youth at CYCC's in the Limpopo Province, South Africa.

Research Methods/Approach

A research approach is a plan and procedure made up of broad assumptions to a straightforward data collection, analysis, and interpretation based on the nature of the research problem being addressed and the reasoning behind the choice [15]. The study employed the six elements of practice-oriented theory as described by Dickoff, James and Wiedenbach (1968), namely, the context, agent, recipient, dynamic, procedure and purpose.

The manuscript is based on the youth study that explored and described the factors that contributed to their violent behaviours that was conducted at the two CYCC's in the Limpopo Province. A qualitative approach, exploratory, descriptive design and contextual design were used amongst the 74 participants who were purposively selected from the two CYCC's in the Limpopo Province. Participants included the youth, a multidisciplinary team and parents/guardians of the youth. In-depth individual face-to-face interviews, focus-groups, observations, audio-recorder and field notes were used during data collection.

Strategy Development

The developed strategy were classified according to the six survey list elements proposed by Dickoff et al. (1968). The elements entailed the context, agents, recipients, process, dynamics and purpose/terminus. Thus, the findings from the qualitative study were conceptualised within the six elements of practice-oriented theory by [13].

As indicated in Table 1, the conceptual framework were derived from the qualitative study as pointed by Creswell [16] which has described and explored the factors that contributed to youth violent behaviours, the factors that prevented the positive outcome of youth rehabilitation programmes and the perceptions of parents/guardians on contributory factors towards youth violent behaviours.

Table 1. Conceptual framework to improve rehabilitation programmes for youth with violent behaviours

Strategy guiding questions	Strategy indicators
In what context is the activity performed?	Context: CYCC's and youth's home
Who performs the activity?	Agent: CYCC's and youth parents/guardians
Who is the recipient of the activity?	Recipient: Youth
What is the energy source of the activity?	Dynamic: Acceptance, trust and determination
What is the guiding procedure?	Process: Education, communication and parental-child attachment
What is the endpoint of the activity?	Purpose: Encouragement

Ethical Considerations

Ethical approval to conduct the study was obtained from the University of Venda (ethical clearance number: SHS / 20 / PH / 15/ 0707) and the Limpopo Provincial Department of Social Development. Permission to collect data was sought from the Limpopo CYCC's. Informed and written consent was sought from the study participants after explaining the purpose and having read the information leaflet of the study. Confidentiality and anonymity and were assured to the participants that their names will not appear on the transcript, that they will be identified by codes and numbers instead of their names.

Description of a rehabilitation strategy for youth

Structure of the strategy

The description of the structure of the strategy is based on the theoretical definitions, relationship statements, purpose of the strategy, assumptions of the strategy and the process description.

The purpose of the strategy

The purpose of the strategy is to provide a frame of reference that can be used in CYCC's, youth home settings, schools and in the communities to prevent violent behaviours among the youth.

Assumption of the strategy

The multidisciplinary team and youth have their own beliefs and values about the rehabilitation process in the CYCC's.

The conducive family environment amongst the youth can improve the behaviour modifications and the rehabilitation process.

Youth as vulnerable individuals need love, support and belonging, and a need to be encouraged.

The support process creates new meaning and understanding amongst the youth towards prevention of their violent behaviours.

Description of the strategy

Context

It describes the framework within which the strategies activity will take place. The core of these strategies will take place in the CYCC's and homes where the youth resides. Within this framework, the youth deserve to be cared for by the individuals charged with such responsibility. The young individuals are being provided with their basic needs at the centers and after rehabilitation they will have to depart to their families after serving their sentences. The present study found that within the family environment several factors have contributed to violent behaviours amongst the youth.

Agents

The agents in this strategy included the youth parents/guardians and CYCC's. The study findings indicate that being raised in a family with no sense of guidance or love often becomes the future predictor of destructive behaviours among these young individuals. The study findings also showed that some youth live in a family situation where the parents/guardians constantly engage in some physical and verbal abuse.

Furthermore, the study discovered that children from dysfunctional families find pleasure in engaging in violent behaviours in order to forget the problems they are faced with. CYCC's are playing a crucial role in rehabilitating the youth with violent behaviours.

Recipients

In this strategy the recipients included the youth or young individuals. The findings of the study indicate that when young people do not get parental attachment, love and guidance, it may result in violent behaviours as a means of coping strategies. However, parental love, support, and guidance play a paramount role in the well-being of these young individuals.

Dynamics

Dickoff et al. (1968) describe dynamics as the power source available for the activity. In other words, the dynamics in these strategies include Acceptance, Trust, and Determination. This has been schematized in Figure 1.

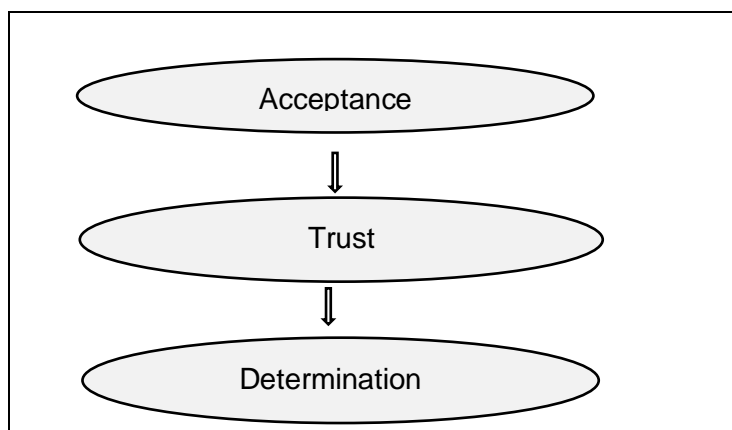


Figure 1. The energy source for the activities

Procedure

The function of the procedure is to provide details of how an act can be completed. This emphasizes the principles, routine, path, steps, and rubrics to accomplish the set goal (Dickoff et al., 1968). During this study, it was discovered that some youth lack knowledge on the consequences of their violent behaviours on the victims, themselves, their family members, and the society.

Education

Parents/guardians are important resources that serve as role models to teach their children social skills by providing emotional support, practical assistance, and guidance. Parents/guardians who can provide their children with life information provide an opportunity for such children to make proper decisions in their lives. Regarding the developed strategies, the change agents and social workers would become useful in providing the needed education to support parents/guardians and their youth towards better decision-making. This can be achieved through home visits, community campaigns, and school visits/ campaigns.

Communication

It was discovered in this study that often the parental-child relationship was not adequate. In some instances, the age difference between the guardians and the youth posed severe challenges, and this was because some parents were unavailable or working too far away to provide support and guidance for their children. Some of the youth in this study reported that their parents could not pay attention to them and so they had decided to hang out with their friends in the streets. Adequate communication would provide a proper channel for parents/guardians to love and nurture their children on the needed knowledge on the impact of their violent behaviours.

Parental-child attachment

The family in which a child is born and mainly raised has a great role in the child's behavioural outcome. This study discovered that when children live in families with parents/guardians who are always fighting and not respecting each other, they might be driven towards vulnerable situations where they usually resort to deviant behaviours. Therefore, with support and love from parents/guardians, the youth are more likely to be provided with guidance regarding transformation of their violent behaviours. This is shown in Figure 2.

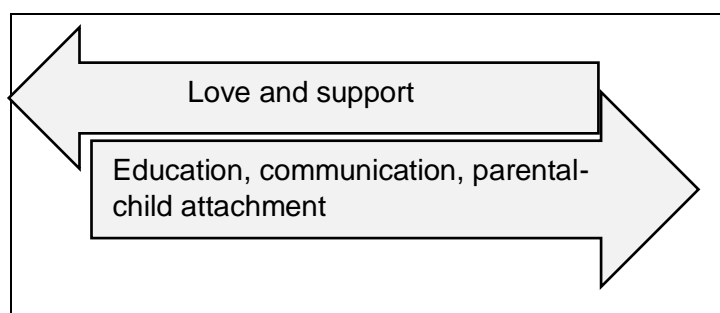


Figure 2. The pathway to outcomes

Purpose/outcome

This describes the anticipated outcome of the programme (Dickoff, et al.1968). As shown in Figure 2, the developed strategies will encourage parents/guardians and youth by emphasizing proper communication, support, and love within their families. On the part of the parents/guardians, encouragement will also come from the support of other agents such as the policymakers who have the powers to institute policies that can assist the youth with the prevention of their violent behaviours. It is schematized in Figure 3.

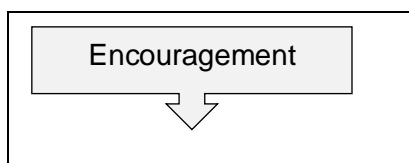


Figure 3. Encouragement

Expected Outcome

The strategy intends to provide support and demonstrate an acceptance and trust environment in order to improve violent behaviours among the youth. Parents/guardians should love, support and guidance towards their children and also provide them with their basic needs. Effective rehabilitation empowers and enhances knowledge, skills and positive attitudes towards rehabilitated individuals, and it is crucial for the multidisciplinary team to have open communication for young individuals to have honesty, participate fully and be commitment towards the rehabilitation process.

The Proposed Strategies

A total of five strategies were developed to improve the rehabilitation programmes for violent behaviour youth. These included emphasize parental-child attachment, communication, support, and guidance; provide education amongst the youth on the impact and management of violent behaviours, develop the rehabilitation programmes specifically for all categories of youth within the CYCC's; prevent substance misuse and the influence of delinquent peers, and strengthening reintegration and aftercare programmes for the youth. These proposed strategies are presented in Table 2.

Table 2. Developed strategies to improve rehabilitation programmes for violent behaviour youth

Proposed Strategies	Activities/Expected action	Responsible stakeholders	Expected outcome
Emphasize parental-child attachment, communication, support, and guidance.	To encourage parental-child attachment, communication, support, and guidance and emphasize the importance of providing the basic needs for the children.	All agents of change	It is anticipated that by providing parental-child attachment, communication, support, and guidance and for parents/guardians to serve as good role models towards their children, violent behaviours amongst the youth might change by striving towards achieving their purpose in life.
	To emphasize to parents/guardians the importance of loving and protecting their children despite all odds and encouraged the importance of education.	Social workers and parents	
Provide education amongst the youth on the impact and management of violent behaviours.	To educate youth on the impact of violence on themselves, family members, and society.	All agents of change	Educating the youth on the impact of their violent behaviours will assist them in achieving what is best for themselves. When youth respect their educators and parents and be guided, they can exercise their rights appropriately.
	Youth should respect and be guided by their educators and parents and understand that when exercising their rights, they should know that they have to take responsibility for their actions.	Youth	
Develop the rehabilitation programmes specifically for all categories of	To develop the rehabilitation programmes that will cater for all the categories of youth at the CYCC's considering their	All agents of change	The rehabilitation programmes that cater to all the categories of the youth will assist in better rehabilitation outcomes.

youth within the CYCC's.	family backgrounds and level of education.		
Prevent substance misuse and the influence of delinquent peers	Parents should be informed of warning signs of substance use and identify and address the negative influencers towards their children.	Parents	When parents/guardians and youth are provided with information on substance misuse and the influences of delinquent peers, they become knowledgeable, making the youth responsible and able to make proper decisions regarding their future.
	Youth should understand that availability and consistent misuse of drugs and alcohol will contribute to their addiction and involvement in violent behaviours.	Social workers, educators, and parents	
	Parents to be discouraged from providing a lot of pocket money to their children as this might result in purchasing drugs and alcohol.	Educators and social workers	
Strengthening the rehabilitation programmes aimed for reintegration and after-care services.	To intensify compulsory family participation during the rehabilitation process for the best interest of the children	Social workers	Effective family participation during the rehabilitation process will assist the youth in spending quality time with their families. They will be able to identify the youth other problems and have some alternatives ways to resolve them.
	To employ the community social workers who will work directly with the aftercare services as this	All agents of change	The community social workers will enforce the aftercare programmes and develop the

	might reduce or minimize the issues of stigmatization by friends, family members, and the community at large.		programmes meant for aftercare services with the released youth. It might minimize their chances of re-offending/recidivism.
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Validation of Developed Strategies

In this study, in order not to undermine or violate the values of youth displaying violent behaviours, the experts and key stakeholders evaluated the developed strategies. The validation of strategies aimed at determining the feasibility, applicability, acceptability, and sustainability of these strategies in attaining desired goals [17]. The validation of strategy has followed the two key stages. The first stage was the involvement of the Delphi technique, and the second stage included the key stakeholders consultations.

Delphi Technique

The Delphi technique is a systematic, interactive method used in forecasting the future regarding proposed methods, strategies, and their likely impact if they are implemented [18]. The main purpose of this technique was to seek expert opinion on the developed strategies or implementation plans and forecast their likely impact in attaining set goals and objectives and their appropriateness [19]. In this research, this method is suitable for guiding the development of strategy. Experts between 8 to 12 specializing in youth rehabilitation programmes were recruited.

The experts were purposively selected based on their extensive knowledge of the subject of interest, as proven by their scholarly and academic backgrounds. These experts were briefed on the findings from a qualitative study, the six practice-oriented theory elements [13], and the subsequently developed strategies. They were then tasked to critique the developed strategies based on the context and whether they can improve the youth rehabilitation programmes for better outcomes. In preparation for validation by key stakeholders, the experts' feedback was used to fine-tune the developed strategies.

Key Stakeholder Consultation

These included the youth and their parents/guardians. The 43 key stakeholders were recruited using stratified random selection by ensuring that the targeted categories of key stakeholders were all represented. A checklist having 14 questions was used to gather data on key stakeholders' opinions on the feasibility, accessibility, and sustainability of the proposed developed strategies. Their responses were then analysed to fine-tune the accepted strategies in preparation for implementation. In this study, the validation process will be schematized in Figure 4.

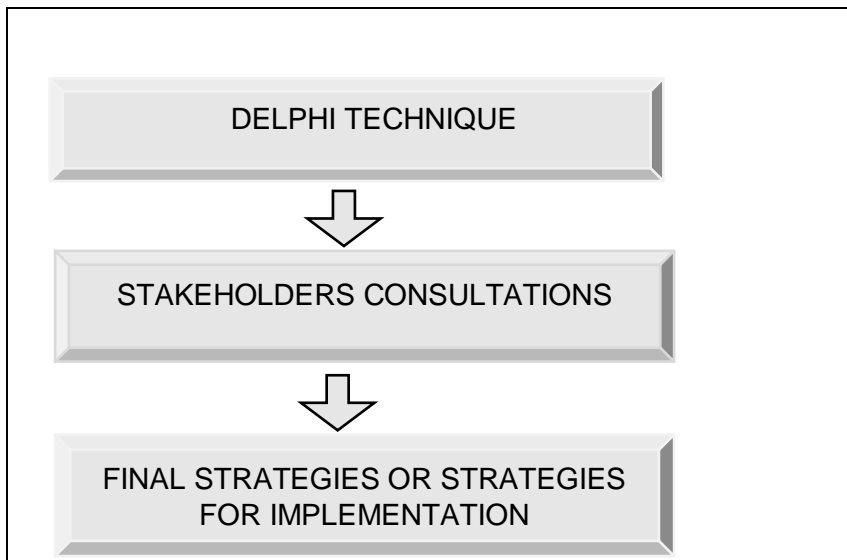


Figure 4. The validation process

Description of the Strategy

In South Africa, various programmes are available which are aimed at preventing violent youth behaviours. In the Limpopo Province, there are also programmes aimed at diverting the youth away from the Criminal Justice System through diversion programmes developed by the Department of Social Development. In literature, no known studies have explored the possibility and developed strategies to improve the rehabilitation programmes for violent behaviour youth. However, no known studies in the Limpopo Province have explored the development of strategies to improve rehabilitation programmes for youth in CYYC's.

Most of these developed programmes have been targeted at rehabilitating the young people in behaviour modification and preventing re-offending but have lacked the strategies to address the factors that prevented the positive outcomes of those youth rehabilitation programmes. This study might provide a window of opportunity in identifying the factors that prevented the positive outcomes of rehabilitation programmes amongst the youth displaying violent behaviours. If strategies are implemented, they could improve violent behaviours amongst the youth and assist with behaviour modification. This study is expected to generate five journals publications at least.

Recommendations

Youth

Youth should consider the importance of education to prevent their economic deprivation as this will help end poverty in their family and avoid being in conflict with the law.

They should also be aware that their rights go hand in hand with responsibilities, which indicates that if they become involved in violent activities, they will have to face the consequences of their actions.

Parents/guardians

Parents/guardians should take care of their children's basic needs and motivate them on the importance of education. We are currently in a free education country to break the chain of poverty in their families.

Parents should consider the issue of birth control by reducing the family size. Doing this will help them reduce their financial constraints and meet their children's basic needs or be able to cater for them.

Education Department

The study recommends that the Department of Education develop policies that will help curb the issues of violence in schools through the engagement of school social workers and psychologists. To help overcome the problems that learners face daily, such as family problems, misuse of substances, and bullying and its impact on their academic studies and that of the other learners.

Social Development Department

It is recommended that the Department of Social Development establish and sustain the debriefing sessions for multidisciplinary teams affected with stressful information when dealing with violent behaviour amongst the youth and provide more training on rehabilitation programmes to the multidisciplinary team working with violent behaviour amongst the youth daily.

Community stakeholders

Community stakeholders should raise public awareness on the existence of offences in the community so that youth may not fall victims of such and raise awareness at every public appearance about the impact of violence on young individuals and ways to prevent it.

Limitations

The study was conducted at only two CYCC's in the Limpopo Province, therefore the study cannot be generalised to the other Provinces in South Africa. The sample size was quite small because the participants were selected based on the purposive sampling technique, and based on such, the study findings have limited generalisability.

Conclusion

The developed strategies were based on the study results, which emerged from the data analysis of a qualitative research design. The findings in this study indicated that there were factors that contributed to violent behaviours among the youth. Also, the factors that prevented the positive outcomes of youth rehabilitation programmes according to the multidisciplinary team were related to youth re-offending. Divorce/separation were stated as other factors which lead to youth violence behaviours.

The study findings could be useful for guiding the intervention programmes related to youth violence and encouraging the parents/guardians to take the responsibility towards their children. Most of the key stakeholders and experts were in agreement with the proposed strategies developed. Therefore, it was also important to validate the developed strategies through conducting workshops with the key stakeholders and experts on youth rehabilitation programmes.

Abbreviations

CYCC: Child and youth care center, NGO: Non-government organization, FGD: Focus group discussion, FDG: Focus discussion guide.

Acknowledgments

Not applicable

Authors Contributions

TOR is a PhD candidate in Public Health at the University of Venda. The author conceptualized the protocol as partial fulfilment of the requirements of the PhD requirements. SSB is the supervisor of this PhD study, whilst NSM is the core supervisor. The three have contributed through guiding the PhD candidate in the conceptualization and preparation of the protocol manuscript. All authors read and approved the final manuscript.

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Availability of data and materials

Not applicable

Ethics approval and consent to participate

Ethical clearance was obtained from the Ethics and Research Committee of the University of Venda, South Africa, with the certificate number SHS/20/PH/15/0707 was approved. Permission to conduct the study was also sought from the Limpopo Department of Social Development. Written consent was sought from all the study participants. For participants under 18 years, a written “consent” was sought from the managers of their institutions and youth themselves “assent” to be part of the study. Information sheets and assent forms were provided for participants to read and sign if they agreed to be part of this study.

Consent for publication

Informed consent was obtained from all the study participants and institutional managers.

Competing interests

The authors declared that they have no financial or personal relationships that may have inappropriately influenced them in writing this manuscript.

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Chapter Seven

Conclusions, recommendations, study limitations and implications

Conclusions:

This chapter provides the conclusion of an article format study whose purpose was on the development of strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo Province. The study consisted of three phases which were aimed to meet the objectives of this study: phase one is the systematic literature review, phase two is empirical data, and phase three is development of strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo Province, South Africa. In conclusion of this article format study the three phases will be outlined in terms of their objectives and the main findings, the general conclusion, recommendations, limitations and the implications of the study.

Phase One: Systematic Literature Review

Objective: The objective of this phase was to identify and describe the intervention strategies to promote rehabilitation programmes for youth with violent behaviours, guided by Rodger's evolutionary concept analysis framework.

A comprehensive database search was conducted from 2010 to 2020. The review has focused on quantitative and qualitative studies and reports obtained from GOOGLE SCHOLAR, SABINET, SAGE, EBSCO-HOST and SCIENCE DIRECT. Key words and search strategies were also taken into consideration. The researcher systematically reviewed the literature, and 250 articles and 25 reports were obtained; their content was screened for relevance, and 50 articles and 11 reports were found to be suitable and relevant; these were then reviewed.

Main Findings of Phase One:

The thematic analysis was done to identify antecedents, attributes, and consequences of rehabilitation on youth with violent behaviours. The study findings were then used to inform the development of the conceptual framework. The results show that antecedents of these rehabilitation strategies on violent behaviours amongst the youth include family structure, increased bullying due to gangs, and gender and environmental factors. The identified attributes were motivation, contextual differences, transformation, opportunity and ineffective rehabilitation programmes in addressing violent behaviours in youths.

Phase Two: Empirical Data

The empirical data was employed as phase two of this study to meet the stated study objectives. A qualitative study as one of the design was found appropriate for this study as it is a method which is frequently used in exploring new ideas, examining hard-to study clusters, and defining what study participants play to their lives and activities.

Objectives:

The objectives of this phase were to:

To explore and describe the factors contributing to violent youth behaviours.

To explore and describe the views of the multidisciplinary teams on youth rehabilitation programmes.

To explore and describe the perceptions of parents/guardians on factors contributing to violent youth behaviours.

Main Findings of Phase Two: The study findings revealed various socio-economic factors contributing to violent behaviours among the youth in selected child and youth care centers in South Africa. The results revealed that the home environment is characterized by family conflicts, poverty, unemployment, harsh punishments, and abuse. In addition, environmental factors such as the influence of delinquent peers and availability and misuse of drugs and alcohol played a vital role in youth engagement in violent behaviours. Therefore, being involved with delinquent peers tends to influence young individuals to be involved in violent activities without being aware of the consequence of such behaviours.

The findings of this study also reveal that there are contributory factors that resulted from the interaction of various factors amongst the youth with violent behaviours in the Limpopo Province. The parents/guardians of the youth with violent behaviours in CYCC's in the Limpopo Province are overwhelmed by the deviant behaviors displayed by these young individuals. Violent behaviours amongst the youth can be prevented if parents/guardians understand the relevance of monitoring their children's life activities and make the extra effort to being involved in their children's academic studies. Parents/guardians need to ensure that the family rules apply to everyone in the household, and they should always strive to be the best parents/guardians towards their children.

It was also revealed that the CYCC's in the Limpopo Province offered educational, vocational programmes, counselling, and psychosocial services to the youth displaying violent behaviors. Rehabilitation programmes for youth displaying violent behaviours will be effective and have better outcomes by taking into account the risk factors and minimizing the issues of involvement in gangsterism and media violence.

This study explored some of the factors that played a role in preventing the positive outcome of youth rehabilitation programmes and the suggestions by the multidisciplinary team on the improvement of rehabilitation programmes.

Phase Three: Development of Strategies

Objective: The objective of this phase was on the development of strategies to improve the rehabilitation programmes for violent behaviour youth in CYCC's in the Limpopo Province, South Africa.

In this study the developed strategies were based on the study results which emerged from the findings from of phase two of this study. Most of the key stakeholders and experts were in agreement with the proposed strategies developed. Therefore, the developed strategies were validated through the Delphi technique with experts on youth rehabilitation programmes and Key stakeholders through administration of checklist in organised workshops. These strategies must be adopted and implemented in the two CYCC's in the Limpopo Province and be monitored and evaluated for their improvement.

Main Findings of Phase Three: The validated results confirmed that the developed strategies are suitable for youth displaying violent behaviours, appropriate for rehabilitation purposes at CYCC's in the Limpopo Province, and effective for educating the parents/guardians on the importance of parental-child attachment. Most of the experts and key stakeholders were in agreement with the validated strategies. These strategies will optimistically improve rehabilitation programmes for violent behaviour amongst the youth in CYCC's in the Limpopo Province and could possibly be applicable to other Provinces of South Africa.

General Conclusion

The various factors contributing to violent behaviours among the youth in CYCC's were explored, and suggestions on the effectiveness of rehabilitation programmes were provided. The roles played by a multidisciplinary team at the center were explored. The perceptions of parents/guardians on the contributory factors towards violent youth behaviours were also explored, and suggestions were stated which aimed at the prevention of violent youth behaviours. The multidisciplinary team views on youth rehabilitation programmes were indicated with factors that need to be considered for positive outcomes

The conclusion drawn from the study findings pointed to the need to develop strategies to improve the rehabilitation programmes for violent behaviour amongst the youth. Therefore, these findings provided a baseline to guide the strategy development process and resulted in the development and validation of the five strategies to improve rehabilitation programmes for

violent behaviour youth. Implementing the developed strategies will yield positive results because there will be an improvement in parental-child attachment and guidance on academic studies and the categories of the youth that require rehabilitation programmes in terms of their family background and level of education, prevention of the usage of drugs and alcohol, and strengthening the reintegration and aftercare programmes which will assist in the reduction of youth re-offending. Conclusively, the purpose and all the objectives of this study were achieved.

Recommendations

The recommendations that evolve from this study will be discussed as follows:

Recommendations for Youth

Youth should consider the importance of education to prevent their economic deprivation as this will help end poverty in their family and avoid conflict with the law. They should also be aware that the rights go hand in hand with responsibility, which indicates that if they become involved in violent activities, they will have to face the consequences of their actions.

To avoid the influences of peer pressure, misuse of substances, and learn to seek assistance from relevant departments regarding their family situations to overcome the challenges of hanging in the streets and committing offences. Respect their educators and other fellow learners at school by avoiding violent activities such as bullying and gangsterism as it always puts their lives and others at risk.

Recommendations for Parents/Guardians

Parents/guardians should take care of their children's basic needs and motivate them on the importance of education. We are currently in a free education country to break the chain of poverty in their families.

Parents should consider the issue of birth control by reducing the family size. Doing this will help them reduce their financial constraints and meet their children's basic needs or be able to cater for them.

Parents/guardians to avoid family conflicts by not resolving their differences in the presence of their children for them not to take sides or fall victim to domestic violence. To ensure love and nurture their children despite life challenges such as divorce/separation by identifying and exploring their children's difficulties during and after divorce.

Parents/guardians should take full responsibility by taking care and monitoring their children's whereabouts, finding out who hangs out with their children; this might help prevent violent activities such as joining gangs or selling drugs during and after school.

To monitor the television programmes that their children are exposed to daily to curb the issue of being involved in violent activities.

Recommendations for the Department of Social Development

It is recommended that the Department establish and sustain the debriefing sessions for multidisciplinary teams affected with stressful information when dealing with violent behaviour youth and provide more training on rehabilitation programs to a multidisciplinary team working with violent behavior youth daily.

Experts need to provide workshops and information sharing by involving all stakeholders that would be part of the implementation process to update the developed strategies.

It is important to first implement these developed strategies in two CYCC's in the Limpopo Province to determine whether or not the intended target would be met.

There is a need to develop a monitoring and evaluation plan that would be used to assess progress during the implementation of strategies.

It is also recommended that the Department should oversee the implementation of these strategies as approval for implementation would be sought from them and ensure accountability for the activities.

Recommendations for the Department of Education

The study recommends that the Department of Education develop policies that will help curb the issues of violence in schools through the engagement of school social workers and psychologists. This could help to overcome the problems that learners face daily, such as family problems, misuse of substances, and bullying among the learners and its impact on their academic studies and that of the other learners.

It is also recommended that the Department offer training to educators in schools on violence-related matters, identify the learners, and refer to relevant stakeholders for further management. Educators should teach violence in schools as part of the life orientation subject and emphasize that violence happens everywhere and needs to be prevented and stopped from the onset.

Recommendations for Community Stakeholders

It is recommended that community stakeholders should raise public awareness on the existence of offences in the community so that youth may not fall victims of such and raise awareness at every public appearance about the impact of violence on young individuals and ways to prevent it.

Furthermore, that the community leaders network with other relevant Departments to help reduce poverty and unemployment among the community members by creating employments and encouraging the ways of starting the income-generating projects in the communities; this might help reduce violent behaviours among the youth.

Recommendations for Policymakers and Further Research

It is recommended that policymakers should develop policies that will prevent violent behaviors in the family, school, and communities and involve educators, school social workers, psychologists, and parents/guardians in policy-making decisions, that they develop policies that will allow the installation of hidden cameras in school toilets as most violent activities occur or start in those premises, and that strategies to improve the rehabilitation programmes for violent behaviour amongst the youth in CYCC's are developed in other Provinces of South Africa.

This study was qualitative, therefore, a further study on mixed-method design is recommended. A study is recommended on the experiences of educators with young individuals with violent behaviours.

Study Limitations

The results of this study cannot be generalized to all CYCC's in South Africa but are limited to the two CYCC's in the Limpopo Province of South Africa. The study was conducted with only ten parents through in-depth individual interviews as other parents/guardians were not willing to be part of the study. Since the study was qualitative in nature, the developed rehabilitation strategies might be applicable in a similar setting in other Provinces.

Study Implications

The developed strategies towards violent youth behaviour need to be piloted and implemented in Limpopo CYCC's and be monitored and evaluated in terms of their progress. Implementing these developed strategies could be expanded to other Provinces of South Africa if they yield positive results in the prevention of violent behaviours among the youth.

APPENDIX 1: ETHICAL CERTIFICATE FROM UNIVERSITY OF VENDA

ETHICS APPROVAL CERTIFICATE

RESEARCH AND INNOVATION
OFFICE OF THE DIRECTOR

NAME OF RESEARCHER/INVESTIGATOR:
Ms TO Ramakulukusha

STUDENT NO:
11502273

PROJECT TITLE: **Strategies to promote the implementation of rehabilitation programmes for youth in child and youth care centres in Limpopo Province, South Africa.**

PROJECT NO: SHS/20/PH/15/0707

SUPERVISORS/ CO-RESEARCHERS/ CO-INVESTIGATORS

NAME	INSTITUTION & DEPARTMENT	ROLE
Prof SS Babalola	University of Venda	Promoter
Dr NS Mashau	University of Venda	Co - Promoter
Ms TO Ramakulukusha	University of Venda	Investigator - Student

Type: Doctoral Research

Risk: Risk to humans, animals, environment, or a sensitive research area

Approval Period: July 2020 – July 2023

The Research Ethics Social Sciences Committee (RESSC) hereby approves your project as indicated above.

General Conditions

While this ethics approval is subject to all declarations, undertakings and agreements incorporated and signed in the application form, please note the following:


- The project leader (principle investigator) must report in the prescribed format to the REC:
 - Annually (or as otherwise requested) on the progress of the project, and upon completion of the project
 - Within 48hrs in case of any adverse event (or any matter that interrupts sound ethical principles) during the course of the project.
 - Annually a number of projects may be randomly selected for an external audit.
- The approval applies strictly to the protocol as stipulated in the application form. Would any changes to the protocol be deemed necessary during the course of the project. The project leader must apply for approval of these changes at the REC. Would there be deviation from the project protocol without the necessary approval of such changes, the ethics approval is immediately and automatically forfeited.
- The date of approval indicates the first date that the project may be started. Would the project have to continue after the expiry date: a new application must be made to the REC and new approval received before or on the expiry date.
- In the interest of ethical responsibility, the REC retains the right to:
 - Request access to any information or data at any time during the course or after completion of the project.
 - To ask further questions; Seek additional information; Require further modification or monitor the conduct of your research or the informed consent process.
 - withdraw or postpone approval if:
 - Any unethical principles or practices of the project are revealed or suspected.
 - It becomes apparent that any relevant information was withheld from the REC or that information has been false or misrepresented.
 - The required annual report and reporting of adverse events was not done timely and accurately.
 - New institutional rules, national legislation or international conventions deem it necessary

ISSUED BY:

UNIVERSITY OF VENDA, RESEARCH ETHICS COMMITTEE

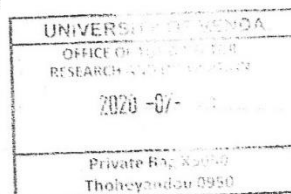
Date Considered: July 2020

Name of the RESSC Chairperson of the Committee: Mashau Takalani Samuel

Signature: 

Director Research and Innovation

Signature: 



APPENDIX 2: APPROVAL FROM LIMPOPO PROVINCIAL RESEARCH ETHICS COMMITTEE

CONFIDENTIAL



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

OFFICE OF THE PREMIER

TO: RAMAKULUKUSHA TO

FROM: DR T MABILA

CHAIRPERSON: LIMPOPO PROVINCIAL RESEARCH ETHICS COMMITTEE (LPREC)

DATE: SEPTEMBER 2020

SUBJECT: STRATEGIES TO PROMOTE THE IMPLEMENTATION OF REHABILITATION PROGRAMMES FOR YOUTH IN CHILD AND YOUTH CARE CENTRES IN LIMPOPO PROVINCE, SOUTH AFRICA

RESEARCHER: RAMAKULUKUSHA TO

Dear Colleague

The above researcher's research proposal served at the Limpopo Provincial Research Ethics Committee (LPREC). The committee is satisfied with the ethical soundness of the proposal.

Decision: The research proposal is granted full approval and ethical clearance.

Regards

Chairperson: Dr T Mabila



Secretariat: Ms J Mokobi

Date: 01/10/2020

**APPENDIX 3:
PERMISSION LETTER TO CONDUCT THE STUDY**



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

Ref : 10/6/R
Enq : MJ Moloisi
Tel : 015 230 4381 / 082 457 7120
Email : MoloisiMJ@dsd.limpopo.gov.za

Ms Ramakulukusha TO
P O Box 2932
Sibasa
0970

Dear Madam

RE: REQUEST FOR PERMISSION TO CONDUCT A STUDY

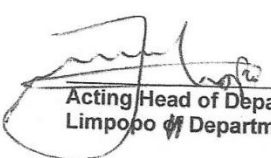
The above matter refers.

This certifies that Ms TO Ramakulukusha has been granted permission to conduct a study titled: "*Strategies to promote the implementation of rehabilitation programmes for youth in child and youth care centres in Limpopo Province, South Africa*". Her research proposal was evaluated - granted full approval and ethical clearance by the Limpopo Provincial Research and Ethics committees which sit at the Office of the Premier.

The study is significant because it seeks to magnify the existing departmental strategies developed to promote the implementation of rehabilitation programmes in child and youth care centres in the province. It is hoped that this study will also assist in the prevention of violent behaviours among youth at these centres, and thus lead to the reduction of youth incarceration in Limpopo Province.

The study will be conducted at the two departmental facilities; namely Mavambe Secure Care Centre in Vhembe District and Polokwane Secure Care Centre in Capricorn District. The targeted research participants include amongst others; social workers, youth care workers, psychologists, parents/guardians of the youth and the youth themselves.

In view of the above, this letter grants Ms TO Ramakulukusha permission to use the two departmental facilities mentioned-above to conduct her research study.


Acting Head of Department
Limpopo Department of Social Development

02/10/2020
Date

Olympic Towers, 21 Biccard Street, 0700, Private Bag X 9710, 0700
Tel: 015 230 4300, Fax: 015 291 2335 / 2185, Website: <http://www.dsd.limpopo.gov.za>

APPENDIX 4: PARTICIPANTS CONSENT FORM

ENGLISH CONSENT FORM

CONSENT TO PARTICIPATE IN RESEARCH

1 INTRODUCTION

My name is Tshilidzi Olgah Ramakulukusha, I am a PhD of Public Health student at the school of Health Sciences at the University of Venda. As part of my doctoral degree program, I am required to complete a research project. The results of this study will anonymously be processed into the study report. My research title reads as follows:

Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

2 THE ASPECTS CONCERNING THE RESEARCH STUDY

2.1 AIM OF THE STUDY

The aim of this study is to develop the strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PROCEDURES

If you volunteer to participate in this study the following activities will be asked. A short interview with the researcher will be conducted with you, and few questions will be asked about the factors that you think are contributing youth violent behaviours. This will take approximately 40-45 minutes of your time, and an interview will take place in an environment which is convenient to you. As a researcher I would like to ask you to use a voice recorder during the interview and the main purpose of the voice recorder is to capture all the information accurately.

2.2 RISKS

Participants won't be exposed to any emotional and psychological stress due to the nature of information that is required as there won't be any risk involved in this study.

2.3 POSSIBLE BENEFITS

The information provided by participants might benefit the child and youth care centres on rehabilitation of violent behaviours among the youth.

2.3.1 Payment benefits

There will be no payment for participating in this study as this is a voluntary exercise.

2.4 CONFIDENTIALITY

Confidentiality will be maintained at all times. As no personal details will be collected from participants, there is no direct threat to participants. The information might also be inspected by the University of Venda, Research and Ethics Committee. The records will only be utilized by them in carrying out their obligations relating to study.

2.5 PARTICIPATION AND WITHDRAWAL

In this study your participation is voluntary and your decision whether or not to participate will in no way affect your present or future care/employment or lifestyle. You may also refuse to answer any questions you don't want to answer and still remain in the study.

2.6 IDENTIFICATION OF RESEARCHER/INVESTIGATOR

If you have any questions or concern about the research, please feel free to contact Ms Tshilidzi Olgah Ramakulukusha of cell no: 0792883478 or Prof S.S Babalola or Dr N.S Mashau (Lecturers) at the University of Venda on -0159628000.

Researcher's Address: P.O. Box 2932.Sibasa.0970

Statement of Agreement to Participate in the Research study:

I hereby confirm that I have been informed by the researcher, Tshilidzi Olgah Ramakulukusha, about the nature, conduct, benefits and risks of this study.

I have also received, read and understood the above written information (Participant consent form) regarding the study.

I am aware that the results of the study, including personal details regarding my gender, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

I may at any stage without prejudice, withdraw my consent and participation in the study.

Full names of Participant:Date:Time.....Signature

I, Tshilidzi Olgah Ramakulukusha hereby confirm that the above participant has been fully informed about the nature and conduct of the above study.

Full names of Researcher: Date:Time.....Signature

Full names of Witness (If applicable):Date:Time.....Signature

Full names of Legal Guardian(If applicable):.....Date:Time.....Signature

APPENDIX 5: CONSENT FORM BY PARENT/LEGAL GUARDIAN ON BEHALF OF THE CHILD

ENGLISH CONSENT FORM

CONSENT FOR YOUR CHILD TO PARTICIPATE IN RESEARCH

1 INTRODUCTION

My name is Tshilidzi Olgah Ramakulukusha, I am a PhD of Public Health student at the school of Health Sciences at the University of Venda. As part of my doctoral degree program, I am required to complete a research project. The results of this study will anonymously be processed into the study report. My research title reads as follows:

Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

2 THE ASPECTS CONCERNING THE RESEARCH STUDY

2.1 AIM OF THE STUDY

The aim of this study is to develop strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PROCEDURES

If your child volunteer to participate in this study the following activities will be asked. A short interview with the researcher will be conducted with him/her, and few questions will be asked about the factors that he/she think are contributing youth violent behaviours. This will take approximately 40-45 minutes of their time, and an interview will take place in an environment which is convenient to the child. As a researcher I would like to ask you to use a voice recorder during the interview and the main purpose of the voice recorder is to capture all the information accurately.

2.2 RISKS

Participants won't be exposed to any emotional and psychological stress due to the nature of information that is required as there won't be any risk involved in this study.

2.3 POSSIBLE BENEFITS

The information provided by participants might benefit the child and youth care centres on rehabilitation of violent behaviours among the youth.

2.3.1 Payment benefits

There will be no payment for participating in this study as this is a voluntary exercise.

2.4 CONFIDENTIALITY

Confidentiality will be maintained at all times. As no personal details will be collected from participants, there is no direct threat to participants. The information might also be inspected by the University of Venda, Research and Ethics Committee. The records will only be utilized by them in carrying out their obligations relating to study.

2.5 PARTICIPATION AND WITHDRAWAL

In this study your child participation is voluntary and your decision whether your child participate or not in this study will in no way affect their present or future care or lifestyle. They may also refuse to answer any questions they don't want to answer and still remain in the study.

2.6 IDENTIFICATION OF RESEARCHER/INVESTIGATOR

If you have any questions or concern about the research, please feel free to contact Ms Tshilidzi Olgah Ramakulukusha of cell no: 0792883478 or Prof S.S Babalola or Dr N.S Mashau (Lecturers) at the University of Venda on -0159628000.

Researcher's Address: P.O. Box 2932.Sibasa.0970

Statement of Agreement to Participate in the Research study:

I hereby confirm that I have been informed by the researcher, Tshilidzi Olgah Ramakulukusha, about the nature, conduct, benefits and risks of this study.

I have also received, read and understood the above written information (Participant consent form) regarding the study.

I am aware that the results of the study, including personal details regarding my child's gender, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

My child may at any stage without prejudice, withdraw their consent and participation in the study.

Full names of Participant:Date:Time.....Signature

I, Tshilidzi Olgah Ramakulukusha hereby confirm that the above participant has been fully informed about the nature and conduct of the above study.

Full names of Researcher: Date:Time.....Signature

Full names of Witness (If applicable):Date:Time.....Signature

Full names of Legal Guardian(If applicable):.....Date:Time.....Signature

APPENDIX 6: INTERVIEW - GUIDE (YOUTH)

For the

PhD proposal entitled

Title of study: Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PhD in Public Health

COMPILED BY: Tshilidzi Olgah Ramakulukusha

Dear participant,

Thank you for agreeing to participate in this discussion, my name is Tshilidzi Olgah Ramakulukusha, I am a PhD student at the School of Public Health at the University of Venda. My study is on development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

Please feel free to tell me when you are not comfortable about any of the questions, and I would appreciate if you could answer as many of the question as possible.

SECTION 1: DEMOGRAPHIC & BACKGROUND INFORMATION

- 1.1 How old are you?
- 1.2 Where are you from?
- 1.3 Whom do you live with? (Parents/Siblings/other relatives)
- 1.4 If staying with siblings are any of them involved in violent behaviours?
- 1.5 Who do you enjoy being with between your siblings and parents?
- 1.6 Could you give me some information about your family you were born into, was it an extended or a nuclear family?
- 1.7 How was your relationship with your family before being involved in violent behaviours?
- 1.8 Have you ever been to school prior to being involved in violent behaviours? If so until which grade did you attend?
- 1.7 Have you ever being punished for bad behaviour at school?

SECTION 2: PSYCHO-SOCIAL FACTORS CONTRIBUTING TO VIOLENT BEHAVIOUR OF YOUTH

2.1 One Central question: In your opinion, what are the factors contributing to your violent behaviour?

2.2 Specifically, what are violent behaviours did you do?

2.3 Is this the first violent behaviour that you have committed? If not

2.4 Why did you repeat your behaviour?

2.5 How long have you been in this facility?

2.6 When did you become involved in violent behaviours?

2.7 Can you tell me how your relationship was with your peers before being involved in violent behaviour?

2.8 Were there any acts of violence perpetrated during the commitment of violent behaviour? If so, what was the nature of the violence?

2.9 Did you experience any violence yourself? If yes, would you mind describing that?

2.10 Briefly describe your experiences at the facility, and what do you think can be done to make this place better?

2.11 What do you consider to be advantages and disadvantages of being here?

2.12 Did you have any fear /anxieties/concerns regarding your reintegration in the society? If yes, can you please explain them?

Be assured that all the information gathered from you will remain confidential.

Thank you for taking the time to participate.

Yours sincerely.

Tshilidzi Olgah Ramakulukusha

Email:mutonditshitimbi@gmail.com.

APPENDIX 7: FOCUS - GROUP DISCUSSION GUIDE (YOUTH)

For the
PhD proposal entitled:

Title of study: Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PhD in Public Health

COMPILED BY: Tshilidzi Olgah Ramakulukusha

Dear participant,

Thank you for agreeing to participate in this discussion, my name is Tshilidzi Olgah Ramakulukusha, I am a PhD student at the School of Public Health at the University of Venda. My study is on development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

Please feel free to tell me when you are not comfortable about any of the questions, and I would appreciate if you could answer as many of the question as possible.

SECTION 1: DEMOGRAPHIC & BACKGROUND INFORMATION

- 1.1 How old are you?
- 1.2 Where are you from?
- 1.3 Whom do you live with? (Parents/Siblings/other relatives)
- 1.4 If staying with siblings are any of them involved in violent behaviours?
- 1.5 Who do you enjoy being with between your siblings and parents?
- 1.6 Could you give me some information about your family you were born into, was it an extended or a nuclear family?
- 1.7 How was your relationship with your family before being involved in violent behaviours?
- 1.8 Have you ever been to school prior to being involved in violent behaviours? If so until which grade did you attend?
- 1.9 Have you ever being punished for bad behaviour at school?

SECTION 2: PSYCHO-SOCIAL FACTORS CONTRIBUTING TO VIOLENT BEHAVIOUR OF YOUTH

2.1 One Central question: In your opinion, what are the factors contributing to your violent behaviours?

2.2 Specifically, what are violent behaviours did you do?

2.3 Is this the first violent behaviour that you have committed? If not

2.4 Why did you repeat your behaviour?

2.5 How long have you been in this facility?

2.6 When did you become involved in violent behaviours?

2.7 Can you tell me how your relationship was with your peers before being involved in violent behaviour?

2.8 Were there any acts of violence perpetrated during the commitment of violent behaviour? If so, what was the nature of the violence?

2.9 Did you experience any violence yourself? If yes, would you mind describing that?

2.10 Briefly describe your experiences at the facility, and what do you think can be done to make this place better?

2.11 What do you consider to be advantages and disadvantages of being here?

2.12 Did you have any fear /anxieties/concerns regarding your reintegration in the society? If yes, can you please explain them?

Be assured that all the information gathered from you will remain confidential.

Thank you for taking the time to participate.

Yours sincerely.

Tshilidzi Olgah Ramakulukusha

Email:mutonditshitimbi@gmail.com.

APPENDIX 8: INTERVIEW-GUIDE (MULTIDISCIPLINARY TEAM)

For the

PhD proposal entitled:

Title of study: Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PhD in Public Health

COMPILED BY: Tshilidzi Olgah Ramakulukusha

Dear participant

Thank you for agreeing to participate in this interview, my name is Tshilidzi Olgah Ramakulukusha, I am a PhD student at the School of Public Health at the University of Venda. My study is on development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

Please feel free to tell me when you are not comfortable about any of the questions, and I would appreciate if you could answer as many of question as possible.

SECTION 1: DEMOGRAPHIC AND BACKGROUND INFORMATION

1.1 How old are you?

1.2 What are your highest qualifications?

1.3 What did you study at tertiary level?

(a)If not social work, indicate the training or other qualifications undergone to executing rehabilitation programmes for youth with violent behaviours.

SECTION 2: PSYCHO-SOCIAL FACTORS CONTRIBUTING TO VIOLENT BEHAVIOUR OF YOUTH

2.1 **One central question:** In your opinion, what are your views regarding the rehabilitation programmes rendered among the youth at this centre ?

2.2 What is your position at the facility?

2.3 How long have you been working with the youth ?

2.4 What do you like or dislike about working with these individuals?

2.5 Can you briefly explain the factors that you think are contributing to youth problems?

2.6 What are the factors that are contributing to youth repetition of violent behaviours?

2.7 From your opinion, after the completion of the rehabilitation do you think these youth are fit or ready for re-integration with the society?

2.8 Do you have any suggestion towards better rehabilitation programme at the facility?

Be assured that all the information gathered from you will remain confidential.

Thank you for taking the time to participate.

Yours sincerely.

Tshilidzi Olgah Ramakulukusha

Email:mutonditshitimbi@gmail.com

Contact number: 0792883478/0838938942

APPENDIX 9: INTERVIEW GUIDE (PARENTS/GUARDIANS)

For the

PhD proposal entitled:

Title of study: Development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

PhD in Public Health

COMPILED BY: Tshilidzi Olgah Ramakulukusha

Dear participant,

Thank you for agreeing to participate in this interview, my name is Tshilidzi Olgah Ramakulukusha, I am a PhD student at the School of Public Health at the University of Venda. My study is on development of strategies to improve rehabilitation programmes for violent behaviour youth in the Limpopo Province, South Africa.

SECTION 1: DEMOGRAPHIC & BACKGROUND INFORMATION

- 1.1 How old are you?
- 1.2 Where are you from?
- 1.3 Whom do you live with?
- 1.4 If staying with other children, have any of them been involved in violent behaviours?
- 1.5 How was your relationship with your child before being involved in violent behaviours?
- 1.6 Have you ever been called to school because of your child behaviour? If so, how many times?
- 1.7 Have you ever punished your child for bad behaviour at home?

SECTION 2: PSYCHO-SOCIAL FACTORS CONTRIBUTING TO VIOLENT BEHAVIOUR OF YOUTH

2.1 One Central question: In your opinion, what are the factors contributing to your violent behaviour?

2.2 Specifically, what are the violent behaviour did you do?

2.3 Is this the first offence that he/she has committed? If not, why did he/she re-offend?

2.4 What are your views regarding this place that is providing rehabilitation to your child and what do you think can be done to make this place better?

2.5 Did you have any fear /anxieties/concerns regarding your child being reintegrated in the society? If yes, can you please explain them?

Be assured that all the information gathered from you will remain confidential.

Thank you for taking the time to participate.

Yours sincerely.

Tshilidzi Olgah Ramakulukusha

Email: mutonditshitimbi@gmail.com

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