

Exploring Rehabilitation Strategies in recidivism Prevention among Juvenile Offenders: A Case Study of Tanzania

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ABSTRACT

Juvenile rehabilitation and recidivism prevention is important for crime prevention. The study aims to understand rehabilitation services in Tanzania in attempting to tackle the issue of juvenile recidivism and advance rehabilitation. The study used a case study research design. 27 purposely selected participants were used in the study. Secondary sources were collected through reports and journals and primary data was obtained through in-depth interviews, focus group discussion, and observation. The findings shows counselling, formal education, life skills, sports and agriculture are used to rehabilitate juveniles in centres. The study recommends that significant improvements should be made in the facilities to enhance the rehabilitation services.

Keywords: Re-Offending, Crime by Young Persons, Renewal, Tanzania Renewal, Renewal Services.

1. INTRODUCTION

Delinquency is one of the most important matters of concern in society's worldwide (Watts et al., 2019). Today there is a large number of young people who participate in deviant and criminal activity in various countries and across the globe. Majority of delinquents are involved in crimes which include: truancy which is a status offence, violation or curfew, underage drinking, smoking, property crimes, violence crimes, sexual offences and cybercrimes. High rates of teenage pregnancy, substance use such as drugs and alcohol, truancy, physical and sexual abuses are confirmation rates among young adults which alert continuation to adulthood if not intervened correctly (Welty et al., 2017; Kirk & Sampson, 2013). Many triggers have been proposed to spur these young adults into such behaviours social economic and technological advancement being the major sources (Ryan et al., 2013; Watts et al., 2019).

To tackle this problem for centuries, different measures has been implemented to curb delinquency among the young adults. In the middle of the 18th C, imprisonment and severe punishments were used, some research showed that such practices were not useful in changing behaviours (Finkelhor et al., 2019). Detention of children as known was accompanied with poor services and therapies which children who suffer from behaviour and mental issues required. Living conditions in retention facilities were inadaptable and these lead to teenage suicides attempts, stress related diseases and psychotic issues (USA National Juvenile Detention Association and Youth Centre, 1998). In addition a study by the USA National Survey on Drug use and Health done in 2004 showed substance abuse or dependency among the youth who had been in jail or in detention was three times the average rate.

Nonetheless, punishments being severe they failed to generate anticipated results (Finkelhor et al., 2019). At times, corporal punishment accentuated deformation of developmental positive outcomes. The victims may be left with unscathed deforms in their character such as low self-esteem, poor mental health and flawed emotionality (Finkelhor et.al, 2019). After other ideologies came into play and more so after following the challenges of imprisonment, the world began to think of juvenile delinquency as a tricky issue which requires a broader society effort in order to be addressed comprehensively (Iober & Farington, 2003) therefore, rehabilitation mode was considered as the best especially for juveniles over the retributive model as the latter focuses on punishment as a deterrent measure is not very effective (Brandshaw & Roseborough, 2005)

The purpose of rehabilitation interventions is to restore human capability and human performance in society (Robinson & Crow, 2009). Rehabilitation involves programmes offered such as probation, cognitive training and behaviour therapy that can modify behaviour and decrease juvenile offences (Bradshaw & Roseborough, 2005; Walsh, 2023). This was backed up by the Child's Right Conversion (CRC) of 1989 that prosecuted juvenile offenders to rehabilitation and gave the rehabilitation frame work. Some countries after adopting the CRC of 1989 have removed capital and corporal punishments for the young offenders Tanzania being among them.

Tanzania recidivism rate marked 48% according to Msoroka (2018), many measures has been taken by the country as it sought to curb juvenile delinquency and recidivism. Tanzania joined the CRC and the African charter that played a part in the passing the law of child of 2009 that directs the children conflict with the law in Tanzania at the moment uses rehabilitation that young offenders held in centres before trial where they await trial after which they will proceed to approved school as a punishment. In their instances, there are primarily given a service delivery in the remand homes which mainly focuses on rehabilitation. In this study a descriptive research design is used and a case of Tanzania to explain the methods applied in rehabilitation of young offenders and their efficiency in a reformation of young offenders and prevention of recidivism.

In general, therefore, the study offers a valuable addition to discussions regarding juvenile delinquency, rehabilitation and prevention of recidivism within Tanzania. The research responds to a significant social frustration – juvenile delinquency that does not only affect the participants but also threatens network protection and improvement.

Through analyzing the juvenile justice gadget in Tanzania and the rehabilitation methods of presidency operated amenities this research offers beneficial insight to the effectivity of the ranging rehabilitation techniques recognised as counselling, psychosocial schooling, lifestyles talents schooling, games and leisure activities, agriculture, and non-public hygiene training. These, used within the context of Tanzanian juvenile rehabilitation centres, aim to alter the behaviours of young offenders and preparing them to reintegrate into society and refrain from re offending again practically, the researcher used both primary and secondary research. Interviews, focus group discussions, and observations, further supported by secondary data in papers and reports as well as scholarly publications. In this context, the triangulation of these datum resources no longer only adds to the assessment and also facilitates a more versatile examination of the rehabilitation strategies currently in use. The amendments, based on retributive justice, including imprisonment and severe physical punishment, demonstrated moderate outcomes in rehabilitation of juvenile delinquents and are connected with unfavourable outcomes, such as increased substance abuse rates, mental health issues, and recidivism. To compares it with the rehabilitative model of criminal justice that is based in humanitarian, positivist and utilitarian principles of punishment demanding reform of the offenders rather than punishing them. Rehabilitation in this context is viewed today as a necessity not only for offenders but also the wellbeing of the society at large as an attempt to restore human capital of teenage delinquents and enfold them back into their groups as law-abiding persons. The research also shows the global system of juvenile rehabilitation especially through conventions including the kid's Rights convention (CRC) 1989 which Tanzania acceded to and led to enactment of laws that advocate for child welfare and rehabilitation as opposed to punitive measures. This shows that even though Tanzania has made some progress in increasing juvenile rehabilitation services, growth continues to be seen especially as regards centres and resources which may be an impediment to the overall effectiveness of those programs. Even so, the rehabilitation centres are a very effective in preventing recidivism since they address the causes of delinquent behaviour and provide the juvenile with an environment that fosters change. The research adds value to the understanding of effectiveness of the rehabilitation services. The findings support the reformation perception that rehabilitation-targeted techniques are greater effective than punitive measures in reducing the levels of juvenile recidivism and emphasizes the wish to extend financing in centres and packages that boost the outcomes of rehabilitation. This research presents key guidelines for policymakers, rehabilitation experts, and stakeholders keen on enhancing Juvenile Justice Solutions by appreciating that comprehensive reformation solutions can effectively capture the social and psychological conformity needs of teenaged offenders and produce better societies in the long-term. The study aims at establishing the methods of rehabilitation used to assess the efficiency of rehabilitative processes for juvenile offenders. The rest of the paper is organized as follows. Section 2 presents the theoretical background. Section 3 elaborates on the method and materials, Section 4 presents the discussion, and Section 5 is the con conclusion.

2. THEORETICAL BACKGROUND

Convicting recidivism, popularly understood as repeat offending after being released from jail, is a giant concern in crook justice techniques all over the place, but most particularly among juvenile offenders (Winston & Buhori, 2024). In Tanzania this trouble is being handled through an alterations from punishment to rehabilitation, to make sure that the youngsters and adolescents offenders do not reoffend and assist them regain their place in the society. The desire to focus on rehabilitation in preference to punishment has grown to be more and more apparent, as it addresses the underlying cause of juvenile delinquency alongside such factors as poverty, lack of education, and family disruption, which motivate crook actions amongst youthful individuals (Read, 2024). Hence, the Tanzanian juvenile justice machine becomes significant in the transformation process. Rehabilitation processes in Tanzania are not just a few procedures that aimed at preparing the juvenile offenders with skills and contacts required to reduce their repeat rate. One is the use of instructional and formal

education to juvenile offenders. These programs aim at making juvenile offenders have the useful skills in future employment hence reducing their chances of using criminal acts for survival Seleman and Mgonda (2024). Through formal education, literacy, and life skills like animal husbandry and agricultural education, the programs offer them hope out of poverty and misdemeanour. At the same time, the issue of psychosocial assistance and counselling is an essential stage of rehabilitation work because many juveniles have become traumatized and get involved in emotionally challenging situations. Counselling, each individual and organization- primarily based, helps juveniles system their reports and build up an emotional fortitude that they need to become rehabilitated and reintegrated into society. Restorative justice is the other giant category in Tanzania's juvenile rehabilitation processes. In this exercise, the focus is made to show how to reverse crookish conduct by speaking up for a remedy and recovering the losses through talking and making amends as recommended by Mafilika and Marongwe (2024). The young offenders are required to be accountable for their movements and be penalized to their sufferers and communities, to build an empathy sense and accountability sense. Network- primarily based rehabilitation additionally performs a crucial position indulging community in the rehabilitation system to prevent young offenders from isolation and stigma, in addition to contribute to the build of obligations within the juvenile's lifestyles (Gilliard et al., 2024) revealed that network service coupled with peer mentoring diminishes the likelihood of reoffending as they create a belongingness and accountability within the rehabilitation system. Despite all these promising rehabilitation techniques, several challenging circumstances hinder their efficacy Rehabilitation needs a lot of investment, many rehabilitation centres in Tanzania lack adequate infrastructure, funds and human resource. Due to this shortage of resources; there appears to be a lack of formal education, vocational, and counselling services to either enhance or complement any rehabilitation initiatives (Dalrymple, 2024). Over population in detention facilities also aggravates these issues, steering it as tough to pay personalized attention to juvenile offenders. Also societal prejudice with the ones who have done the crimes often time hinders their reintegration again into the society, families and communities sometimes do not embrace the rehabilitated juvenile offenders so willingly upon release (McConkie, 2024). To overcome such challenging positions and enhance the appearance of rehabilitating techniques, increased funding rehabilitating programs is essential. These consists of enhancing on the infrastructure, enhancing vocational education, and enhancing get entry to counselling and academic services. The other feature is that the authorities and non-profit corporations and the network-primarily based organizations must paintings collectively in order to make certain that the resources are harmonized and that the rehabilitation programs are reachable for everyone who wants them turn into conceivable. In addition, maintaining with the notion of restorative justice and network-primarily based rehabilitation may emerge as the important thing for the persevered development in the reduction of juvenile recidivism in Tanzania in the lengthy In conclusion, rehabilitation techniques in Tanzania has gone a long way in the attempt to reduce or halt the issue of reformation thickness among juveniles in Tanzania thru provision of education, psycho social support, Restorative justice and Network based projects serves as shifting towards a more holistic and efficient juvenile justice system, however, to realise the potential of those strategies, the challenges of restricted funding, overpopulation, and, social prejudice cannot be overlooked. If Tanzania continues to seek funding and work in coalition, it has an opportunity to drive down the recidivism costs and give juvenile offenders a real chance at getting their lives back on track and contributing positively to society.

3. METHOD AND MATERIALS

Research method is the framework of a research which offer guide on how the research is going to be conducted. (Hennink et al., 2020). The study utilised a qualitative methodology to investigate the phenomenon and a descriptive case study design to guarantee an in depth examination of the rehabilitation methods made use of for juvenile offenders with a view of evaluating their usefulness. In doing this, the research sought to develop an understanding of the actual existence practices and exposures of rehabilitation centres in Tanzania. A descriptive case study design is specifically good for research particularly social phenomena as it allows for comparing the in- depth analysis of a particular difficulty within an actual-lifestyles setting up (Schutt, 2018). In this case, the spotlight shift over the rehabilitation processes used in authority-operated facilities for juvenile delinquency and how those processes helped to manage the rate of recidivism and restore those young people back to the society.

The study sample comprised of 27 participants, 17 children who were attending rehabilitation program and 10 rehabilitation officers from three centres. A criterion purposive sampling technique was used to identify the respondents. The target population in the study consisted of officers who have stayed in centres for one year and above and the children who have stayed in centres from six weeks to three years.

The primary and secondary sources were used in the process of data collection. Sources of data included Secondary data that was collected mainly form reports, journals and rehabilitation and recidivism records. Primary data embraced interviews, focus group discussion and observation of the rehabilitation practices. And primary data were collected from the rehabilitation officers and the participating juvenile offenders in the rehabilitation program. This gave a broad perspective on the rehabilitation strategy and shone absolutely light on the specific methods that have been implemented, counselling, existence skills training, psychosocial enlightened topics, retirement and fun activities such as sporting activities and farming among others. To reduce the common method variance and enhance the credibility of the studies, data triangulation was employed.

Data processing involved coding editing meaning classification of data that was to be interpreted. Themes were formulated. After coding the main themes they were sorted and categorized and where put together in the relevant groups. And results are described in a narrative form.

3.1 Ethical consideration

The data obtained by means of interviews and observations made at three centres was obtained with the approval from the relevant bodies. The study was approved by the institutional review of Central University of Tamil Nadu (Approval no. IHERB No: CUTN/IHERB/2023-042 R2). The study also got an approval from Tanzania Commission for Science and Technology permit No. 2023-767-NA-2023-821.

The researcher also ensured the adherence to informed consent and confidentiality and anonymity. They did have a consent form and it was for juvenile offenders. All subjects were explained about the study and their rights in the procedure. In addition the researcher was able to credit all necessary work of scholar's findings by citing this research.

3.2 Analysis

Analysing section of this particular study solely focuses on the narratives with the juvenile offenders and rehabilitation officers to determine how or to what extent various forms of rehabilitation measures are efficient. The juveniles aged 12 to 17 have been in various rehabilitation centres for time spanning from six weeks to three years. For 17 juveniles, the pattern size was preserved and their age distribution is presented in table 1. Table 2 however demonstrates the number of rehabilitation officers and their respective experiences from one to over sixteen years as mentioned below: The experience of the four centres is analysed in the framework of the study to evaluate the rehabilitation acquired by subjects in these centres, to address the gap between official practices including vocational education, prescribed in these centres and the actual practices identified in the subject. Nevertheless, the scarcity of vocational educations different diversified strategies have been used in rehabilitation of the juveniles including the formal educations spiritual educations, life abilities, and agricultural practices. The juveniles have been also involved in sporting, which provided as well not only the physical interest but also lessons in social behaviour and manners control. Person and organization classes used counselling as one of their essential approaches and helped juvenile to go through information learned in the past and identify feelings and develop coping strategies. The study found out that they have brought out fantastic changes in the behavioural patterns of these youthful offenders, with some moving towards enhanced hygiene, increased self-esteem and observations of enhanced moral standards. Here, the role of the facilitators, as well as the youths involved in the program, were to give non-public statements, one of which was a truant who turned into a real model religious leader. It affords perception into the rehabilitation methodologies in function as well as suggest a few recommendations wherein enchantment may be made, this includes; vocational schooling and secondary college entrees in some centres.

The table below reflects the companies' distribution by age. The criteria used to select them was clients who have been in the centres from three weeks to three years.

Table 1: Juvenile offender's distribution by age

Students ages	Number
12-13	2
14-15	3
16-17	12
Total	17

Source: Rutta (2024)/ Field Data (2024)

Additionally the study involved the rehabilitation officers who have been in centres for more than one year to 16 years and above. The respondents who had sufficient knowledge and prior working experience with children in conflict with the law. The officers sample of the study was comprises 12 officers and their distribution is enumerated below:

Table 2: Experience of officers

No. of years	No. of officers
1-5	5
6-10	2
11-15	1

Above 16	2
Total	10

Source: compiled from Field Data

The study also revealed that there are various ways through which the children are rehabilitated. When it comes to documentaries where vocational is mentioned as being among the basic skills that do not triumph over what was witnessed in the field and from the interviews, we found that no vocational trainings were offered to children who were attending the program. The methods applied to the article are described as follows below. Children in rehabilitation programs were given guidance and counselling on proper conducts, they were presented with formal schooling as they sit for their academic classes, religious lessons, farming, sports and games. The services that are mostly offered include individual and group counselling to the most of these children.

Identified themes

When looking into techniques of re-socialisation of juvenile delinquents, there are numerous qualitative topics that are needed to notify the complexities other than records. first individual and stories: whereby different participants, their problems, and achievements, the have an effect on of circle of relatives, buddies, and mentors, every now and then reveal the entire process of the delinquent, Complete and program form and implementation: these are crucial due to the fact that The psychological and emotional elements of reintegration are also crucial, with mental fitness guide touches on elements reminiscent of trauma and substance use, besides self-conception and identity, changing how people behave and interface with the world after incarceration Additionally, tight cultural acceptable and MAR unquestionably present steep limits as culture and public opinion shape peoples' experiences and institutional support from schools or employers facilitates or hinders the process.

While researching possible practices of reintegration of juvenile delinquents and their efficiency, several qualitative categories can be used. These themes assist in moving beyond simple quantitative analysis to discuss reintegration, in a more nuanced way, in terms of individual persons and their narrative accounts as well as in terms of organisational frameworks and increasingly societal effects. Here are some qualitative themes that could be relevant:

3.2.1 Personal Narratives and Experiences:

Individual Stories of Reintegration the interviewed respondents shared explaining their experiences at the rehabilitation centres. The rehabilitation programs are well designed to ensure conformability and a inculcate the sense of belongingness in centres as explained by some respondents

Participant 1: said *“upon arriving at the rehabilitation centre I felt a wave of fear and uncertainty”* but after sometime he got familiar with the environment and the presence of other residents. Initially, he struggled to open up during sessions, feeling like he didn't belong. However, overtime with the support of a compassionate counsellor, he began to share his story. He accomplished a breakthrough in therapy.

Another participant a 13 years old boy said: *“I entered the rehabilitation centre with a heavy heart and reluctant. I felt angry and resisted participating in group activities. The first few days were tough as he grappled with feelings of isolation. However he eventually connected with few peers who shared similar struggles”*

One 17 years old participant said: *“after being incarcerated for gang involvement I arrived at the centre feeling distrustful of authority and reluctant to engage. His initial days were filled with scepticism about the program effectiveness. However through consistent support from staff and peer mentorship, he began slowly to let down his guard. He found a sense of belonging in the centres programs where he excelled in sports and even helped organise games for others.*

3.2.2 Program Structure and Implementation

Program Components and Strategies: To examine the characteristics of reintegration programs, what has to be done in order to make it successful, how counselling, education, life skills and other service are delivered to juveniles, and their perception of receiving these services.

Farming, gardening and animal husbandry are among the major skills inculcated to children attending rehabilitation programs. Each child is provided with a portion to grow vegetables and to some have bigger areas where they perform large scale farming and the children participate fully in taking care of the farms as an important part of skill development.

A 17 years respondent explained: *“I have been incarcerated for gang-related activities. He continued, His reintegration program was comprehensive, offering counselling, education, religious, sports and farming skill initially overwhelmed, I learned to appreciate how components interconnected. Counselling helped him address his past, while educational support reignited his desire to learn. Gardening and farming provided him with skills which in future may help him for income generation, he realized that this holistic approach empowered him to reshape his identity. He began to see himself not just as a former delinquent but as a valuable member of society capable of making positive contributions. Through counselling, he learned to confront his past and embrace his journey of recovery.*

Education on personality and moral therapies

Self-development and personality development skills are taught to children in order to change the outer and inner behaviour. The children are encouraged to believe in themselves and helped to raise their self-esteem ability to make decision and motivated to put their dreams. In awareness programs and classes for personality and moral values personalities of the children are changed or reshaped. In the way cause legal awareness on issues and being good citizen by avoiding all the bad things happening around us and also good personality.

In addition, in all centres the children are offered with the formal education. After reporting they are sorted according to their performance and placed in their corresponding classes. All the centres having only the primary education reached where in Tanga, Mbeya and Dar es Salaam remand homes once a child is needed to join secondary it becomes a challenge for them to continue with the rehabilitation and join schooling. This is partly true because at Irambo approved school those who join secondary school join the school outside the compound. As happen for James some other inmates who attended had positive transformation. Some have excelled in education pursuing higher degrees and some completed and successfully employed.

A 14 year old respondent said: *"as I joined the program, initially he felt disconnected from school and his academic abilities, however, the program provided individualized tutorial and flexible learning options which allowed him to catch up on missed credits. As he began to succeed, he developed a new found confidence in his abilities. He started to view education as an opportunity for growth. Igniting a passion for learning he never felt before. This shift in perception motivated him to aspire for higher education".*

Another respondent said: *"the officers do the best in helping them, but they lack essential items like textbooks and other learning materials which hindered their effective participation in the class. This left them feeling helpless/disappointed and discouraged. The lack of adequate support not only hindered their academic performance but also reinforced feelings of worthlessness, making behaviour change even more challenging". The same was raised by majority of the respondents from all centres,*

Psychological and Emotional Aspects

Mental Health Support: Explore more of the state of mental health service in as much as it relates to given concerns such as trauma, substance use and emotional issues.

Personality development and moral therapies the Interventions rely more on counselling as one of the most effective strategies for altering mental status and attitude of children in conflict with the law. Both individual and group are intensively used as counselling techniques. It is used in order to reveal the history, ideas, notions, expectations, problems, and obstacles that the child faces. The collected information help in developing the intervention plan. This led to the discovery that counselling is offered continually in the course of the study; in fact, if there is a need for counselling at any time the child is counselled. In group meetings also counselling is given to children on cross cutting issues in order for them to be well informed and build up character in handling life events.

One participant who is convicted for sexual assault said: *"at first I was sceptical about the counselling offered, viewing it as unnecessary but during the first session I was moved and surprised with the counsellor's empathy and understanding. Eventually he began to open up about his anger and family issues. The counsellor helped him develop coping strategies, which helped him. He came to see counselling not just as a requirement but as a crucial support system that helped him process his emotions and develop healthier ways to handle personal conflicts.*

Six respondents with different sexual and drug abuse history reported that: *"the program provided limited emotional and mental support. The program focused on abstinence rather than understanding their underlying emotional and mental issues. Inadequate mental and emotional support left them feeling unheard and helpless. The officers didn't care to explore their feelings of anxiety, loneliness and abuse which led them to committing those crimes. Inadequate support left them trapped in the cycle of despair and recidivism risk.*

A 15 years old lady said: *"a group program had little focus on individual needs, he felt uncomfortable sharing his experiences in a group setting especially when others dominated the conversation. Lack of personalized attention left her feeling isolated and discouraged. as a result she didn't address her underlying emotional issues and feeling of shame grew. Which posed a problem in healing process and posed a risk for recidivism.*

Some of the young offenders attending the program felt like the officers didn't care much to understand their complexities which hindered their rehabilitation. Apart from being told this is bad no coping or management skills were provided during sessions. Most of the counselling is mostly provided in groups which posed a difficult especially those who felt a bit uncomfortable to share their stories with others. This explains the inability of the program in addressing serious mental and emotional traumas which affects people's behaviour hence relapse in previous behaviour.

Sports / games and religious teachings

All the participants of the study and most of the children in conflict with law who were interviewed indicated observation of

positive behaviour change. In our case one of the facilitators saw a change of a particular truant that attended the program and has transformed to be a respectable religious leader is a clear indicator of the behaviour change of the clients that attended the program. Some of the behaviour development noticed by children included better hygiene and better understanding concerning issues to do with life challenges and some of the children was heard in their heart desire of wanting to be good and responsible children. "I consider the program to be good because the applicant has no even basic skills"

Another respondent said: *"After attending the program i found passion in religious teachings. With the support from the pastor who was teaching them, discovered his passion in preaching after completed his program he joined the ministry and help other juveniles from the same centre. His found new purpose and skills transformed his life, showing the power of positive mentorship."*

3.2.3 Support System and Resources

Role of Social Services: Assess whether children are provided with adequate and conducive social services for their behaviour change like school materials, food, health services and clothing

Some of the participants said they are provided with good services though they sometimes miss some meals due to lack of fund which is the biggest challenge. Food shortages affect their health, poor medical care where only pain killers are provided, no clothes are provided to them, no shoes and insufficient school materials were among the challenges they encounter which makes the stay in centres somehow challenging for them. They attend classes without necessary materials like exercises, pen, books and other necessities which affect their moral and performance. This environment impacted their ability to focus in school, leading to poor grades and a sense of hopelessness. Without adequate nourishment, therefore found it difficult to maintain his commitment to change, causing her to revert to unhealthy coping mechanisms.

The success stories and failures of reintegration applications are used to evaluate success and failure for measuring applications of reintegration focusing on long time period results such as; reduced recidivism rate, educational achievements, and right employment balance. Counselling, each individual and institution, is massively employed in rehabilitation, basic to the young ones' mental state and difficulties. Practical activities towards self-sufficiency, such as farming, gardening and animal husbandry are exercised. Physical training and games and ethical education are other demonstrated behaviour change and personal development. Stakeholder interviews revealed behavioural changes including increased hygiene, better lifestyles and a desire to change from the juvenile's earlier behaviours. From the above shared experiences and the observed conditions in centres a lot of investigate needs to be done to improve the situation in rehabilitation centres. The centres situations does not curb the current era delinquency which is mostly characterised by drug abuse, alcohol abuse, rape, sexual assault, violence a few to mention. Change in crimes and levels of crimes at young age need comprehensive and need focused interventions. Individualised programs versus group therapy.

4. DISCUSSION

The study aims to understand rehabilitation services in Tanzania in attempting to tackle the issue of juvenile recidivism and advance rehabilitation. Major findings of study showed the most effective rehabilitation methods need to address the criminogenic needs of the offenders. That means the intervention designing process should directly address the needs which led for development of a criminal behaviour being antisocial, drug abuse or any other form of delinquency. The general counselling provided in all centres which does not directly focus on individual needs is too lenient to for behaviour change of young offenders. Counselling as the main method of rehabilitation is most effective when used to respond to children involved in minor offenses when deprived of accurate direction in adolescent years or languishing in self-esteem issues and peer pressure and inability to meet basic needs hence inability to manage pressure. They are directed to make right decision; awareness of who you are, and the role of peers, friends in one's life, improves self-counselling is effective. However for some few scenarios like extreme poverty behaviour defects or even extreme personality defects, general counselling cannot change them. These methods appear to work best at some level of delinquency rates. The findings are therefore in line with that of Andrews et al. (1990), Dowden & Andrews (1999), Gendreau et al. (2006).

The second finding of this study is in spite the efforts done to manage and transform behaviour of children in conflict with the laws. But the environments in centres does not support effective rehabilitation of the children. The main challenges facing effective rehabilitation include application of similar rehabilitation to all children irrespective of the level of their criminality which according to (Moffitt et al., 2010) explained the levels of delinquency and how same treatment can hinder rehabilitation especially for juveniles with behaviour, mental and emotional defects. The findings are concurs with that of (Andrews et al., 1990; Dowden & Andrews, 1999; Gendreau et al., 2006).

The third finding is the crude environment where education is provided. Knowledge is one of the key tool of behaviour change. In all centres most of the formal education is offered in very rude setting. There are no adequate amenities such as classroom, library and other essential teaching and learning resources. Many of them are school dropouts and out of school age and should require special attention in this area, but the situation is reversely provoking and halts necessary change. These children need a lot of help in nurturing the mental aspect of their growth. This finding align with that of Lewis et al. (2011). In addition vocational skills might have been very effective for children because the majority of them they are from

urban centres with this a hope of getting an employment or employ themselves. For instance, driving once they qualify, they can be employed but none of the centres is fitted with vocational training facilities.

Behaviour modification, beliefs, perceptions and attitudes to crime requires intensively and extensively practices. Poor infrastructures, insufficient experts in centres to handle children with special behaviour defects and lack of vocation training influences the behaviour change of the children hinders behaviour change, hence recidivism. The failure of perception and attitude transformation entails honest approach towards appreciation of situations, children in conflicts with law as explained by various scholars result from unfulfilled needs, unemployment and poverty if they are not provided with honest chance to face challenges taking them and making them understand that theft is wrong without providing them genuine opportunities to accomplish their needs do not solve the problem hence after release from the centres they are confronted with same difficulties hence reoccurrence of behaviours and sometimes (Andrews et al., 1990; Dowden & Andrews, 1999; Gendreau et al., 2006).

Study limitations

The information was collected at one time which may affect the reliability of the study.

5. CONCLUSION

The study suggest for improvement in rehabilitation infrastructure, improvement of working personnel, people with special techniques in dealing with children with special needs like the abusers, murders, sexual harassers and other heinous crimes should be employed in centers of special training and treatment to reduce their behavioral. Currently in all centers the children are attended by normal teachers and social workers and Took who are not specialists in dealing with children with development issues. Rehabilitation officers to the best of their knowledge and I say it I do not meet the needs and also hinders the rehabilitation process of the children. These children should be bestowed adequate fund by the government for the necessity of cutter. The gains made in minimizing juvenile recidivism were an indication to reducing adult criminality hence, improvement of countries safety.

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