

# SOCIO-PSYCHOLOGICAL PROBLEMS OF ADOLESCENTS AMONG HIGHER SECONDARY LEVEL STUDENTS OF THIRUVANANTHAPURAM CITY, KERALA

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## ABSTRACT

*Increasing independence from adult controls, quickly happening physical and psychological changes, investigation of social issues and concerns, expanded spotlight on exercises with a friendly gathering and foundation of a fundamental self character add to juvenile maladjustment. Elements for juvenile maladjustment incorporate monetary flimsiness, parental strife, deficiency of school contributions, and absence of comprehension of youthful psychology with respect to guardians and school resources, and insufficient recreational offices. This examination on psycho-social problems of adolescents with 600 higher secondary students will support the guardians, instructors, educator's teachers and even the general population to be acquainted with the problems of adolescents. Discoveries uncover that adolescents at higher secondary level face more problems from instructive and enthusiastic viewpoints.*

**Keywords:** *Adolescents, Maladjustment, Higher Secondary, Psycho-social problems.*

## INTRODUCTION

Social and psychological problems, especially including conduct and school issues, are more typical amid adolescence than at some other time amid youth. Adolescents are considerably more autonomous and versatile and are regularly out of the immediate control of adults. At the point when mischief ends up serious, ~~and~~ visit, adolescents ought to be assessed for a psychosocial issue by emotional wellness proficient. Specifically, wretchedness, nervousness, and dietary issues are normal amid adolescence. Adolescents who have tension or inclination issue may have physical indications, for example, exhaustion or perpetual weariness, dazedness, cerebral pain, and stomach or chest torment.

Adolescence is a phase in life cycle somewhere in the range of 13 and 19 years old portrayed by expanding freedom from adult controls, quickly happening physical and psychological changes, investigation of social issues and concerns, expanded spotlight on exercises with a friendly gathering and foundation of an essential self-personality (Hurlock, 1981). It is an unpleasant formative period loaded up with significant changes in physical

development and sexuality, cognitive procedure, emotional sentiments and association with others. It is a period of life set apart by unique properties like quick physical, psychological, cognitive and conduct changes & advancements, including the desire to tests, fulfillment of sexual development, improvement of adult character, and progress from financial reliance to relative autonomy.

Adolescence is when numerous problem practices and feelings start or heighten. The natural, psychological and social changes that happen amid adolescence can impact the advancement of such practices and feelings. While these natural and social changes happen, most adolescents move far from guardians, ~~different~~ relatives, neighbors, companions, and other people who have bolstered and guided them as they battled with the challenges of adolescence. The ensuing decrease of help and direction can leave numerous adolescents to problematic practices, diminishing their capacity to react in a solid manner when looked with battling conditions or troublesome choices (Haugaard, 2001). Most youngsters are stood up to by pretty much major problems associated with their home life, their school encounters, their work exercises and their social connections. The components in charge of immature maladjustment incorporate monetary shakiness, parental disunity, insufficiency of school contributions, absence of understanding of juvenile psychology with respect to guardians and school resources, unwholesome neighborhood or network conditions, deficient recreational offices and so on (Bhardwaj, 1997; Kakkar, 1999; Prathiba, 2006; Jeevarthina, 2010). Leaving home may likewise be a method for telling guardians that the home circumstance has turned out to be genuinely grievous (Husen and Postlethwaite, 1994).

Juvenile advancement matters a genuine concern for guardians as well as to class individuals and other adults who are keen on the present welfare of youth just as later on the advancement of our society. Before we dive into the problems of adolescents, it is important to understand what's going on to the high schooler physically, emotionally, cognitively and socially. Life for some immature adolescents is a difficult tug of war loaded up with blended messages and clashing demands from guardians, educators, companions, family and themselves. On the off chance that the problems of adolescents are not distinguished and helped amid their school days would keep on experiencing issues managing society and their problems may turn out to be dynamically progressing in later life.

The reactions like "What's going on with our youngsters", "Youngsters have no regard for power", "I have no influence over my tyke", "my tyke isn't tuning in to anything I state", "adolescent misconduct is expanding day by day" have turned into the topic of paper and magazine articles and turned into a prevalent subject for guardians, instructors and teachers to have a thought regarding what's going on to a child as he enters the pre-adult period.

The real territories of changes and challenges that a person face amid adolescence is, physiological processes, cognitive processes, and psychological and emotional changes (Kaur, 2006). Conduct problems like aggressiveness, unruly conduct, negativism, hyperactivity are indicative of immaturity. Numerous conduct problems emerge as a piece of their socio-

psychological needs. The problems like harassing, lying, infringement of principles may emerge to fulfill social needs. Other than social needs, the requirement for self-regard, the requirement for freedom and self-expression may be communicated by a person as insubordinate, impolite, scattered, un-collaboration and so forth. It is a period of uplifted emotional pressures coming about because of the physical and glandular changes that are occurring. The major emotional problems of adolescents revolve around the inability to make a change to development that comprises significant formative errands of adolescence. Adolescents who realize that their frames of mind and conduct are seen by the social gathering as "youthful", and who understand that others think of them as unequipped for handling the adult job fruitful, may create feelings of inadequacy (Hurlock, 1981). A standout amongst the most troublesome formative undertakings of adolescents identifies with social adjustments. They invest the vast majority of their energy outside the home with their friend gathering. So it is understandable that they are especially affected by their companions on the frame of mind, discourse, interests, appearance, and conduct. The present paper centers around the different socio-psychological problems of adolescents which help the guardians, instructors, educators, teachers and even people, in general, to be acquainted with the problems and reasons for problems in adolescents.

## **SOCIO-PSYCHOLOGICAL PROBLEMS**

The socio-psychological problems allude to different problems of adolescents like emotional problems, instructive problems and social problems. Problems identified with any or all the outer exercises of an individual, which are watched legitimately, similar to conduct that damages or takes steps to hurt others, lying, infringement of principles and so forth, are social problems. Emotional problems are the problems identified with any of the specific sentiments that portray the perspective. Instructive problems incorporate problems identified with cognitive aptitudes, educators' and parental inspiration in the scholarly field, adjustment with the school and so forth. Social problems are the problems identified with the social condition, for example, social conduct, social support, peer impact and adjustment with family, society and religion.

## **OBJECTIVES**

This study is to gauge the extent of various socio-psychological problems among adolescents in higher secondary students in the Thiruvananthapuram City of Kerala.

## **METHODOLOGY**

### **DESIGN OF THE STUDY**

Survey method was adopted in the study.

### **SAMPLE**

The study is conducted on a sample of 600 adolescents drawn from 10 higher secondary schools located in Thiruvananthapuram City of Kerala with due representation to the gender of the students.

## TOOL

**Psycho-social Problem list:** Psycho-social Problem list (Mumthas & Muhsina, 2012) consisting of 55 items are used for identifying the extent of Psycho-social problem areas of adolescents. There are two choices for each item in the inventory viz., Yes and No. The students have to read each item carefully and if it is a problem for them put a tick (+) mark in the column under 'Yes' against that item and otherwise put a (+) mark in the column under 'No'. The tick marks given under the choice 'Yes' were considered as one problem. The instrument possesses face validity and has proven reliability. Cross-examination of the responses in the test-retest administrations of the inventory shows that there are not many wide variations in the two responses which suggest that there is a high degree of consistency in the response.

## RESULTS AND DISCUSSION

In order to find the extent of various socio-psychological problems among adolescents at the higher secondary level, the problems were arranged in the descending order of percentage to find the mean percent of occurrence of each problem area viz., emotional problems, educational problems and social problems.

### (a). EMOTIONAL PROBLEMS

**Table-1**  
**Percent of Occurrence of Problems among Adolescents under the Area Emotional Problems**

Emotional problem	% of occurrence
Anxiety	60.76
Hot temperedness	58.77
Day dreaming	50.09
Rapid mood swings	44.67
Nightmares	35.44
Loneliness	35.26
Excessive fears and Worries	31.46
Depression	27.31
Feeling of inferiority	25.86
Lack of sleep	15.01
Apathy	14.10
Feeling of insecurity	10.31
Suicidal feeling	3.98
<b>Mean percent</b>	<b>31.77</b>

From Table 1, it is clear that almost 61 percent of the adolescents feel that they are very anxious and hot-tempered. Nearly four percent of adolescents have suicidal feelings. On an average, approximately 32 percent of adolescents are suffering from emotional problems.

### (b). EDUCATION PROBLEMS

The percent of occurrence of each problem in the order of their seriousness under the area educational problems is given in Table-2.

**Table-2**  
**Percent of Occurrence of Problems among Adolescents under the Area Educational Problems**

Educational problems	% of occurrence
Academic underachievement	56.96
Over expectation parents	54.07
Lack of concentration	52.26
Strict rules of school	50.09
Fear of failure in exam	48.10
Poor memory	45.03
Overload of school work	38.04
Inadequate educational status of parents	28.21
Disinterest in school work	26.40
Lack of academic skill	26.40
Decreased motivation	22.42
School absence	11.03
The busy schedule of parents	8.14
Learning disabilities	2.89
<b>Mean percent</b>	<b>33.59</b>

From Table 2, it is clear that almost 57 percent of the adolescents feel that they are academically underachievers. About 50 percent of the sample have difficulties from over expectation of parents, lack of concentration and strict rules of the school. Three percent of adolescents have learning disabilities. On average, 34 percent of the adolescents are having educational problems.

### (c). SOCIAL PROBLEMS

The percent of occurrence of each problem in the order of their seriousness under the area Social problems is given in Table-3.

**Table-3****Percent of Occurrence of Problems among Adolescents under the Area Social Problems**

<b>Social problems</b>	<b>% of occurrence</b>
Low self-esteem	40.33
Attraction to opposite-sex	39.42
Lack of leadership ability	38.88
Lack of self-confidence	36.71
Poor self-concept	25.68
Identity confusion	24.23
Social withdrawal	20.61
Lack of social recognition	19.71
Superstitious believes	16.64
Religious conflicts	14.29
Domestic violence	12.48
Participation in antisocial activities	9.76
Isolation from family	8.14
<b>Mean percent</b>	<b>23.56</b>

From Table 3 it is clear that almost 40 percent of the adolescents feel that they have low self-esteem, attraction to the opposite sex and lack of leadership ability. Only 8 percent of the adolescents feel that they are isolated from family. One-third of the total sample has difficulties from lack of self-concept and self-confidence. On average, approximately 24 percent of the adolescents are facing social problems.

### CONCLUSION

Adolescents at higher secondary level face more problems from instructive and emotional viewpoints. Problems like uneasiness, hot-temperedness, scholastic under-accomplishments and severe standards of school have a most astounding percent of the event among adolescents. Solutions for diminishing the force of socio-psychological problems among adolescents incorporate the accompanying. The problems among adolescents are more from an instructive zone which demonstrates a need for recreation in the present training framework. It is smarter to improve the working of vocation direction and advising focuses on each institution. By giving these administrations the greater part of the instructive problems of adolescents can be diminished. Teachers ought to guarantee that their students are showing signs of improvement motivation from the institution and they should help in structuring up a decent vocation. The parents, teachers and other school specialists ought to guarantee favorable physical, social and psychological environments in school since this will help the pre-adult both inside and outside

the school. The emotional problems are very high in the youthful stage due to the physical and physiological changes that happen as a part of their development. Children in their adolescent period need most extreme consideration and care. Adolescents of today have a serious want for autonomy and freedom for self-expression that they merit. On the off chance that this need isn't fulfilled, they will begin to digress from the social standards and social qualities. So the teachers, parents and different guardians ought to think about them as an individual and should treat them in a proper manner. They ought to know about the changes happening inside the adolescents and should attempt to lessen the contentions in them.

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