



## PREVALENCE OF BEHAVIOURAL PROBLEMS AMONG ADOLESCENTS IN HIGHER SECONDARY SCHOOLS.

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### ABSTRACT

Adolescence means 'to emerge' to achieve 'identity'. WHO defines adolescence as the period of life between the ages of 10 -19. The study was entitled the prevalence of behavioural problems among adolescents in Higher Secondary Schools. The primary objective is to estimate the prevalence of behavioural problems among adolescents in higher secondary schools of Thiruvananthapuram district. The approach adopted was quantitative and the design was cross-sectional survey design. 450 students at an age of 12 to 15 years were selected according to the inclusion criteria. On account of the COVID 19 pandemic situation, the study was conducted online mode. A questionnaire to assess the socio-demographic data, Strength and Difficulty Questionnaire(SDQ11-17) to assess the behavioural problems and a questionnaire to assess the factors associated with behavioural problems. The questionnaires were digitalized as a Google form link and given through each class's WhatsApp group by concerned class teachers. The collected data were analyzed and results were expressed in descriptive and inferential statistics. The result reveals that 20.4% of adolescents have abnormal behaviour problems while 35.8% had borderline problems and 43.8% were found to have normal behaviour. It also depicts the behavioural problem based on domains where 13.6% of adolescents had emotional problems followed by hyperactivity (12%), conduct problems (11.6%), and peer problems (9.8%) while pro-social behavioural problems were the least one (8%). As per multivariate regression analysis, birth order, emotional relation with others, qualification of mother, occupation of father, bad habits of the father increases the risk of behavioural problems in adolescents. It was concluded that adolescents have behavioural problems and several factors were associated with behavioural problems.

**KEYWORDS :** Behavioural Problems, Adolescents

### INTRODUCTION

The word adolescence is derived from the Latin word "adolescere" meaning "to grow up" or "to mature." It is a period of transition between childhood and adulthood that involves a number of changes in body and mind.

Adolescence means 'to emerge' to achieve 'identity'. WHO defines adolescence as the period of life between the ages of 10 -19. Personhood is what we want the Adolescent to attain not only just in its physical or intellectual aspects but also in his or her whole human hood. It is often neglected but equally important aspects, which are emotional or psychological, social and spiritual. The time of growing up from childhood to adulthood is known as Adolescence. It is not the only period of physical growth but also it is a period for maturing of mind and behaviours. Adolescence is a span of fears during which boys and girls move from childhood to adulthood mentally, emotionally, socially, and physically. In India Adolescence is a phase that is more difficult to define, particularly in terms of age.

The life of modern industrial societies is so complex where the intricacies of the adolescence period are more hazardous. The basic characteristics of adolescence in modern times are increased emotional instability, period of unrealism, hero-worship, moral dilemma, faster changes in the physical and biological system, tendency to incline towards anti-social behaviour, drug and sex abuse and several other unique characteristics. Students have the habit of lying to parents, teachers, and friends, the constant quarrels among parents and lack of care for children lead 1/3 of students to loneliness. Other serious problems like, drug abuse, sexual abuse, stealing, etc. are considerably reported.

### MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is cross sectional survey design. This study was conducted in the Selected Higher Secondary Schools in the Thiruvananthapuram district. The sample of the study comprises of 450 adolescent students. Multi stage cluster sampling technique is used for the study. Written permission will be obtained from the concerned authority of the Directorate of Public Instruction,

Thiruvananthapuram and from the principals of the school the data collection process was started. Multi stage cluster sampling technique will be used to select 450 subjects. The investigator will introduce herself to the participants and objectives of the study will be explained to them. The self administered questionnaire will be distributed to the adolescent students to assess the prevalence of behavioural problems among adolescents. The data obtained were analyzed by using descriptive and inferential statistics. Tool used was Strength and Difficulty Questionnaire (SDQ, S11-17) for adolescents developed by Robert N Goodman (2003).

### RESULTS

#### Section 1: A questionnaire for demographic variables

- It is evident that the majority of adolescents (65.8%) belong to schools in urban areas and 34.2% of adolescents belong to schools in rural areas.
- Result shows that 33.3% of adolescents were from government schools, 33.3% adolescents from aided schools and 33.3% adolescents from private schools.
- It is clear that 50% of adolescents were from class 8 and 50% of adolescents were from class 9.
- It is evident that 41.8% of adolescents were in the age of 14 years, 40.9% were in the age of 13 years, 16% of adolescents were in the age of 15 years and 1.3% of adolescents were in the age of 12 years.
- Result reveals that 50% of adolescents were boys and 50% of adolescents were girls.
- It is evident that most of the adolescents 41.6% were Hindu, 40.7% of adolescents were Christian and 17.8% of adolescents were Muslims.
- It is clear that the majority of adolescents (61.1%) were residing in municipalities and 38.9% were residing in panchayaths.
- The finding shows that 77.1% adolescent belongs to nuclear family.
- Result depicts that 47.6% of adolescents were first birth order, 40.2% adolescents were second birth order and 12.2% adolescents were third birth order.
- Result shows that 4% of adolescents have the habit of the use of alcohol and 9.3% of adolescents have the habit of using cigarettes.
- Result also shows that 7.3% of adolescents started habits

- as an experiment and 6% due to peer pressure.
- It is evident that the majority of adolescents (39.8%) use mobile phones for other than educational purposes for 1 to 2 hours.
- The findings illustrate that most of the adolescents (50%) are emotionally close to their father, 27.8% of adolescents emotionally close to their mother
- Result reveals that 88.2% of adolescent's parents are living together, 6.2% of parents are separated and 5.6% of parents are widows/widowers.
- It shows that the educational status of fathers of most of the adolescents (35.6%) was high school and least of them (8%) was illiterate.
- It shows that the majority of adolescents (34.7%) fathers are manual labour and a minority of their work in semi-government sectors.
- It shows that the educational status of mothers of most of the adolescents (34.7%) was degree and above and 8.9% were illiterate.
- It is clear that the majority of adolescents (52.2%) mothers were unemployed.
- Result shows that 10.2% of adolescent's fathers have alcoholism and 22.2% have smoking as a bad habit.

### Section: 2 Prevalence of behavioural problems of adolescents

- Result shows that among 450 adolescents in the age 12-15 years studying in Higher Secondary Schools, 20.4% of adolescents have abnormal behaviour problems while 35.8% had borderline problems and 43.8% were found to have normal behaviour.
- It also depicts the behavioural problem based on domains where 13.6% of adolescents had emotional problems followed by hyperactivity (12%), conduct problems (11.6%), and peer problems (9.8%) while pro-social behavioural problems were the least one (8%).

### Section 3: Association between the behavioural problems of adolescents and selected variables.

- There was no significant association between gender and behavioural problems.
- There was a significant association between birth order and behavioural problems.
- There was a significant association between the bad habits of adolescents and behavioural problems.
- There was a significant association between usage of mobile phone other than educational purpose and behavioural problems.
- There was a significant association between type of school and behavioural problems.
- There was no significant association between type of family and behavioural problems.
- There was a significant association between emotional relation with others and behavioural problems of adolescents.
- There was no significant association between the living status of parents and behavioural problems.
- There was a significant association between the qualification of fathers and behavioural problems of adolescents.
- There was a significant association between qualification of mother and behavioural problems of adolescents.
- There was a significant association between the occupation of fathers and behavioural problems of adolescents.
- There was a significant association between the occupation of mothers and behavioural problems of adolescents.
- There was a significant association between the bad habits of fathers and the behavioural problems of adolescents.
- As per multivariate regression analysis, birth order,

emotional relation with others, qualification of mother, occupation of father, bad habits of the father increases the risk of behavioural problems in adolescents.

### DISCUSSION

Percentage distribution was used to determine the distribution of samples according to the demographic variables. Chi-square test was used to find out the association between the prevalence of behavioural problem among adolescents and their selected demographic variables. The association between the prevalence of behavioural problem among adolescents their selected demographic variables was analyzed by using chi-square test. It reveals that there is an association between the prevalence of behavioural problems among adolescents and their selected demographic variables such birth order, emotional relation with others, qualification of mother, occupation of father, bad habits of the father increases the risk of behavioural problems in adolescents.

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