



PARENTAL BONDING AND MENTAL HEALTH PROBLEMS AMONG ADOLESCENTS

Dr. Gunjan Jain*

MD Pediatrics, MRCPCH Senior Resident in MGM Hospital, Aurangabad
*Corresponding Author

Dr. Hardik Jain

MBBS, Intern in NCH, Surat

Dr. Jigisha Patadia

MD Pediatrics, Associate Professor in NCH, Surat

ABSTRACT

Adolescence is a unique and formative period for developing and maintaining social and emotional habits important for mental well-being. A bidirectional relationship exists between mental health and physical disease, in terms of causation, clinical features, detection and treatment. Adolescents with mental health conditions are in turn particularly vulnerable to social exclusion, discrimination, stigma, educational difficulties, risk-taking behavior, physical ill-health and human rights violations. Parental bonding helps promote a child's cognitive, emotional and social development. Lack of which can cause neglect, a form of abuse. This study is a cross-sectional study which aims to determine the prevalence of mental health risk factors and also parental bonding among adolescents attending the tertiary care center in Surat, district of Gujarat, conducted between March 2019 to June 2019. A total of 498 adolescents, selected randomly, were interviewed using a structured questionnaire. In the current study, peer pressure, being worried, conflict with parents and unawareness of mental health service were documented. Addiction habits were uncommon. Study recommends creating awareness among adolescents and promoting mental health.

KEYWORDS : Mental Health, Adolescents, Parental Bonding, Awareness

INTRODUCTION

Mental and behavioral disorders are found in people of all regions, countries, and societies. Most personality disorders are emerging in childhood or at least by adolescence. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. These conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights. Poor mental health can have important effects on the wider health and development and is associated with several health and social outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school drop out and delinquent behaviours. There is growing consensus that healthy development during childhood and adolescence contributes to good mental health and can prevent mental health problems.⁽¹⁾ The early parent-child relationship has been associated with numerous aspects of behavior and development. A secure attachment with parents helps promote a child's cognitive, emotional and social development. The healthy involvement of parents in their children's day to day life helps ensure that their kids can perform better socially and academically and exhibit positive social behaviors. A healthy parent-child relationship is the ability to help a child succeed by giving clear directions, setting boundaries, offering opportunities to choose and negotiate, requesting age-appropriate behaviors and responses, accommodating individual learning style needs, giving opportunities to self-manage and staying in present time. It is unfortunately the case that much of the research related to this area of concern remains unintegrated and underutilized.⁽²⁾ On the other hand, ineffective bonding leads to neglect. Emotional scarring has long lasting effects throughout life, damaging a child's sense of self, their future relationships, and ability to function at home, work and school. It causes lack of trust and relationship difficulties, core feelings of being "worthless." Child neglect is not always easy to spot.⁽³⁾

METHOD

It was a cross sectional study done among 498 adolescents aged between 10-14 years of age attending Pediatric OPD of tertiary care centre in Surat, Gujarat between March 2019 to

June 2019. Data was collected using a self-administered questionnaire was given to the participants in their vernacular language. The demographic details and data regarding Mental Health, Habits and Parental bonding was entered into MS excel spreadsheets and analyzed with the help of SPSS version 20.0.

RESULT

Table 1: Sharing Personal Problems

Sharing of Personal problems	Male (%)	Female (%)	Total (%)
None	42 (16.2)	51 (21.3)	93 (18.7)
Mother	55 (21.2)	74 (31.0)	129 (25.9)
Father	62 (23.9)	29 (12.1)	91 (18.3)
Friends	47 (18.1)	41 (17.2)	88 (17.7)
Siblings	53 (20.5)	42 (17.6)	95 (17.1)
Others	0	2 (0.8)	2 (0.4)

Table 2: Seeking Permission From Elders.

Seek permission from Elders	Male (%)	Female (%)	Total (%)
Never	59 (22.8)	63 (26.4)	122 (24.5)
Always	118 (45.6)	113 (47.3)	231 (46.4)
Almost	66 (25.5)	53 (22.2)	119 (23.9)
Less likely	16 (6.2)	10 (4.2)	26 (5.2)

Table 3: Feeling Jealous

Feeling Jealous of people	Total (%)
Never	148 (29.7)
Always	95 (19.1)
Almost	145 (29.1)
Less likely	110(22.1)

Table 4: Feeling Worried Or Unhappy Or Hurt?

Feeling worried or unhappy or hurt?	Total (%)
Always	149 (29.9)
Never	170 (34.1)
Most times	179 (35.9)

Table 5: Feeling Peer Pressure

Feeling peer pressure	Total (%)
Yes	250 (50.1)
No	248 (49.9)

Table 6: Conflict/ Arguments With Family Members

Frequency	Total
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Daily	127 (25.5)
Once a week	314 (63)
Once a month	157 (31.5)
Never	0 (0)

Table 7: Awareness About Mental Health Problems

Awareness about mental health	Total (%)
YES	128(25.7)
NO	370(74.3)

Table 8: Habit

	YES		NO	
	MALE	FEMALE	MALE	FEMALE
SMOKING	27 (10.4%)	3(1.3%)	232 (89.6%)	236 (98.7%)
ALCOHOL	38(14.7%)	3 (1.3%)	221 (85.3%)	236 (98.7%)

DISCUSSION

The Demographics of the participants included adolescents from 10-14 years with The male to female ratio was 1.1:1, which was statistically non significant. Hence suggestive of equal gender distribution over all age groups. Maximum Participants in the study followed Hinduism, followed by Muslims which was similar to Indian Consensus 2011. Majority of parents of the participants have attained education only upto to high school.

Sharing Personal Problems: One-fourth of the participants (25.9%) were sharing their personal problems with mother in which female participants were more, while 18.3% participants were sharing their personal problems with father in which male participants were more. Thus, percentage of the participants who were sharing their personal problems with friends and siblings were almost equal (17.7% and 17.1% respectively). Only 2% participants were likely to share their personal problems with others and 18.7% participants do not like to share their personal problems with anyone. This data suggests that most children have difficulty to share their problems with elders, particularly parents. Communication between parent and child should be improved.

Seeking Permission From Elders: Around half of the participants (46.4%) participants always seek permission from elders while 24.5% participants were those who never seek permission from elders. This can cause trust issues and can lead to delinquent behavior, especially during adolescence.

Feeling Jealous: More than one-third of the participants (29.1%) were almost likely to feel jealous of people and 19.1% who always feel jealous while on other side more than one-third of the participants (29.7%) were like that who never feel jealous of people. This can impact the mental health and can lead to anxiety, anger, depression and other psychiatric problems. A positive outlook and decreasing comparison and hatred among youth has to be explained.

Being worried or unhappy or stressed is felt always by 29.9% and most of the times by 35.9% of the times by adolescents. They need to be counseled and problem solving skills need to be taught.

Peer Pressure: Nearly half (50.1%) of the participants felt the peer pressure. This can have negative impact on mental well being and also lead to illegal activities and addiction. Its commonly seen habits develop for exploring new things and due to peer pressure most commonly in adolescents.

Conflicts with Parents: Once a week is seen most frequently. This can decrease overall productivity and create differences between parent and child, which can strain their relationship. Correct way to deal with disruptive behavior and family therapy has to be explained.

Mental Health Awareness: About 75% lack awareness about

mental health problems. Awareness and taboos associated with mental well being need to be dealt with.

Habits in particular alcohol and smoking, were less common in the studied participants. Only 6% had used tobacco or its products and 8.2% had consumed alcohol, in which males were predominant.

CONCLUSION

Enhancing social skills, problem-solving skills and self confidence can help prevent mental health problems such as conduct disorders, anxiety, depression and eating disorders as well as other risk behaviors including those that relate to sexual behavior, substance abuse, and violent behaviour. Health workers need to have the competencies to relate to young people, to detect mental health problems early, and to provide treatments which include counseling, cognitive-behavioral therapy and, where appropriate, psychotropic medication

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