

The Effect of Counseling on the Reduction of Risk Behavior of Adolescents



Sociology

KEYWORDS : Risk Habit, Personality, Counseling, Adolescents, Reduction in the risk habits

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ABSTRACT

The aim of the study was to find out the effect of counseling on the reduction of risk habits of adolescents. 43 participants all male aged from 14 years to 19 years of age were selected for the study. The data was collected by conducting 4 kind of Test, 1 practice of risk habit before counseling, 2 knowledge Test regarding the risk behaviors, 3 knowledge test regarding the risk behaviors after the counseling sessions. 4 practice of risk habits after the counseling. The following education programs were offered. 9 sessions of awareness classes for the group and there by 1 hour of individual counseling to each participant have been conducted within two months of period under the following modalities such as clay models, posters of male and female anatomy of reproductive organs, pictures and photos regarding sexually transmitted diseases developed by AIDS control society, awesome pictures of mouth and lung cancers, photos of fatally injured of men and women met with accidents, pictures of liver damaged by excess of alcohol consumption etc. Simple percentage difference was calculated and paired sample statistics of pre-post knowledge change was also calculated. It indicated that there was a significant reduction in the risk behaviors of the participants found after the counseling sessions.

Kerala state has the highest achievement in the field of education and health facilities. Once it was, though facing an epidemiological transition. Now the Kerala state is under the dominance of risk behaviors among life style habits also included cardiovascular disease, cancer, diabetics and the morbidity of adolescents by the accidents, fatal injury by gang wars, murders, and suicide rates are keep on increasing day by day, the above said scenario is also said to be risk behavior These adolescents are more vulnerable. Irrespective of religion, caste and economic status boys of slums, colonies, towns and cities are prone to practice risk behaviors. The development of mental health and personality correlates an individual's environment. And can a noticeable role in the molding of characteristics are directly or indirectly related to their social experience. The ability to see oneself as a member of the social network is correlated with the person integrity as a whole and the behavior that he deliver. The advertisement campaigns launched by the companies with the aim of promoting the sales of their products by using models with pseudo heroic attributes is the first and foremost reason., genetics, personality factors, peer influence, and home environment all factors have influence on adolescents involving risk behaviors.

Alcohol related problems are correlated with a history of school difficulty. High school dropouts and persons with a record of delinquency and frequent truancy appear to be at particularly high risk for alcoholism. "Alcoholism is associated with at least 50 percent of traffic fatalities, 50 percent homicides and 25 percent of suicides. Alcoholism reduces life expectancy by about 10 years" (Harold Kaplan 1991) Peers have a strong impact on adolescent behavior and may offer protection in some risk behavior such as alcohol consumption (Maxwell 2002) previous studies claims peers develop positive feeling of the friends as well as peers influence for deviated habits. Friends and peers become increasingly important to adolescents. They spend more time with them peer relationship change in various ways during adolescence .

The existing evidence about the relationship between socio economic status and health risk behaviors in adolescence is inconsistent and even contradictory. This is especially true for adolescent drinking behavior. While some studies have identified a higher risk of excessive adolescent drinking behavior among lower socio economic groups. In another study done by Peeyush Kariwal, Shalini Srivastava, Atul Kumar Singh, BP Mathur, (2007) drinking habits also seen and started before the age of 14 years. "The favorite celebrity were the most common role models seen smoking (38.79%) and drinking (16.94%) followed by father smoking 24.60% and drinking (14.48%)"

"Social influences are among the most consistent and important factors associated with adolescent smoking" (Kobus, 2003).

"While there is evidence that adolescents do offer cigarette to friends and smoking is typically initiated in the context of peers". (Kirke 2004).). The peer group influence also varies by individual characteristics including genetics, which could influence exposure to substance using friends (Cleveland 2005)

Lack or inadequate communication and guidance by the parents be a prominent factor for keeping deviated friends. Absence of monitoring and punishment with the aim of character development (kerala culture) has a direct relationship to risky behaviors. A previous study by Zeena Harakeh and Scholte (2005) examined the association between adolescent's personality traits and smoking. Cross sectional findings "that extraversion at Test1 and Test 2, Agreeableness at Test 2 and conscientiousness at Test3 were related to adolescent smoking. Therefore it should not be surprising that adolescent substance use and peer use are highly associated. The effects of peer groups on adolescents substance use have been widely documented "adolescents who are involved in risk behavior are more integrated in to a peer net work, which in turn affects feeling of attachment, support and acceptance in a positive way" Engels, Scholte RH Vanlieshout CF, Dekemp R, Overbeck G (2006)

Risky sexual behavior is associated with friends influence than family factors. Extravert has a strong desire to reach out and interact with other people. Neurotic individuals were prone to engage in risky behaviors as a way to cope with aversive mood states. Another study by S S. Lal, R. Vasan and associates (2009) have found in a study and identified substantial lacunae in the knowledge of and attitude towards AIDS, STDs and sexuality among college students. A previous study on 2068 school going adolescents of a sub district area of West Bengal for assessment of entire array of risk behaviors and their correlates. Suicidal ideation and attempts were reported by 11.7% and 3.5% of students. Almost one-tenth of respondents had premarital sexual intercourse. (Mukopadyaya D K, Mukopadyaya AS, Sinha Babu A, Biswas AB (2012) Kerala. Extravert involve in risky behaviors as a way to enhance positive affective experience. When experience stress and frustration adolescents will turn to risk behaviors to increase threshold and cope with negative pressures. Even if they are motivated they are powerless to change. Adolescents may psychologically project their own risk behaviors on to others.

Objective

The study attempts to find out the effect of counseling on reduction of risk behavior of adolescents.

Method

The present study is adopted descriptive evaluative design to purports to measure the effect of counseling for reducing the risk behavior among adolescents.

Sample

The sample is selected from a colony in Alapuzha District Kerala state. All male samples in the age range of 14 yrs – 19 yrs. The preliminary study has been conducted at the first stage out of 85 respondents, in which 43 were selected; the remaining 42 respondents did not considered for the study because they were not in the practice of any risk behaviors.

Tool

A check list for adolescence risk behavior has been made by the researcher further the check list has been well standardized after a survey on the basis of risk habits which are all prevailed in the community, 19 risk behaviors were included found in the particular area after the standardization. Second questionnaire with 14 items was set to Test the knowledge of participants regarding the consequences and health hazards.(TABLE 1 HERE)

Result

Table No. 1

Risk behavior of participants before and after counseling. Respondents N =43

Sl No.	Risk Habit	Before N (%)	After N(%)	Difference %
1	Using Pan masala	4 (9.3)	2 (4.7)	4.6
2	Chewing Tobacco products	16 (37.2)	7 (16.3)	20.9
3	Smoking cigarette / Beedi	11 (25.6)	8 (18.6)	7.0
4	Other substances	2 (4.7)	1 (2.3)	2.4
5	Drink Beer	17 (39.5)	14 (32.6)	6.9
6	Consume alcohol	6 (14.0)	4 (9.3)	4.7
7	View porn videos	25 (58.1)	19 (44.2)	13.9
8	Pre marital sex	5 (11.6)	1 (2.3)	9.3
9	Rash riding	4 (9.3)	4.(9.3)	0

Table. 2.

Level of Knowledge change regarding risk behavior of adolescents before and after the counseling. Respondents .43

Sl. No	Topics	Knowledge before counseling No (%)				Knowledge after counseling No (%)			
		Correct	inadequate	wrong	Not knowing	correct	inadequate	wrong	Not knowing
1	Tobacco contains	16(37.2)	21(48.8)	3(7.0)	3(7.0)	29(67.4)	4(9.3)	-	-
2	Nicotine causes..	9(20.9)	10(23.3)	24(55.8)	-	34(79.1)	-	-	-
3	Excess alcohol use causes	14(32.6)	25(58.1)	4(9.3)	-	33(76.7)	1(2.3)	-	-
4	Beer contains..	10(23.3)	10(23.3)	17(39.5)	6(14.0)	34(79.1)	-	-	-
5	Sex with strangers..	14(32.6)	2(4.7)	4(9.3)	23(53.5)	21(48.8)	-	-	13(30.2)
6	Premarital sex ...	9(20.9)	-	3(7.0)	31(72.1)	26(60.5)	2(4.7)	-	6(14.0)
7	Masturbation	4(9.5)	31(73.8)	7(16.7)	-	34(79.1)	-	-	-
8	Knowledge AIDS	5(11.6)	27(62.8)	4(9.3)	7(16.3)	21(48.8)	12(27.9)	-	-
9	Kind of STI's	0	43(100)	-	-	26(60.5)	8(18.6)	-	-
10	Not to get infected	11(25.6)	32(74.4)	-	-	25(58.1)	8(18.6)	-	-
11	Male family planning measures	3(7.0)	30(69.8)	3(7.0)	7(16.3)	34(79.1)	-	-	-
12	Female family planning measures	1(2.3)	16(37.3)	8(18.6)	18(41.9)	-	16(37.2)	-	-
13	Hire for fight(attitude)	5(11.6)	20(46.5)	-	18(41.9)	15(34.9)	2(4.7)	-	19(44.2)
14	Hire for politics(attitude)	5(11.6)	16(37.2)	-	22(51.2)	-	-	-	-

Sl No.	Risk Habit	Before N (%)	After N(%)	Difference %
10	Reckless driving	0.	0	0
11	Fighting with weapon	8(18.6)	1(2.3)	16.3
12	Gambling /Card	10(23.3)	5 (11.6)	11.7
13	On hire for fight	4(9.3)	2(4.7)	4.6
14	Roaming in the night	4(9.3)	0	0
15	Community violence	0	0	-
16	Ever arrested	5(11.6)	-	-
17	Ever convicted	0	0	-
18	On hire for politics	3(7.0)	1(2.3)	4.7
19	Suicidal attempts	4(9.3)	-	-

It is noticed that the highest percent of participants involved in the risk behavior was viewing porn videos which come about 58.1% (25 Participants)

Even after the counseling session there was no marked difference seen on this behavior of adolescents. Further, the participants used to drink beer, it come about 39.5 % (17) in this behavior also the data showed no remarkable reduction. Regarding chewing tobacco products there were 16 participants (37.2 percent) in the practice, here a noticeable reduction of 43.75 % could be made by the intervention.

No considerable change in the smoking habits could be achieved by the intervention program. Participant's attitude have been changed towards 'hire for fight', have found a reduction by 50 percent after the counseling session, and also a significant change could be seen in the item number 18 'hire for politics'. 33.33 Percent of reduction could be achieved .Acceptance and anticipating a change in the habit of 'fighting with weapon 'was also a good sign for their future oriented and evaluative thinking, 70 percent reduction seen in one on one counseling situation.(TABLE2 HERE)

Regarding knowledge Test, regarding 9th items 'sexually transmitted infections' none of them have correct knowledge except the knowledge of some name of the diseases. The data revealed participant's knowledge have been increased by 60.5 percent after counseling sessions. Then lack of information regarding the male and female family planning measures also have been found in the test.. 9.3 % (4) participants attempted for suicide by one or other reasons. Participants were harboring sexual myth in doing masturbation.

Sessions	intensity	Time taken
1-2	minimum	1.30 hrs
3-6	Moderate	2 hrs.
7-9	High	3 hrs.
(individual counseling 34 hrs - Respondents.34)		

Intervention Schedule - Respondents 43

Findings

1. The highest percent of participants involved in the risk behavior was viewing porn videos which come about 58.1 percent, no considerable reduction have been seen after the counseling session.
2. 43.75 percent reduction could be achieved in the practice of chewing tobacco products.
3. 50 percent reduction could be made in the attitude towards 'hire for fight'.
4. 33.33 percent reduction have been achieved 'on hire for politics'.
5. 9.3 percent of participants have attempted for suicide by one or other reasons is also a matter for consideration.
6. Even though scientific information's passed over in the general awareness classes and clarifications given to all doubts in one on one counseling sessions participant's ' feeling guilty' after the act of masturbation continuing.
7. Regarding sexually transmitted infections none of the participants have correct.

Knowledge increased by 60.5% after the sessions,

8. Then lack of information regarding the male and female family planning measures also be found in the test, Male family planning measures ' in the knowledge test 72.1 percent increase could be achieved by the intervention program, no noticeable change regarding female measures..
9. A large deficit in the knowledge level exist among the participants regarding the topic included
10. The study revealed a fact that implementation of systematic and continuous intervention can help adolescent group from the deviated path ways and can make a positive change in their attitude towards life.

Conclusions

National institute of Drug Abuse points to the fact that "increased understanding of the basics of addiction will empower people to make informed choices in their own lives" Adolescence is the time when significant life decisions are being made and adolescent goal setting for the future are based on their values and motives. Information dissemination through printed materials and conducting awareness programs amongst adolescents is based on the projects sanctioned and fund disbursed by the Government to the concerned department (Kerala). Most of the fund on this head disbursed during the month of March which will be utilized on or before 31st March. By this way most of the programs listed by the related department for adolescent's development cannot make any effect on these groups. It is totally inadequate and this is not the way out. Instead the matter may be strictly included in the syllabus as a subject according to the class level of the students and should be emphasized for the reviews throughout the year.

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