

A Study on the Problems of Adolescent Students in School



Social Science

KEYWORDS : Adolescent students, school, problems of adolescents, life skills

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ABSTRACT

Adolescence is a conversion period from childhood to adulthood where the adolescents face lot of physical changes, psychological changes and social changes which pose a major threat for their positive development.

They are loaded with academic pressure and also have problems in finding their friends, adjusting with the peers in class and maintaining cordial relationship with teachers. Even at home they find it very difficult to adjust with their parents and siblings. The study aims to analyze the problems faced by the adolescent students in school and suggest suitable life skills for their positive development by adopting descriptive research design and using systematic random sampling method to collect data from 101 students studying in XI standard by executing Student Problems inventory developed by Dr.Harkant D.Badami(1977). The findings revealed that there is significant relationship between the age and the level of adolescent student's problem.

INTRODUCTION

Adolescence is a period of reflective changes and sporadic turmoil. The adolescent students face many challenges in their day to day life and failure to cope up with these challenges put them in chaos and confusion. They face lot of problems such as physical and health problems which relate to their physical body, shape and appearance. It may relate to physical health hazards such as weak health, poor digestion, overweight or underweight, sleeplessness etc.

Adolescent students also have problems related to self and self image such as being much emotional, nervous while talking with other people, feeling lonely, problem in expression of feelings, developing inferiority complex, attempting suicide, taking revenge, becoming excited very easily and not having self confidence to face the reality of world. The economic and material facilities also façade the problems of adolescent students when they are not able to fulfill their basic requirements like nutritive food, clothing, proper housing and purchase of educational necessities.

They have deep concern towards friendship especially with opposite gender and they want to be attracted by the opposite gender. Sometimes, they also find it difficult to get along well with the opposite gender and much haunted by their thoughts. They try to withdraw from the hands of their parents and show much interest towards friends which many a time troubles them.

Adolescent students develop an attitude to make independent decision based on their wish and land up with problems with parents and siblings at home. Thus adolescence is a rivalry period where they undergo lot of stress and strain not having peaceful atmosphere either at home or at school. School as an institution helps to promote the knowledge and skill of the adolescents often burden the students with academic events like exams, assignments, seminars etc makes the adolescent students to undertake monotonous work in the school. Neighbourhood and society also have high expectations on the adolescent students and pressurizes them to perform the duties like an adult. All these problems will pose a major threat for the positive development of the adolescent students.

REVIEW OF LITERATURE

Reddy (1971) made a study on the "problems of adolescents" in which he revealed that major indications of problems in adolescents were inferiority feeling, poor self-image and dislike for home. The study also showed a decline in adjustment problems with maturity. The rural and urban residence did not seem to significantly affect adjustment.

METHODS AND MATERIALS

AIMS AND OBJECTIVES

The study aims to analyze the problems of adolescent students with the following objectives

1. To analyze the physical and health problems of the adoles-

cent students

2. To study the self and self image of the adolescent students
3. To study the economic and material facilities of the adolescent students
4. To analyze the concern towards friendship, sex and marriage of the adolescent students
5. To analyze the family problems of the adolescent students
6. To study the social problems of the adolescent students
7. To examine the educational problems of the adolescent students
8. To analyze the vocational problems of the adolescent students
9. To analyze the customs, morality and religious problems of the adolescent students.

HYPOTHESES

1. There is a significant relationship between age and the level of student's problems.
2. There is a significant difference between domicile and the level of students problems

RESEARCH DESIGN

The researcher has adopted Descriptive research design to describe the physical and health problems, self and self image, economic and material facilities, friendship, sex and marriage, family problems, social problems, educational problems, vocational problems and customs, morality and religious problems of the adolescent students.

UNIVERSE OF THE STUDY

The universe of the study consisted of students studying in XI standard which comprised of 202 students.

SAMPLE FOR THE STUDY

The researcher adopted systematic random sampling technique and selected every 2nd student as respondent and collected data from 101 students studying in XI standard.

TOOLS OF DATA COLLECTION

The researcher has administered the Student Problems inventory developed by Dr.Harkant D.Badami(1977) and the reliability co-efficient under Alpha method is 0.832.

RESULTS AND DISCUSSION

Table No:1 Level of Student's Problem in various dimensions

Dimensions of students problem	Number of Respondents (N=101)	Percentage of Respondents
a. Physical and Health Problems		
Low	63	62
High	38	38

b. Self and Self image Low High	52 49	52 48
c. Economic and material facilities Low High	62 39	61 39
d. Friendship, sex and marriage Low High	66 35	65 35
e. Family Low High	53 48	52 48
f. Social Low High	53 48	52 48
g. Educational Low High	51 50	50 50
h. Vocational Low High	59 42	58 42
i. Custom morality and religion Low High	55 46	54 46
j. Overall level of Students problem Low High	52 49	51 49
Total	101	100

It is inferred from the above table that as far as physical and health problems are concerned, majority (62%) of the respondents have low level of physical and health problems and more than one-third (38%) of the respondents have high level of physical and health problems. This study is consistent with the study made by Meshcheryakova (2006) in which it was revealed the most significant problem area for the students is their future and the least significant areas are their appearance and health, communication with adults and peers and problems of everyday life.

With regard to self and self image, more than half (52%) of the respondents have low level of self and self image and nearly half (48%) of the respondents have high level of self and self image. This study is consistent with the study made by Bhojak, B. L., & Mehta, P. (1969) in which they revealed that Boys specifically had problems like Self-centered concern, money, work and future, health and physical development (10%), relationship between boys and girls and relation to people in general

Regarding economic and material facilities are concerned, majority (61%) of the respondents have low level of economic and material facilities and more than one-third (39%) of the respondents have high level of economic and material facilities.

As far as friendship, sex and marriage is concerned, majority (65%) of the respondents have low level of concern towards friendship, sex and marriage and more than one-third (35%) of the respondents have high level of concern towards friendship, sex and marriage.

With regard to family problems, more than half (52%) of the respondents have low level of family problems and nearly half (48%) of the respondents have high level of family problems.

With regard to social problem, more than half (52%) of the respondents have low level of social problems and nearly half (48%) of the respondents have high level of social problems.

Regarding the educational problems, half (50%) of the respondents have low level of educational problems and half (50%) of the respondents have high level of educational problems.

With regard to vocational problems, more than half (58%) of the respondents have low level of vocational problems and nearly half (42%) of the respondents have high level of vocational problems.

Regarding the custom, morality and religion, more than half (54%) of the respondents have low level of customs, morality and religious problem and nearly half (46%) of the respondents have high level of customs, morality and religious problems.

With regard to overall level of student's problems, more than half (51%) of the respondents have low overall level of student's problems and nearly half (49%) of the respondents have high overall level of student's problems.

Table No:2 Karl Pearson's Co-efficient of Correlation between Age and the level of Students problem

Respondents Age	Correlation Value	Significance
Physical and Health Problems	.045	P>0.05 Not Significant
Self and Self Image	.172	P<0.01 Significant
Economic and Material Facilities	.206	P<0.01 Significant
Friendship, Sex and Marriage	.044	P>0.05 Not Significant
Family	.172	P<0.01 Significant
Social	.043	P>0.05 Not Significant
Educational	.083	P>0.05 Not Significant
Vocational	.211	P<0.01 Significant
Custom Morality and Religion	.039	P>0.05 Not Significant
Overall level of Students Problem	.155	P<0.01 Significant

There is a significant relationship between age and self and self-image, age and economic and material facilities, age and family problems, age and vocational problems and age and overall level of student's problems. Since age is an important determinant of the level of maturity.

There is no significant relationship between age and physical and health problems, friendship, sex and marriage, social problems, educational problems and custom morality and religious problems.

Table No:3 't' test between Domicile and the Level of Students Problem

Domicile	N	Mean	SD	'z' Value
Physical and Health Problems Rural Urban	14 87	23.78 22.80	1.47 1.69	0.362 P>0.05 Not Significant
Self and Self Image Rural Urban	14 87	87.57 87.93	9.46 9.35	.001 P>0.05 Not Significant
Economic and Material Facilities Rural Urban	14 87	19.57 20.09	2.50 2.86	0.521 P>0.05 Not Significant
Friendship, Sex and Marriage Rural Urban	14 87	23.71 24.52	2.36 2.78	0.072 P>0.05 Not Significant
Family Rural Urban	14 87	39.78 41.73	2.48 5.09	6.013 P<0.05 significant
Social Rural Urban	14 87	29.14 27.78	4.81 3.64	1.351 P>0.05 Not significant
Educational Rural Urban	14 87	58.57 57.40	8.81 7.57	0.036 P>0.05 Not significant

Vocational Rural Urban	14 87	10.28 10.12	2.09 2.02	0.045 P>0.05 Not significant
Custom Morality and Religion Rural Urban	14 87	22.42 21.49	3.20 3.50	0.275 P>0.05 Not significant
Overall Student Problem Rural Urban	14 87	3.14 3.13	28.84 26.78	0.000 P>0.05 Not significant

It is inferred from the above table that there is a significant difference between urban and rural respondents with regard to family problems (6.013, $P < 0.05$). The mean score reveals that urban respondents have higher level of family problems. It is inferred that there is no significant difference between urban and rural respondents with regard to physical and health problems, self and self image, economic and material facilities, friendship sex and marriage, social problems, educational problems, vocational problems, custom morality and religious concern and overall level of student's problems.

LIFE SKILLS INTERVENTION

Life skills intervention such as group discussion, street play, debate, case studies have to be imparted for the adolescent students to improve their abilities like interpersonal relationship skill, decision making skill, communication skill, coping with stress, coping with emotions, empathy, creative thinking, critical thinking, self awareness and problem solving skill to manage the problems in life and bring about wholistic development of adolescent students.

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