



EFFECTS OF PSYCHOSOCIAL STRESS ON MENTAL HEALTH AND QUALITY OF LIFE AMONG SCHOOL GOING ADOLESCENTS.

Psychiatry

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ABSTRACT

Introduction: Adolescence is indeed, a time of transition and change. As children move through the various tumultuous transition that accompany adolescence in physical, emotional, hormonal, sexual, social and intellectual. Isn't an easy time for parents, because most of the children under severe, dramatic or abrupt changes in behavior can be a strong indicators of mental health issues. **Objective:** The aim of this study to identify the life event stressors caused for stress and its impact on quality of life among school going adolescents. **Methodology:** A cross sectional exploratory analytical survey was conducted with 1080 adolescents in six Higher Secondary Schools at Kanchipuram District, Chennai. The data's were collected from 8th to 12th standard students, age between 13-17 years selected by cluster random sampling technique. The adolescent life event stressors scale, child behaviour check list and kid screen -52 items questionnaire were in this study. **Findings:** This study findings revealed that there was significant influence of life event stress on emotional and behavioural problems and quality of life ($p < 0.005$) among adolescents. It's a public health issues and also an alarm of adolescent mental health problems. Hence the public need more awareness and educate the adolescents, Parents and Teachers. **Conclusion:** Adolescents need more support and proper guidance from Parent and Teacher to enter the adulthood with sound mental health. Hence the investigator prepared a video for creating awareness on management of adolescent mental health issues by teaching and sharing the video through schools.

KEYWORDS

Psychosocial Stress, Quality of Life and Adolescent.

INTRODUCTION

Every human being has only one personal invisible "mind" and it can be healthy or diseased. Mind or "manas" constitute of thinking, emotion and intellect and a disturbance in any one of these components would produce congruent changes in others, without the manas there is no behaviour. "In the Tamil literary of Thirukkural, Thiruvalluvar notes "mana nalam man uyirakkam", which means mental health is the root source for a better world and better life. [1]. The development of nation depend upon the mental health of the people who are residing in the nation. The term 'adolescence' means 'to grow'. The adolescent mental health is very vital and it is essential to live a meaningful life in adulthood. The period of adolescence brings an end to childhood and sets the foundation for maturity. Adolescence is a vegetative period between the ages of 10 -19 years. During this period every individual has rapid physical, psychological, emotional and perceived social changes due to growth and sexual hormones.

The pressures can lead to one or more of a variety of mental health disorders because increased stress sensitive limbic and cortical brain area that continue to mature adolescent brain have more vulnerable to psychological dysfunctions that develop emotional and behavioural problems and isn't an easy time for parents, because most of the children under developmental crisis that means abrupt changes in behavior can be a strong indicators of mental health issues.

Adolescent thoughts and feelings about themselves fluctuate based on the daily experiences. The preparation of exams, peer influences, fluctuation in romantic relationship can all have a temporary impact on how they feel about themselves. At the same time more exposure to risky behaviours, poverty, abuse, violence. Some of the stressors that can contribute the mental distress during adolescence include role confusion, pleasing the peer group, exploration of their sexual identity, increased access of social media and technology. [2]. The adolescents are having stress due to physical and psychological abuse by parents and experience of physical abuse during the past 12 months were 4.3, 5.8, and 6.4%. life time experience of stress more in girls than boys. (Al-Fayez Ga et.al,2012).[3]

The adolescent involvement in school work for long time develops stress. If decrease school work time and increase leisure time might improve emotional wellbeing. (Suman Verma, et.al, 2002)[4].

Every adolescent's mental well-being can be impacted by the quality of

their home environment and peer relationship. A safe and secure environment, free of physical, emotional and any other kind of trauma gives the individual a sense of wellbeing, which enhances the growth and development of adolescents. But for many this is more of a myth than a reality. The higher level of stress causes lower quality of life. (Michaela C. Pascoe, et.al, 2019).[5].

Adolescents face various life challenges such as abrupt changes in education, family restrictions, changing relationships with peers and insecurity in their communities. This constant distress would develop the physical and mental disorders in adulthood.

The stigma of mental disorders still isolated the adolescents and their family which block the distinct need of the mental wellbeing. Mental health is a key factor of public health.

With this invisible need, the investigator created awareness about the importance and need for mental health, managing life event stressors, it will improve the quality of adolescents these can lead them a productive adulthood.

BACKGROUND

Adolescence is a very specific transitional life period with significant bio- psychosocial changes and can increase one's susceptibility to mental illness. However low help seeking behaviour is common among adolescents. One in six people are aged between 10-19 years and 16% of the global burden of mental health issues fall under this age group. Almost fifty percentages of the mental health problems raised by 14 years of age. Globally, 10-20% of adolescent has been mental health issues, yet to be undiagnosed and untreated [2]. The stress experienced by Government and Private school adolescent in both male and female adolescent. (Sonali Channawar, 2018).[6]

Adolescents face stress regarding worry about examinations, understanding of the parents in Childs difficulty, unfair tests, over work load in some subjects, afraid of failure, not studying enough time, parental expectations, wanting to be more popular, worried about a family member, fear of the future. (Priti Arun, et.al, 2017).[7] The academic stress was increase 2.4 times risk of depression among school adolescents. (Jayanthi, et.al 2015).[8]

Drastic changes during the phase of adolescence can make them lose their path to normal adulthood and their mistakes may have serious

psychological impact on them.(Teresa Freire, 2016) [9].Globally, Depression is the common cause of mental disability of adolescent and lead to do suicide. (WHO key fact 2019) [10].

There are very limited studies conducted in India especially in Tamil Nadu, to identify the prevalence of life event stressors and its relationship with the quality of life among school going adolescents. Adolescents who had life stress getting difficulty to cope up with everyday life challenges that affects quality of life. Hence the investigator has a keen interest to scrutinize the adolescents with, identify the factors which can cause a hindrance to the all-round growth of the adolescent and to assess their quality of life. This has also forced the investigator to create awareness on the importance of adolescent mental health among adolescents, Teachers and Parents through power point presentations and motivating video regarding adolescent life stress and strategies to maintain quality of life.

It has helped the adolescents understand the biological, psychological and social changes as well as responsibilities that take place during adolescence, the roles and responsibilities of teachers and parents in order to provide a conducive environment for bring up the adolescents, so that they can be a mentally healthy citizen in the future and contribute to the society.

MATERIALS AND METHODS

A Quantitative research approach was chosen in this study and Descriptive explorative survey design was adopted to assess the levels of life event stress and quality of life of adolescents. The study was conducted at Kattankulathur block in Kancheepuram District. It has 18 Educational clusters with 57 Higher Secondary Schools, in which 11 Government Higher Secondary Schools, 9 Government aided Higher Secondary Schools and 37 Private Higher Secondary Schools. The investigator selected totally 6 schools in which three Government schools and three Private schools were randomly, based on the sample size of the study. Before collected the data obtained institutional ethical clearance (IEC) in SRM IST and received assent from Adolescents and consent with parents and school authority. The students were included between the age group of 13-17 years, studying in classes 8th to 12th were included in selected schools, and cluster random Sampling Technique was used for data collection. The sample size comprises of 1080 out of which 544 adolescents were selected from Government Higher Secondary Schools and 536 adolescents were selected from Private Higher Secondary Schools. Standardized tools to assess the life event stress of the adolescents. The Adolescent life event stressors scale (ALESS). Child Behaviour Check List CBCL-YSR11-18 yrs. The quality of life was assessed by kid screen -52 items questionnaire were used to assess life event stressors, emotional and behavioural problems and the quality of life respectively. After collected the data the investigator created awareness on important of mental health and strategies to manage physical emotional and social challenges during adolescence by power point presentation. The collected data's were analysis SPSS version 26.

RESULT AND DISCUSSION

Table. 1. To Identify The Psychosocial Stressors Of School Going Adolescents. N=1080

Psychosocial stressors	Mean
LS2-Outstanding personal achievement	114
LS12-Change of major subject/ branch	113
LS16- Parents unemployed	99.20
LS17-Increased workload at school	117.8
LS18-Change in financial status of parents	103.6
LS21-Lower grades than expected	112
LS32- Appearing for an exam	118.6

Table.1 shows the above life event stressors are had high mean value (118.6) appearing for an exam Increased, workload at school had a high mean value (117.8). The above factors affected most of the students because the mean values are high than other factors. This indicates that most of the schools going adolescents are affected by the above stressors. The present study finding was supported that academic constraint is main factor to develop stress. The stressors of adolescents life such as decline academic performance, breakup with friends, conflicts between parent and punishment by parents. Ajitha Cholakottil. et.al (2018).[11]

The Parents, peers, academics, and body and mind developmental change during the adolescence is the greatest source of stress.

Adequate training must provided for Teachers to help the students to cope up with their personal stress with much priority ,enough time and space be made available for student solve their life challenges. (Ian G. Coward 2018).[12].

Table. 2. To Assess The Level Of Psychosocial Stress Among School Going Adolescents. N=1080

Psychosocial Stress	Schools					
	Government		Private		Total	
	f	%	f	%	f	%
Low Susceptibility to Stress	34	6.3	80	14.9	114	10.6
50% susceptibility to Stress	120	22.1	191	35.6	311	28.8
80% Susceptibility to Stress	390	71.7	265	49.4	655	60.6
Total	544	100.0	536	100.0	1080	100.0

The table 2. Shows that low susceptibility to stress was high 80 (14.9%) in private school adolescents where as low 34(6.3%) in Government school adolescents. 50% susceptibility to stress was increased 191(35.6%) in private school adolescents whereas decreased 120(22.1%) in Government school adolescents.80% susceptibility to stress was increased 390(71.7%) in Government school adolescents whereas decreased 265(49.4%) in private school adolescents.

Over all 114(10.6%) adolescents had low susceptibility to stress,311(28.8%) had 50% susceptibility to Stress that would cause major health break down in the next 2years and 655(60.6%) have 80% susceptibility to Stress that would cause major health break down.

The above finding was supported that A systematic review report of adolescents stress was varied from 15%-45% in studies conducted after 2000. (Jayasankara reddy et.al,2017)[13]. The present study finding supported that students from government and private schools differ significantly in pressure from study, workload and overall academic stress. Generally, in private schools, students are provided with a lot of home works and pressurized to get higher marks. Also, parents of these children invested huge money on their academics and expect their children to get very high marks. So, these children experience pressure from school as well as parents and obviously they could experience higher academic stress.(Rajeev Kumar Gupta,2020).[14]

Table 3. Prevalence Of Emotional And Behavioral Problems Among School Going Adolescents. N=1080

Emotional and behavioral problems	Category	Schools					
		Government		Private		Total	
		f	%	f	%	f	%
Internalizing problems	0 - 59	320	58.8	274	51.1	594	55.0
	60 - 63	95	17.5	92	17.2	187	17.3
	64 - 100	129	23.7	170	31.7	299	27.7
	Total	544	100.0	536	100.0	1080	100.0
Externalizing problems	0 - 59	479	88.1	451	84.1	930	86.1
	60 - 63	31	5.7	44	8.2	75	6.9
	64 - 100	34	6.3	41	7.6	75	6.9
	Total	544	100.0	536	100.0	1080	100.0
Neither internalizing nor externalizing	0 - 59	403	74.1	340	63.4	743	68.8
	60 - 63	54	9.9	77	14.4	131	12.1
	64 - 100	87	16.0	119	22.2	206	19.1
	Total	544	100.0	536	100.0	1080	100.0

The above table Reveals that overall in total about 187(17.3%) of Adolescents had internalizing problems, 75(6.9%) had externalizing problems, 12.1% had neither internalizing nor externalizing problems under pre-clinical category. They must consult with a psychiatrist and attend counseling regularly to resolve their emotional and behavioural problems, 299(27.7%) of Adolescents had internalizing problems, 75(6.9%) had externalizing problems, 206 (19.1%) had neither internalizing nor externalizing problems under clinical category. They are in a higher risk stage and need to consult with a psychiatrist for drug treatment along with regular intensive counselling to resolve their emotional and behavioural problems.

Table 4. To Assess The Level Of Quality Of Life Among School Going Adolescents. N=1080

Quality of life	Schools					
	Government		Private		Total	
	Count	Column N %	Count	Column N %	Count	Column N %
Low	150	27.6	29	5.4	179	16.6
Medium	359	66.0	379	70.7	738	68.3
High	35	6.4	128	23.9	163	15.1
Total	544	100.0	536	100.0	1080	100.0

Table.4. Shows the Quality of life of school going adolescents who are studying in Government schools, 150(27.6%) had low level,359(66%) had medium level and 35(6.4%)had high quality of life, whereas among adolescents studying in private schools, 27(5.4%) had low level,379(70.7%)had medium level and 128(23.9%) had high level of quality of life.

Considering, the overall Quality of life of the participants, 179(16.6%) had low level, 738(68.3%) had medium level and 163(15.1%) had high quality of life. It was supported that the prevalence of high quality of life was 36%,high level of educational stress was 16.4% and low level of well being was 13.4%.(Supat Assana, et. al,2017)[15]

5. To Evaluate The Effects Of Psychosocial Stress On Mental Health Have Emotional And Behavioral Problems Of School Going Adolescents. N=1080

Emotional and behavioural problems			Psychosocial Stress			Total	Test statistic	p value
			Low Susceptibility to Stress	50% susceptibility	80% Susceptibility			
Internalizing problems	0-59	Count	57	112	105	274	39.992	<0.001*
		%	71.3%	58.6%	39.6%	51.1%		
	60-63	Count	11	36	45	92		
		%	13.8%	18.8%	17.0%	17.2%		
	64 - 100	Count	12	43	115	170		
		%	15.0%	22.5%	43.4%	31.7%		
Total		Count	80	191	265	536		
		%	100.0%	100.0%	100.0%	100.0%		
Externalizing problems	0-59	Count	75	176	200	451	29.897	<0.001*
		%	93.8%	92.1%	75.5%	84.1%		
	60-63	Count	3	6	35	44		
		%	3.8%	3.1%	13.2%	8.2%		
	64 - 100	Count	2	9	30	41		
		%	2.5%	4.7%	11.3%	7.6%		
Total		Count	80	191	265	536		
		%	100.0%	100.0%	100.0%	100.0%		
Internalizing and externalizing	0-59	Count	68	144	128	340	58.36	<0.001*
		%	85.0%	75.4%	48.3%	63.4%		
	60-63	Count	7	22	48	77		
		%	8.8%	11.5%	18.1%	14.4%		
	64 - 100	Count	5	25	89	119		
		%	6.3%	13.1%	33.6%	22.2%		
Total		Count	80	191	265	536		
		%	100.0%	100.0%	100.0%	100.0%		

Table 4. shows that there was a significant relationship between psychosocial stress and emotional and behavioural problems of internalizing problems t-value is 39.992 with p<0.001,externalizing problems t value is 29.897 with p<0.001 and both problems t value is 58.36 with p<0.001. The present study finding proved that psychosocial stress affect the mental health develop emotional and behavioural problems due the life challenges during the period of adolescence.

Table 5. Relationship Of Psychosocial Stress With Quality Of Life Among School Adolescents.

Quality Of Life	Psychosocial Stress			Total	Test statistic	p value
	Low Susceptibility to Stress	50% susceptibility	80% susceptibility			

Low	Count	5	13	11	29	12.004	0.017
	%	6.3%	6.8%	4.2%	5.4%		
Medium	Count	45	140	194	379		
	%	56.3%	73.3%	73.2%	70.7%		
High	Count	30	38	60	128		
	%	37.5%	19.9%	22.6%	23.9%		
Total	Count	80	191	265	536		
	%	100.0%	100.0%	100.0%	100.0%		

Table 5. Shows that there was a significant relationship between psychosocial stress and quality of life of t-value 12.004 with (p=0.017). The present study finding supported that adolescent's quality of life was affected by anxiety due the life challenges during the period of adolescence. It was supported by the research evidence that developmental stress cause increases the anxiety, strongly causes the poor health related quality of life. (Solfrid Raknes,et.al,2017).[16]

6. Association Between Psychosocial Stress And Demographic Variables Of Adolescents.

The present study findings revealed that statistically significant associate between life event stress, and demographic variables such as gender p<0.001, education p<0.011, academic performance p<0.025,religion p<0.002%,habitat p<0.043, fathers occupation p<0.001, and back ground variables such as Chronic Ill Person in the family p<0.001, level of understanding between parents p<0.001, Adequate parent child Relationship p<0.001, Psychological Distress p<0.005 and Abuse behaviours p<0.001 of adolescents in schools. This finding shows that constant exposure of above life event stressors may be fluctuate the biochemical changes in brain that more vulnerable to develop psychological dysfunctions such as irritability , aggression, anxiety, depression lead suicide among adolescents.

7. Association Between Quality Of Life And Demographic Variables Of Adolescents

The present study findings shows the statistically significant association between quality of life, and demographic variables such as age p<0.001, gender <0.005, education p<0.001, academic performance p<0.012, habitat p<0.003, father education p<0.001, mother's education p<0.00, father's occupation mother's occupation p<0.001, and back ground variables such as level of understanding between parents p<0.001,Adequate parent child relationship p<0.001*Psychological Distress p<0.001 and Abused family members p<0.001 of adolescents in schools. The present study findings were supported that the proportion of the adolescents with low quality of life in the rural area (22.4%) was significantly higher than those in the urban areas (9.1%) and father's education p<0.043, Also, the proportion of the adolescents with low quality of life whose fathers had no formal education (36.6%) was significantly higher than those whose fathers had tertiary education (5.7%). (Grace Alaba Odunlami,2017).[17].

CONCLUSION

Adolescents are facing many life challenges such as changing relationships with peers, new demands at school, family restrictions, and safety issues in their communities. Long-term stressful situations, like coping with an unstructured home environment or facing a lot of academic stress, can produce lasting consequences on an adolescent's mental health, weaken their immune system, and make an adolescent lack a sense of physical and mental well-being. This study statistically proved that more number of stressful life events experienced by adolescents, the more at risk can affect their quality of life. The prevalence of mental health problems experienced by adolescents are alarming and it's a public health issue. So the investigator prepared a video for creating awareness among Students, Parents , Teachers and every individual must be aware about the importance of adolescent mental health for preventing mental disorders and suicide among adolescents.

This study recommends that the Government should consider the adolescent mental health need and establish child and adolescent counseling centre's in each block of all Districts in Tamil Nadu.

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