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A Study on Emotional and Adjustment Problems of Adolescents in Rural and Urban Areas

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ABSTRACT

The study was carried out in rural and urban area of Raichur district of Karnataka during the year 2012- 2013. About 200 adolescents belonging to rural area was the unit of information for present study, similarly 200 adolescents belonging to urban area was the unit of information for the same. The mean scores of total adjustment in all the category i.e., below normal (27.56), normal (67.62) and above normal (118.09) were found more among the rural adolescents as compared to mean score of below normal (20.04), normal (52.75) and above normal (116.62)among urban adolescents. The mean scores of total adjustment according to caste among the adolescents in rural areas upper caste (68.12), backward caste (69.86) and schedule caste (67.65) as compared to mean score of total adjustment of upper caste (62.75), backward caste (54.45) and schedule caste (51.00) among the urban adolescents. The mean in both the age groups i.e. 11-15 years (64.10) and 16-20 years (77.98) was found to be more among rural as compared to in the age group of 11-15 years (54.23) and 16-20 years (67.30) among the urban adolescents. The mean score in educated up to high school (64.60) and up to intermediate (75.60) in rural area as compared in urban area up to high school (55.43) and up to intermediate (66.96).

KEYWORDS Adjustment, Counselling, Development, Emotional and Health.

Introduction:

Today, 1.2 billion adolescents stand at the crossroads between childhood and the adult world. Around 243 million of them live in India. About one-quarter of India's population are adolescents.(UNICEF). As they stand at these crossroads, so do societies at large – the crossroads between losing out on the potential of a generation or nurturing them to transform society. Adolescence is considered as a period of transition from childhood to adulthood. It is characterized by rapid physical growth, significant physical, emotional, psychological and spiritual changes. Adolescence is a period of great physical and psychological change. It also brings changes in social interactions and relationships. It is a time of opportunity, but also of risk. Adolescence is the window of opportunity to set the stage for a healthy and productive adulthood and to reduce the likelihood of health problems in the years to come. Yet it can entail risk, as a period when health problems that have serious immediate consequences can occur or when problem behaviours that have serious adverse effects on health in the future can be initiated. Like adults, adolescents can experience emotions, thoughts, and behaviours that are distressing, disruptive, and disabling. Because many of these problems are precursors to much more disabling disorders during later life, mental and behavioural problems in childhood and adolescence represent a very high cost to society in both human and financial terms. The problems of adolescents are multi- dimensional in nature and require holistic approach.

There is growing recognition of the economic benefits of investing in the healthy development of adolescents, and the economic costs of not doing so. In 2002, the UN General Assembly Special Session on Children recognized the need for the "development and implementation of national health policies and programmes for adolescents, including goals and indicators, to promote their physical and mental health". Almost all Member States are signatories to the UN Convention on the Rights of the Child, which clearly states that adolescents have the right to obtain the health information and services they need to survive, grow and develop to their full potential. This paper aims to reveal the various factors that affects emotional and adjustment problems of the adolescents in India.

Objectives of the Study:

The objectives of the present study are as follows:-

- To understand the emotional and educational status of adolescents of urban and rural areas.
- To know the adjustment behaviour of the adolescents of urban and rural areas.
- To compare the factors affecting the emotional adjustment between rural and urban adolescents.

Review of Literature:

Hansen et al., (1995) and Savrin Williams et al., (1990) reported that positive peer relations during adolescence have been linked to social adjustment. Ferniv Hansen, et al.,(1995) also reported that adults who has interpersonal problems during adolescence appear to be at much greater risk for psychosocial difficulties during adulthood. Similar results were also reported by Asher and Coie.(1990). Cheung and Lau (1985) reported that the mean scores of total adjustment of adolescents in age 11-15 years and 16-20 years increased in both rural and urban areas. Similar result was also noted by Aronson (2000).

Material and Methods:

The present study was conducted in Raichur District of Karnataka. The researcher has used both primary and secondary methods of data collection. The sampling design is formulated for the purposes of collection of data. The investigator has used the systematic sampling method where about 400 respondents were interviewed personally both in urban and rural areas. The total number of villages taken for the study was 10. It was selected at randomly in five Taluqs of Raichur District covering two villages in each taluq. In Raichur urban, 10 wards were selected randomly. About 20 respondents were selected in each village by random sampling method and similar sample size was taken from each ward in 10 wards of Raichur district. Thus, about 200 adolescents belonging to urban area and 200 adolescents from the rural area were the unit of information for the present study. Thus, 400 adolescents were selected for the purpose of the present study.

Research Design:

The Research is exploratory in nature. Various possibilities to knowing the subject in depth will be explored at various levels. The tools of observation and interview were used to collect the data. The various references have been noted to understand the subject clearly. The Researcher made a drastic effort to bring out and understand the emotional status of adolescents in both urban and rural areas.

Results and Discussion:

Table 1: Mean Score of Total Adjustment According to Category among Adolescents in Rural and Urban Areas

Category	No	Rural Mean	SD	No	Urban Mean	SD	Statistical Values t	P
Below normal	36	27.56	6.92	25	20.04	4.75	4.701	<0.05
Normal	132	67.62	18.50	141	52.75	16.63	7.110	<0.05
Above normal	32	118.09	14.42	34	116.62	21.92	0.319	>0.05

Table 1 highlights the mean scores of total adjustment according to category among adolescents in rural and urban areas. The mean scores of total adjustment in all the categories i.e. below normal (27.56), normal (67.62),and above normal (118.09) were found more among the rural adolescents as compared to mean score of total adjustment of below normal (20.04), normal (52.75) and above normal (116.62) among urban adolescents. Statistically, significant differences regarding mean score of total adjustment in the categories i.e. below normal and normal were observed between the adolescent in rural and urban areas separately (p< 0.05). However, no significant difference regarding mean score of total adjustment in the category above normal was between the adolescents in rural and urban areas.

Table 2: Mean Score of Total Adjustment According to Caste of Adolescents in Rural and Urban Areas.

Caste	No	Rural Mean	SD	No	Urban Mean	SD	Statistical Values t	P
Upper Caste	110	68.12	32.01	130	62.75	34.66	1.238	>0.05
Backward Caste	64	69.86	28.84	51	54.45	27.81	2.892	<0.05
Schedule Caste	26	67.65	31.76	19	51.45	22.67	1.948	>0.05

Table 2 reveals the mean scores of total adjustment according to caste among the adolescents in rural and urban areas. The mean scores of total adjustment in all the castes i.e. upper caste (68.12), backward caste (69.86) and schedule caste (67.65) were found more among the rural adolescents as compared to mean scores of total adjustment of upper caste(62.75), backward caste(54.45) and schedule caste(51.00) among the urban adolescents. Statistically, significant differences regarding mean score of total adjustment was observed between adolescents belonged to backward caste in rural and urban areas (P< 0.05). However, no significant differences regarding mean scores of total adjustment were observed between upper and schedule caste adolescents in rural and urban areas separately even at 5 percent level of significance.

Table 3: Mean Score of Total According to Age of Adolescents in Rural and Urban Areas.

Age	No	Rural Mean	SD	No	Urban Mean	SD	Statistical Values t	P
11-15	135	64.10	29.52	119	54.23	30.74	2.608	<0.05
16-20	65	77.98	31.91	81	67.30	33.11	1.768	<0.05

Table 3 depicts the mean scores of total adjustment according to age of the adolescents in rural and urban areas. The mean scores of total adjustment in both age groups i.e. 11-15 years (64.10) and 16-20 years (77.98) were found to be mare among the rural adolescents as compared to mean scores of social adjustment in the age group of 11-15 years (54.23) and 16-20 years (67.30) among the urban adolescents. Statistically, significant differences regarding mean scores of total adjustment were observed between adolescents aged 11-15 years and 16-20 years in rural and urban areas separately (p<0.05).

Table 4: Mean Score of Total Adjustment According to Education of Adolescents in Rural and Urban Areas.

Education	No	Rural Mean	SD	No	Urban Mean	SD	Statistical Values t	P
Up to High school	127	64.60	30.05	129	55.43	30.79	2.411	<0.05
Up to Intermediate	73	75.60	31.41	71	66.96	33.80	1.490	<0.05

Table 4 shows the mean scores of total adjustment according to education of the adolescents in rural and urban areas. The mean scores of total adjustment (64.60) among the adolescent educated up to high school and (75.60) among the adolescents educated up to intermediate were found to be more in the rural area as compared to mean scores of total adjustment among the adolescents educated up to high school (55.43) and adolescents educated up to intermediate (66.96) in the urban area. Statistically, significant difference regarding mean scores of total adjustment were observed among the adolescents educated up to high school between rural and urban areas (p<0.05). However, no significant difference regarding mean score of total adjustment was observed among the adolescents educated up to intermediate between rural and urban areas even 5 percent level of significance.

Conclusion:

There is dire need to improve the health and well-being of many millions of adolescents who experience emotional and adjustment problems and promote the adoption of behaviours that help prevent problems later in life. The adolescents should be encouraged to participate in educational and socially viable activities. The parents should support and enhance the emotional status of the adolescents. There is a need for preventive and curative mental health care for adolescents and support appropriate community action. The programmes for adolescents should focus on the development of inter-personal communication skills, counselling in psychological, academic and health areas, career guidance and provision of economic and social opportunities to involve all of them in some constructive activities at the school and community level with less competition and more with a sense of co-operation.

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