

# A Psychological study of adolescents problems

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**Abstract:** this research investigated the multi-dimensional problems faced by adolescents and solves the problems by studying psychological problems. This period being at the age of 12 and last unit the age 19. Various problems, psychological problems, educational problems and drug abuse are quite prevalent in this group. It is important to understand the of adolescents, mental, physical, and social and problems etc.

**Keyword:** adolescents, mental, drugs abuse, physical, social problems.

**Introduction:** Adolescents is an important stage of human development in which physical, social and emotional change take place and the stage is full of many challenges. It is a stage that marks the end of childhood and adulthood. This stage is usually called youth. Adolescent is very difficult stage. The adolescent during this stage are at a very delicate crossing. Sometimes they consider themselves as adult and consider themselves capable of thinking and doing. Late Adolescence: Is from 16 to 19 years. The body approximates the young adult and development of secondary sex characteristics is completed. In late Adolescence, career decisions are finally traced. The child gradually returns to the family, on a new footing. The term psychosocial reflects both the under controlled, externalizing or behavioural problems such as conduct disorders, educational difficulties, substance abuse, hyperactivity etc. and the over controlled, internalizing or emotional problems like anxiety, depression etc.

## Literature review:

Sharma, N. 2009 in his book 'Understanding Adolescence' analyses adolescence as one of the most important development stages by explaining childhood, physical, sexual, and psychological maturation during adolescence. It highlights health problems, e.g., obesity, anorexia - nervosa, anaemia in puberty, as well as psychological problems like clumsiness, swinging moods, irritability. It also discusses intellectual development in relation to linguistic, musical, mathematical-logical, visual-spatial, bodily kinaesthetic, and into personal and intra-personal intelligence. It infers that, high in any one intelligence, an Adolescent can manage well in other areas also. Social environment and attitude of the parents affect in cognitive development, creativity, moral values, religious beliefs, and political understanding. Personality development depends upon family, community, peers, school, and media. Differences in male and female Adolescents' personality are due to differences in rearing and socialisation. Economically affluent urban parents want their sons to take up the career of their choice, whereas girls get married as soon as a suitable match is found. Economically lower-class parents force their sons to opt for father's occupation, whereas girls are forced to marry at the reach of puberty. The book further enumerates the policies and laws for adolescence in India. Issues like early marriage, social violence and crime, mental retardation, identity crisis at Adolescence, and future security are raised. Finally, the book concludes by giving the author's own viewpoints about how to tackle some of these issues.

‘Sexual Problems in Adolescence by Nagaraja, J.’ 2007, examines parental, developmental, and social causes of sexual problems among Indian Adolescents and discusses the abnormal sex problems in this group, including transvestism, pedophilia, homosexuality, exhibitionism, and zoophilia. Case studies are presented to illustrate the various causes and problems. The order concludes that society has failed in its duty to guide the younger generation to her healthy and uncomplicated sexuality.

**Aim:** "It is in school that children can be crippled as psychologically for life or aroused to do great things"

- Norma Rodin

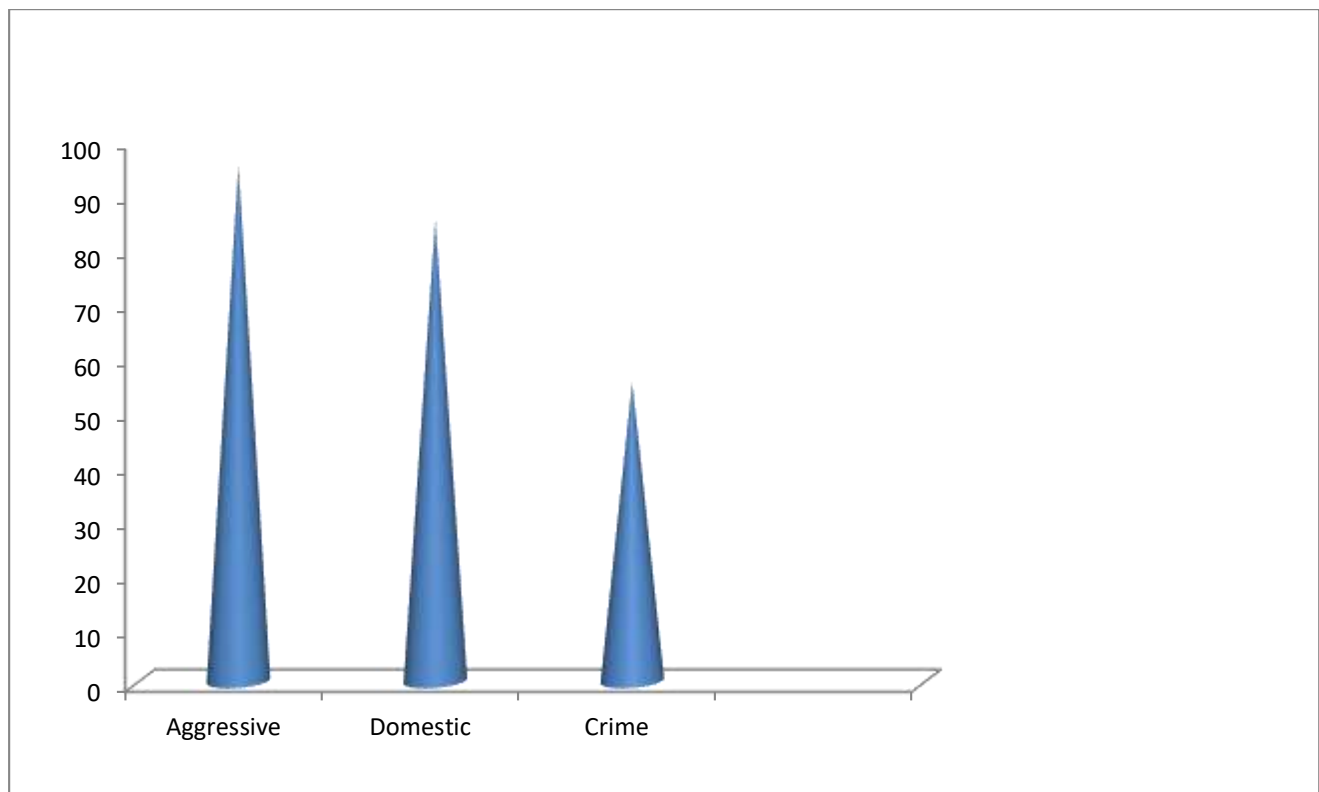
As the global competition increases secondary school years become important decision-making years for the individual student. Many students make important decisions regarding career or choice of college.

### **Objective Objective:**

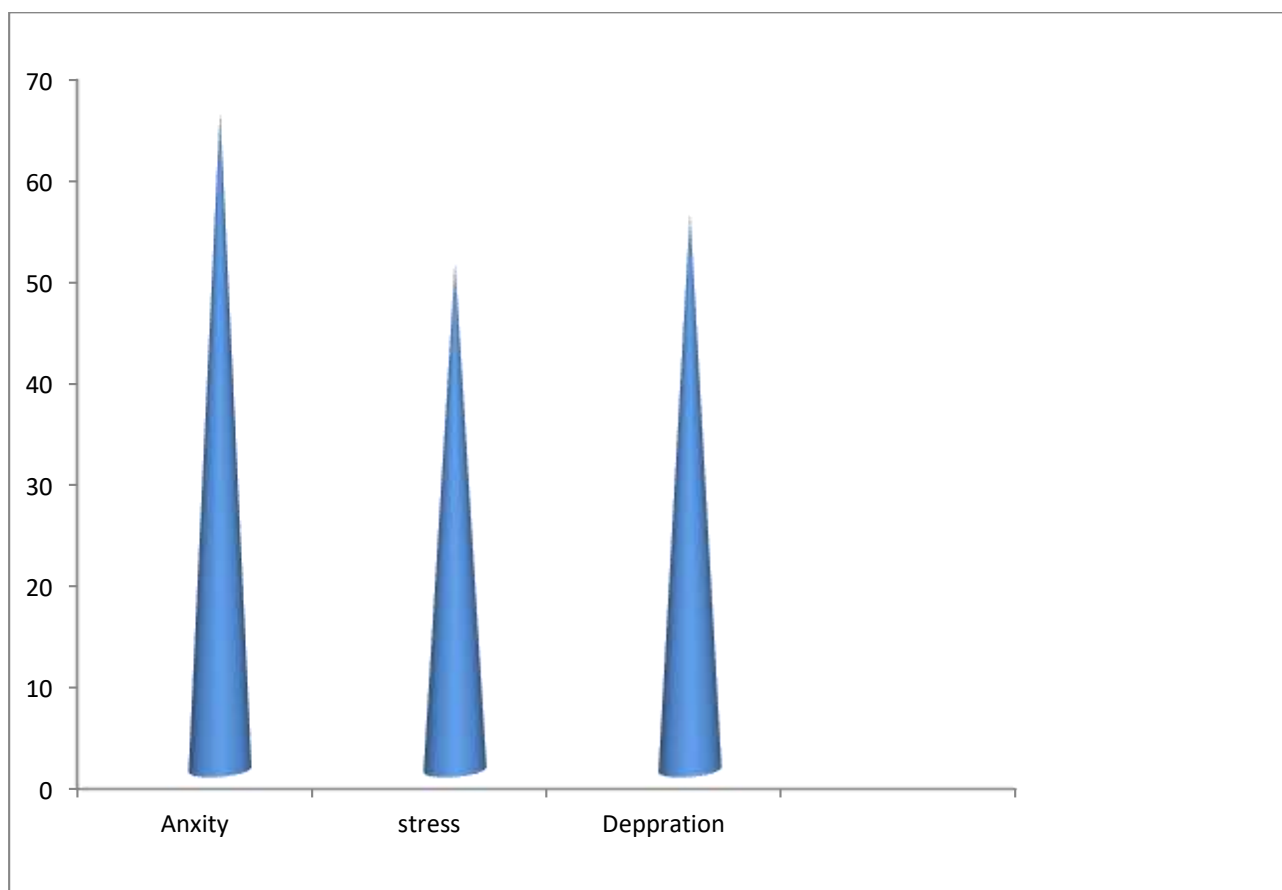
To find out the prevalence of the following problems –

1. Behavioural and social problems.
2. Psychological problems.
3. Physical Problems.
3. Drugs Abuse.

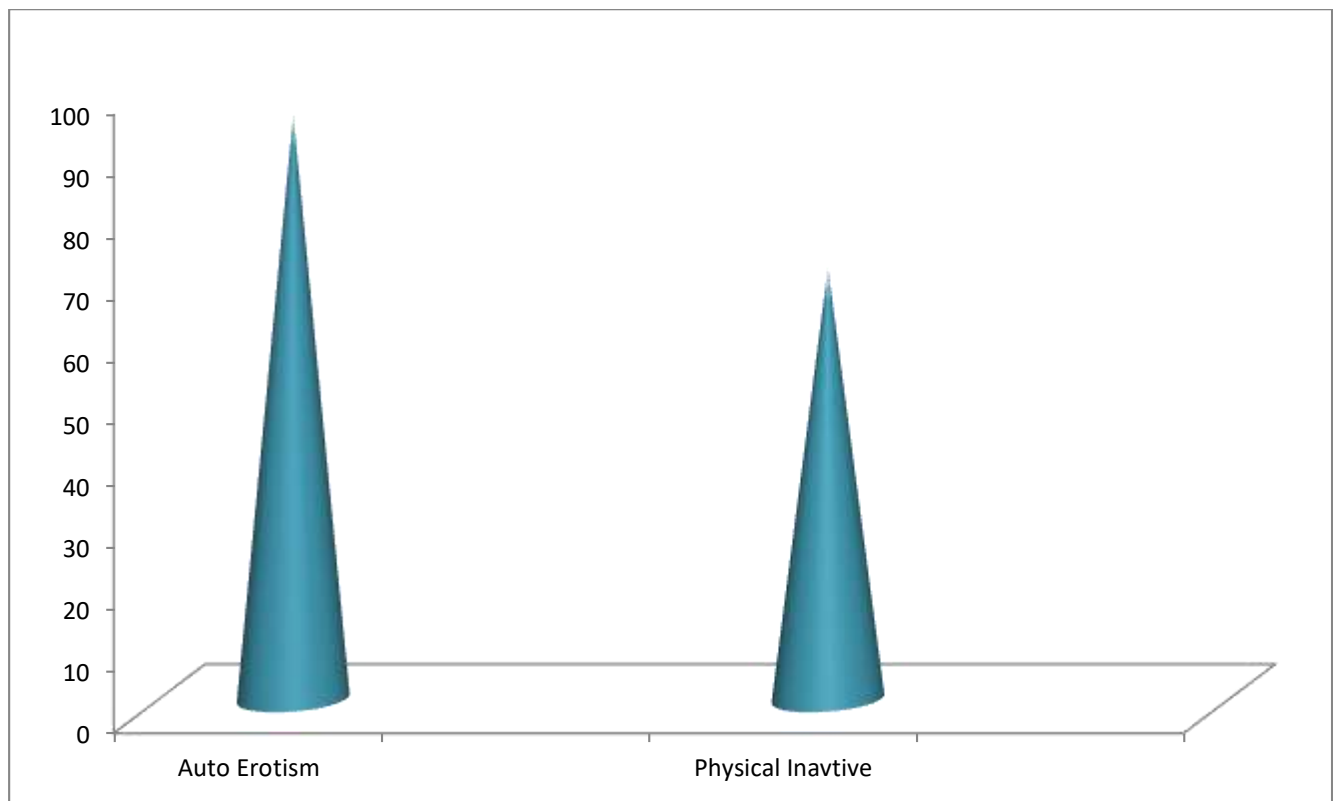
## Behavioural and social problems



## Psychological problems



# Physical Problems



## Result and Discussion:

In this study we see that adolescent faced 95% aggressive behaviour, 85% domestic violence, 55% involved in crime, When the exam time comes near the students of this age group anxiety, depression and stress are increased. Student also faces many physical problems in this age group. The percentage of every aspect given in the table.

## Conclusion:

As we know that adolescence is a period of storm and stress and adolescent students suffers from many social, behavioural, psychological, sexual problems. We can resolve the problems of adolescents by giving them proper guidance about physical problems, social and behavioural problems. It is the duty of every parent and teacher to give proper time of their children and resolve their problems by giving proper guidance. Chapters on unsafe sex, drug abuse, obesity, adolescent pregnancy, HIV infection should be included in school curriculum. Conflict of Interest There is no conflict of interest between the authors.

**Reference:**

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