



Identification of the Common causes for the Psychological Problems of Adolescent in Education

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Abstract

The descriptive survey method was followed. Interview were conducted with the conducted with the counsellor. The tools used for the present study were Interview with the counsellor, Study of the case registers to identify the mild and moderate psychological problems of adolescent student and collection of cases from these secondary sources. Documents of the case studies prepared by the counsellors were studied by the investigator to identify the causes, symptoms and remedies. The sample of adolescents was limited to ChuruandChidawa only where the counselling centres were. The number of sampled students was limited to 50only. Based on the initial symptoms of the cases the problems were identified and registered. The secondary symptoms were gathered through the explanatory data collected. As of today, students seem to be touchy, intolerant of criticism not open in their conversation, hypo critic many a time and feel every challenge and they change a problem. Hence the teachers are to be observant of spare some time in each school to talk with them in private or can extend referral services, if he /she cannot spare time further. Parents teacher meets are to be conducted to care the student'swelfare more. The various causes making the students having academic problems can be identified in mutual discussions.

Key Words –Adolescent, Psychological Problems,

DOI Number: 10.14704/nq.2018.16.7.1690

NeuroQuantology 2018; 16(7):102-108

Introduction

Education sharpens the intelligence of a person. It enables the mind to find out the ultimate truth which emancipates humanity from the bondage of sin and gives the wealth, not of things but inner light, not of power but love, considering the truth as reality and giving expression to it. In a nutshell, it means the exposition of man's complete individuality.

In the psychological interpretation the adolescent may be viewed as a young person in transition between the behaviours typical of children and the behaviours typical of adults; between a period of rapid development as an individual; and a period in which the individual learns to make

adjustment to the needs of self, others and community.

Adolescence in human life is the stage when rapid changes take place. The individual's physical, mental, social,moral and spiritual outlook undergo revolutionary changes. Such changes during adolescence are more rapid than during infancy and childhood. Due to these various changes his personality develops new dimensions.

The cognitive development takes place mainly in areas if perception, memory, generalization and categorization of concepts, handling of logical problems & reasoning, metacognition and social cognition.

Material and Method



The Descriptive survey method was followed. Descriptive research in the present study involved events that have already taken place and were related to a present condition. It was particularly appropriate in the behavioural science because many of the types of behaviour that interested the researcher cannot be arranged in a realistic setting.

The counsellor used clinical case study method. The clinical case study method was to gather information from the case, present, teacher and friends through interviews to analyse the symptoms, causes and consequences of the individual for counselling, As ethical considerations precluded exposing human subjects to harmful manipulation, the investigator collected the mild and moderate cases of the psychologically problematic adolescents from the counsellors to survey the common causes and interventions.

Interviews were conducted with the counsellors. Documents prepared by the counsellors were studied by the investigator to identify the causes, symptoms and remedies. The cases were thus taken directly from the primary sources.

2 Sample and sampling of the study

The investigator purposely selected minor problematic cases and also purposely left serious psychological problems. But primarily the information about the identified units of the population consisting of psychological problems of adolescent learners was gathered from the counsellors. Counsellors used clinical case study method to diagnose and counsel the cases. The investigator collected from them the cases of mild and moderate psychological problems of adolescent students of high school, higher secondary and first year degree students of college who were up 19 years.

Sampling Technique:

Purposive sample, a kind of non-probability sample, was one which was based in the typicality of the cases to be included in the sample. A purposive sample was also known as a judgement sample because the investigator on the basis of his impression makes judgment regarding the concerned

cases, which were thought to be typical of the population. The researcher had in mind the advantage of purposive sampling which guaranteed that those individuals would be included in the sample that was relevant to the research design.

The investigator, after identifying the mild and moderate adolescent problems, verified and confirmed to the respective counsellor. Thus the final sample a of the mild and moderate problem cases taken for the study from three counsellors was fifty (50). It included 17 intermediate and 8 first year degree students.

Tools of the study:

1. Interview with the counsellors.
2. Study of the case register to identify the mild and moderate psychological problems of adolescent students
3. Collection of cases from these secondary sources

1 Primary source: The present sample of 50 cases were collected from three counsellors.

Bio Sketch of the counsellors: -

BIO –DATA-2

Name:Dr T.S. Rao

Qualifications: M.A. (psychology) M.Phil. (psychology),
P.G.Dip.Psychotherapy.

Profession: Counselling psychologist

Experience: 20 Years

No. of cases Counselling: 50,000

Working place: Vasavya nursing home, Benz circle, chidawaRajasthan.

Tools Used for diagnosis:

- Development screening test
- Binnetkamattest
- Revan's progressive test
- Bhatia performance test
- Seguin form board
- Vinland maturity scale
- Penimemory test
- Eysenck personality inventory
- Marriage and relationship scale
- Depression scale

Methods used: Guidance, Counselling & Psychotherapy

Training of excellence:

- POSITIVE MENTAL ATTITUDE
- PERSONAL DEVELOPMENT
- GOAL SETTING
- INTERPERSONAL SKILLS

- STRESS MANAGEMENT –RELAXATION TRAINING
- EXAMINATION PHOBIA
- EMOTIONAL MASTERY
- VISIONARY LEADERSHIP
- MIND MANAGEMENT
- PERSONAL EFFECTIVENESS TRAINING- CONCENTRATION & MEMORY DEVELOPMENT

Analysis of the causes of Educational problems:

The causes of educational problems and behaviour problem of the school going adolescents and the college adolescent were almost overlapping. Hence the causes of each category of ten education problem were identified for the present sample of adolescents, frequencies were counted and percentage was calculated to understand the place of each cause and presented below

Result and Discussion

Tables 5.1 to 5.10 showing the causes of each of the Educational problems

Table No: 5.1

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
1	Lack of interest in education	36	Poor Performance	29	80.6
			Stressful work Load and over discipline in the school	6	16.6
			Lack of parental Care and guidance.	1	2.7

Analysis: Lack of interest in education was due to poor performance in 80.6% cases; due to stressful work load and over discipline at the 16.6% case and lack of parental care and guidance in 2.7 % cases.

Table No:5.2

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
2	Anxiety About Future education	22	Stress due to over expectations of parents	1	4.5
			Poor performance	19	86.3
			Lack of care and Concern of parents	2	9.2

Analysis: Anxiety about future education was due to poor performance in 86.3% cases; due to lack of care and concern of parents in 9 % cases and stress accused by over expectations of parents in 5 % cases.

Table No:5.3

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
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3	Fear of school /college	18	Poor performance	7	38.9
			Stressful work load by teachers	3	16.7
			Criticism and comparison of lecture	3	16.7
			Lack of proper care And guidance from Parents.	1	5.6
			School Bullying	1	5.6
			Lack of proper guidance and support from teachers	1	5.6
			College Ragging and attempted suicide	1	5.6
			Lack of Sociability	1	5.6

Analysis: Fear of school/college was due to poor performance in 3.8% cases; due to stressful work load given by teacher in 16.7 of cases; criticism and comparison of lectures in 16.7% cases; lack of proper care and guidance from parents in 5.6% cases; school bullying in 5.6% cases; lack of proper guidance and support from teacher in 5.6%; Suicidal attempt due to college ragging in 5.6% cases; lack of sociability in 5.6%cases and punishment by teacher in 5.6% cases.

Table No:5.4

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
4	Fear of examination	13	Absenteeism	1	7.7
			Lack pf guidance and improper preparation	7	53.8
			Love failure	3	23
			Lack of self confidence	2	15.4

Table No:5.5

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
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5	Negative thoughts	12	Poor performance	5	41.7
			Criticism and comparison of teacher	2	16.6
			Lack of confidence	4	33.3
			Love failure	1	8.3

Analysis: Negative thoughts of adolescents were due to their poor performance in 41.7 % cases; due to lack of confidence in 33.3% cases; criticism and comparison of teacher in 16.6 % and love failure in 8.3% cases.

Table No:5.6

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
6	Fear about Studies	11	Poor Performance	6	54.5
			Lack of care and guidance of teacher	1	9.1
			Over parental care and over discipline	2	18.1
			Lack of confidence	1	9.1
			Over discipline and Educational pressure	1	9.1

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Analysis: Fear of the adolescent sample about studies was due to their poor performance in 54.5% cases; due to over parental care over discipline in 18.1% cases; lack of care and guidance of teacher in 9.1% cases; over discipline and educational pressure in 9.1% cases and lack of confidence in 9.1% cases.

Table No:5.7

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
7	Forgetfulness	11	Lack of attention	5	45.5
			Lack of interest on studies	4	36.3
			Lack of guidance and improper preparation		



Analysis: Forgetfulness of the sample was due to their lack of attention in 45.5% cases; due to lack of interest on studies in 36.3% cases and lack of guidance and improper preparation in 18.1 cases.

Table No:5.8

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
8	Lack of concentration on studies	9	Stressful work loads and over discipline in the school	1	11.1
			Love failure	2	22.2
			Poor performance	3	33.3
			Lack of parental care and Guidance	3	33.3

Analysis: Adolescent's lack of concentration on studies was due to their lack of parental care and guidance in 33.3% cases; due to poor performance in 33.3% cases; love failure in 22.2% cases and stressful work load and over discipline in the school in 11.1% cases.

Table No:5.9

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
9	Fear of hostel	7	Stress & work Pressure at hostel	5	71.4
			Separation from Parents	1	14.3
			Hostel Bullying	1	14.3

Analysis: Fear of hostel was due to their stress & work pressure at hostel in 71.4 % cases; due to separation from parents in 14.3 % cases and hostel bullying in 14.3% cases.

S. No	Educational Problem	Total frequency	Causes	Frequency	Percentage
10	Lack of any goal in education	1	Lack of parental care and guidance	1	100

Analysis: The adolescent's lack of any goal for life was due to lack of parental care and guidance in 100 % cases;

Discussion: The Analysis of the causes of each education problem reveals the following: Poor performance was found as the major cause of adolescent's on interest in education, anxiety about their future education, fear of college or school and fear about studies,

negative thoughts and lack of concentration on studies.

Another cause was stressful work load given at school which led too lack of interest in education, fear or college and fear about studies and lack of concentration in studies and fear of hostel.



Lack of parental guidance and care was the cause of educational problem of adolescents who lack interest in studies, who have anxiety about future education, fear of school or college, lack of concentration in studies and lack of goal in life. Over care and over discipline of parents caused fear about studies.

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