PSYCHOSOCIAL PROBLEMS AMONG ADOLESCENTS

Mr. A. Raja * | Dr. A. Velmurugan **

* Institute of Nursing Education, SME, CPAS, Nedumkandam, Kerala, India.
** St. John’s College of Nursing, Kattappana, Kerala, India.

ABSTRACT

Adolescence is a phase in life cycle portrayed by expanding independence from social controls, quickly happening physical and mental changes, understanding of social issues and concerns, expanded spotlight on activities with peer group and establishing a fundamental self identity. Adolescence is a period when numerous problems in behaviour and feelings start or heighten. Adolescent development demands a genuine concern from parents as well as from other grown-ups who are keen on the present welfare of youth as well as their future.

Key Words: adolescents, psychosocial problems

About Authors

Prof. A. Raja is a Professor in Institute of Nursing Education in Kerala, India. He has attended various National and International Seminars and Conferences.

Prof. (Dr.) A. Velmurugan is a professor of nursing in St. John’s College of Nursing, Kerala, India. He is a writer of many articles. He has published papers in various National and International Journals and attended various workshops and conferences.
INTRODUCTION
The meaning of youthfulness can vary from culture to culture. In any case, it is commonly acknowledged that adolescence is the period between childhood and adulthood. Adolescence is a period in a youngster’s life where they move from reliance on their parents to self-governance.

The World Health Organization (WHO) defines ‘Adolescents’ as individuals in the 10-19 years age group. Amid the timeframe of youth they experience different biological, cognitive and mental changes. Every adolescent encounters these changes of growing up at contrasting rates, with some travelling through this stage more easily than others.

The progress from secondary schools to higher education is a real challenge for adolescents. A few transitional periods, such as moving from elementary to middle school and from that point to high school and thereafter to college can display new difficulties for these young people. At the same time, it offers new open doors for their psycho-social development.

The adolescent psycho-social development is the process through which the dependent child turns into an independent adult. An expansive number of young people experience the ill effects of psycho-social problems and a large number of these problems are transient in nature and are often not even noticed. Moreover, these problems are found in one setting and not in others (for example home, school etc.).

In the midst of tight schedules, the new environment in colleges, examinations and maintaining interpersonal relations with educators and fellow students, the adolescents are always confronting some psycho-social problems.

WHAT ARE PSYCHOSOCIAL PROBLEMS?
The term psychosocial problems appear as the maladaptive, undesirable, unhealthy intrapersonal, emotional and behavioural states of individuals. If they experience these issues, it might lead to maladaptive and undesirable human connections, social associations and social malfunctioning.

Researchers chipped away at characterising adolescents’ psychosocial problems. However, confusion still prevails. Some portrayed the term psychosocial problems as adolescents’ emotional and behavioural disorders. Emotional problems are identified with feelings that portray a state of mind and manifest as anxiety, depression and psychosomatic disorders. Behavioural problems are largely the external activities of an individual. When watched legitimately, such activities manifest as delinquency, hyper-activity, conduct disorder, truancy drug and alcohol abuse. The emotional problems have been moderately ignored in contrast to behavioural problems, in light of the fact that these are difficult to be identified by parents or educators.

Psychosocial problems also refer to adolescents’ educational and social problems. Educational problems incorporate issues identified with intellectual aptitudes, educators’ and parental inspiration in scholastic field, adjustment with the school and so on. Social problems are the issues identified with social behaviour, social participation, peer impact and adjustment with family and society.

MAGNITUDE OF THE PROBLEM
Psychosocial problems are exceedingly common and one of the hidden general health issues among the youths. Psychosocial problems happen in a wide variety of settings and they often negatively affect the mental health of the adolescents.

An estimated 10–25 % of young people have at least one psychosocial problem: Educational, behavioural as well as social problem. Pathak et al., announced that when contrasting and young men, young ladies are confronting more psychosocial problems. Globally 1 out of 10 (20%) young people experience at least one behavioural problem. Half of the lifetime mental problems start before the age of 14 years, and 75% start by the age of 24 years.

The World Health Organisation in its report revealed that 10–20% of all children have one mental or behavioural problem. Different researchers found psychosocial problems in 12% of children and 18% of teenagers by utilising paediatric indication check list (PSC). In the Indian setting, 14–40% of adolescent students are expected to have mental health issues.
Psychosocial problems may majorly affect the day-to-day lives of young people and their families, showing a need for early and effective treatment. If not treated, it accordingly hampers the mental health of young people and youths, in general, will develop mental health issues particularly depression, anxiety, substance abuse and also psychosis.

**FACTORS INFLUENCING PSYCHOSOCIAL PROBLEMS**

- Economic instability
- Parental discord
- Inadequacy of school offerings
- Lack of understanding of adolescent psychology by parents and school faculties
- Unwholesome neighbourhood or community conditions
- Inadequate recreational facilities

**IDENTIFYING THE PROBLEM**

Identification of the psycho-social problems is usually delayed and is first observed by the family physician or paediatrician. Early identification by educators, parents and primary care physicians with prompt referral to the concerned specialist is vital as young people experience the ill effects of psychosocial issues at one time or the other during their development.

As the psycho-social problems incorporate a wide variety of disorders, the prevalence of psychosocial problems also vary on the basis of the types of problems and screening devices utilised by the researchers.

**DEALING WITH PSYCHOSOCIAL PROBLEMS OF ADOLESCENCE**

Adolescent period is not an easy time both for adolescents and parents. The only way to deal with the psychosocial problems at this age is to know about them in detail and be ready to face them.

**Emotional problems**

Young people are often confused about their role between developing from kids to adults. They will, in general, feel excessive emotions due the impact of hormones. Everything without exception can make them happy, excited and angry. Mood swings, feelings of inferiority or superiority are common. Girls are vulnerable to crying.

- Help them to deal with themselves. Disclose to them that it is alright to feel the manner in which they are feeling.
- Give them a chance to talk. Listen to them more without making a decision about them.
- Abstain from giving them advice when they are not prepared for it.
- Urge them to practice some physical activity that helps to keep the serotonin hormone (makes positive feelings and happiness) levels up.
- Let them involve in a creative activity which can channelise their feelings.

**Behavioural problems**

Puberty is the time adolescents create and practice their freedom. This prompts questioning the parents’ rules (arguing) and stand up for what they believe is correct (stubbornness). Young men may get into physical showdowns and they also listen to loud music. Teenagers attempt new things and involve in risk taking behaviour. Their dressing sense, hairstyle and feeling of fashion are not accepted by parents. Teens may also lie.

- Behavioural problems in puberty are a passing phase and are completely normal.
- Tell them that you adore them as they are and thereby gain trust.
- Talk to them and listen to what they have to say.
- Urge them to be true to themselves and not assume a personality just to satisfy others.
- Help them if they fall in bad company.
- Youths may not take criticism well. Try not to pass judgment as it could worsen their behaviour.
Educational problems
Pressure to perform well in scholastic and extracurricular activities can be distressing and make a young person moody. Distraction at school can result in poor scholastic performance, which will add to the pressure.
• Support their aspirations. They need encouragement to progress nicely.
• Talk to their teachers.
• Observe the school environment.
• Cut down house hold chores and empower them in order to concentrate on their studies.
• Adequate nutritious food and exercises can enable them to get the endurance they need during this period.

Social problems
It is the period at which the reproductive organs begin developing. Youths need time to understand and get settled with their sexuality. They begin to experience the attraction towards the opposite sex and begin dating. Feelings and thoughts of sex may appear to be inappropriate for them, as a result of which they may feel guilty. They appear to be involved in interacting with friends via web-based networking media and mobile phone.
• Dating and sex are sensitive issues that adolescents may not be open to discussing.
• Be confident and rational while talking about the subject and not make it increasingly awkward for them.
• Youths may appear to give more importance to friends than parents. Acknowledge that they are trying to find an entirely different world.
• Simply tell them you are there when they need you.
• Sharing your dating and social life experiences may comfort them some times.

CONCLUSION
Life for some adolescents is an agonising tug of war loaded up with blended messages and conflicting demands from parents, educators, friends, family and themselves. If the issues of youths are not recognised and helped at the right time, they manifest as serious issues in their later life. Recognition of psychosocial problems in the adolescent period can be productive for the person’s life. Appropriate psychosocial development of youth is reflected with good scholastic performance, better physical, social, emotional and mental health. Teens have extremely extraordinary and distinct needs, which should not be ignored. It is also necessary to invest resources into teenagers, as on them rests the eventual fate of the nation.
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