

# PREVALENCE OF BEHAVIORAL PROBLEMS AMONG SCHOOL-GOING ADOLESCENTS: A CASE STUDY

## Abstract

Adolescence is a period of several mental, emotional, and behavioural changes. Many adolescent problems are expressed in the form of emotional problems, conduct problems, hyperactivity, and peer-related problems. The objectives of the current study are to assess the prevalence of behavioral problems among school – going adolescents in Coimbatore district.

**Keywords:** Behavioral problems, school-going adolescents.

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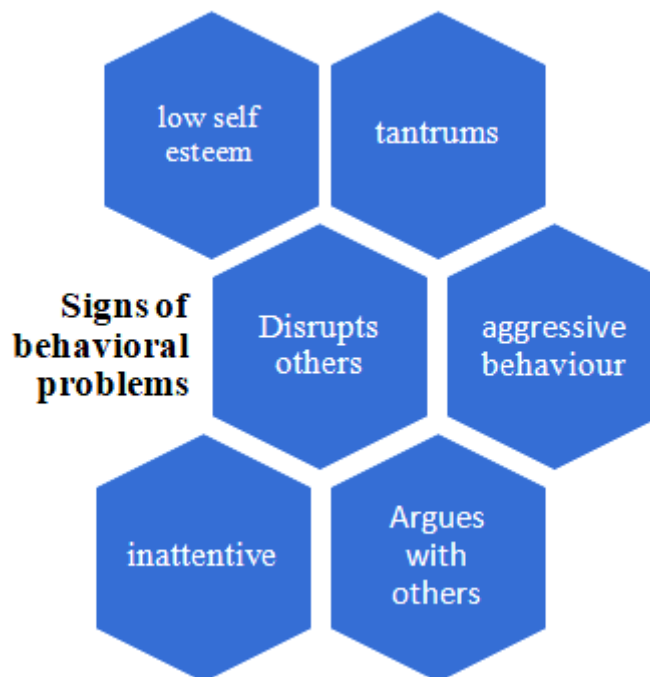
## I. INTRODUCTION

Adolescence is a unique and formative period in our life. It is the transformational stage from childhood to adulthood. Physical, social and emotional changes including loss of parents, less supervision of parents, exposure to poverty, sexual abuse or physical violence, can make adolescents vulnerable to mental health problems. The physical and psychological changes that take place in adolescence between ages 9 and 12. There are 253 million adolescents in India, entailing the largest adolescent population in the world. Behavioural disorders are more common among adolescents. It can affect adolescent's education.

## II. OBJECTIVES OF THE STUDY

- To find out the prevalence of behavioral problems.
- To assess the gender comparison on behavioral problems.
- To suggest the intervention to facilitate change.

## III. SIGNS OF BEHAVIOUR PROBLEMS IN TEENS



### Some Common difficulties of Adolescents:

- Lack of interest in school work
- Adjustment with the school discipline
- Inability to read effectively
- Adjustment to emotional disturbances
- Sex adjustment

## IV. NEED OF THE STUDY

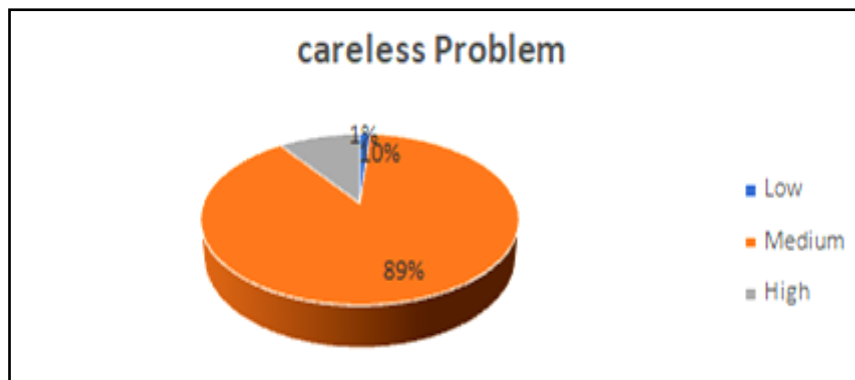
Normal or “good” behavior is generally determined by whether it is socially, culturally and developmentally suitable. Knowing what to anticipate from a child at each age will help us to determine the age appropriate behaviour. Unconcentrated behavioural problems affect children’s education.

## V. MATERIALS AND METHODS

A case study of 78 school-going adolescents between Class VI to VII from a private school in Coimbatore district was carried out using a census method. A self-reported child behaviour check list was administered to the respondents.

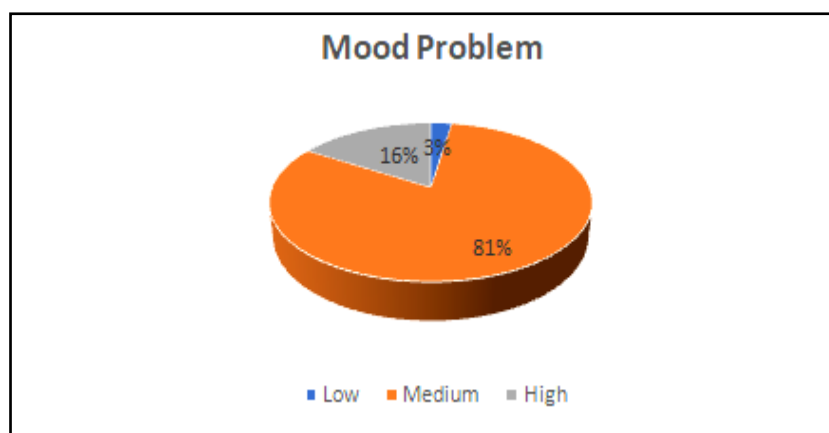
## VI. MAJOR FINDINGS

Chart 1



Due to lack of concentration, more distractions and personal mind set up are the major factors for careless problem.

Chart 2



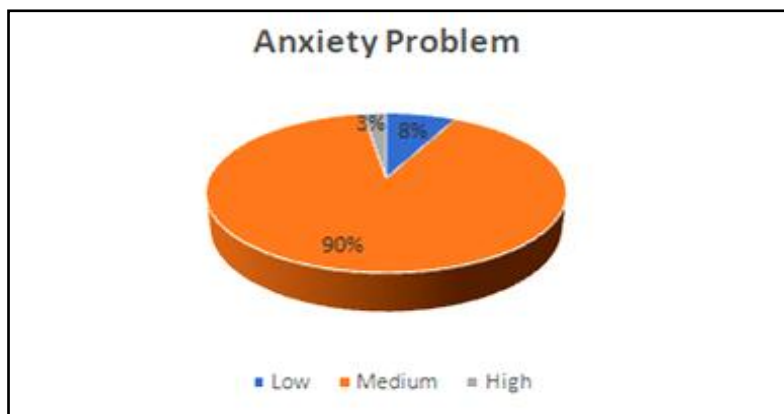
Injures self and wishes to be dead are more high among adolescents. Teenagers are often confused about their role.

Chart 3



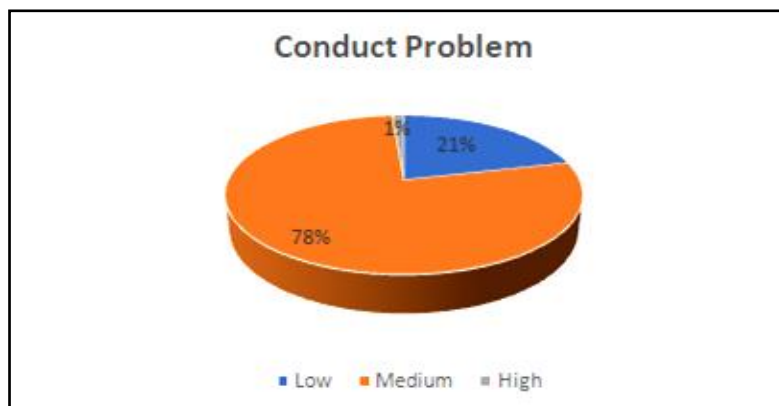
Children of single parents are having more oppositional behavioural problem.

**Chart 4**



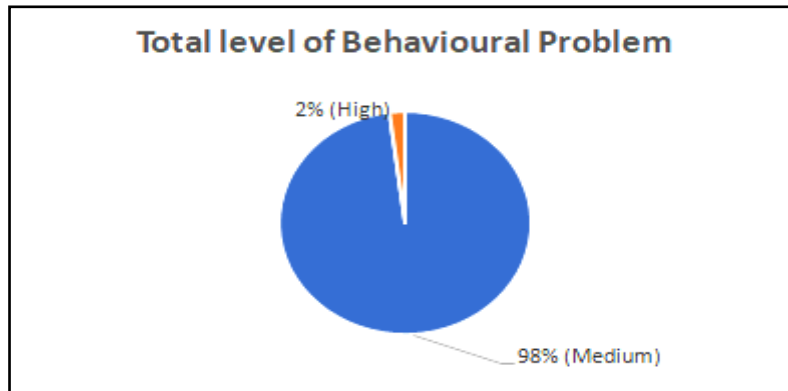
Anxieties and depressions are prevalent among youth. Many children exhibit signs and symptoms of depression early on, and their friends and peers may be the first to notice it.

**Chart 5**



Lying or manipulation is most common among girls and boys. Fighting with others is the most common problem among adolescent boys than girls.

**Chart 6**



Behavioural problem can be difficult to overcome and unavoidable. But it is manageable.

## VII. SOCIAL WORKER'S INTERVENTION

The role of social worker's interventions among adolescents should focus on:

- Patient Education
- Behavioral Activation
- Relaxation/Stress Reduction
- Enhancing general coping strategies
- Care coordination/care management
- Supportive Listening
- Problem solving/Goal setting
- An individualised care plan

## VIII. CONCLUSION

The best way that schools can use to manage teenage behaviour problems is to be proactive than reactive. Early detection, periodical assessment, and intervention in the schools with the aid of school counsellors and teachers can help adolescents in coping with different issues.

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