



Adolescent Problems & Solutions

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Abstract-

Our ancestors and sages have made many behavioral rules with the aim of establishing, controlling and developing a strong society, for which every member has an important contribution because it is the adolescence who become fully adjusted in the future and develop their personality. Therefore, each stage of their development is important, but some adolescent boys and girls work to distort the social system by repeatedly violating the behavioral rules. In the present time, in the ever changing circumstances, it is very important for a person to be social to achieve the goal. The life of a human being passes through many stages and each development stage is different from the other. Affects the developmental stage. Adolescence is one such stage in which the adolescent's inclination towards he grows in this direction. Every adolescent lives in some environment which fulfills his needs. The present and future of the adolescent can be happy and enjoyable only when his behavior is of social type, but due to the changes in attitudes that occur during adolescence, in his behavior the adolescent does not realize his talents, abilities and abilities and personality development and basic preparation of life, hence it is possible for him to display stress and instability.

Keywords- adolescence, problems

Introduction-

Adolescence is a period of physical and psychological development involving neuro cognitive, affective, social, and academic changes [1]. Many adolescents have difficulties adjusting and coping with these challenges, which may impact on their mental state, increasing the risk of long-term mental health issues [5, 6]. Adolescence is therefore a developmental stage with high risks in terms of psychological problems, subjective well-being, and adjustment.

Need of study-

Adolescence is a very important face of a individual life, when he has to make the major decisions of life regarding their education career, vocation and other personnel and social problem and if he understand the nature of the problem and then solve them, he will likely have success in his life which will finally add to the accomplishments of our country.

Review of the Literature-

William B. Jaffee, Thomas J. D'Zurilla (2003)
Adolescent problem solving, parent problem solving, and externalizing behavior in adolescents-

This study focused on the relations between the social problem-solving abilities of adolescents and their parents and aggression and delinquency in an adolescent sample. One hundred and seventeen high school students, 83 of their mothers, and 73 of their fathers completed the Social Problem-Solving Inventory-Revised, which

measures 5 different problem-solving dimensions and several different measures of adolescent externalizing behaviors. Adolescents' problem-solving ability was found to be significantly lower than that of their parents and significantly correlated with their mothers' but not their fathers' problem-solving ability. Three adolescent problem-solving dimensions were found to be related to aggression and/or delinquency.

Other results suggested that the same dimensions might also be linked to substance use and high-risk automobile driving. Parents' problem solving was minimally related to adolescent externalizing problems. Adolescents' problem-solving ability accounted for a significant amount of variance in most externalizing measures even after controlling for mothers' problem-solving ability. Implications for treatment and prevention of adolescent behavioral problems are discussed. In the care of adolescent patients, all aspects of clinical medicine are played out against a background of rapid physical, psychological, and social developmental changes. These changes produce specific disease patterns, unusual presentations of symptoms, and above all, unique communication and management challenges. This can make working with adolescents difficult. However, with the right skills, practicing medicine with young people can be rewarding and fruitful. These skills are needed by everyone who works with young people in the course of their work. As a young person enters adolescence, their parents are still

largely responsible for all aspects of their health. By the end of adolescence, health issues will be almost entirely the responsibility of the young person. The challenge is to maintain an effective clinical relationship while the health responsibilities transfer from the parents to the young person.

Bindu Devi and Prof (Dr) Manju Sharma.(2021)-

The researcher conducted study to understand adjustment level between boys and girls of secondary school students. The survey method was used on total 200 students (from which 100 girls and 100 boys). In all 10 different secondary schools from Bhilwada district were approached for the data collection. Data was collected from 9th and 10th standard. Personalized data sheet developed by the researcher itself and Adjustment Inventory (1907) designed and standardized by Bhattacharya were used for the data collection. The statistical technique used for the data analysis was “t” and Percentage analysis. The result says that their average adjustment level among the secondary school students. Result also revealed that there exists significant difference with emotional adjustment of boys and girls and there no significant difference exist with Family, financial, social and emotional adjustment between boys and girls.

Harshdeep Kaur and Arashmeet Chawla (2016)-

The research was done on adolescence to understand their adjustment level (Social, Emotional and Educational) with considering gender base. The total sample of 30 adolescents from age group of 14-18yrs were collected from Senior Secondary School. Adolescents were divided into two group based on gender i.e. 15 adolescence girl in one group and 15 adolescence boy in another group. School Adjustment Inventory for school students designed by Sinha and Singh scale was used.. The result revealed that there exist significant difference between secondary school students in adjustment when compared with gender.

Dr. Gagandeep Kaur1 & Sandeep Singh2 (2019)-

Adolescence is a critical phase in life and is the period of growth and development, the presence of stress is a matter of concern. In the present study an attempt has been made to understand the adjustment patterns of adolescent students in relation to academic stress. A total number of 200 adolescents (100 boys and 100 girls) studying in private as well as government schools of Tarn Taran district were selected randomly. Bisht battery of stress Scale(2005) and Adjustment Inventory (Singh & Sinha, 2007) for school students were administered to assess the stress and adjustment of Adolescents respectively. The results revealed that i) Adolescent girls have better adjustment as compared to adolescent boys. ii) Adolescents of government schools have better adjustment as compared to adolescents of private schools. iii) Adolescent boys have more academic

stress as compared to adolescent girls.iv) Adolescents of private schools have more academic stress as compared to adolescents of government schools.v) Adjustment is significantly and negatively correlated with academic stress. do. gaganadeep kaur1 aursandeep

Objects-

1. To create awareness about physical problems arising in adolescence.
2. To create awareness about mental problems arising in adolescence.
3. To create awareness about family problems arising during adolescence.
4. To create awareness about social and cultural problems arising in adolescence.
5. To create awareness about school problems arising in adolescence.
6. To create awareness about emotional problems arising in adolescence.
7. To create awareness about vocational problems arising in adolescence.

Adolescent problems:

1- Physical problems- Adolescent health problems and injuries Acne, Asthma, Diabetes, Menstrual disorders, High blood pressure, Oral health. Orthodontics and braces. Wisdom teeth extraction. Periodontal disease, Scoliosis.

2-Mental problems-

Mental problems are also a major problem of adolescence. The biggest reason for this is that their childhood ends now. The expectations of teachers, parents, guardians and people of the society increase from them. When teenagers are not able to work as per their expectations, then there is a feeling of dissatisfaction in them. Begins to flourish Today's teenagers are growing up in a new environment, which is quite different from the previous environment. In which their parents and elders have grown up. Presently there has been a new revolution in the thoughts of teenagers. Storms of thoughts keep rising in their minds due to which there has been a change in their values. They want to establish new ideas and new ideals in this world but when they fail in this then mental problems arise

3-Family problems-

During adolescence, not only physical, mental and emotional problems surround the adolescent but also family problems do not leave them, such as broken family, parents' relationship not being full of love, parents not being educated, both the parents working etc. What are the other reasons whose impact can be seen in adolescence? Family is the first school for any child and his mother is the first teacher, hence the family environment, love, mutual support and sympathy among the family members, all these things have a negative impact on the teenage mother, then its results are seen to be negative because adolescence

is a stage of storm and storm in which stress and pressure can be seen.

4 - Social and Cultural problems-

During adolescence, not only physical, mental and family problems arise, but they also have to adjust to the changing social environment. When they are unable to behave as per the social norms, values, behavior, traditions etc., then they have to bear criticism and neglect from the people of the society. These circumstances also make the adolescent extremely painful for If we look at its actions, then inability to establish one's identity in society, inability to adjust to changing social values, behavior, customs, development of inferiority complex and frustration etc. are the problems seen in teenagers.

5-School problems-

School problems during the adolescent years may result from a combination of Substance abuse, Family conflict, Behavior disorders,

Rebellion and a need for independence-

Sometimes, inappropriate academic placement, particularly in adolescents with a learning disability or mild intellectual disability that was not recognized early in life, causes school problems.

Attention-deficit/hyperactivity disorder (ADHD) and learning disorders, which typically begin earlier in childhood, may continue to cause school problems for adolescents. Occasionally, these disorders are first recognized during adolescence as school work becomes more challenging.

6-Emotional problems- hese can include generalized anxiety disorder, post-traumatic stress disorder, social anxiety disorder, obsessive-compulsive disorder, and phobias. Symptoms include feelings of excessive worry, fear, and uneasiness.

Depression- Symptoms include persistent sadness or irritability, lack of motivation, and thoughts of hopelessness or not wanting to live.

Bipolar disorder- This disorder usually develops during adolescence or early adulthood, and can be triggered by stress.

Self-harm- Symptoms of anxiety and depression can increase the risk of self-injurious Behavior.

Identity issues- Fluctuating hormones during early adolescence can make it difficult to accept oneself and achieve a sense of identity.

Acting out-

As adolescents move towards greater independence, some may act out or run away from their family.

If you notice concerning changes in your child's mood, thinking, or behavior, you can talk with them or their doctor.

7-Vocational problems-

Here are some vocational problems that adolescents may face

Work intensity-

Working more than 20 hours per week can negatively impact academic achievement.

Conclusion-

Adolescence is the home of problems. There are problems in this stage. Teenagers are not only a problem for their parents, their guardians, teachers and people of the society. Description: They are also a big problem in themselves. Their problems: Study, Health, Entertainment, Choice of profession, Job, Attraction towards opposite sex, Strong desire for love, marriage etc. can be related to anything, hence adolescence stage. is also called the age of problems.

When the internal environment of the family is full of troubles then the mental problems of the children increase, they become angry and worried due to the results, repeatedly failing in the exams, not getting the marks as expected, future plans not being beautiful, failure in love relationships, being rejected by the society, not being able to choose the right path in life. Lack of understanding also creates mental problems in the child; hence it is the ultimate responsibility of the parents and teachers. So that they give right guidance to the teenage

Children, give them proper training, make them self-reliant and help them in making their future plans successful.

Techniques like yoga, life-skills training, mindfulness meditation, and psychotherapy should be utilized to reduce academic stress among students. The boys perceived more academic stress as compared to their female counterparts; therefore teachers and parents should provide an open and friendly environment as well as proper guidance and counseling sessions for students so that they feel comfortable to share their academic related issues frankly. The parents should help their wards and also provide them guidance to adjust properly in this world. The parents should also give extra time to their wards so that there should be more communication and sharing of views and feelings between them.

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