

A Comparison of The Issues Facing Adolescents in Tesil Bijbehara, District Anantnag, Jammu & Kashmir by Gender

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Abstract

Adolescence is a time of transition when a person goes through physical and psychological changes that mark their transition from child to adult. This is a time when people must adapt to new social roles due to fast physical and psychological changes. Teenagers frequently encounter several crises and conundrums as a result of these changes. It's the time when a child transitions from being dependent to being independent. It necessitates making major adjustments to the societal and physical changes. In the Indian social structure, the adolescent stage is governed by Brahma Acharya. This is the initial Ashram, or life stage, among multiple developmental phases. During this phase, the child picks up the fundamentals necessary for his future work as a responsible adult. It is a truth that every living thing goes through distinct developmental stages. Erikson thinks that a particular crisis or struggle between opposing tendencies characterizes each stage of life. People cannot properly develop in a normal and healthy way unless they successfully overcome each of these obstacles. Adolescents must indulge in a variety of roles during this stage in order to solidify their sense of self. If they don't, they might become confused about who they are. Since adolescence is a time of stress, strain, and storms, it is also referred to as a transitional phase. One truly has no idea where they stand during this phase. It is believed that the uncertainty about one's role causes conflicts.

Keywords: Adolescence Physical, Psychological, Social Roles, Developmental Phases, Confused, Stress, Strain and Storms.

Introduction

It is a truth that every living thing goes through distinct developmental stages. Erikson thinks that a particular crisis or struggle between opposing tendencies characterizes each stage of life. People cannot properly develop in a normal and healthy way unless they successfully overcome each of these obstacles. Adolescents must indulge in a variety of roles during this stage in order to solidify their sense of self. If they don't, they might become confused about who they are. Since adolescence is a time of stress, strain, and storms, it is also referred to as a transitional phase. One truly has no idea where they stand during this phase. Based on their own perceptions, the teenagers also start to pick up ideas,

opinions, attitudes, and stereotypes about society. At this point, the media—especially music and television—becomes a very potent source of influence. These give teenagers role models in the form of famous athletes and movie stars, among others. The capacity for reasoning and thought expands significantly in adolescents. Particularly when compared to their earlier late childhood stage, they become increasingly competent. They become proficient in both deductive and inductive reasoning. Also, they are able to consider, evaluate, assess, conjecture, and converse about different viewpoints. The adolescents also experience profound changes in their morality. They now acquire a strong moral sense or a comprehension of good and wrong. The

ideas are based not only on what the parents and elders have taught but on adolescent's own experience.

A young person must acquire certain attitudes and skills in order to function effectively as an adult. Successful completion of developmental tasks leads to happiness and success in later life, and failure to do so leads to individual unhappiness. Adolescence is one of the most important stages of human development. It begins around the age of twelve and continues until the age of nineteen. This period is characterized by a rapid and important mental and psychological change in the child. Cognitive advances encompass both increases in knowledge and in the ability to think abstractly and to reason more effectively. The study of adolescent development often involves interdisciplinary collaborations.

Meaning of Adolescence

The etymological definition of adolescence is "grow to maturity". Jersied defines "Adolescence as that span of years during which girls and boys move from childhood to adulthood, mentally, emotionally, socially and physically."

Piaget defines adolescence as, "the age of great ideals and the beginning of theories as well as the time of simple adaptation of reality."

Adolescence is the most important but also the most critical period in a person's life. And its success depends on proper leadership and guidance. Adolescence also comes with different needs and desires that lead young people to certain ways of behaving. The needs of young people are classified as physical, psychological and social.

Physical Needs

The physical needs of the adolescents include food, clothes for physical safety, activity for attainment of goals of life, sleep and rest to get rid of tiredness, and sexual needs are included in the attainment of sexual satisfaction. Psychological needs include freedom,

love, social approval and social honour. They want freedom in their activities. Adolescents possess the craving of achieving love from all social persons, such as parents, brothers, sisters, friend, teachers etc. they want social honour and respect in the society. The social needs of the adolescents rely on their adjustments with the society and organising themselves. From this view point, the adolescents like to remain in company of their group, especially the one who fulfils their needs.

The needs of the adolescents are the gift of their aspirations. Higher level of ambitions, higher the needs for them. If the needs are not fulfilled according to their aspirations, it brings disappointment, dissatisfaction, anxiety and tension. The adolescents who set their goals higher than their abilities and capacity, they have to face difficulties in meeting them, and they became disappointed when they fail to get them. If an adolescent makes efforts to get the maximum marks in the examinations and is unable to get it, he becomes disappointed and hence loses his interest in studies. Adolescents should be treated in a very sympathetic way and for the study of adolescence; proper care should be taken as it is very significant period.

Significance of Adolescence

Considerate progressive Characteristics and Problems

Every teacher and parent must know about the matter and changes emerging in transition period from childhood to adulthood. They must also know the various problems fraught with developmental characteristics to deal effectively with the problems of adolescents. It is also necessary for them to be familiar with casual factors of the problems of adolescents. It is also necessary for them to be familiar with casual factors of the problems of the adolescents, so that proper individual, educational

and vocational guidance may be provided for adequate adjustment in the society.

Maintenance of Mental Health

The process of the country depends upon the maximum exploitation of its human resources. Sound mental health is one of the first requisite conditions of development. Adolescence is marked with a number of problems which affect the mental health. The study of adolescence is very important in order to preserve, cure and prevent incidences of maladjustments.

Modification to Responsibilities

The study is significant to provide the knowledge of needs and developmental tasks for adolescents. Parents and teachers can help adolescents to adjust to their responsibilities. By understanding the needs of adolescents, the teacher administrator can frame appropriate curriculum, school policies and methodology of teaching them.

Inquisitiveness

To study the psychology of adolescent may be a desire to know something about oneself. Such a desire is quite justifiable and understandable if the student is in the adolescence period. But it is also a sound motive for an older person. The older person who studies the adolescence has within himself a potential source of insight in to issues he had to face. It may also be due to the scholarly interest of the individual.

Flaming Curriculum and Education

The needs, interests, aptitudes and changes occurring during adolescence are very important and useful for teachers. principle sand guidance to workers for planning education, curriculum and co-curricular activities and for developing proper instrumental material. In addition to various significances related to adolescents there are also few misconceptions associated with them.

Misconceptions about Adolescence

The systematic study of adolescence started with the work of G. Stanley Hall in the beginning of the 20th century. Prior to the study of Hall some misconceptions regarding adolescence prevailed in society. Some of them still exist even after scientific contradiction and disapproval. The first fallacious view is that adolescents are awkward in physical appearance. It is very difficult to determine the origin of this popular misconception about adolescents. Perhaps it arouses from the fact that some adolescents are as large as adults. Society expects them as graceful as the adult because of their size. Undoubtedly adolescents are not as well coordinated and graceful as adults but they are better coordinated than children. They play better, run well so there is little reason to think this period as awkward. The second misconception is that adolescents are rebellious. People held this that for a long time but it is not based on psychological principles. Modern studies have proved that the view is false. If the energy of adolescents is properly channelized, then there is no reason of their being rebellious. The third misconception is that adolescents grow rapidly. It has been proved by developmental studies that human growth is a continuous process and it is correct to say that few changes take place during adolescence than during an equal number of years beginning with birth. The fourth fallacious view is that adolescents are bothered by sex maturation and its problems. It is a wrong view. No doubt interest in sex is quite a new area but it depends on the cultural and socio-economic conditions of the country, whether the adolescents will be bothered by sex problems.

Social Problem

The problems arise out of the adolescent's adjustment in the society around him with following social groups' family, school, associates of one's own sex and associates of other sex. As the adolescent

become more independent, they neither want one's help and care. He looks upon any form of dependence as a sign of weakness. The struggle is caused by his attempt to live in accordance with a double standard composed of the expectations of his parents and those of his associates. This causes tension and anxieties in the adolescent and creates differences between him and his parents.

As long as he is child, he does not have problems children of different socio- economic status work and play with each other. However, the social distance increases in the adolescent period upper class boys do not like to make friendship with boys of lower class. So, the problems arise when the adolescent tries to mix with the associates of his own sex. If the adolescent does not achieve a satisfactory adjustment to the other sex, he may have difficulties in marriage. He may have other social problems also. The boy who cannot establish happy relation with girls may withdraw from their associations. If he shows much interest in the other sex and pays much attention which may lead to scandal.

Rationale

In the present study an attempt has been made to compare the problems of male and female adolescents of Tehsil Bijbehara of Anantnag District. It is an important topic and some studies have been quoted here pertaining to this area.

Mulays (1971), Carrol (1971), Miles (1973), Aley (1976), Tripathi (1978), Melos (1978), Rekha (1986), Srivastava (1988), Sappu (1988), Asha and Nirmala (1988), Sharma (1989), Kashyap (1989), Srivastava (1989), Jain (1989), Manjuvani (1990), Kaur (1990), Rayula (1990), Verna (1990), Lilly (1990), Sethuram (1991), Beena (1991), Sudha (1992), Sudha and Parveen (1992), Patha and Rai (1993), Shukla and Archana (1997), Abam (1998), Kumar (2002), Suresh (2003), Pareek (2004), Lavakare (2005), Saxena (2006), Hang and ouang (2007), Swaroop (2008),

Alok and Shweta (2010), Tali and Rosy (2012) and Mohammad (2014).

As per above writers' contribution it is clearly revealed that varied and diverse research has been done in this arena. From the above presentation it is evident that many studies related to problems of adolescents were conducted but results were not consistent. Thus, there is still a need to study problems of adolescents, as adolescence is the most important period of human life. Responding to adolescent concerns will definitely empower the adolescents to face challenges and their lives to take informed decisions during vulnerable situation. They would be able to understand their roles responsibilities of peer groups. The adolescents can understand the push and pull factors during adolescence and they can channelize their energy positively. Besides school atmosphere will improve contributing for better concept attainment and value inculcation.

Objectives of Study

- To study educational, vocational, social and emotional problems of adolescents of Anantnag District.
- To compare educational, vocational, emotional and social problems of male and female adolescents of Anantnag District.
- To draft a model of suggestions for solving the problems of adolescents of Anantnag District.

Analysis of Data

Suitable statistical techniques were employed for the analysis of data namely percentage.

Delimitations

- The present study was conducted only on the senior secondary students of NCERT schools of Anantnag District.
- The medium of students was English.

- Adolescent problems were studied in context of four areas only namely educational, emotional, social and vocational.

Sample

Sample was collected by Random Sampling method from six Government and one private Higher Secondary schools of Tehsil Bijbehara of district Anantnag. The sample of 200 Students was taken from the Concerned Schools. The Sample was confined to 11th and 12th Class Students.

Tools

Under this Caption the tool used in the Study has been presented as follows. Tool is an instrument through which the investigator can collect the necessary data from sample. There are number of tools like questionnaires, observation schedule and interview etc. Which help a person to collect information according to need in the research purposes and other purposes as well. In the present Study the researcher has used the self-constructed Questionnaire as a research tool. A Self constructed Questionnaire is used to collect the information from the students of the concerned Schools. As the problem is based on four areas so the questionnaire is framed under the four headings. The questionnaire consists of 25 questions. Each Question has two alternatives as the questions are closed ended. The students are asked to () tick the most appropriate one. The questionnaire is presented to students in alternatively four (4) Days. The time allotted to the student for giving the correct responses is one (1) hour.

Procedure of Data Collection

For the Purpose of data Collection, permission was taken from the Chief Educational Officer of the district Anantnag. When the permission was granted, researcher visited to the school of Four Educational Zone and established rapport with the principals or

heads of the institutions. Before administering the tool, teachers, students and their parents were made aware with the purpose behind the study and how their cooperation will be vital to reach and valid conclusion. They were assumed that their responses will be kept confidential. The help of the teachers to know the official record regarding the enrolment & attendance of 11th and 12th Class Student was taken. The researcher gave all the instruction to the students to solve any difficulty regarding the questions after administering the questionnaires and filled up questionnaires was collected from Students. Their responses are not disclosed to them at that time.

Findings

- The female students generally avoid meeting classmates; are of shy nature, and are not able to get friendly with everyone easily.
- The female students hesitate and are scared of meeting their teachers.
- The female students are not able to get friendly with everyone easily so they have very few friends in school.
- The female students get wild when classmates jokes with them and they try to harm students when they complain against them.
- The male students get liberal atmosphere so they don't have any fear and generally do not hesitate in any matter.
- The female students are generally suppressed by their parents and are considered inferior than males.
- The female students are not provided proper guidance regarding the vocation as they are supposed to do only domestic duties.
- The male students are more dedicated and prefer to do that work which will suit their capabilities and make them the key persons in the society.

- The male students are more anxious in choosing vocations and go for training and get specific assistance as compared to females.
- The female students were generally afraid of examination, forgot quickly after reading and found difficulty in understanding lessons as compared to male students.
- The female students generally enjoyed holidays and went home before the school close.
- The female students had the tendency to doubt on others in school and develop resentful feelings towards everyone.

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