

### 3. PROBLEMS OF ADOLESCENTS AND THEIR MANAGEMENT

Adolescence is called 'Age of problems'. Excess of problems in adolescence is higher than childhood. Teenagers are problem for family members more than themselves. Lack of knowledge about desired behavior, teachers, parents' expectations, stress of life, pressures etc. are the main causes of the problem. Teens have to face new challenges in this condition which is more complex than childhood.

Adolescents have to face different types of problems. The main problem of this condition is adjustment. It has to reconcile its intense physical growth, emotional instability, and its changing scenario in society, on the other hand, it is necessary to choose a certain career for self and prepare itself for the marital and social responsibilities. Many times they get involved in alcohol, tobacco, cigarettes, drugs, and ruin their priceless life due to the wrong friends circle and stress caused by problems. Not only this, many times they get involved in crimes such as theft, assault, run away from school or home etc. Girls have more problems than boys. In this chapter we will read about the main problems that occur in adolescence in detail:

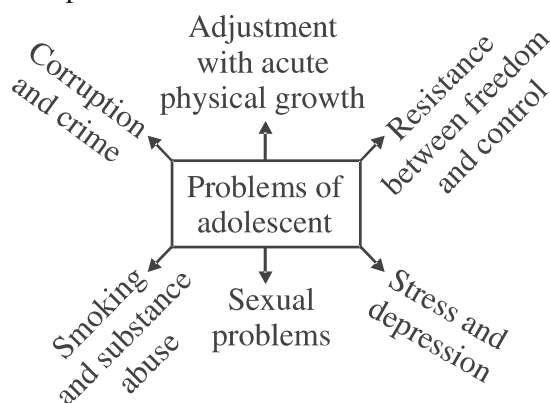


Fig. 3.1 : Problems of adolescent

#### 1. Adjustment with acute physical growth

Physical growth and development is very fast and disproportionate at the beginning of adolescence. Adolescents are not prepared for these sudden changes in their body. Some adolescents are very tall; some are under nourished and some suffer from serious problem of acne. Such children are often called by siblings and classmates by many names, such as Lambu, Tent, Candle, Agarbatti, Power Pole, Motu, Chhotu, Pimple etc. Necessarily increase in physical growth creates anxiety inside the young child, which reaches the extent of terror. Muscle and bones grow rapidly due to the physical growth in adolescence and their mutual proportions also change. Muscles increase in length and come in new conditions. Body coordination leads to temporary deficiency in imbalance and eligibility. In fact, the achievements of motion achieved in childhood are deteriorated, it is also called the state of austerity. The problem is automatically eliminated when physical development is completed in late adolescence.

#### 2. Resistance between freedom and control :

Along with the progressive development of childhood, there is an increase in the child's resistance to rule and he wants to be more independent. The teenager feels him grown up and hundred percent right and wants to take his own decision, while in fact the teen has not yet matured completely in view of physical growth and shape in youth pattern. Consequently, they are not given full responsibility by parents, family and social members. The teenager sees everything in scientific form and wants to resist the old

customs and practices, and wants to be free from any type of prevention and control imposed by the elderly in the home and society. At this time parents should provide open counseling and appropriate guidance to the adolescent for the education, subject, business, career, life partner etc., and should not impose their choices, desires and harsh discipline on them to restrict them unnecessarily.

### **3. Stress and depression :**

The young child's move on the threshold of adolescence is the invitation of problems and stresses. Teenagers do not have one reason to be stressed. They are due to various reasons such as mature size obtained from intense physical growth, social hinges between childhood and puberty, family and social customs restrictions, self-expression, business, career and choice of life partner, rapid repulsion, ups downs of mood etc. Consequently, they also suffer from stress, who worry about their changing body and keep them confined to thinking about that. They begin to understand themselves as inferior and eventually create issues when they do not get charm and beauty. Girls are much worried about their shape and starve to look slim and thin, resulted in physical weakness and other problems arise. The discontent of the teenager's appearance on his face increases even more when he fails to meet his or her intellectual abilities or personality with his hopes and becomes frustrated. There is a sense of inability and insecurity in them. Social and cultural pressures make them unhappy on slight failure in education and business and show dislike in various activities. Occasionally, teens get involved in wrong decisions like suicides. This tensed condition when lasted for a long time, can be transformed into a serious form of "depression", which makes it difficult to recover for the juvenile.

At this stage, parents and adolescents should set short term goals, maintain their strength and ability to work to achieve those goals and they can also achieve long-term goals in their lives as well.

### **4. Sexual problems :**

One of the developmental tasks of growing up is that of accepting the newly developed body and recognizing that nature has endowed the individual with certain physical characteristics. For any teenager,

this sexual development and maturation are the most important topics. These changes in adolescence are the subject of curiosity and if they occur before and after peer friends, then it creates anxiety. In our society, there is no public talk on youth issues by the elderly and school teachers etc. and it is considered as a taboo subject. In such a situation, the adolescent / teenager resorted to the knowledge of poor literature or friends and are mostly confused.

Earlier marriages were used to perform at very young ages, so that sexual desires and longings of adolescence were satisfied. Nowadays, due to increasing independence in the education and business sectors, late marriages have come into existence. Teenagers are unable to talk to the elders on the subject of sexual development and feel shy as a separate personality from the society. Whereas, media display intimate relationships of young men and women in open form. Real problems come when our teens try to get this imaginary world of film and media into their real life. Adolescents should accumulate their enthusiasm and energy to overcome these problems and adopt a positive attitude, in different creative activities such as drama, debate, music, dance, sports, exercise etc.

### **5. Smoking and substance abuse :**

In the teenage years of adolescence, the tendency of indulging towards smoking and intoxicating substance such as beer, alcohol, tobacco, gutkha, narcotics etc is also targeted. The following conditions, problems and the state of acute overshadow that come in the life of the teen, push them on the wrong path :

1. Promotion and pressure by friends.
2. Desire to be accepted by friends.
3. Failure in education or business.
4. Failure in love.
5. Scolding and punishment from family and social friends for mistakes made in ignorance.
6. Desire to see himself as a youth in society.
7. Mark of social prestige.
8. Feel lonely at home, family and social environment.

9. Protest against family and family friends.
10. Try an experiment with their curiosity.
11. Ignorantly give by friends in form of softdrinks, beetalnuts and medicines.

In the above mentioned situations, teens consume the following types of narcotics :

**(i) Drinking alcohol :** Alcohol has the ability to reduce anxiety and to calm feelings. Therefore, some teenagers resort to alcohol to hide their shortcomings when they are unable to cope with the challenges of daily life or to flee from problems.

Alcohol not only robs the memory of man but excessive intake of physical balance and harmony also worsens. There is no control over the alcohol of the intoxicated youth, and he indulges in negative behavior such as abusive speech, abuse, and adult abuse.

**(ii) Smoking and Tobacco consumption :** Tobacco-cigarette, hookah, gutkha and paan etc. are taken. Smoking and smoking chemotherapy by adolescents is seen as a symbol of fertility. The habit of smoking and smoking in teenagers is due to the pressure of the friends and the desire of the age community to accept them. The harmful substances present in tobacco nicotine harm the body and not only causes many respiratory diseases but also increases the likelihood of different types of cancers.

**(iii) Drugs :** Sometimes some drugs are used to make some medicines that are beneficial in various diseases. Unnecessary use of these drugs makes the person addicted to it, as well as causing serious harm to health. The physical powers of the teen are decayed by using them and they can not work with their full power. On the other hand, these drugs are also expensive; consequently the financial condition of the person becomes weak. Nowadays, consumption of narcotic substances such as brown sugar, ganja, opium, charas etc is increasing day by day. Teenagers start doing anti-social work several times to get drugs. It is very painful to discontinue once it becomes addictive. In today's changing perspective, our teens and adolescents are trapped in these substances because they can not reconcile with their changing physical, social, psychological, emotional and sexual development conditions. Teens and adolescents should

know the side effects of these narcotic substances, rebuild their self-confidence and adopt a positive attitude and face the various challenges of life by utilizing strong will.

## **6. Corruption and crime :**

It is a crime or misfortune to disregard and violate the rules of society. The person who does not follow the rules of society is called a criminal. According to psychologists, no one is a criminal by birth, nor is anti-social behavior learned in one night. Only the untimely conditions that exist for a long time after birth have made him malicious. Children who become juvenile offenders, their problems begin from childhood. The trend of being a culprit in these adolescents can be seen since childhood only. For example, most of the teenagers are stealing a little bit at a time or fleeing from school, but the wrong doing usually keeps themselves out of school or most of the time is out of school.

## **Reasons of adolescence problems and their management :**

Various factors contribute to the origin of adoption of the criminal trend of adolescent boys/ girls such as (i) Causing inferiority complex due to physical defects or poor health, (ii) Lack of love and emotional control due to the death of both parents, (iii) Strict discipline of elderly people in the family, (iv) Behavior dispelled by a step mother or father, (v) Everyday domestic disputes or divorce, (vi) Immoral acts of parents, elder-siblings or other members, indulging in smuggling, unethical sexual relations, (vii) Bad companies, (viii) Lack of intellectual skills of the child or inadequate facilities for teaching in the school, (ix) Social economic level of the family is high or low, (x) Become insolent after excessive beatings in the family, (xi) Mental retardation, (xii) Mentally absenteeism of the child for any reason, (xiii) Lack of moral education in the family, (xiv) Absence of adequate amusement resources, and lack of creative interests, not being able to use free time profitably, (xv) Reading porn literature and watching porn movies. Adolescent's criminal behavior is inspired by ignorance rather than anger, hostility, disobedience or suspicion. They feel that the society has abandoned them and the society

has no debt on it. When teens do not solve their problems in the absence of the above-mentioned guidance and facilities, they tend towards anti-social behavior.

In the school or college, after falling behind in intellectual skills and other skills, the adolescent starts falling away from educational institutions, trapped in the wrong association, becomes addicted to narcotics, alcohol and smoking. They abuse friends and family members being drunk. They stole to get money for drugs, if failing in academic or business areas, lie in the house with fear of scolding, strikes in educational institutions and offices for wrong demands. Sometimes they break down their negative feelings at places and harm national wealth, even beat them up. Many times in the competition to earn more money, teenagers are indulged in bad-businesses such as theft, smuggling, etc. not getting the proper means to remove sexual anxieties and frustrations, they indulge in sexual crimes. In order to stop the crime trends in adolescents, they should have received a caring environment, control, full confidence and security of the parents since childhood. Elders in the family and teachers should provide proper moral guidance to the adolescents and prevent them from bad association. The above guidance and counseling should be provided in the school. Looking at the interests of the children, give them full support in choosing their academic and professional field and continuously provide creative direction to their enthusiasm. Adolescent girls and boys should be given proper sexual education by the teacher and parents.

### **Important point :**

1. Adolescence is called the period of problems. The main problem of adolescents is related to adjustment.
2. Girls have more problems in comparison to boys.
3. Physical growth and development is extremely fast at the beginning of adolescence and disproportionately, and consequently there is a temporary decrease in imbalance in some physical coordinates.
4. Intense physical growth, maturity, social halt between childhood and youth, family and social

customs and restrictions, personalities of itself, business and career, and family, family and social customs and restrictions, personality of yourself, business and career; life partner's choices, acute euphemisms, and ups and downs of mood are the causes of stress.

5. In addition to the progress of childhood, resistance to governance increases in the child and he wishes to be more independent.
6. Sexual changes in adolescents are the subject of curiosity. There is a horrified anxiety in him if it is before and after peer friends.
7. Many times the circumstances, problems, and acute embarrassment in the life of the teenager motivate them to consume smoking and substances such as alcohol, tobacco, gutka, drugs etc.
8. Teenagers are not the culprits since birth, but they have contributed a variety of factors in the origin of adoption of this criminal trend.
9. Parents, teachers and elderly people are an important contributor in preventing crime trends in teenagers. They can give proper guidance to the adolescent girls and boys through their soft-heartedness, affection, faith and security environment.

### **Question :**

1. Choose the correct answer for the following questions:
  - (i) Adolescence is called -
 

(a) Healthy state	(b) Tensionless state
(c) Period of problems	(d) All the above
  - (ii) In addition to the progressive development of childhood, there is a sense of resistance to the rule in the child and the desire to be more.....
 

(a) Independent	(b) Dependent
(c) Sharp	(d) Limited
  - (iii) As the adolescence progresses from childhood to adulthood, the growth and development of the child is peak in puberty.
 

(a) Physical	(b) Sexual
(c) Mental	(d) a and b



- (iv) ....contribute to prevent growing crime trends in adolescents.
- (a) Parents (b) Elderly  
(c) Teacher (d) All the above
2. Fill in the blanks:
- (i) Adolescence is said to be the age of .....
- (ii) In the childhood coordination in adolescence, imbalance and eligibility ..... comes in temporary.
- (iii) Adolescent sees everything from the ..... point of view and resists the old customs and rituals.
- (iv) Due to increasing independence in the business and business sectors, nowadays marriage has started happening in .....
- (v) In the absence of facing the challenges of daily life, many adolescents have resorted to .....
- (vi) To disregard and violate the rules of society is called ..... or .....
- (vii) The problems of girls are ..... compared to boys.
3. Why is adolescence called 'Age of problems'? Explain.
4. Write a brief comment on the following :
- (i) Adjustment with intense physical growth  
(ii) Sexual problem  
(iii) Power of freedom and control
5. What types of tensions adolescent face at this age?
6. Parents and teachers contribute in preventing crime in adolescents, with the help of a teacher; discuss this subject in the classroom on the basis of your own experiences.
- Answer :**
1. (i) c (ii) a (iii) d (iv) d
2. (i) Problems (ii) Retardation  
(iii) Scientific (iv) Big  
(v) Substance abuse (vi) delinquency, crime  
(vii) more