

# Study of socio - emotional problems of academically backward students of Punjab Govt. Sen. Sec. Schools

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■ **ABSTRACT :** The study investigated the socio - emotional problems of academically backward students studying in government senior secondary schools in rural areas of Ludhiana district of Punjab. The sample comprised of total 150 academically backward students. Purposive sampling technique was used for the sample selection. Socio-emotional problems scale (AICRP - CD) was used to assess the socio emotional problems of children. The results revealed that the majority of the academically backward children were unhappy, worried, ill tempered, avoided interactions with others, liked to be alone, short tempered, jealous of others, stubborn, quarreled with siblings and showed nervousness etc.

■ **KEY WORDS:** Social –emotional problems, Academic backwardness, Students, Govt. schools

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Academically backward children are those who fall far behind other children of their age or class also known as “educationally backward children or slow learners”. In adolescent period significant changes are found in socio emotional development of children. In the present study the respondents were in the age group of 11-17 years Erikson defined this stage as “identity vs. role confusion” which means that children of this age they strive to resolve the conflicts which arise due to identity confusion they remain in dilemma as their role is still not clear. Adults consider them children and young one consider them mature enough. This is the stage where an individual remain in social and emotional turmoil. The changes in emotional and social context are efforts to understand oneself, searching for identity, relationship with family member and teachers, stress

related to academic achievements, peer pressure, temperedness, moodiness, jealous etc. A study by Karande and Kulkarni (2005) revealed that in today’s competitive society academic under achievement is a big concern among parents and teachers. They reported that around 20 per cent of the children have scholastic backwardness. It is found that if scholastic backwardness is not managed timely or properly then it will cause significant academic stress in children which leads to somatoform disorders, anxiety disorders, depression and even deliberate self-harm. Studies also highlight that children could not perform optimally as there is a gap between their understanding the concept and their performance. Fuerst and Rourke (1998); Fuchs and Fuchs (2002) attribute reason for failure is psychological disorder. Similar findings were reported by Chen *et al.*

(2000) where researcher described socio-emotional problems as precipitating factors in academic difficulties of Chinese adolescents. In today's competitive world the education is highly acknowledge because it transform a child in to a complete and integral human being by imparting right skills, knowledge, attitudes and values. So as academic achievements are found to be highly important for adolescents, academic backwardness causes tremendous stress for the students.

Although social and emotional well-being has been proposed as a main goal of education but its association with academic achievement is usually overlooked, particularly considering that educational institutions are requested to show academic outcomes, and thus their focus is on cognitive development and academic training. So the present study was carried out to identify the socio-emotional problems of academically backward students studying in Govt. Sen. Sec. Schools of Ludhiana district.

#### ■ RESEARCH METHODS

A sample of 150 rural academically backward children between the age group of 11-17 years belonged to middle socio-economic status was assessed for their socio-emotional problems prior to the intervention. Sample was selected by using purposive sampling technique from the Govt. schools of Ludhiana district. Self-structured socio-emotional problem scale (AICRP-CD) has been used to measure the socio-emotional problems of academically backward children. The scale consisted of 40 positive and negative statements which covered all the important aspects of social and emotional development. Pre intervention and post intervention was done to assess the changes in socio-emotional problems of adolescents.

#### ■ RESEARCH FINDINGS AND DISCUSSION

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

##### **Assessment of socio-emotional problems of academically backward children of Ludhiana district:**

*Item-wise differences in percentage distribution of respondents as per their perceived socio-emotional problems during post intervention assessment :*

Table 1 represents Item-wise differences in as per

their perception about their socio-emotional problem.

##### **I quarrel with others:**

In pre testing, majority of respondents (80%) reported that they sometimes quarrel with others and only 20 per cent of them reported that they never quarrel with others. In comparison to the pre testing reports, large proportion (53.3%) of the respondents in post testing reported that they never quarreled with others. This can be attributed to the inputs given by the research team in the form of counsellings like one to one interactions and group discussion it contributed in improving the perception of respondents about their socio-emotional problems. Now they started to understand the needs of themselves and their classmates it was also endorsed by the teachers they claimed that reports of bullying by the students had remarkably declined.

##### **I avoid interaction with others:**

In pre testing, large proportion (57.34%) of respondents reported that they never avoided interactions with others while 39.3 per cent reported they sometime avoided interaction with others while only 3.3 per cent always avoided interaction with others. Whereas, in post testing results indicated that number of respondents increased (from 57.3% to 74.6%) who reported that they never avoided interaction with others.

##### **I liked to be alone:**

In pre testing though most of the respondents (62.67%) never liked to be alone yet 5.3 per cent reported they liked to be alone. Post testing result indicated marginal change in the perception like only 2.6per cent reported they liked to be alone. From 62.67 per cent (pre-test) of respondents to 71.33 per cent (post-test) reported they never liked to be alone.

##### **I do not make friends:**

In pre testing, half proportion of the respondents reported that they do not make friends always and 27.34 per cent respondents said they never made friends. Result of post intervention testing indicated that major proportion of the respondents changed and they tried to resolve their socio-emotional problems. It is clearly reflected in the declined figures of respondents who reported that they always avoided making friends and those who never made friends.

**I don't want to play in group:**

In pre testing, 45.3 per cent of respondents reported that they never want to play in group, 35.3 per cent reported that they sometime want to play in group and 19.3 said they always wanted to play in group. Post testing results indicated positive change in the perception of respondents *i.e.* from 19.3 per cent (pre test) to 25.3 per cent (post test) reported they always wanted to play in group and from 35.3 per cent (pre test) to 64.67 per cent (post test) reported they sometime want to play in

group.

**I am short temper:**

In pre testing, majority of respondents (60.67%) reported they sometimes lost temper and 11.3 per cent reported they always lost temper rest of them (35.3%) reported they sometime lost their temper. Post testing result indicated that 52.67 per cent of respondents claimed they never lost their temper and number of respondents declined from (11.3% to 6.675) who

**Table 1: Item-wise differences in percentage distribution of respondents as per their perceived socio-emotional problems**

Sr. No.	Statements	Always		Sometimes		Never	
		n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
		Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
1.	I quarrel with others	0 (0.00)	0 (0.00)	120 (80.0)	70 (46.66)	30 (20.0)	80 (53.34)
2.	I avoid interaction with others	5 (3.33)	1 (0.66)	59 (39.33)	37 (24.67)	86 (57.34)	112 (74.67)
3.	I liked to be alone	8 (5.33)	4 (2.66)	48 (32.0)	39 (26.0)	94 (62.67)	107 (71.33)
4.	I do not make friends	75 (50.0)	27 (18.0)	34 (22.66)	95(63.33)	41 (27.34)	28(18.67)
5.	I don't want to play in group	29 (19.33)	38(25.33)	53 (35.33)	97 (64.67)	68 (45.34)	15(10.0)
6.	I am short temper	17 (11.33)	10 (6.66)	91 (60.67)	61 (40.67)	42 (28.0)	79 (52.67)
7.	I can't control my intense emotions	20 (13.33)	10 (6.66)	81 (54.0)	61 (40.67)	49 (32.67)	79 (52.67)
8.	I can't express my emotions in correct manner at right place	26 (17.33)	9 (6.0)	71 (47.33)	40 (26.67)	53 (35.34)	101 (67.33)
9.	I hesitate to express my emotions	22 (14.66)	15 (10.00)	62 (41.34)	38 (25.33)	66 (44.0)	97 (64.67)
10.	I am jealous of others	9 (6.0)	6(4.0)	47 (31.34)	28 (18.67)	94 (62.66)	116 (77.3)
11.	I get frightened easily	16 (10.66)	10(6.6)	59 (39.34)	37(24.67)	75 (50.0)	103(68.67)
12.	I am stubborn	16 (10.66)	10 (6.6)	40 (26.67)	26 (17.33)	94 (62.67)	114 (76.0)
13.	I express my negative emotions	10 (6.66)	5(3.33)	63 (42.0)	39(26.0)	77 (51.34)	106(70.67)
14.	I do not feel happy	54 (36.0)	26(17.33)	52 (34.66)	30 (20.0)	44 (29.34)	94 (62.66)
15.	I do not share things with others	47 (31.33)	20 (13.33)	58 (38.67)	29(19.33)	45 (30.0)	101 (67.33)
16.	It's difficult for me to wait for my turn	24 (16.0)	16 (10.67)	67 (44.67)	39 (26.0)	59 (39.33)	95 (63.33)
17.	I do not keep good relation with others	25 (16.66)	9(6.0)	52 (34.67)	34(22.67)	73 (48.67)	107(71.33)
18.	I quarrel with my siblings	7 (4.66)	5(3.33)	81 (54.0)	61(40.67)	62 (41.34)	84(56.0)
19.	I do not help others	45 (30.0)	22(14.67)	61 (40.67)	51(34.0)	44 (29.33)	77(51.33)
20.	I lose my temper easily	9 (6.0)	1(0.66)	103 (68.67)	52 (34.66)	38 (25.33)	97 (64.67)
21.	I feel irritated	4 (2.66)	2(1.33)	63 (42.0)	39 (26.0)	83 (55.34)	109 (72.67)
22.	I feel worried	16 (10.66)	6 (4.0)	90 (60.0)	62 (41.33)	44 (29.34)	82 (54.67)
23.	I rebel adults authority	14 (9.33)	2 (1.33)	32 (21.34)	16 (10.67)	104 (69.33)	132 (88.0)
24.	I do not keep calm and quiet	42 (28.0)	17 (11.33)	97 (64.66)	51 (34.0)	11 (7.33)	82(54.67)
25.	I do not listen to others	42 (28.0)	5 (3.33)	74 (49.34)	70 (46.67)	34 (22.66)	75 (50.0)
26.	I show my nervousness	31 (20.66)	11 (7.33)	72 (48.0)	70 (46.67)	47 (31.34)	69 (46.0)
27.	I feel nervous when I am in a group and social gathering	24 (16.0)	3 (2.0)	68 (45.34)	57 (38.0)	58 (38.66)	90 (60.0)
28.	I tell lies	1 (0.66)	1 (0.66)	73 (48.67)	56 (37.33)	76 (50.67)	93 (62.0)
29.	I feel sad	11 (7.33)	6 (4.0)	70 (46.67)	52 (34.67)	69 (46.0)	92 (61.33)
30.	I hate myself	7 (4.66)	2 (1.33)	34 (22.67)	23 (15.33)	109 (72.67)	125 (83.34)
31.	I do not initiate relationship with others	19 (12.66)	10 (6.67)	64 (42.67)	4 (2.67)	67 (44.67)	99 (66.0)
32.	I criticize others	9 (6.0)	6 (4.0)	61 (40.67)	45 (30.0)	80 (53.33)	99 (66.0)
33.	I like to bully others	9 (6.0)	3 (2.0)	29 (19.33)	16 (10.67)	112 (74.67)	131 (87.33)

reported that they always lost their temper.

#### **I can't control my intense emotions:**

In pre testing, only 13.3 per cent reported that they could not control intense emotions. In post testing number of respondents declined to 6 per cent only who were facing this problem. In post testing number of respondents increased from 32.67 per cent to 52.67 per cent who claimed that they could now control their emotions.

#### **I can't express my emotions in correct manner at right place:**

In pre testing, 47.3 per cent of respondents admitted that they could not express their emotions in correct manner and 35.3 per cent claimed that they could express their emotions correctly at right place and 17.3 per cent said they always could not express their emotions. Post testing results indicated that there was remarkable positive change in the number of respondents *i.e.* from 35.3 per cent to 67.3 per cent also there is considerable decline in the number of respondents (from 17.35 to 6% only) who reported they always could not express their emotions.

#### **I hesitate to express my emotions:**

In pre testing, large proportion (44%) of respondent claimed they never hesitated to express their emotions. 41 per cent said at times, they hesitated to express whereas, 14.6 per cent of respondents admitted that they always hesitated to express. Post testing results indicated that considerable number of respondents (64%) were not hesitant in expressing their emotions.

#### **I am jealous of others:**

In pre testing, 62.6 per cent of respondents admitted that they were jealous of others whereas 6 per cent admitted that they were always jealous of others. And rest (31.3%) felt jealousy at one or other point of time. Post testing results revealed there is decline though marginal in number of respondents who at times felt jealousy. Consequently number of respondents increased (from 62% to 77%) who never felt jealous. Importance of providing timely interventions to the individual who are at risk or who not able to manage their emotions as well as social life reflected in clearly in these figures.

#### **I get frightened easily:**

In pre intervention, only 10.66 per cent of

respondents admitted that they get frightened easily but after intervention in the form of counseling only 6.6 per cent of respondents reported they were still frightened. 39.34 per cent of respondents sometime felt frightened. After intervention 24.6 per cent of these respondents still felt frightened and rest of them were able to overcome their fear.

#### **I am stubborn:**

In pre intervention, majority (62.67%) felt that they were not stubborn only 10.6 per cent felt that they were always stubborn. Intervention contributed in changing the perception of children about themselves. In Post intervention majority of respondents (76.0%) claimed they were not stubborn, 17.3 per cent said sometimes they were stubborn and rest *i.e.* only 6 per cent felt they were always stubborn.

#### **I express my negative emotions:**

In pre testing, large proportion (51.34%) of the respondents felt they never expressed their negative emotions. In post inter assessment, half proportion of these respondents were able to control their negative emotions. Similarly out of 42 per cent of respondents only 26 per cent reported that they still expressed their negative emotions. Whereas, rest of them were able to control their emotions.

#### **I do not feel happy:**

In pre intervention, large proportion (36%) admitted that they did not feel happy 34.66 per cent sometimes felt happy and only 29.3 per cent always felt happy. After the intervention contrasting results were reported most of them (62.6%) always felt happy and 20 per cent sometimes felt happy and only 17.3 per cent reported that they still did not feel happy at all.

#### **I do not share things with others:**

In pre testing, of all the respondents during pre intervention (38.6%) said they sometimes did not share their things with other and 31.3 per cent reported that they never shared their thing with others and only 30 per cent reported they always shared their things with others. Post intervention results indicated that out of 47 per cent respondents only 20 per cent of respondents admitted that they did not share things with others and majority of respondents (67.3%) claimed that they had started sharing things with other.

### **It's difficult for me to wait for my turn:**

In pre intervention, out of all the respondents 44.6 per cent of respondents reported that sometimes it was difficult for them to wait for their turn and 39.3 per cent of respondents reported that it was never difficult for them to wait. Post intervention results depicted that one to one interaction and group discussions helped the students to understand the important of waiting in developing cordial relations with other fellow being. Change reflected in the post intervention results where majority of respondents (63.3%) claimed that was never difficult for them to wait for their turn.

### **I do not keep good relation with others:**

In Pre intervention, 48.6 per cent reported they were able to maintain good relation with others. 34.65 reported sometimes they were able to maintain relations and 16.66 per cent reported they were always not able to kept good relation. Post intervention results indicated that same trend followed like 71.3 per cent reported they were able to maintain good relation with others. 22.67 per cent reported they sometimes were able to maintain relations and only 6 per cent reported they were not able to kept good relation always.

### **I quarrel with my siblings:**

In pre intervention large proportion of students (54%) reported that sometimes they quarreled with their siblings and 43 per cent reported they never quarreled whereas, only 4.6 per cent said they always quarreled. A post intervention results that though there was change among respondents but it was marginal change.

### **I do not help others:**

In pre test 40.6 per cent reported sometimes they don't help others and 30 per cent reported they never helped others and 29.3 per cent reported they never helped other. Post intervention results indicated that large proportion (51.3%) of respondents reported they always helped others 34 per cent reported they sometimes helped others whereas, only 14.67 per cent reported they never helped other.

### **I lose my temper easily:**

In pre testing large proportion (68.67%) of respondents reported that sometimes they lost their temper easily very few 6.00 per cent of respondents

always lost their temper easily. Post intervention result indicated that 64.67 per cent of the respondents that they never lost their temper easily.

### **I feel irritated:**

In pre testing, large proportion (55.34%) of the respondents reported that they never feel irritated while very few 2.66 per cent of respondents admitted they always feel irritated. Result of post intervention testing indicated that major proportion of the respondents 72.67 per cent said that they never felt irritated.

### **I feel worried:**

In pre testing large number of respondents (60.00%) were sometimes felt worried whereas, 10.66 per cent of the respondents always felt worried. Post testing results indicated 54.67 per cent of the respondents never felt worried about anything.

### **I rebel adults authority:**

In pre testing, 69.33 per cent of the respondents reported that they never rebelled adult authority whereas, 9.33 per cent of the respondents admitted they always rebelled adult authority. Post testing results indicated large number of subjects 88.00 per cent never rebelled adult authority whereas, 21.34 per cent sometimes rebelled adult authority.

### **I do not keep calm and quiet:**

In pretesting, large proportion (64.67%) of respondents said that they sometimes do not keep calm and quiet, while 28.00 per cent of the respondents reported they always not keep calm and quiet and only 7.33 per cent reported they were always able to keep calm and quiet. Post testing results reflected the impact of intervention as 54.67 per cent of the respondents claimed that they always able to keep calm and quiet and only 11.3 per cent of respondents reported that still they were not able to keep calm and quiet.

### **I do not listen others:**

In pre testing, large proportion (49.3%) of respondents reported that they did not listen to others followed by respondents (20.66%) who admitted that they never listened to others and 22.6 per cent claimed that they always listened to others. Post testing results indicated half proportion (50.0%) of the respondents

reported that they always listened to the others and only 3.3 per cent admitted that they still do not listen to the others.

#### **I show my nervousness:**

In pre intervention assessment 48.00 per cent of the respondents reported that they sometime showed nervousness and 31.3 per cent said they never showed nervousness and 20.6 per cent said they always showed their nervousness. Post test results indicated that almost the same proportion of respondents (46.6%) reported that they sometime or never showed their nervousness.

#### **I feel I feel nervous when I am in a group and social gathering :**

In pretesting, 45.34 per cent respondents sometime felt nervous when they were in group and social gathering followed by respondents (38.6%) who reported they never felt nervousness in gathering and 16 per cent reported they always felt nervousness. Post test results indicated that interventions helped the respondents in overcoming this problem as now 60 per cent of respondents claimed they never felt nervousness, 38 per cent said sometime they felt nervousness and only 2 per cent said that they always felt nervousness in the social gathering.

#### **I tell lies:**

In pretesting, almost half proportion of the respondents (50.67%) claimed they never tell lies followed by respondents who reported they sometime tell lies. Post testing results showed that 62 per cent of respondents reported that they never tell lies 37.3 per cent reported they sometime tell lies.

#### **I feel sad:**

In pretesting almost same proportion (46.67% and 46.0%) of respondents said they sometime or never felt sad, respectively. In post testing results showed that maximum number of respondents (61.3%) said that they never felt sad. Only 4 per cent said that they always felt sad.

#### **I hate my self:**

Majority of respondents (72.67%) said they never hated themselves and 22.67 per cent said they sometime hated themselves and 4 per cent said they always hated

themselves. Post testing results showed 83.3 per cent of respondents claimed they never hated themselves 15.3 said they sometime hated themselves and just 1.3 per cent said that always hated themselves.

#### **I do not initiate relationship with others:**

In pre testing, 42.6 per cent and 44.6 per cent reported that they sometime or always initiated relationship with others whereas, only 12.6 per cent said that they never initiated relationship with others. In post testing 66.67 per cent of the respondents said that they initiated relationship with others and 6.67 per cent reported they never initiated relationship with others.

#### **I criticize others:**

In pre testing 53.3 per cent of respondents reported they never criticized others 40.6 per cent said they sometime criticized others and 6 per cent said they always criticized others. Post testing results indicated 66 per cent of respondents said that they never criticized others. 30 per cent said they sometime criticized others. Only 6 per cent said that they always criticized others.

#### **I like to bully others:**

In pre testing 74.67 per cent of respondents reported they never liked to bully others, 19.33 per cent said they sometime bullied others and 6 per cent said they always liked to bully others. Post testing results indicated 87.3 per cent of respondents said that they never liked to bully others, 10.6 per cent said they sometime liked to bully others and only 2 per cent said that they always liked to bully others.

It was observed that during pretesting majority of respondents replied under the category of sometimes which reflected that respondents were either hesitant or confused about their emotions. It took considerable time and consistent efforts to make respondents realize the importance of expressing their emotions clearly and effectively. It may be concluded that capacity building of teachers and parents is needed to help students in expressing themselves freely and frequently.

#### **Overall percentage distribution of respondents across different levels of socio-emotional problems:**

Results in Table 2 indicated that during pre-testing large proportion of respondents had moderate level of

**Table 2 : Overall percentage distribution of respondents across different levels of socio-emotional problems**

Levels of socio-emotional problems	Pre-test n %	Post-test n %
Mild (below 65 )	57 (38.0)	135 (90.0)
Moderate (66 to 80 )	79 (52.67)	13 (8.67)
Severe (81 and above)	14 (9.33)	2 (1.33)

socio-emotional problems followed by 38 per cent of respondents having mild level of socio-emotional problems. Only 9.3 per cent had severe level of socio-emotional problems. Post testing results depicted that remarkable change in the number of respondents *i.e.* from 38.00 per cent to 90.00 per cent who were able to overcome their problems. This can be attributed to the consistent interventions provided to these respondents in the form of counsellings (one to one interaction, group discussions with students and their teachers, parents etc.).

### Conclusion :

The results revealed maximum number of boys and girls belonged to lower middle socio-economic status. Further it was observed that majority of school going adolescents were suffering from different types of socio-emotional problems like unhappy, irritated, worried, and short tempered etc. and were found to be reluctant in expressing their emotions also. So on the basis of results it is recommended that need based counseling and interventions should be provided to adolescent and their family members to solve their socio-emotional problems

which will further improve their resilience.

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