

Prevalence of problems among adolescent boys and girls

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ABSTRACT

The study was focused on the sex differences in problems faced by the adolescents in 2007. Problems mainly in five areas were observed namely, physical, psychological, social, educational and vocational. A sample of 30 boys and 30 girls was randomly selected from different schools of Hisar city and self structured questionnaire was administered. Analysis of individual item scores was done and significant differences were observed between boys and girls and in the areas of problems. Girls had significantly more physical, psychological and social problems where as boys had more educational and vocational problems.

Key words : Physical, Psychological, Social, Educational, Vocational.

Education in which adolescent boys and girls study is generally same, but their bringing up in early childhood, parental expectation, and pressure that confronts them, and environment and social pattern of the family, in which they are brought up are different materially and most responsible for their adjustment in the society. These leads to physical, psychological, educational ,vocational and social problems among the adolescents that is most common phenomena of today's life and the need of hour is to initiate the youth to participate in solving problems of society, so that they could contribute their mite for better future of the country. If parents are responsible enough then they can guide their children, provide security and allow them to handle their problems otherwise they face problems because the psychological changes continue along with the rapid changes during puberty.

Generally, students at high school stage are in the terminal stage of schooling and have to take crucial decision as to their future course of study and they face problems and it is important to identify their problems.

METHODOLOGY

The present study was carried out in Hisar city of state Haryana on a sample of 60 adolescent, 30 girls and 30 boys. Self-structured questionnaire was used to find out the problems of adolescents. Problems mainly in five areas were observed namely, physical, psychological, social educational and vocational. Analysis of individual item scores was done with the help of mean, S.D., and T-test which was used to compare the sample gender wise.

RESULTS AND DISCUSSION

Table 1 indicated that the maximum number (73.3%) of adolescents had physical problems due to physical changes followed by psychological the well known reason for that is aggression during this period. Adolescents also had educational (48.3%) and vocational (56.7%) problems up to some extent due to the high ambition and more expectation of their parents. Reddy (2004) also supported

Sr. No.	Areas of Problems	Frequency	Percentage
1.	Physical		
	– Body Changes	44	73.3
	– Physical Appearance	36	60
2.	Psychological		
	– Anxiety	19	31.6
	– Shyness	23	38.3
	– Aggression	41	68.3
3.	Social		
	– Peer rejection	17	28.3
	– Parental Ignorance	11	18.3
	– Lack of adjustment	11	18.3
4.	Educational		
	– Poor scholastic Performance	29	48.3
	– Poor concentration	18	30.0
5.	Vocational		
	– Selection of courses	23	38.3
	– Difficulty in Carrier choice	34	56.7

Table 2 : Problems of Adolescents in different areas

Areas of Problems	Boys (30)		Boys (30)		t-test
	Mean	S.D.	Mean	S.D.	
Physical	6.3	2.27	7.8	2.71	4.76**
Psychological	5.7	2.13	8.0	2.81	5.56**
Social	6.1	3.12	7.8	3.21	5.67**
Educational	6.7	3.16	5.1	3.13	3.91*
Vocational	6.8	2.91	5.4	2.17	2.98*

* and ** indicates significance of value at P=0.05 and P=0.01

the study with his findings that children had more stress in physical and educational fronts and have less stress in the areas of psychological and social areas.

The results indicated that both the boys and girls had problems but they differ in level. Regarding the physical problems the girls had significantly ($t=4.76^{**}$) more problems such as acne, skin completion and overweight compared to the boys this may be attributed to their biological differences. Sendi *et al.* (2004) found that obesity more prevalent in females than males.

With the concern of psychological problems the girls surpassed ($t=5.56^{**}$) their counter parts as they were thought as more sensitive than boys. Baldwin (1997) also found gender difference in stress and anxiety. Boys were remained most of the time in games and they had less adjustment problems but they had more aggression than the girls while girls faced more problems ($t=5.67^{**}$) with the rearing style of their parents. These findings were

supported by Wenar and Kerig (2000) revealed that parents had more control on girls. With regard to educational problems boys exceeded the girls ($t=5.67^{**}$) Tombing (2007) also observed the significant difference which existed between male and female students with regard to their academic problems.

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