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Stress In Modern Life: Adolescents And Their Problems

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Adolescence is the twilight zone between childhood and adulthood. It is a transitional period in which peer relationship deepens, autonomy in decision making develops and intellectual pursuit and social belongings are sought. Psychosocial adjustment is a main concern of this phase of development because even normal individuals struggle with issues of identity, autonomy, sexuality, and relationships. Psychosocial disorders are more common during adolescence than during childhood, and many unhealthy behaviors begin during adolescence. According to Kessler et.al 'adolescence period is critical times for developing good mental health.' Sadock & Sadock (2007) also pointed out that 'adolescence is largely a time of exploration and making choices, a gradual process of working towards an integrated concept of self.' But it is also a fact that today adolescence is the most stressful period of life. Some stress situation of adolescence is extension of childhood stress while others are anticipation of the stress of adult life. Parental dominance, lack of adjustment, wish to achieve freedom, unsuccessful attempt to control impulses and emotion etc. are the main causes of these stress. Kobasa (1979) pointed out that 'individual who experienced high levels of stress but remained healthy had a different personality structure than individual who experienced high levels of stress and become ill.'

Stress in childhood and adolescence are also seen in the fact that more than 12% of them have severe mental problems and they require some kind of professional help. Impact of stress on adolescence is also seen in the findings that suicide in the United States is the third

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leading cause of death between 15 to 19 years of age. College students have many special stresses with which they must contend. Exam, grades, sex and parental pressure create high level of stress. The typical problems of college students are guilt and confusion over the handling of sexual impulses, concern about the expression of hostile and aggressive feeling and worry about personal inadequacy and lack of status. The stress is likely to be greater when an adolescent girl becomes pregnant. Adolescent boys and girls are frequent user of drugs and alcohol.

Wearing (1996) examined the problems of adolescents and found that today adolescents are facing identity crisis and they need autonomy from parents. It means that at this stage of life every person feels psychological change and change in the surrounding situation also. They find themselves in some problematic situation and want to counter it. Arbor (2004) found that 77% of college juniors reported feelings depressed either frequently or occasionally during the post years compared to 61% who reported these feelings when they first entered college. That is why alcohol use increases in adolescence, and drinking is associated with a number of health risks and social problems.

Objective of the study

- To compare high modernity group and low modernity group of subjects in terms of their problems.
- To find out significant effect of modernity on adolescent boys and girls.

Hypothesis

- Those high on modernity scale would differ significantly from those low in it in terms of their personal problems.
- There will be a significant effect of modernity on adolescent boys and girls life.

Methodology

Sample- This study was conducted on 100 adolescent boys and girls between 13 to 18 years of age. The method of sample selection was incidental cum purposive selection method. Out of 100 adolescents selected from Patna city 50 were boys and 50 were girls.

Research Tool -

1. Attitudinal Modernity Scale (AMS)- This scale was developed by A.K. Sinha (1985) P.G Department of Psychology, Ranchi University. It is widely used to examine the impact of modernity on Personal values

and problems of adolescent boys and girls. It is a four dimensional scale namely Personality, Socio-Culture, Political and Health modernity. This scale consists of 100 items. The details of dimension with their themes are given in the table below.

Table-1

Theme covered		
	Dimension	Themes
A	Personality Modernity(PRE.M)	(i) Rationality (RAT) (ii) Locus of Control(LC) (iii) Aspiration (ASP) (iv) openness to change(CH) (v) work ethics(WE)
B	Socio cultural Modernity (SCM)	(i) Religious Attitudes (RA) (ii) Caste Attitudes (CA) (iii) Social custom attitude (SCA) (iv) Attitude Towards women (AW) (v) Social Equality (SE)
C	Political Modernity (PM)	(i) Democracy (DEM) (ii) Civil Rights (CR) (iii) Secularism (SEC) (iv) Political Identification (PI) (v) Political Participation (PP)
D	Health Modernity (HM)	(i) Scientific Versus Superstitions about Health (SSH) (ii) Scientific Understanding of Health (SUH) (iii) Child care (CC) (iv) Diet and Nutrition (DN) (v) Family Planning (FD)

2. Youth Problem Inventory – Youth Problem Inventory developed by Dr. Mithilesh Verma (1996) is used to study the problems of adolescent boys and girls. This scale consists 80 items. There were three alternatives - true, partially true and false. The reliability coefficient of the entire Inventory is .80 and area wise reliabilities are .85, .86, 76, and .81 respectively. This inventory was developed to indentify the problems of youth under following heads.

- (i) To discriminate among youths with more or less problems.
- (ii) To identify exact problem.
- (iii) To screen the students for counseling and personal help.
- (iv) To make young people know their own problem.
- (v) To enable parents and teachers to understand their children.

(vi) To indicate differences in problems of youth and pupils of other age groups.

(vii) To indicate associated problems.

(viii) To know adjustment and anxiety of the youth.

The areas of this inventory are given in the table below.

Table -2

Area A	Family Problem
Area B	School/College Problem
Area C	Social Problem
Area D	Personal Problem and Over Sensitivity

Administration of the tool - To examine the effect of modernity on problems of adolescents respondents were divided into the high modernity group and low modernity group on the basis of their scores on Attitudinal Modernity Scale. By taking median as the cut mark, respondents were classified into the high modernity group and low modernity group. There after youth problem inventory by Dr. Mithilesh Verma (1996) was administered to the respondents of both groups and their scores were obtained separately. Then mean, SD, SE scores and chi-square were calculated for both high and low modernity group.

Result- The Present study intended to examine the effect of modernity on personal problem especially Family Problem, School/College Problem, Social Problem and overall problems. Result of this study is given in the table below.

Table-3

Effect of Modernity On Personal Problems of adolescents

Dimension of Personal Problems	Respondents	N	Mean	SD	T	df	P
Family Problem	High Modernity Group	50	29.25	6.25	4.39	98	<.01
	Low Modernity Group	50	26.35	6.41			
School/College Problem	High Modernity Group	50	15.11	6.20	2.95	98	<.01
	Low Modernity Group	50	13.19	6.17			
Social Problem	High Modernity Group	50	15.71	7.11	3.48	98	<.05
	Low Modernity Group	50	13.24	6.22			
Total Problem	High Modernity Group	50	45.88	14.57	3.55	98	<.01
	Low Modernity Group	50	40.66	13.35			

Result recorded in the above table showed significant effect of modernity on personal problems of the adolescents. The high modernity group of respondents as compared to low modernity group suffered more family problems ($t=4.39$, $df=398$, $p<.01$) School Problem ($t=2.95$, $df=398$, $p<.01$) Social Problem ($t=3.48$, $df=398$, $p<.01$) and total Problem ($t=3.55$, $df=398$, $p<.01$). Thus the first hypothesis is proved in respect of personal problem of the respondents. The result also showed an effect of modernity on adolescent boys and girls. Thus the second hypothesis is also proved.

Discussion- On the basis of the above result it can be stated that stress in modern life affects adolescents and creates many psycho-social problems. Modernity creates stress in their life and stress creates so many problems, especially personal problems like family problem, school or college problem, social problem etc.

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