



## A Systematic Review on Challenges and Problems Faced by Adolescent

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### ABSTRACT

The review article analyses the problems and challenges faced by adolescents, and the effect of these challenges and problems in their life. This research will help to be aware of the challenges and problems faced by adolescents, by which adults can identify the problems so that timely intervention and support can be given to the adolescents.

Keywords: Adolescents, Psychological Problems, Emotional Problems, School.

### INTRODUCTION

Adolescence is a crucial period of life which is marked significantly by physical, emotional and social changes. In Chennai schools the adolescents face numerous challenges and problems that can impact their overall well-being and academic performance. According to the world health organization, adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. The characteristics of adolescence in both boys and girls include rapid growth and biological changes, the consciousness of one's appearance, career consciousness, cognitive development and other new and exciting changes in other areas occurs. The problems faced by adolescents in schools are; academic pressure, peer pressure, bullying, body image issue, stress, substance abuse, child abuse, parental mental illness, suicidal thoughts, depression, mass media problems.

### LITERATURE REVIEW

The following are the literature review about the adolescents issues and challenges :

**Timalsine Mina, et al (2016)** did a cross sectional descriptive study on **psychosocial problem among school going adolescents in Nepal**. The purpose of the study was to analyze the association between sociodemographic characteristics and psychosocial problems among adolescents, age group and marital status. Techniques used in the study are non-probability convenient sampling and self-administered structured questionnaire. The collected data is analyzed using descriptive statistics and chi square test. This study has taken a sample of 287 adolescents and it was found out that 12.9% of the adolescents have psychosocial problems. 44.6% have internalizing problem, 25.8% have attention deficit hyperactivity disorder, 4.2% have externalizing problems.

**Venkataraghavan Manjula (2015)** had done a study on **the usage of mobile phones for cyber bullying among teens and tens of Chennai, India**. A sample of 90 students were taken for the study. This study attempts to check on how much of cyber bullying exists in the Chennai scenario and how much of cyberbullying happen through mobile phones also, attempts to find out the most prevalent form of cyberbullying among these children and the reasons why these kids either become a victim or bully in the cyberspace through survey questionnaire and snow ball sampling. It was found out that 9.8% of the students actually experienced cyber bullying and about 36.9% who experienced cyber bullying was their friends. Also, it was founded that 46.2% of the children have been made fun of on various social media networking groups. 38.5% agreed that they had occasionally made fun of someone on their social media groups. The most prevalent form of cyber bullying was found to be abusive language & Hurtful messages followed by Mean messages & Hurtful pictures.

**Abida & Sathyamurthi K (2016)** the study revealed that the multiple intelligences predominantly fall equally in all the nine categories of the multiple intelligences. The results from the t-test revealed that there is significant difference between age, educational status and marital status of the respondents with their multiple intelligences and the results from the correlation reveal that there is significant relationship between overall multiple intelligences of the respondent and their individual sections of multiple intelligences.(Sathyamurthi, 2016)

**Vin Su xu et al (2014)** had done a cross sectional descriptive study on **physical and psychological impacts of pregnancy on adolescents and their coping strategies** in Kuala Lumpur, Malaysia. This study aimed to find out the effects of pregnancy on adolescents and to explore how they cope with the problems they faced during the pregnancy. A sample size of 26 adolescents(girls) were taken and the data is collected through self-administered

questionnaire which is a mixture of both open and closed ended questions. The data was analyzed descriptively and open-ended questions were analyzed thematically. This study founded out that teenage pregnancy caused physical, psychological and social impact on the teen mothers. Physical impacts involve sleeping problem, self-care. Psychological: emotional problem, low self-efficiency. Social impacts: stigma and discrimination, financial difficulties, poor peer relationships, dropouts.

**Sathyamurthi Karibeeran, Shefali Mohanty (2019)** the study on Emotional intelligence plays an important role in this phase. Emotional Intelligence signifies the ability to understand and manage ones as well as the others' emotions. It refers to a combination of skills these include empathy, self control, self awareness, sensitivity to the feeling of others, persistence and self motivation among others. This paper will focus on the various theories and models related to emotional intelligence and its significance. Based on the theories and models, the researcher tried to bring out a frame work which makes a difference in the emotional Intelligence of adolescents.(Shefali Mohanty, 2019)

**Oversholer James et al (1995)** had conducted a study on **self-esteem and suicidal tendencies among adolescents** in Cleveland. The study was to examine the relationship between self-esteem deficits and suicidal tendencies. a sample of 254 adolescents were taken. The direct relationship between self-esteem and suicidal tendencies was examined by assessing suicidal ideation and history of suicide attempts. An indirect relationship between self-esteem and suicidality was examined by assessing depression and hopelessness. Males are high than females. The study found out that Low self-esteem was closely related to feelings of depression, hopelessness, and suicidal tendencies. Assessment of adolescents should include an evaluation of self-esteem, and therapy should attempt to address any self-esteem deficits.

**Ramamoorthy Sreehari et al (2019)** had done a cross sectional study on **Effect of stress on sleep hygiene among school going adolescents in Chennai**. The study aimed to evaluate the effect of stress on sleep hygiene among school going adolescents in Chennai. The sample consisted of 132 adolescents. The stress was assessed using perceived stress scale and sleep hygiene was assessed using Epworth sleepiness scale for children and adolescents. The study says that 84.8% of the adolescents are academically overloaded. Both the genders were found to be moderately stressed (Males: 63.6%; females: 66.7%). Prevalence of sleep disturbances was found to be 23.5% and increase in stress was found to be associated with decrease in sleep quality. Stress is high among adolescents and it is negatively influencing their sleep hygiene.

Psycho social competence is the ability to deal effectively with the demands and challenges of everyday life. Adolescence is period of storm and stress. The ability to balance the stressful life is essential for them to bring up with a positive behavior. How they deal with this stress is a remarkable question. Psycho social competence comprises of emotional competence, social competence, cognitive competence, motivational competence and self competence. The aim of the study was to find out the psychosocial competence and demographic variables related to it. 25 Institutionalized adolescents from Trivandrum District is the sample of the study. It was found that psychosocial competence among institutionalized adolescents was in moderate level. (Anjali & Sathyamurthi, 2018)

This descriptive study aims to identify the Overall Physical Activity of the school going adolescents through their active play, relationship and communication patterns between the family members, peers and their eating patterns. The study follows Quantitative method and the primary data were collected through a semi structured interview schedule. The main focus of the study is to suggest the importance of physical activity among children, adolescents and youth.(Sathyamurthi K & Anjana M, 2021)

Social and emotional connections during adolescence play a strong role in youths' competence to steer his/her life at the individual, group and communal level. Social changes are rampant in today's scenario and this contextual volatility affects adolescent socio-emotional development, relationships and mental wellness. Adolescents are not just passive bystanders but they directly or indirectly active involve themselves in this process. This paper aims to stimulate thought in this perspective and throw more light on the effects of today's social volatility in social connections on adolescence and the required interventions.(D. J. Sathyamurthi K, 2021),

Adolescent are losing lives to drug usage and alcohol which lead them to a frequent drug abuser. Even though there are large number of adolescent who can't escape from this social evil they can be helped by parents, community leaders and schools by involving early intervention process. Adolescent environment should be modified and intervened which is considered effective universally when compared to individual intervention alone in drug usage.(A. S. Sathyamurthi K. & M, 2020)

Hence, early identification and management of stress is required for school going late adolescents for better academic performance and wellbeing.

SI No.	Author	Title	Sample size	Methodology	Variables	Findings
1	Timalsina mina, et al	Psychosocial problems among school going adolescents in Nepal	287	cross sectional descriptive study, non-probability sampling, self-administered questionnaire, analyzed data by descriptive statistics and chi-square test,	Age and parent marital status, sociodemographic details and psychosocial problems	12.9% of the adolescents is having psychosocial problems.in that internalizing problems is 44.6%, ADHD 25.8% and externalizing problems 4.2%. The increase of psychosocial problems can be seen clearly among school going adolescent.
2	Venkataraman Manjula	A Study on the Usage of Mobile Phones for Cyber Bullying Among Tweens & Teens of Chennai, India	90	detailed survey questionnaire, Snow ball sampling	Mobile phone and cyber bullying	79.5% adolescents reflected that owning a mobile phone is an important thing, it will help them to connect with their friends, helps to reflect themselves. 9.8 9% (8 respondents) out of 90 students experienced cyber bullying. But(36.9%) of respondents indicated that their friends had experienced cyber bullying. While a large number of respondents (79.3%) claimed that they were familiar with the term 'cyber bullying'.
3	Vin xu su et al	Physical and psychological impact of pregnancy on adolescents and their coping strategies, Malaysia	26	cross sectional descriptive study, self-administered questionnaire (both open and closed), descriptive and thematic analysis	Physical impacts: sleeping problem and selfcare problem. Psychological impacts: emotional problem and low self-efficacy.	Pregnancy not only affected the teens physically but also affected their psychosocial wellbeing. Poor self-care was most common. The study shows that there is need for increasing awareness of available support for the adolescent mothers.
4	Oversholer James et al	self-esteem deficits and suicidal tendencies among adolescents, Cleveland	254	Rosenberg self-esteem scale, childrens depression inventory, the hopelessness scale for children.	Self-esteem and suicidal tendency	Adolescents with low self-esteem is having high tendency of suicide, showed elevated levels of depression and hopelessness.so self esteem can be considered as a key variable in measuring the level of depression and suicidal tendencies among adolescents. 60% of high school students had thought about killing themselves and 9% have attempted suicide
5	Ramamoorthy Sreehari et al	Effect of stress on sleep hygiene among school going adolescents in Chennai	132	cross sectional study, perceived stress scale, epworth sleepiness scale for children and adolescents	stress and sleep hygiene	stress is high among adolescents and it is negatively influencing their sleep hygiene. Hence, early identification and management of stress is required for school going late adolescents for better academic performance and wellbeing.

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## FINDINGS

Adolescent is a period of great risk. Family, education, mood swings, features of the body, adjustment to social environment, problems with personal health, discrimination, usage of mass media are some issues faced by adolescents. The reviewed literature provides a thorough summary of numerous studies concentrating on adolescent stress, self-esteem, teen pregnancy, cyberbullying, and psychological concerns. The results indicate that internalizing and externalizing difficulties, which are common, affect a sizeable part of teenagers. A growing problem is cyberbullying on mobile devices, with cruel language and messages being the most typical forms. The physical, psychological, and social difficulties that arise from teenage pregnancies have an effect on sleep patterns and self-esteem.

It is clear that there is a connection between low self-esteem and suicidal tendencies because these emotions are all strongly related to each other. Stress has a deleterious impact on sleep hygiene in school-age teenagers, which results in academic overload and poorer sleep quality. Together, this research highlights the importance of early detection and treatment of adolescent psychosocial difficulties, cyberbullying, teenage pregnancy, self-esteem issues, and stress. Addressing these problems can help this age group's academic achievement, psychological health, and overall quality of life.

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## CONCLUSION

The research helps to uncover the underlying causes of these challenges like societal expectations, parental pressure, etc. An understanding on these causes can help in developing targeted interventions and support mechanisms. This will also help to create an awareness among parents, teachers etc.

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