

Social Organization as an Agent of Psycho-Social Wellbeing of Adolescents

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ABSTRACT

Psychosocial wellbeing is a state which facilitates an individual to make balanced adjustment with the environment and its components. Now a day's issues related to psycho-social wellbeing among adolescents are very high and rising. Adolescents in present day are facing lots of problems and many pressures as compared to the older generation. Hence, the present study was carried out to explore the psycho-social issues and factors related to psycho-social wellbeing among the adolescents. The researcher also enquired about psycho-social intervention programmes provided by the social organizations. The sample of the present study consists of 40, selected from 10 social organization of Hajo revenue circle using purposive sample technique. A self-structured interview schedule was used as a tool for data collection. The data were analysed using percentage. The findings of the study reveal that moodiness, temper tantrums, lying, stress, adjustment problem, aggressive behaviour are the common adolescents' problems and disorganization of family, school, society, peer group, attraction to the opposite sex have adversely affected psycho-social wellbeing of adolescents. The members of the social organizations help the adolescents in psycho-social wellbeing by organizing some intervention programmes.

Keywords

social organization, psychosocial wellbeing, adolescents.

Introduction

Adolescence is the sensitive period of human life. This stage covers the developmental period from the onset of puberty to the age of maturity (Samra and Deka,2020). But this range is not rigid. There are different views regarding the age range of adolescence stage. Rousseau separated the adolescence period as early adolescence and late adolescence which is covered from 12 to 15 years and 15 to 20 years of age respectively. The age range of adolescence period according to Earnest Hurlock begins from 13-16 years and continues up to 17-21 years (Samra and Deka,2020).

Although different psychologists had pointed out different age range of adolescence but it is difficult to point out the exact range of adolescence period in terms of chronological years. Achieving puberty and gaining maturity is not universal for all. Now a days puberty attains at an early age because of food habits, climate change, life style and so on and so forth. Generally, girls attain maturity both sexually and socially at an early age in comparison to boys.

Irrespective of age range adolescence is a transitional period from childhood to adulthood. According to Ross, "Adolescence is best regarded as a recapitulation of the first period of life, as second turn of the spiral of development". (Mangal, 2004). It is the period of profound change where a person becomes both physically

and psychologically mature and capable of independent living. In this stage adolescents are seen in the state of depression, mental imbalance, emotional and behavioural adjustment problem, burden of study which affects their entire life. G. Stanely Hall (1904) stated that "Adolescence is a period of great stress and strain, storm and strife." (Mangal,2004) It is a vulnerable time when kids may develop unhealthy habits that grow into problems in their adult life. Through psycho-social wellbeing, troubles of adolescents can be settled-down in a better conducive way.

The wellbeing of every adolescent starts from home. The word psycho-social wellbeing commutes facilities which help to adjust with environment, behavioural, emotional, social and educational aspects. Psycho-social wellbeing of an adolescent brings proper and provide positive direction to foster in life. In this regard social organisation needs to pay a significant role. Adolescents benefit enormously when social organisations are highly involved in solving the issues and factors related to psycho-social wellbeing. Positive thinking, proper guidance and advice of the members of social organisation help to promote the wellbeing of adolescents. Psycho-social wellbeing is one of the significant structured way for adolescents to encourage a sense of social responsibility, emotional, behavioural and environmental adjustment,

accountability towards own life, family and society at large.

REVIEW OF RELATED LITERATURE:

Following are the studies related directly or indirectly with psycho-social wellbeing of adolescents and role of social organization-

Holopainen and Lappalainen (2011) conducted a study on “The role of social competence in the psychological wellbeing of adolescents in secondary education” and found that the three indicators of psychological wellbeing i.e., depression, self-esteem and school burnout were highly correlated.

Lakshmi (2014) in the study on “Role of social workers in dealing with problems of adolescents: A mental health perspective” and revealed that there is a great need of social worker in school setting to stop the raising delinquent behaviour of adolescents. The study also reported that in India both public and private school were not recognizing the importance of social workers.

Panahi (2015) conducted a study on “Role of parents, teachers and community in adolescents’ issues” and pointed out that for making proper growth of adolescents, parents, teachers and community members’ cooperation and collaboration is very important. For this purpose, community centre also played important role for the socialization, accumulate culture and guide parents and so on.

Preto (2015) made a study on “Social Skills, social support and wellbeing in adolescents of different family configurations”. The study highlighted the influence of family configuration, social skills, and social support appraisals as potential predictors of adolescent psychological wellbeing. The results indicated that only social skills and social support appraisals were the best predictors of adolescents’ psychological wellbeing.

Camara et al. (2017) made a study on “The role of social support in adolescents; are you helping me or stressing me out?”. The result of the study revealed adolescents draw on sources of support that are families, worth of trust, and their most valued type of support is emotional. Implications for intervention programme are also discussed.

RATIONAL OF THE STUDY:

In the rural areas of Assam there is a necessity and time-oriented appeal to conduct study on the psychosocial wellbeing of adolescents because adolescence is a sensitive period. For proper psycho-social wellbeing of an adolescent social organization need to play a significant role. There are a few studies for highlighting the psychosocial wellbeing of adolescents. The investigators attempt to focus on the psychosocial wellbeing of the adolescents living in the study area.

STATEMENT OF THE PROBLEM:

Considering the significance of the study and research gap in the study area, the present problem is titled as-

“SOCIAL ORGANIZATION AS AN AGENT OF PSYCHO-SOCIAL WELLBEING OF ADOLESCENTS”

OBJECTIVE OF THE STUDY:

The objectives of the study were-

- 1.To find out the issues faced by the adolescents according to the members of social organization
- 2.To find out the factors affecting psychosocial wellbeing of adolescents.
- 3.To enquire the educative measures/initiatives and programmes undertaken by the social organizations for the adolescents.

RESEARCH QUESTIONS:

1. If adolescents face any issues in their personal and social life?
- 2.Is there any factor affecting psycho-social wellbeing of adolescents?
- 3.Whether social organization provided any educative measures/initiatives for the adolescents?

DELIMITATION OF THE STUDY:

- 1.The study area is delimited to Hajo revenue circle of Kamrup district, Assam.
- 2.The study is delimited to the adolescents residing in Hajo revenue circle and studying in classes VIII-X.

BRIEF DESCRIPTION OF THE STUDY

AREA:

Hajo popularly known as “Panchatirtha” is situated in Kamrup district and to the north of the

mighty river Brahmaputra. The revenue circle is situated within 26.1908094 latitude and 91.6468243 longitudes with having 262,531 populations and out of which 134,603 males while 127,928 are females. The literacy rate of Hajo circle is 78.66% in which male and female are 73.8% and 63.53% respectively (According to the census 2011). There are two developmental blocks in Hajo revenue circle namely- Hajo developmental block and Sualkuchi developmental block. (Hajo, Assam- Wikipedia).

METHODOLOGY OF THE STUDY:

The study is based on the following line of action-

Method: - The study has been conducted on the basis of descriptive survey method.

Sources of data: - The data has been collected from two sources –

Primary source- interviews with members of the social organization.

Secondary Source- proceeding copies, office records of social organization.

Tool: - A self-structured interview schedule has been used as a tool for data collection.

Population: - The Population of the study comprises of all the members including president and secretary of the registered and non-registered social organizations of the study area.

Mode of sampling: -

The researchers have applied purposive sampling technique for collecting information from the respondents. For this purpose, the researchers have chosen 10 social organization and 40 respondents from the selected social organization. Out of 40 respondents, 10 female and 30 male members have been selected. The total size of the sample is 40.

ANALYSIS AND INTERPRETATION OF DATA:

After collection of the relevant data, a systematic analysis and interpretation has been done according to the objectives of the study-

Objective 1: - To find out the issues faced by the adolescents according to the members of social organization

Table 1

Prevalence of juvenile delinquency among the adolescents

SL No	Parameters	Responses (%)		Total
		Yes	No	
1	Aggressive behaviour	29(73%)	11(27%)	40(100%)
2	Smoking, alcohol, drug addiction	22(55%)	18(45%)	40(100%)
3	suicide	4(10%)	36(90%)	40(100%)
4	Cyber Addiction	38(95%)	2(5%)	40(100%)
5	Mood disorder	21(52%)	19(48%)	40(100%)
6	Adjustment problem	24(60%)	16(40%)	40(100%)

Source: Personal interview with the members of social organization

From the table 1 it is found that adolescents argued with parents and others, most of them are aggressive and violent as opined by 73% respondents. Lying is one of the common teenage behavioural issue and sometimes they are fighting with others basically with friends. 55% respondents said that adolescents are habituated with smoking and drinking and chewing of

panmasala, gutkha, shikhar, rajanigandha without the knowledge of their parents and sometime use this due to poor self-esteem and to adjust with their peer group. 10% respondents said that due to family pressure for academic excellence and comparison with others students’ they feel frustrated and take suicidal attempt. Most of the suicide cases are related with the examination results and the frequency is increasing day by day. 95% respondents agreed that adolescents spend

hours on phone, talking or simply playing video games. Addiction to cyber games tend to have fewer friends, less active in social life, less physical activity and adverse impact on academic performance. They said that most of the adolescents use Facebook, WhatsApp, Instagram in the name of parents and others. 21% respondents agreed that moodiness and temper tantrums are normal among adolescents. Stress

and pressure of parents can create anxiety related issues and mood disorder amongst the adolescents. 60% respondents said that most of the adolescents have adjustment problems in their day-to-day life due to physical, mental, behavioural changes, educational challenges and so on and so forth.

Objective 2: - To find out the factors affecting psychosocial wellbeing of adolescents

Table 2
Factors affecting psychosocial wellbeing of adolescents

SL No	Parameters	Responses		Total
		Yes	No	
1	Education related issues	22(55%)	18(45%)	40(100%)
2	Family related issues	29(73%)	11(27%)	40(100%)
3	Society related issues	25(63%)	15(37%)	40(100%)
4	Peer group pressure	17(43%)	23(57%)	40(100%)
5	Competition	23(57%)	17(43%)	40(100%)
6	Value degradation	24(60%)	16(40%)	40(100%)
7	Attraction to opposite sex	14(35%)	26(65%)	40(100%)
8	Physical and emotional change	17(43%)	23(57%)	40(100%)
9	Lack of social responsibility amongst teachers and student	4(10%)	36(90%)	40(100%)

Source: Personal interview with the members of social organization

Table 2 reveals that 55 % respondents said that school is one of the main factors which affect psycho-social wellbeing of adolescents. There are some reasons which affect psycho-social wellbeing of adolescents such as juggling school work, defective curriculum, defective method of teaching, distractions at school, poor academic performances so on and so forth. Further 73 % respondents have revealed that family creates hindrance in psycho-social wellbeing of adolescents. They face mental anxiety, aggressive behavioural attitude and frustration due to the high expectations in academic level from the family. Waning economic condition, family quarrel are the family related issues which are the responsible for unhealthy psycho- social wellbeing of adolescents. Further 63% respondents expressed that society is not rendering its own social responsibility for upliftment of psycho-social wellbeing of adolescents. It is frequently seen that in most of the societies instead of giving proper advice and guidance adolescents have been demoralized by negative comment on their personal life. 17 % respondents said that peer pressure is one of the factors that drive

adolescents to take up smoking and drinking or to take drugs and sometimes adolescents take this to adjust with the peer group. 57% respondents said competitions creates negative attitude in their personality as well as in academic career. It is found that pressure of competition spoils their creativity, innovative mind and thinking capacity. 60% respondents express value degradation among adolescents is another factor due to which virtues like the respecting to elders, shouldering responsibility, decent behavioural pattern is decreasing. Only 35% respondents view that adolescents have given more concentration on spending with their counter partner with a sense of feelings than their academic career. In fact, some adolescents out of emotional turmoil elope with their partner and get married without the knowledge and support of parents. 43% respondents replied that physical and emotional changes create problems in psycho- social wellbeing of adolescents. Again 90% respondents expressed that social responsibility amongst teachers and students towards the society is missing. It is very hard to see that teacher’s trying to create a congenial environment and make the students familiar with the task of society in the

study area which may create sense of responsibility.

Objective 3: - To enquire the educative measures/initiatives taken by the social organization for the adolescents.

Table 3
Educative measures/initiatives taken by the social organizations

SL No	Parameters	Responses (%)		Total
		Yes	No	
1	Organize lecture programme, awareness programme on the harmful effects of social media	33(82%)	7(18%)	40(100%)
2	Organize any awareness camp/ workshop to prevent the addiction to alcohol	24(60%)	16(40%)	40(100%)
3	Organizing summer camp, debate, quiz competition for proper utilization of leisure time	5(13%)	35(87%)	40(100%)
4	Organize activities for inculcation of good moral values	4(10%)	36(90%)	40(100%)
5	Activities like essay writing, go as you like competition etc. related to culture	33(82%)	7(18%)	40(100%)
6	Initiatives to remove superstitious belief and prejudice	25(63%)	15(37%)	40(100%)

Source: Personal interview with the members of social organization

From the Table 3 it is found that 82% respondents opined that they organize lecture programmes, awareness programmes on the harmful effects of social media. 60% respondents said that they organize awareness camp or workshop among the adolescents to prevent the addiction of alcohol and spread the knowledge of harmful effect of chewing of gutkha, sikhar etc. It helps to create awareness amongst the guardians and adolescents about the ill effects of alcohol. Only 5% respondents said that there is a provision of proper utilisation of leisure time. They organize summer camp, debate, quiz, art, literature competition for constructive utilisation of leisure time of the adolescents. Most of the organisations impart value-based education through giving lessons on behavioural patterns, punctuality, sense of respect for elders and affection for others. 82% social organizations organise activities related to culture like Bihu competition, essay writing, go as you like competition and drawing competition related to culture etc. 63% respondents replied that they have organised workshop, awareness camp to remove superstitious belief and prejudice.

From the table, it seen that social organizations have a significant role to create

awareness amongst students and teachers regarding social and morale lives.

MAJOR FINDINGS OF THE STUDY:

The findings of the study were arranged as under-

1. 73% respondents said that adolescents argued with parents and others and most of them are aggressive and violent.
2. Basically, adolescents' fights with friends.
3. Lying is one of the teenage behavioural issues amongst the adolescents.
4. Adolescents use pan masala, gutkha, cigarettes without permission of their parents and sometime to adjust with the peer group.
5. Most of the suicidal actions are related with examination results and family pressure for academic excellence and it is increasing day by day.
6. Most of the respondents (95%) said that addiction to internet tend to have fewer friends, less active in social life, less physical activity and adversely impacting academic performance.
7. Basically, adolescents used social media namely, face book, WhatsApp, Instagram in the name of parents and others in the study area.

8. Moodiness and temper tantrums are normal among adolescents and it is due to stress and pressure of parents.
9. 60% respondents said that most of the adolescents have adjustment, emotional, social problem in their day-to-day life due to physical, mental, behavioural changes, educational challenges.
10. Juggling school work, defective curriculum, defective method of teaching, distractions at school, poor academic performance and the like are the school-based reason which affect psycho-social wellbeing of adolescents.
11. High expectations in academic level from the family, waning economic condition, family quarrel, divorce of family are other family related issues which also affect psycho-social wellbeing of adolescents.
12. 63% respondents said that society's responsibility is not up to the mark for upliftment of psycho-social wellbeing of adolescents.
13. It is seen that in most of the societies instead of giving proper advice and guidance adolescents have been demoralized by negative comment on their personal life.
14. Adolescents take up smoking and drinking due to pressure of peer group or to adjust with the peer group and only 17% respondents agreed with it.
15. It is clear from the table that pressure of competition spoils innovative thinking capacity of adolescents and creates negative attitude in their personality as well as academic career.
16. Most of the (60%) respondents express value degradation among adolescents is increasing day by day and due to which the respect to elders, level of responsibility, decent behavioural pattern is decreasing.
17. Some adolescents elope with their partner and get married themselves without knowledge and support of parents.
18. Physical and emotional changes of adolescents create problems in psycho-social wellbeing.
19. Most of the respondents said that social responsibility amongst teachers and students towards society is negligible. Teachers' responsibility in this regard also not satisfactory.
20. It is clear that 82% respondents organize lecture programmes, awareness programmes on the harmful effects of social media.
21. The members of social organization organize awareness camp or workshop to prevent the addiction of alcohol among the adolescents and create awareness about the harmful effect of alcohol.
22. Only 13% members said that they organize summer camp, debate, quiz, art, literature competition for constructive utilisation of leisure time of the adolescents.
23. Only a few organisations impart value-based education through giving lessons on behavioural patterns, punctuality, sense of respect and affection for others.
24. A large number of organizations organize different competition like drawing, recitation, essay writing, dancing, go as you like and the like in relation with Independence Day, Janmotsav of Srimanta Sankardev and Bahag Bihu.
25. 63% respondents replied that they have organised workshop, awareness camp, for spreading knowledge amongst the adolescents regarding the ill effects of superstitious belief and prejudice.

SUGGESTIONS:

After consideration of the findings revealed from the study, the following suggestions can be recommended for psycho-social wellbeing of adolescents-

1. For prevention of juvenile delinquency social organizations need to create awareness regarding the various academic, personality related problems of juvenile among parents, teachers, civil organisation and the like.
2. The social organisation should organise some workshops to spread message regarding the bad effects of using cyber pace.
3. The social organisations should provide required counselling to those students who are found to be suffered in mood disorder

problem, adjustment problem, behavioural problem and the like.

4. Parents and members of family and society should always extend their moral and physical support and encourage to the adolescents in their academic and personal life.
5. Social organizations should concentrate on creating some financial charity cell through which financial assistance can be availed for those adolescents who are facing trouble in continuation of their academic carrier.
6. The students who are belonging to the broken family need to be encouraged and motivated by the members of social organizations and civil societies.
7. Social organization should bring some short of reformation in behavioural attitudes of the members of society about the life of adolescents. Healthy environment in the society provides healthy educational atmosphere of the adolescents.
8. Parents, teachers, and members of social organisations should motivate the adolescents for establishing relations with good companion.
9. The members of social organisation and parents should always support for healthy competitions.
10. Basic moral principle and disciplines of life should be imparted in the school, family as well as in social platform.
11. The members should encourage the adolescents to exercise and keep busy in creative activity to give the knowledge of normal physical change and channelize emotion.
12. Social organizations should hold some kind of social activities camp where teachers and students can be participating and render all possible knowledge on social activities which can be fruitful to the society.
13. Social organizations should try to involve all the adolescents in their initiatives and programmes.

CONCLUSION:

Adolescence is not an easy time for kids. Substance abuse, self-harm, suicides and

delinquency are large-scale problems in today's society. The only way to deal with needs and problems at this age is to know about them and be ready to face them. Dealing with them has always been a challenge for all. Social organisation needs to give more dedication to improve better understanding level of adolescents for their academic and personal life.

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