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A Study on Psycho-social Problems of Rural Adolescent Girls of Udupi District

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ABSTRACT

This study explores the complex psycho-social problems experienced by adolescent girls during a critical period of development. Drawing on a synthesis of current literature, the study identifies key issues affecting the mental and emotional well-being of adolescent girls. Social pressures, including peer relationships, societal expectations, and cultural norms, significantly impact their self-esteem and identity formation. Emotional challenges such as stress, anxiety, and depression often arise due to academic pressures, family dynamics, and changing hormonal levels. Moreover, experiences of bullying, body image concerns, and cyberbullying in the digital age further exacerbate their psychosocial struggles. The review underscores the importance of creating supportive environments, enhancing coping mechanisms, and providing access to mental health resources to promote the holistic well-being of adolescent girls.

Key Words : Rural adolescent girls, Psycho-social probelms, Social pressures

INTRODUCTION

Childhood is one of the phases that every person must go through. Teenagers, adults, parents, and so forth. Of them all, adolescence is unquestionably one of the most difficult stages of life. In American culture, the term "Teenager" initially gained widespread usage circa 1955. Psychologically speaking, adolescence is the age at which a person integrates into adult society and stops feeling inferior to their elders—at least in terms of rights. Puberty, cognitive changes, and social interactions have all been connected to this assimilation into adult society.

The term adolescence is derived from the Latin word "Adolescere" which means to grow or to grow to maturity. It includes psychological, emotional and social maturity as well as physical maturity

According to Mabey and Soernsen in 1995 "It is the period of human development during which a young person must move from dependency to independency, autonomy to

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maturity. The young person moves from being part of a family group to being a part of a peer group and to standing alone as an adult"

Adolescence Period :

When children attain the age of legal maturity, the era comes to an end. It starts when they become sexually mature. Early adolescence and late adolescence are two divisions of the adolescent stage. Early adolescence is usually defined as the years 13 to 16 or 17, while late adolescence is the years 16 to 18, which is the age of legal adulthood. Thus, late adolescence is a fairly brief time. Early adolescence is characterised by faster behavioural, attitude, and value changes than late adolescence. Often times, early adolescence is referred to as "the teens" or even "the terrible teens."

Psycho-Social Problems of Adolescents:

Social and psychological aspects are intertwined. Develop one's autonomy and give up childhood relationships, which is the main psychosocial goal of adolescence. The origin of psycho-somatic disorders has been discovered to involve psycho-social variables. Conditions such as peptic ulcer disease, essential hypertension, bronchial asthma, hyperacidity, migraine headaches, skin lesions, irregular menstrual cycles or flows, joint discomfort, diarrhea, diabetes mellitus, etc. can cause irritable bowel syndrome. Psycho-social Problems are discussed under 3 headings:

Psycho-social issues and mental illnesses such as adjustment disorder, depression, anxiety, stress, and psycho-somatic disorders Adolescents face a wide range of intricate problems. There are issues with his looks, health, and relationships with his parents, siblings, people of the opposite sex, and others. It also has issues with education, career interests, morals, aspirations, attire, etc. Regardless of the issues, if there is an uncomfortable and undesired family dynamic, get a divorce. The loss of a parent or parents, or their separation, makes these issues more difficult to resolve.

Adolescents need enough physical, mental, and emotional care and sustenance to grow into healthy, responsible adults, just as a bud needs enough food and water to bloom into a lovely flower. The fundamental concerns of self-evaluation that come up in adolescence are "Who am I? What am I? What am I going to become? "

METHODOLOGY

The title of the paper is Psycho - Social Problems of the Rural Adolescent Girls. The objectives of the study include:

1. To find out the psychological problems
2. To identify their scholastic problems
3. To find out the need for sex education for rural adolescent Girls
4. To find out the traditional customs related to Menstrual cycle
5. To suggest solutions based on findings to improve the existing conditions.

Motivation for the Study:

The purpose of the current Research is to determine the psycho-social problems of

adolescents in rural area. The adolescents in rural area are facing lots of problems, but their parents and teachers do not aware of such problems. To make them aware about to pay-racial problems. Researches conduct research on this topic.

Scope and coverage:

The study tries to cover the adolescent girls of rural areas to identify their problems and make their parent aware of their difficulties. This study covers 3 villages like Hosmar, Nellikar and Idu villages of Udupi District of Karnataka.

Sample and sampling method:

A total of 50 respondents have been covered under the study by using simple random sampling method.

Method of data collection:

Interview schedule was used to collect the data from the respondents.

ANALYSIS AND INTERPRETATION

Out of 50 respondents 10, of them that is, 20% belongs to 12 to 13 year a group, 20 of them, that is, 40% are belongs to 14 to 15 year age group 20 them, that is, 40% belongs to 16 to 17 year age group (Table 1).

Table 1 : Age of the respondents:

Sr. No	Age	No. of respondents	Percentage
01	12-13	10	20
02	14-15	20	40
03	16-17	20	40
04	Total	50	100

Out of 50 respondents, 9 of them that is, 18% are studying in VIII Standard. 21 respondents that is. 42 % are studying in IX Standard, 20 respondents are from X Standard (Table 2).

Table 2 : Education level of Respondents

Sr. No	Education	No. of respondents	Percentage
01	VIII	9	18
02	IX	21	42
03	X	20	40
04	Total	50	100

Psychological Problems:

The respondents comes under the age group of 12 to 13, 2 respondents that is, 20% felt that they are rejected 6 respondents that is, 60% felt isolated, 5 respondents that is 50% facing sleep disorder, 8 respondents that is, 80% facing difficulties in Decision making and 4 respondents that is 40% felt irritation (Table 3).

Table 3 : Age wise Psychological Problems of the Respondents

Age	No. of respondents	Psychological problems									
		Rejection		Isolation		Sleep disorder		Decision making		Irritation	
		No. of respondents	%	No. of respondents	%	No. of respondents	%	No. of respondents	%	No. of respondents	%
12-13	10	2	20	8	60	5	50	8	80	4	40
14-15	20	7	35	6	30	11	55	20	100	5	25
16-17	20	3	15	6	40	10	50	14	70	8	40

The respondents who comes under the age group of 14 to 15, 7 respondents that is, 35% felt that they are rejected. 6 respondents that is 30% felt isolated, 11 respondents that is, 55% are facing sleep disorder. 20 respondents that is 100% are facing difficulty in decision making and 5 respondents that is, 25 % felt irritation

The respondents who comes under the age group of 16 to 17, 3 respondents that is, 15% felt that they are rejected, 8 respondents that is 40% felt isolated, 10 respondents that is. 50% are facing sleep disorder, 14 respondents that is 70% are facing difficulty in decision making and 8 respondents that is, 40% felt irritation.

This indicates that the Rural Adolescent Girls are facing Psychological problems like rejection, isolation, sleep disorder, decision making and irritation especially at the age of 14 to 15 years.

Out of 38 respondents under the age group of 12-13, 5% of them under stress when they lost their close family members, 8% of them under stress when their loved ones met with an accident, and 3% of them under stress because of the exam tension (Table 4).

Table 4 : Age wise stress among Rural Adolescent Girls

Stress	Age wise						
Death of the family members	12-13	%	14-15	%	16-17	%	Total (%)
Accident of loved ones	2	5	9	24	1	2	12(31%)
Exam tuition	3	8	3	8	2	5	8 (21%)
Failure in exams	1	3	4	11	-	-	5 (14%)
Physical changes			6	16	3	8	9 (24%)
Total			2	5	2	5	4 (10%)
Total	6	16	24	64	8	20	38 (100%)

Out of 38 respondents under the age group of 14-15, 24% of them under stress when they lost their close family members, 8% of them under stress when their loved ones met with an accident, and 11% of them under stress because of the exam tension, 16% of them under stress because of failure in the exams, 5% of them under stress because of Physical change.

Out of 38 respondents under the age group of 16-17, 2% of them under stress when they lost their close family members, 5% of them under stress when their loved ones met with an accident, 8% of them under stress because of failure in the exams, 5% of them under stress because of Physical change

This indicates that Rural Adolescent Girls are facing stress especially in 14 to 15 years age group.

Out of 38 respondents, 17 respondents that is, 45% have expressed anger though shouting at others. 7 respondents that is, 18% have expressed anger though Destroying the things. I respondents that is, 3% has expressed anger though beating others. 13 respondents that is, 34% have expressed anger though keeping quit. This indicates that the Rural Adolescent Girls are not using the right methods for the expression of anger (Table 5).

Table 5 : The various forms of expression of Anger

Methods of expression of anger	No. of respondents	Percentage
Shouting	17	45
Damaging	7	18
Beating others	1	3
Being silent	13	34
Total	38	100

Out of 50 respondents, 34 respondents that is, 68% did not get suicidal thoughts, 16 respondents that is, 32% are getting suicidal thoughts. This indicates that majority of the rural adolescent girls are not getting suicidal thoughts (Table 6).

Table 6 : Suicidal thoughts

Sl. No	Responses	No. of respondents	Percentage
1	Yes	16	32
2	No	34	68
	Total	50	100

Out of 50 respondents, 44 respondents that is. 84% families are following the traditional customs, 8 respondents that is. 16% family members are not following the traditional customs. This indicates that the families of the Rural Adolescent Girls are attached to the old traditional customs and it shows the lack of sex education for the Rural Adolescent Girls (Table 7).

Table 7 : Traditional customs attached to Menstrual Cycle

Sl. No	Response	No of respondents	Percentage
1	Yes	42	84
2	No	8	16
	Total	50	100

Out of 42 respondents. 24 respondents that is, 57% families are following the traditional custom of keeping outside from the home or separate, 18 respondents that is, 43% respondent's families are following the traditional custom of not allowing to enter the temple.

Table 8 : The types of Traditional Customs attached to menstrual cycle in Rural Adolescent Girls family

Sl. No	Traditional customs	No. of respondents	Percentage
1	Staying separate or outside	24	57
2	Not allowing to enter the house	-	-
3	Not allowing to enter the house	18	43
4	Not allowing to take bath	-	-
	Total	42	100

This indicates that the families of the Rural Adolescent Girls are following the traditional custom of keeping outside from the home or separate and not allowing them to enter the temple (Table 8).

Out of 50 respondents, 2 respondents that is, 4% have reported that they have got very good performance, 15 respondents that is, 30% have got good performance, 27 respondents that is. 54% have got satisfactory performance and 6 respondents that is, 12% have poor performance. This denotes that the Rural Adolescent Girls are having satisfactory performance in the schools (Table 9).

Table 9 : The Scholastic performance of respondents Performance

Sl. No	Performance	No. of respondents	Percentage
1	Very good	2	4
2	Good	15	30
3	Satisfactory	27	54
4	Poor	6	12
	Total	50	100

Out of 50 respondent's, 8 respondents that is, 16% have the knowledge about sexual transmitted infection and respiratory tract infection. 42 respondents that is, 84% did not have the above said knowledge. This denotes that the Rural Adolescent Girls did not have the knowledge of Sexually Transmitted Infections and Reproductive Tract Infections. This shows that they are lacking Sex Education (Table 10).

Table 10 : Respondent's knowledge about Sexually Transmitted Infections and Reproductive Tract Infections

Sl. No	Response	No. of respondents	Percentage
1	Yes	8	16
2	No	42	84
Total		50	100

Major Findings:

This study shows that psycho-social problems of Rural Adolescent Girls adversely affect their scholastic performance. It will increase their stress, feelings of rejection, isolation. The study reveals that the Rural Adolescent Girls were facing the psychological problems. 24% were facing the problem of Rejection, 40% were facing the problem of Isolation, 52% were facing sleep problems, 34% were facing irritation, 84% were facing the problem of decision making .The agewise stress among the respondents reveal that 16% of them come under the age group of 12-13 years , 68% of the respondents are in Depression.

The study even reveals the symptoms of depression among the respondents. 12% of them feel helplessness, 24% of them feel hopelessness , 26% of them feel sleeplessness, 38% of them are showing guilt feeling.

The study shows that Rural Adolescent Girl's different methods of anger, 76% of the rural adolescent girls were expressing anger. 45% have expressed anger through shouting 18% have expressed anger through destroy the things, 3% have expressed anger through

beating others. 34% have not expressed anger.

The study shows the interpersonal relationship with friends, 56% are able to make interpersonal relationship with friends, 44% are unable to make interpersonal relationship with friends, 80% are getting afraid to speak to the group of people. 20% are not getting afraid to speak to the group of people.

The researcher has found 84% of Rural Adolescent girl's family members are following traditional customs attached to Menstrual Cycle. 57% of the Respondent's faced the problem of keeping outside from home or separate. 43% of Respondent's are not allowing to enter the temple.

The study shows the causes for the traditional customs attached to Menstrual Cycle .2.38% Respondent's parents are uneducated, 92.86% Respondent's parents have religious beliefs, 4.76% Respondent's parents.

The Study indicates that the Rural Adolescents Girl's scholastic performance is satisfactory. 54% have got satisfactory performance, 88% of the Rural Adolescent girls have Exam tension, 50% of the Rural Adolescent Girls have less memory power.

The Study shows the age wise inability to concentrate on studies. 72% Respondent's were finding difficulty to concentrate on studies, 16% Respondent's come under 12-13 years age group, 30% Respondent's come under 14-15 years age group, 26% Respondent's come under 16-17 years age group.

The Study reveals that 84% of the students have positive relationship with the teachers.

The study shows that the Rural Adolescent Girls are interested in extra curricular activity , 11% of them are interested in drawing, 8% of them are interested in other activity like speech & essay writing.

The study shows that 86% of the Rural Adolescent Girls had problems at the time of physical changes, 42% of them were afraid during physical changes, 26% were feeling shame, 16% were confused at the time of physical changes.

The study reveals that 86% of the Rural Adolescent Girls did not have knowledge about Menstrual cycle before puberty. This shows that sex education relates to Menstrual Cycle is lacking mohien

The researcher has found that physical problems of Rural Adolescents Girls associated with Menstrual Cycle increases their psycho-social problems. 92% of the Respondent's have physical problems associated with Menstrual Cycle. 61% have stomach pain, 17% have body ache ,13% have back ache, 9% have the problem of Irritation. The study shows that 84% of the Rural Adolescent Girls did not have the knowledge of sexually transmitted infection and Respiratory Tract Infection.

The study shows that 82% of the Rural Adolescent Girls did not have the knowledge about sexual organs. The study shows the psycho-somatic disorders among the Rural Adolescents Girls

4% have the problem of constipation, 6% have the problem of Diarrhea ,6% have sleeplessness problem, 6% have the problem of vomiting, 8% have the problem of nailbiting, 10% have the problem of faint, 10% have the problem of chest pain, 12% have loss of appetite problem and 18% have the problem of irregular Menstrual Cycle, 20% have the problem of fatigue, 28% have the problem of headache, 32% have the problem of

stomachache.

Suggestions :

This study is focus on the psychosocial problems of Rural Adolescent Girls This study has helped the Researcher to understand the Psycho-Social Problems of "Rural Adolescent Girls" Some of the suggestions which will meet their immediate needs are as Follows:-

Provision for appointing Counselors and Professional Social Workers in school setting may help in providing better supportive system.

Appointing Counselors and Professional Social Workers in Primary health Centers help the Rural Adolescent Girls

Organizing Training of Trainers programme for the Anganavadi workers, ASHA workers, Health Workers and teachers related to sex education and life skill education which help the Rural Adolescent Girls This training is from the Professional Social Workers to th…

It is better to add the life skill education, sex education and coping with stress in the syllabus. Which will enhance the self confidence, help them to solve the problems, in making decisions, creating thinking of the Rural Adolescent Girls

More facilities like library, teaching aids, play materials should be provided for Rural Adolescent Girls in schools.

Health and hygiene awareness should be given by professional social workers, teachers and from health workers to the rural adolescent girls

It is compulsory to introduce the group works in schools in rural area Counseling should be introduced in the schools of rural area. Yoga and Meditation will be helpful to the rural adolescent girls to come out from their psycho-social problems. Awareness should be given regarding social evils and traditional customs by the professional social workers to the rural people and rural adolescent girls. Social workers and social work students should clarify misconceptions of rural people and rural adolescent girls.

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