International Journal of Applied Social Science
Volume 6 (4), April (2019) : 799-802
Received : 01.02.2019; Revised : 15.02.2019; Accepted : 01.03.2019

RESEARCH PAPER
ISSN : 2394-1405 (Print)

Vocational Pressure and Conflict among Adolescents

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ABSTRACT

Adolescence is a crucial phase in life and the presence of conditions like depression, anxiety and stress at this stage of life is a matter of concern. Adolescent's stress is an important health issue. The early adolescents are marked by rapid changes — physical, cognitive, and emotional. Young people also face changing relationships with peers, new demands at school, family tensions, safety and role issues in their communities. Frustration is that the state of some need or tendency being unsuccessful. Adolescents struggle with their anxieties, conflicts and confusion. Family problems, financial problems, harassment, backwardness in a particular subject, role played may also frustrate an individual who is motivated to learn a particular course or choose a particular career, conflicting desires or aims, individual's moral values, code of ethics and high ideas which also lead to frustration. Therefore an attempt was made to know the vocational pressure and conflict among adolescents across different socio-economic status. For the aim a complete sample of three hundred adolescents from 6 schools of Lucknow district were arbitrarily chosen, whereby one hundred fifty boys and one hundred fifty girls were further selected for this study. Hundred fifty boys and equal number of girls were further divided into fifty respondents belonging to lower, middle and higher Socio-economic status. For the study Bisht Battery of stress scale by Abha rani Bisht and Socio-economic scale by Kuppu swami was used. The result indicated that adolescents were suffering from moderate level vocational pressure and conflict.

Key Words : Adolescents, Vocational, Pressure, Conflict, Socio-economic status

INTRODUCTION

It is reasonable to assume that most parents expect their children to achieve at the highest possible level in school in order to have a good starting point when entering the labor force. Failure of students to fulfill their parents' expectations for both educational and career attainment is likely to lead to tension in the family and possibly social conflict. Little is known about the psychological and social side-effects and 'costs' of this process of defining and then assessing the extent to which parental expectations have been met. Adolescent substance use, self-harm, suicides and delinquency are large-scale problems in most economically advanced societies and of growing concern in developing countries. It arises from the perceived resistance to the fulfillment of individual will the gratification. Anxiety disorders are the foremost prevailing psychological health concern facing adolescents these days, nonetheless they are mostly undertreated. There typically is constant argument regarding matters which will appear comparatively trivial to the parent, although they loom large in the mind of the developing adolescents. Some individuals who have phenomenal will power overcome all such obstacles but sometimes the obstacles that obstruct an individual's objective are so caused as to be un-surmountable. In such a scenario, it's solely natural for one's to be annoyed. Frustrations are felt more by adolescents because of expectation to excel in the career. Parenting behavior is often highlighted as an important extrinsic influence in etiological models of anxiety and is singled out as the environmental etiological factor of interest in this thesis alongside genetic influences on anxiety.

How to cite this Article: Fatma, Tatheer (2019). Vocational Pressure and Conflict among Adolescents. *Internat. J. Appl. Soc. Sci.,* **6** (4) : 799-802.

Review of Literature:

Dinesh and Syamakumari (2011) carried out a study on 667 school children between the age group of 4 to 17 years, in Trivandrum. Kerala. To study the prevalence of stress in school children, the interrelationship of stress and various areas like school based competence, their attitude behaviour and their physical and health problems. Standardized stress assessment tool was used. The result indicated that 98.2% of the children aged 4 to 17 years showed medium to moderate and even severe stress. More than ninety seven of the children on top of ten years showed above average stress. The majority of the children between 13 and 15 showed moderate or severe level of stress. Similar study done in adolescence (12 to 17 years) showed that more than 90% of the children are facing above normal level of stress and tension. The investigator concluded that, students often attempt to control and reduce their stress through, avoidance, religious and social support, meditation and yoga.

Rao (2011) carried out a study on 588 students to assess the academic stress and adolescent distress in Chennai, India. A combination of qualitative and quantitative method was used to assess the stress and adolescent distress. The result indicated that 94.6% were stressed by the coming school year and rates of anxiety and depression were very high in the same sample. The same data was used to understand the role of parents. The result was showed 83% of students face high stress and tension due to parental expectations, where as 17% of students had stress due to their self expectations. The investigator concluded that, the parents were involved in their child's education in five ways, they had specific expectations for achievements, they put pressure on their children, they comp aired their child to others, they controlled the study environment, and they were supportive of their children.

Arun and Chavan (2009) conducted an investigation on 2402 school students in urban area of Chandigarh city, India, to find out the stress and suicidal ideas in adolescents. A systematic sampling technique was used. The result showed that, out of 2402 students, 1078 (45.8%) had psychological problems, half (1201 students) perceived problems in their role as students, 930 (45%) reported academic decline, 180 (8.82%) students said that life was a burden, 122 (6%) reported self-destructive ideas and eight (0.39%) students rumored self-destructive attempt. The investigator concluded that, students with academic problems and unsupportive environment at home perceived life as a burden and had higher rates of suicidal ideations.

Objectives of the study:

1. To find out the vocational pressure among male and female adolescents of upper, middle and lower socio-economic group.
2. To study the vocational conflict among male and female adolescents of upper, middle and lower socio-economic group.

METHODOLOGY

The present study was conducted in Lucknow city, drawing sample from the six schools of the city**.** The sample for the study was collected adopting stratified random sampling technique. The sample for the study consisted of 300 adolescents of class 7 to 12 between the age group of 12-18 years, studying in co-educational Senior Secondary schools belonging to lower, middle and upper socio-economic groups. A total sample of 300 adolescents was selected, wherein 150 boys and 150 girls were selected for the present study. Hundred fifty boys and equal number of girls were further divided into 50 respondents each belonging to lower, middle and upper Socio-economic status.

Tools used :

Bisht Battery of stress scale (BBSS) by Dr. Abha Rani Bisht and Socio-economic status scale by Kuppu Swami were administered for data collection.

RESULTS AND DISCUSSION

Table 1 and Fig. 1 represents the distribution of adolescents in reference to their vocational pressure across socio-economic groups**,** table shows that most of the adolescent girls *i.e.* 82 per cent from lower, 76 per cent each from upper and middle socio-economic group had moderate vocational pressure, whereas maximum boys *i.e*. 72 per cent from upper, 68 per cent from middle and 56 per cent from lower socio-economic group had moderate level of vocational pressure. Table also indicates that 24 per cent male respondents from upper, 14 per cent from middle and 44 per cent from lower socio-economic group were feeling low vocational pressure whereas 20 per cent each, female respondents from upper and middle socio-economic group followed by lower socio-economic group *i.e.* 18 per cent were feeling

Table 1 : Distribution of adolescents in reference to their vocational pressure across socio-economic groups

Sr. No.	Stress level	Male (n=150)						Female (n=150)					
		Socio-economic groups						Socio-economic groups					
		Upper		Middle		Lower		Upper		Middle		Lower	
		F	P	F	P	F	P	F	P	F	P	F	P
1.	High	02	04	09	18	00	00	02	04	02	04	00	00
2.	Moderate	36	72	34	68	28	56	38	76	38	76	41	82
3.	Low	12	24	07	14	22	44	10	20	10	20	09	18

F= Frequency P = Percentage

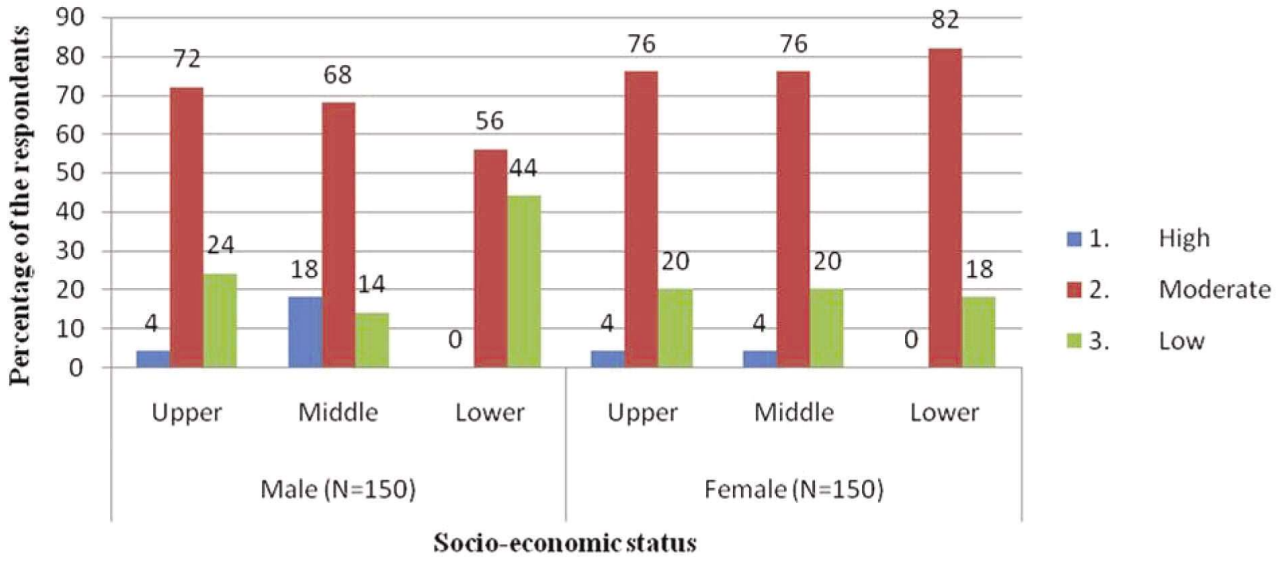

Fig. 1 : Distribution of adolescents in reference to their vocational pressure across socio-economic groups

low vocational stress. Only few adolescent *i.e.* 4 per cent boys from upper and 4 per cent each, girls from upper and middle had high level vocational stress, none of the male from middle and upper and female from lower socio-economic had high level vocational pressure. Majority of the male adolescents from upper and female from lower socio-economic group were having moderate level vocational pressure. The reason may be that adolescent girls from lower socio-economic group want to earn to raise their financial conditions whereas boys from upper socio-economic group want to maintain their social status so it causes vocational pressure in the adolescents.

Table 2 and Fig. 2 shows the distribution of adolescents in reference to their vocational conflict across socio-economic groups that majority of the male *i.e.* 74 per cent from middle socio-economic group and majority of the female *i.e.* 74 per cent from upper socio-economic group had moderate level vocational conflict whereas 64 per cent adolescent boys from upper socio-economic group followed by 54 per cent from lower socio-economic group were going through moderate level vocational

Table 2 : Distribution of adolescents in reference to their vocational conflict across socio-economic groups

Sr. No.	Stress level	Male (n=150)						Female (n=150)					
		Socio-economic groups						Socio-economic groups					
		Upper		Middle		Lower		Upper		Middle		Lower	
		F	P	F	P	F	P	F	P	F	P	F	P
1.	High	02	04	02	04	00	00	04	08	04	08	04	08
2.	Moderate	32	64	37	74	27	54	37	74	29	58	29	58
3.	Low	16	32	11	22	23	46	09	18	17	34	17	34

F= Frequency P = Percentage

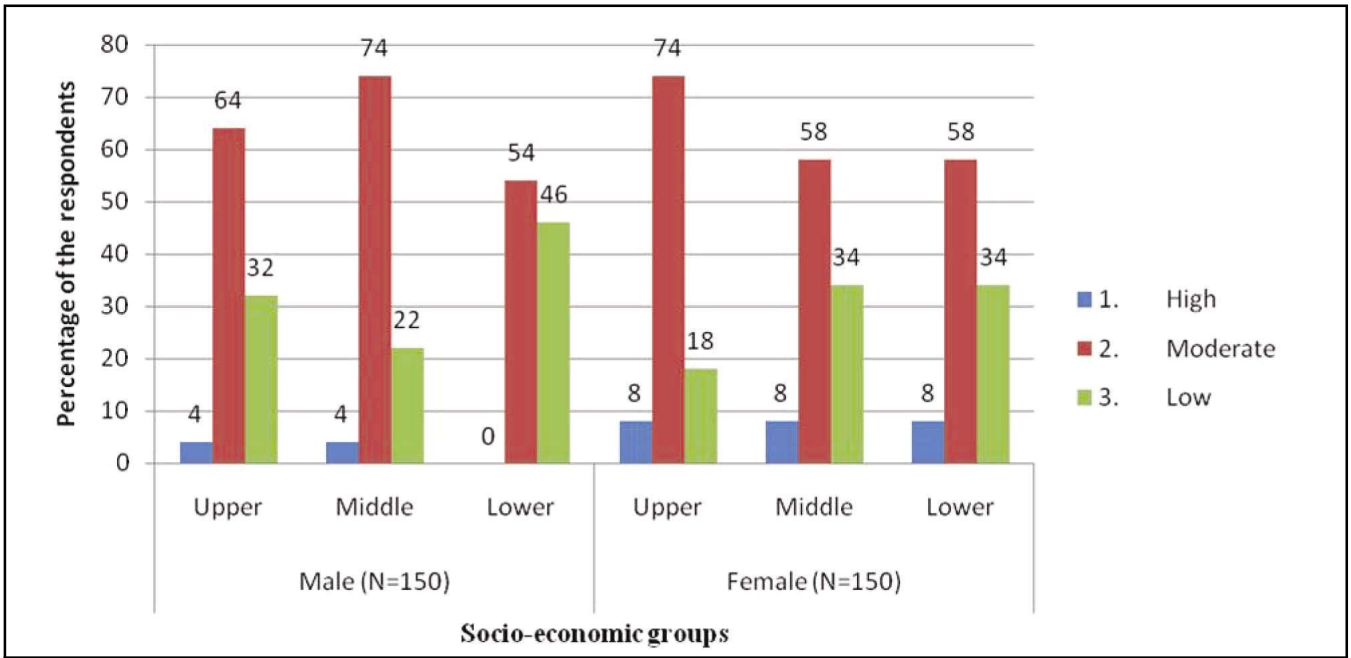

Fig. 2 : Distribution of adolescents in reference to their vocational conflict across socio-economic groups

conflict and 58 per cent female adolescents from middle and 58 per cent from lower socio-economic group also had moderate vocational conflict, while, 46 per cent male from lower 32 per cent from upper and 22 per cent from middle socio-economic group are having low vocational conflict whereas 34 per cent each, female from middle and lower socio-economic group followed by upper socio-economic group *i.e.* 18 per cent were feeling low vocational conflict. Few respondents across socio-economic group *i.e.* 4-8 per cent were having high vocational conflict. It can be concluded that most of the male adolescents from middle and female from upper socio-economic status were having moderate vocational conflict. The reason was probably that vocational interests are one of the most enduring and compelling areas of individual differences which cause vocational stress in adolescents.

Conclusion:

The study concluded that male adolescents from upper and female from lower socio-economic group were having moderate level vocational pressure. It was also found that male adolescents from middle and female from upper socio-economic status were having moderate vocational conflict.

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