

## Deprivation Status and Emotional States among Adolescents

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### ABSTRACT

An attempt is made to apprehend the prominent emotional states experienced by the adolescents living in underprivileged conditions. Non-availability of the fundamental necessities proved to an important factor in the poor emotional well-being among adolescents living in deprived conditions. Housing conditions, home environment, rearing experiences, parental experiences, economic sufficiency, childhood experiences, food, clothing, educational experiences, interaction with parents, motivational experiences, emotional experiences, religious experiences, travel, and recreation are the following areas on the basis of which the emotional well-being of the adolescents can be understood. Furthermore, factors like food insufficiency, marital disintegration, unfavorable environment, and stressful life events also proved to have a profound effect on the emotional development of the children. On the grounds of the previous researches, the noticeable emotions exhibited by adolescents living in deprived conditions include stress, depressive symptoms, anxiety symptoms, helplessness and even experience suicidal tendencies.

**Key Words :** Adolescents, Deprivation status, Emotional states

### INTRODUCTION

In the field of contemporary psychology, the term deprivation has been used as an explanatory construct as well as an empirical variable to account for a variety of behavioral characteristics in controlled laboratory studies as well as natural settings. In sensory deprivation researches, conducted in laboratory settings, deprivation refers to a number of operational procedures in which organisms are subjected to some kind of reduction in either sensory input or motor output or both. Therefore, it may be said that deprivation is not purely an experimental phenomenon, rather it occurs in an individual's or group's life conditions also. Different researches defined deprivation in following ways: Gordon (1965) "failure to provide an opportunity to have experience".(p.640-651) Keith and Kraft (1968) "insufficient satisfaction of basic psychological needs" (p. 45-52-98). Sinha (1976) stated deprivation "a condition in which particular external and internal factors merge to narrow a person's behavioral alternatives for achieving self-fulfillment." Murphy et al.

(1991) explored a strong association between depression and socioeconomic status. The findings of the study also revealed that people of low socioeconomic status not only exhibited depressive symptoms but also reported physical complaints. It has also been seen that severity of the depression level tended to be more chronic with the passage of time. Conger *et al.* (1992) found that economic deprivation of the family directly affects the social adjustment of the adolescents. Factors like family monthly income disrupted family economic stress, and unsteady work was directly linked with the emotional state and behavior of the parents. Furthermore, the findings of the study also revealed that economic pressure results in an elevated level of depression which may lead to marital disputes and disintegration in parenting. In a study, Felner *et al.* (1995) discovered a close relationship between conditions of household socioeconomic deprivation, unfavorable environmental conditions, and adaptation outcomes among adolescence from very low socio-economic class and rural area. The findings of the study showed a significant relationship between both

socio-emotional and academic adjustment especially with those from a relatively low socioeconomic background. As far as youth from low socioeconomic class is concerned they also showed a very low level of school performance and achievement level was poor as well compared to youth from a high socioeconomic condition. Furthermore, it has been also seen that youth whose parents were not educated showed very poor socio-emotional and emotional adjustment. Negative experience and greater exposure to stressful life events were also seen more in youth with deprived youths. The results of the study also indicated that environmental conditions also play a very vital role in the adolescence adjustment irrespective of the household deprivation. Likewise, Conger *et al.* (1999) discovered that economic hardship results in the emotional dysfunctioning and behavioral problems of the adolescents. Adolescents living in economic pressure also exhibited depressive and anxiety symptoms. The findings of the study also revealed that economic deprivation results in an increased level of emotional distress and related issues. Furthermore, the findings also showed that economic pressure affects both genders equally. In another Investigation, Alaimo *et al.* (2002) discovered that there is a close link between food insufficiency, psychological issues, poor health, and academic achievement in children. The adolescents with insufficient food exhibited symptoms like dysthymia, depressive symptoms, wish for die, the thought of death, and had attempted suicides. Furthermore, the socio-demographic factors also act as a strong determinant in the prevalence of depressive symptoms and suicidal tendencies in adolescences. Interestingly, the findings of the study also revealed that female adolescents exhibited higher rates of depressive symptoms and suicidal symptoms than male adolescents. In addition, it has been also seen that suicidal tendencies were higher in adolescents with low income than adolescents with high income. Harris and Curtin (2002) stated that the cognitive models of depression suggested that the negative schemas have a close relationship with the depressive symptoms. The findings of the study revealed that early life events, particularly the type of parenting directly influence the cognitive processes which may lead to depressive symptoms in adolescence. Lau (2002) researched a close association between stress and psychological symptoms among children and adolescents. Factors like marital disintegration, unfavorable family environment, and parental illness may have a strong

negative impact on children. High level of stress may also lead to physical, psychological problems in children. As far as adolescents are concerned, the stressful life events showed emotional disorders like anxiety, depression and behavioral problems resulting in adjustment problems in different domains among adolescents. In addition, stressors like poverty, crowded living conditions, school pressure, economic deprivation, peer problems, parental psychological disorders, socioeconomic status, family structure increases the likelihood of the maladjustment and multiple behavioral issues among adolescents. Furthermore, Murali and Oyebode (2004) discovered that inequality and poverty has a direct association with the behavior, emotional and psychological health of an individual. The study also revealed that the children with social deprivation and poverty influence the emotional, behavioral and psychological aspect of children either directly or indirectly. Reinecke and Simons (2005) found that a wide group of factors like early childhood experience, parenting styles, biological causes, and life experiences as a close link with the psychological health of the adolescence. Poor parent-child interaction, unhealthy early childhood experience, and feeling of insecurity may also result in psychological distress that may lead to depression. Morris *et al.* (2007) explored a strong association between components of the family context and children and adolescents' emotion regulation. The study identified three types of aspects of emotion management and its regulation. Firstly, it was seen that children learn about emotional regulation through observational learning, modeling and social referencing. Secondly, a type of parenting practices was particularly related to emotion and emotion management affect emotional regulation. Thirdly, emotions are also regulated and affected by the emotional climate of the family via parenting style, the parent-child relationship, family expressiveness, and the marital relationship. The study showed that factors like child characteristics such as negative emotionality and gender affect emotional regulation. Furthermore, socialization practices change as children develop into adolescents, and parental characteristics such as mental health affect the socialization of emotional regulation. Gallo and Matthews (2003) found socioeconomic deprivation results in poor emotional well-being and distorted cognition. Furthermore, it has been also revealed that low socioeconomic status along with stressful life events may lead to difficulty in managing stress and poor cognition function. Jakoby

(2016) assessed the correlation between socioeconomic status and negative emotions (anxiety, anxiety, and depression). The findings of the study further revealed that negative emotions are experienced according to socioeconomic status. Factors such as level of education, monthly income, critical life events, stress, and occupational status act as a predictor in the regulation of emotions.

### Conclusion:

It may be concluded from the findings of the previous research that the socio-economic deprivation leads to unhealthy emotional well-being. The prominent emotional state displayed by the adolescents includes stress, anxiety, depression. There it may also be said that prolonged exposure to stress and related emotions may results to psychological issues and related issues and even suicidal tendencies in later stage of life. In the closing, it may be concluded that the problems faced by the adolescents living in deprivation conditions should be taken into consideration before it gets late. However, further research is needed to explore the causes underlying the poor emotional well-being.

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