A STUDY ON PSYCHOSOCIAL PROBLEMS FACED BY THE TEENAGE STUDENTS

DR. SUPHALA S KOTIAN*; MR. M. SHASHIDHAR KOTIAN**; MR. PURANDARA***

* ASSOCIATE PROFESSOR
SHREE DEVI INSTITUTE OF SOCIAL WORK,
BALLAL BAGH
MANGALORE

** ASSOCIATE PROFESSOR
DEPARTMENT OF COMMUNITY MEDICINE KMC,
MANGALORE

*** LECTURER,
SOCIAL WORK DEPARTMENT,
GFG COLLEGE, VAMADAPADAV ,
MANGALORE

ABSTRACT:
Teenage is a phase of life when students face many psychological and social problems especially due to the peer pressure of acceptance and the academic stress. They also feel confused with the conflict with the values of the family as well as the values followed by the peer group. The burden of coping with the stress leads to anxiety and a feeling of insecurity. Their inability to handle pressure leads to restlessness and develop depression. With an objective to assess the psychosocial problems among teenage students and to measure their depression level the present study was undertaken. The cross sectional study was done in four high schools by taking 400 children for the study. By using the beck depression scale, it was found that the teenage students had depression. Girls were having greater psychosocial problems than boys. Strong family support, adequate quality time greatly influence the psychological well being of teenagers.

KEY WORDS: coping pattern, depression, students, teenage.