CHAPTER II

REVIEW OF RELATED LITERATURE

Any worthwhile research work in any field of knowledge requires an adequate familiarity with the work which has been done already in the same area. A careful review of books, thesis, journals, dissertations and other sources of information on the problem to be investigated is one of the important steps in the planning of research work. It involves locating, analyzing and evaluating reports of research as well as casual observations and opinions that are related to the proposed research work. A summary of the writings of recognized authorities and previous research provides evidence that the research is familiar with what is already known and what is still unknown and untested. Since effective research is based on past knowledge, this step helps the researcher to eliminate and avoid unintentional duplication of what has been done, and provides useful hypotheses and helpful suggestions for significant investigations.

A number of studies have been found in western as well as in India context relating to the period of adolescents and its problems covering physical, mental, emotional, social, educational aspects / life of adolescents. But a very few studies have been found on adolescent
problems and their relation with personality factors. Hence, an attempt has been made by the investigator to present a brief review of some studies which are found to have association with the present problem.

2.01 INDIAN STUDIES:

Sanmugam, T.E. (1956) carried out the work on “Adolescent personality – an investigation of the emotional instability of adolescent boys of low SES families.”

Objectives were –

- to study the adjustment problem of adolescents.
- to find out the symptoms and syndromes of emotional instability of adolescent boys of low Socio Economic Status (SES) families.
- to find out the causes of emotional instability.

Findings were –

- The age group of 15, the puberty group, the Hindu religion is the important factor influencing emotional instability of adolescents.
- Hyper sensitivity and excitability were two main important syndrome.
The puberty group had significantly usually greater number of individuals with neurasthenic tendencies and sleep disturbance.

In 1961 a project titled “Enquiry into psychological factors related to adolescent adjustment” financed by ICMR, carried out by Bhatt. L.J., Patel P.M., Patel M.M. and Parikh D.S.

The objective of the study was to identify psychological factors which might influence adjustment in adolescence, to construct and to standardize and to adapt tools for meaning psychological factors and to study the relationship of various psychological factors with adjustment.

The main findings are – the co-relation co-efficient between the three areas of adjustment such as emotional, social and family are significant. Sex and community (urban and rural) were found to influence family adjustment.

Kakkar, A. A. (1967) made a study on “A study of relationship among adolescent adjustment.” The study revealed that the adjustment problems of adolescent boys did not differs significantly that of the girls. It has also revealed that the adolescents confronted the maximum number of problems in school.
Krishnan, S. (1976) carried out a study on “A study of adolescent problem through fantasy.” Objective of the study was to study the problem of adolescent boys and girls of high and low SES using fantasy as a tool.

Findings –

- There are significant difference in the mean problem scores pertaining to area of family relationship among different age and sex group. Adolescents belonging to low SES, expressed more significant non-adjustive responses indicating greater degree of problem in adjustment with family members than those with high SES family.

- In the area of adjustment in school and fear of failure in exam again Adolescents coming from family of low SES expressed more problem than the high SES family of adolescents. However age and sex had no relationship with problem in this area.

Veeresware, P (1979) conducted a study on “A study of mental health and adjustment problem of college going girls, urban and rural”. Findings of the study are:

1. Adjustment problem for girls existed in all the areas but the percentages of extreme cases were meager.
2. There was a significant difference in the family adjustment between rural girls and urban girls.

3. In the areas of education, social and emotional problems there is significant difference between urban and rural girls. In all these areas urban girls are having significantly less problem than their rural counterpart.

**Pandey, B. B.** (1979) carried out a study on “A study of adjustment problems of adolescent boys of Deoria and their educational implications.” The objectives of the study –

- to find out the adjustment problems of boys in health, social, aesthetic and emotional areas and
- to determine the amount of co-relation between adjustment, the level of aspiration and achievement.

**Findings** –

- Rural students secured better points in emotional, health and social adjustment area.
- Urban students secure better marks in aesthetic adjustment area.
Significant relationship existed between adjustment, the level of aspiration and achievement.

Urban students were facing difference in adjustment in school, health and emotional area.

Parekh, R. (1982) studied on “Adolescents : Their social background and problems.” The objective of this study was to examine the phenomenon of adolescence in the background of cultural ethos of Indian society and to study the influence of social background particularly the family and college on the adolescents. The study further revealed that sex played a significant role in determining the behavior pattern of the adolescents.

Mankard, R. B. (1982) conducted an analytical study on “Problems of adolescents in Rajkot” and in his study revealed that except in the areas of emotional and moral, religious problems, boys always had more problems than girls. In two areas namely, physical health and appearance as well as family and interpersonal relationship, high school pupils had significantly more problems than college students. While in economic area, the reverse was the case.

Bhatia, K. T. (1984) studied “The emotional, personal and social problems of adjustment of adolescents,” which revealed that some adolescents were sometimes being treated like adults and sometimes
like children. This study revealed that large majority of adolescents preferred co-educational institution and mix party with members of both sexes. The adolescents preferred to have friends of the opposite sex, the study also found that quite a large number of adolescents had gained sex education through books, magazines and friends. Adolescents were hesitant to favour sex instructions in school.

Bhattacharjee, M. (1985) in his study “The needs, frustrations, intolerance and mental health of adolescent girls of Bengal”, revealed that materialistic, sexual relationship, security and independence needs were high. The extent of frustration in regard to these needs were also very high. Incidence of mental ill health was high. There was high positive relationship among there five needs. It was found that there was also a high positive co-ordination between frustration intolerance and mental ill health among the adolescents.

Kashyap, Veena (1989) studied “Psychological determinants of adolescents problem”.

The objectives of the study were –

➢ To identify the problems and assess the degree of anxiety, frustration, security, insecurity, emotional maturity, intelligence scholastic achievement, rural-urban, boys-girls adolescents.
➢ To find out extent and nature of correlation among them.

➢ To determine the degree of relationship among them in high and low problem groups, after pertaining out the effect of other variables, including intelligence, in different levels of analysis.

The findings were -

➢ Adolescent problems were found highly and positively related to anxiety, frustration feeling of insecurity, emotional immaturity.

➢ Rural girls felt significantly less secure than rural boys and urban girls.

➢ The urban boys were found higher in achievement than rural boys.

➢ Adolescent problems were highly and negatively co-related with feeling of security, emotional maturity, moderately and negatively correlated with intelligence and negatively co-related with achievements.

Sarma, Neeta (1989) carried out a study on “A study of psychological, emotional and educational problems of male-female adolescents belonging to different age levels and socio-economic status in relation to their personality factors.
The objectives were –

- To compare the personality factors of sub-groups of adolescents by gender, SES, age level and problem areas / level.
- To compare sub-groups on the extent of social, emotional and educational problems.

Major findings were –

- Early age females showed significant difference in Social Educational Emotional Problems (SEEP) irrespective of SES, while the early age male did not show such significant difference.
- For SEEP middle age and later age males and females did not show significant difference and showed similar problem pattern irrespective of SES.
- 15 years female adolescent suffering from SEEP developed and showed dissimilar personality factors in all areas except on factors B and N. While for male similar factors BFHNQ and $Q_2$ the other factors being dissimilar.
- 16 years male female adolescents suffering from SEEP developed and showed all the factors dissimilar.
16 years male female adolescents belonging to three level of SES but suffering from SEEP showed personality factors with dissimilar structure.

Kaur, Fuljeet (1990) studied “Adolescent loneliness, correlates attribution and coping.”

The objectives were –

➢ What adolescents feel and do when they are lonely.

➢ To study the meaning and attributes of loneliness among adolescents.

The major findings of the study were –

➢ Females experience greater loneliness, anxiety and depression than males.

➢ Males expressed more helplessness.

➢ Empliness and isolation were major causes of loneliness.

➢ Males attributed loneliness to a selfish world and uncertain future, while females stressed on low esteem.

➢ Watching T.V. and doing work were the main coping strategies.
Shah, Beena (1990) made a study on “Adolescents school adjustment: the affect of family climate.”

The objective of the study was to explore the effect of family climate on school adjustment as related to SES, intelligence, sex and religion.

Major findings were –

- Students from a unsatisfactory family climate showed better adjustment in school than students from a satisfactory family climate.

- After controlling SES and intelligence the relationship became positive in boys and negative in girls.

Sharma, Hidangmayun Ibomcha (1990) made a study on “The drug addicted adolescents of Manipur in relation to their personality, family background, adjustment and intensity of addiction.”

The objective was to –

- To find out type and intensity of drug addiction and

- To study the personality traits, adjustment pattern, SES and family background of the adolescent drug addicts of Manipur.
Findings were –

- Drug addicts were poor in the areas of adjustment, accept social adjustment.

- The addicts came from nuclear family and had addicted parents with hostile attitude.

- They enjoy-non-creative activity.

- The severely addicted adolescents came from higher income groups.

  *Kalamani* (1991) made a study on the “Problems of adolescents and their value system.”

The objectives of the study is to –

- To study the problem of adolescents in personal, socio-emotional and educational areas.

- To study whether adolescents differ in their aesthetic, theoretical, religious, political, social, economic and hedonistic value.

- To find out preferred category of values of adolescents.
Major findings of the study were –

- Adolescent boys and girls had more problems in personal, family, socio-emotional and educational areas.
- All adolescent students in higher secondary schools were low in political and religious values.
- Adolescent students were high in social values.

**Vijaylakshmi, R.** (1991) had conducted a research work on “Relationship between self concept and personality adjustment of family reared and institution reared children.

Objectives of the study was to –

- Assess the family reared and institution reared children.
- To assess their level of personality adjustment.
- To find out whether family reared and institutional reared children differ in their self concept and personality adjustment.
- To find out the relationship between the self concept and the personality adjustment of children at home and of those who are institutionalized.
Findings were –

- Family reared and institutional reared children were similar in their self concept.
- They were also similar in their personality adjustment.
- Self concept of these children was related to their personality adjustment (MKU 1074).

Mathur and Misra (1994) reported from their studies that children of employed mothers found to be relatively more outgoing, emotional, expedient, apprehensive as compared to their counterpart.

Muri (1995) observed that adolescents of working mothers had positive physical, intellectual and educational self concept and were better adjusted than the children of housewives.

Singh, Usha (1996) made an investigation on “A study of some personality characteristics of School Adolescents in Relation to their Mother Employment.”

The result of the study revealed adolescents belonging to working group of mothers are generally outgoing open minded emotionally more stable, sociable bold venturesome, taking decisions and actions. On the other hand students coming from non-working (housewives) group are more reserved, less outgoing easily moved by
emotions and feelings, shy, withdrawing tradition oriented conservative and always dependent on others for taking decisions and actions.

Mishra, Ram Rajesh, et. Al (1999) made an attempt to identify problems and needs of adolescents in Madhya Pradesh. The study was conducted in various regions of Madhya Pradesh. The findings of the study were –

➢ The students in Madhya Pradesh literally need sexuality education.

➢ The following responses to survey questionnaires attested to the student’s need to improve their knowledge on adolescence, reproductive health and sexuality, attitude on sex education and topics.

➢ An overwhelming majority of students (87.6%) agreed to the need of sex education.

➢ About two thirds of students felt awkward hearing laths on sex or discussing on their own body changes with their parents. More girls than boys felt this way.

Chatterjee’s (2000), study showed that in addition to basic psychological needs of hunger and thirst, sex need is very much dominant among adolescents. With the maturity of sex organs, sex
Sexual urges increase and boys are attracted towards girls and girls are attracted towards boys. But sex urges cannot be satisfied before marriage due to social taboos in India and such other conservative countries and thus sex life becomes a problem to them.

Narayan et al. (2001) conducted a study on “Puberty Rituals, Reproductive Knowledge and Health of Adolescent School Girls in South India.” It was reported in the study that even after the attainment of menarche, very little information is given to young girls about the physiological process involved and hygienic practices to be followed. Some information is given to girls in science classes in school, but even there the information is very inadequate. Much of the information about menstruation imparted to a young girl is in the form of restrictions on her movements and behavior.

Kaur and Kaur (2002) conducted a study “Fashion Awareness among Rural and Urban Adolescents”. The study was conducted in three villages and three localities of Ludhiana city (Punjab). A sample comprising 100 rural and 100 urban adolescents were selected purposively and interview schedule method was employed. They observed that Television was the most important media of information regarding fashion awareness among rural and urban respondents while friends were the next important source of information for these
respondents. Boutiques were the major source of information for urban adolescents. It was also evidenced that income and society were the main factors affecting the clothing.

**Bhan, Nirojini Bhat; Mahajan, Payal and Sondhi, Minal (2004)** undertook the research work on “Awareness Regarding sex Knowledge among Adolescent Girls”. The result of the work revealed that girls had poor level of sex knowledge and those who was aware received sex knowledge vastly from peer groups and mass media where as parents and school were found to be silent regarding imparting sex education to their children. It was also found that majority of adolescents were aware of certain aspect of sex education as HIV, AIDS, Menarche, but no much of it and were hesitant to talk about them. They had few misconceptions regarding the knowledge of sex. Further findings revealed that it is all due to lack of source of correct information on sex.

**Selvan, Mano S. and Kurpad, Anura V. (2004)** of St. John’s National Academy of Health Sciences, Bangalore conducted a study on “Primary Prevention; Why Focus on Children and Young Adolescents?” It was facilitated forging of supranational cultural affiliations and identities and decline of nation as a cultural force. It is likely to play a crucial role in the universalisation of food habits, modes
of dress and pattern of behavior among the adolescents and the youth as well as in the standardization of their expectations, responses and choices. These have been projected as salient feature of global culture used as synonym for modernity in western perception.

Devi, T. Kalyani and Prasanthi, S. (2004) made an investigation into “Self concept of Adolescents in Urban and Rural Areas.” The study was aimed to investigate the self concept of adolescents in urban and rural areas and also extends the grade and gender differences.

The results of the study show that –

- There was no significant difference with regard to the self concept of urban and rural adolescents. However it was noticed that self concept of urban adolescents was greater than the rural adolescents.

- Significant grade difference was found only in urban adolescents.

- No significant gender difference was found in self concept of urban and rural adolescents.
Malik, Garenia (in Nov 2005) made an investigation into “Parent Adolescent Relations and Child Delinquency.” To know that the parent-child interaction in behavior and substance use by young children focusing on different child outcomes such as cigarettes and alcohol consumption. The result shows that parenting style is significant in predicting behavior and in predicting the intensity of smoking and alcohol consumption.

Sathe, A. G. and Sathe, S. (2005) carried out a research work on “Knowledge, Behaviour and Attitudes about Sexuality amongst Adolescents in Pune: A Situational Analysis.” The main objective of the study was to assess knowledge, attitudes and behaviour amongst sex related issues, including STIs, understand thoughts, feeling and concern of adolescents, about various sexual matters, identify different source of information related to sexuality and their perceived impact on adolescents. The study was conducted among the adolescent boys and girls of 16 to 19 years age group and who were active members of NSS. The sample strength of the study was 1000 out of which 500 nos. of boys and 500 nos. of girls which were randomly selected. A pre tested, self-administered, semi structured questionnaire was used for the purpose. This study reveals that boys felt more comfortable discussing sexuality with their friends while girls were more comfortable with their mother (parent) and elder sisters. A
considerable number of respondents (both male and female) were aware of HIV/AIDS, a significantly lesser percentage of them (more so the females) was aware of STIs. Response of the by T.V. and the news paper.

Majority of the respondents (95 percent) opined that at present, mass media is inducing vulgarity in society. They expressed their anxiety about the vulgarity depicted in some of the feature films and T.V. programmes followed by (85 percent) respondents stated that directly or indirectly mass media has increasing crime against women, as well as exploitation of women at work places (83 percent).

About the third of females maintained the view that due to mass media people try to imitate, specially children do imitate some socially undesirable acts like violence and decoity. The respondents apprehend that such scenes would effect the people and the cultural norms and values included in them they may get generated. About 64 percent of the respondents expressed that due to the violence and vulgarity being depicted in mass media, youth is becoming delinquent. Nearly 40 percent of the respondents felt that mass media encourage people towards smoking, liquor and other intoxicants.

**Sharma, Neeru and Vaid, Sumati (2005)** made and exploratory attempt to study the “Role of Parents in the Social Development of
Adolescents: A Comparison of Low and Middle Socio-economic Status. The sample for the study consists of adolescents and their parents belonging to middle and low socio-economic strata, residing in urban areas of Jammu (winter capital of Jammu and Kashmir State of India). Adolescents and youth in the age group of 12-22 years were included in the sample. For selecting the sample one.

**Dharma Raja, B. William** (2006) studies on “Parental involvement and its impact on children.” The result of the study shows that parent involvement has positive effects on childrens’ attitude and social behavior. Parent involvement supports students learning, behavior and attitudes regardless of factors such as parents home, educational level and whether or not parents are employed.

**Vohra, Swati Shrimali** of Delhi University (2006) conducted a study on “Souring seeds of Happiness through value Inculcation in Adolescents.” The study aimed at enhancing the state of mental well-being referred to as happiness through inculcation of values. The sample comprised to two groups – early (12-13 years) and late (15-17 years) adolescents. Results of the study were –

- Prior to investigation adolescent needs to develop more self-confidence, more courage, parental approval, approval from peer, need to develop talents and being assertive.
After the investigation it was found that adolescents concept of suffering included – stress of school curriculum, exam, intense parental supervision and control and also peer pressure.

It was found that spiritual values and positive mental health module developed by Vohra (2003) helped a great deal in developing self confidence, level of satisfaction, feeling of contentment, sense of responsibility in resolving their inner chaos, understanding of the difficulties associated with adolescents, the acceptance level of positive criticism.

Lakshmi, P.V.M.; Gupta, N. and Kumar, Rajesh (2007) conducted a study on “Psycho-social Predictors of Adolescent Sexual Behaviour”. The main objective of the study was to find out psycho-social factors associated with adolescents’ sexual behaviour. A cross sectional study was carried out in Chandigarh Union Territory of India. A pre tested questionnaire containing 83 items was administered to collect necessary date maintaining privacy and confidentiality. Socio economic status, residence, gender, grade in class, acculturation level, self esteem, social support and coping behaviour were considered as independent exploratory variables and physical sexual contact was taken as dependent variables. The sample strength of the study was 257 and the mean age of the sample was 17 years. Their
study revealed that Indian society and culture is somewhat unique character of its own. It is the cultural norms rather than the individual or psychological factors tend to govern adolescents sexual behaviour in Indian society. 6% of the male respondents and 1% of the female respondents of the study reported having intercourse. The main reason of not having sexual physical contact was societal norms. The result of the study showed that was no relationship of sexual activity with religion and socio economic status. There was no significant difference in the self esteem levels, level of social support perceived by an individual, the number and type of copying mechanism used by the individual and marks obtained in the last examination among those who were sexually active and those who were not.

Mala, V.; Kumar, D. and Dabral, S.B (2007) conducted the study on “Psycho-social Behaviour Pattern of Adolescent Girls in Urban Areas of Allahabad,U.P.” The main objective of the study was to investigate psycho-social of the study consists of 240 students of Government schools and the private schools of which 120 are girls and 120 are boys. The researcher used study habits lists and self structured value test for collecting necessary date. The important findings of the study were-
a. The Government school adolescents students are much influenced by the mass media and their study habits are much affected than the private schools.

b. Government schools adolescents’ students are much less influenced by the mass media as far as concentration dimension is concerned and their study habits are not much affected than the private schools.

c. Government schools adolescents have more impact of mass media on family prestige values in them. They are influenced by TV, Newspaper, and Radio more than the private schools.

d. The students of Government schools have score in social values. They are more participative in social values than the private school going boys. Government schools students believe that TV and newspapers have major impact on social values like honesty etc.

e. Private schools students have major impact of mass on family prestige values in them. They are influence by TV, Newspaper, and Radio more than the government schools.
Moore, A.M.; Shing S; Ram U.; Ramez, L. and Audam, S. (2009) carried out a study on “Adolescent Marriage and Childbearing in India: Current situation and Recent Trends”. In their study it was reported that despite the increase in women’s education and the incipient rise in first marriage and birth over the last 13 years, the pace of progress has been too slow to bring about adequate improvement women’s health and position in Indian society.

Parikh, Samir (2009) conducted a study on “Violent Films and Indian Teens”. The main objective of the study was to explore the influence of violent films on teens of the country. The findings of the study revealed large populations of students are fond of movies and specially like to watch violent movies, which could result in their behaving in an aggressive manner. Violent action films are making Indian teenagers more aggressive and some are even keeping weapons to satisfy their urge or to show off.

Azeem, C.M. (2010), Conducted a study titled “Educational Problems of Muslim Adolescents : A study with Special Reference to Malabar Region”. The main objectives of the study was to study the Educational guidance needs of the adolescent Muslim Students of Malabar (Kerala).
This study was conducted to identify the Major Educational Problems of Muslim adolescents of Malabar. Malabar is the northern districts of Kerala in India. The sample consisted of 1009 students of Malabar for the first phase of study and 140 students for the Second Phase. Money Problem Check List was used for the first phase and self developed Questionnaire was used in the second phase of study as tools to collect the data. The statistical techniques used were percentage and Mean. In Kerala, the set up of guidance is infant stage. Therefore, it hardly affected the educationally backward community’s. A few schools are conducted one or two guidance programmes in a year. Nevertheless, there is no separate guidance worker or counselor the result shows that the urgent need of Guidance for the adolescents of Malabar and the Muslim boys had more problems in Educational area of Guidance than girls.

2.02 WESTERN STUDIES:

Mussen and Jones 1957 reported that adolescent boys who had been consistently retarded throughout adolescence, were more likely to have negative self conception, feeling inadequacy, strong feeling of being rejected and dominated prolonged dependency needs and rebellious attitude towards parents.
John and Mussen 1958 stated that early matured girls had more firm self concept.

Faust 1960 found that precocious physical development tended to become a dedicated asset as the girls moved into later adolescence.

It is found that personal appearance is more important to the girls of the secondary schools. Girls worry more about their looks and are more concerned when looks do not come up to their satisfaction.

Cherian Varghese Ipen and Cherian Lily of South Africa (1998) undertook a study on “University students adjustment problems”.

The objective of the study is to know about the adjustment problem of first year university students. They took a representative sample of 1257 first year students from the University of North, South Africa.

Results showed that 33% to 85% of the first year students experienced various type of adjustment problems viz. academic, emotional, social, cultural etc. Results were obtained through the administration of a questionnaire comprising eleven categories of problems.
Keith D. Parker & Thomson Calhoun (2000) of Lincoln studied variables associated with adolescent alcohol use. The sample consisted of 8,756 U.S. adolescent aged 12 to 18 years. The findings of the study were –

- Age was the most significant predictors of frequency and intensity of alcohol consumption of adolescents (Black, Hispanic and White).
- Older adolescents regardless of race & ethnicity, drank more frequently and in larger quantity than younger adolescents.
- Father’s status in home was a significant predictor of frequency and intensity of alcohol consumption.
- Adolescents from the families with higher income drank alcohol more often than did their counterpart with lower income. Other researchers have reported similar findings (Martin and Prichard 1991).

White, Fiona A. of Australia (2000) investigated the relationship between family processes and adolescent moral thought among a sample of 271 adolescent and their parents. The findings were –

- Adolescents who perceive their family system as very connected attribute greater influence to the family as a source of moral authority than those adolescents who perceive their family system as less connected.
Adolescents who perceive their family as high in adaptability, presumably providing them with more opportunities to experience different role relationship and rules, attributed significantly more influence to all sources of moral authority than the adolescents who perceived their families as lower in adaptability.

Positive family communication remains an important variable in relation to the content of adolescent moral thought.

Family cohesion, adaptability and communication are strongly related to the content of adolescent moral thought.

**Timothy Mason** (2000) Universite de Paris 8 made a study on “ Adolescence and Delinquency.”

Some characteristics associated with Juvenile Delinquency are possibly innate factors – but that the relationship between genetic factors and deviant behavior is not straightforward or necessarily predictable. To him deprivation of one or both the parents through abandonment, hospitalization, divorce, death effects child’s psychological well-being. John Bowlby, the British Psychologist said that even a short absence of the mother could have deleterious effects on the psychic well being of adolescents. A child deprived of his mother care goes through three phases:
Protest : cries and scream for mother, shows panic, change when she visits and howls when she leaves.

Despair : child becomes withdrawn.

Detachment : loses interest in parents and is not concerned whether they are there or not.

He also opined that prolonged absence of mother has even more deleterious consequences, development of affectionless character which in turn predisposed the child to delinquent behavior.

Schmid, B. A.; Sallis J.S.; Calfes, K.J. and Patrick, K. of University of California (2005) conducted a study on “Psycho-social and Environmental Correlates of Adolescent Sedentary Behaviours”. This study provides an evidence of factors associated and not associated with adolescent sedentary behaviours. Similar to physical activity, measures of specific psycho-social constructs of sedentary behaviour demonstrated important associations.

Boujlaleb, Nouhad (2006) in his study on “Adolescents and Peer Pressure” reported that peer pressure influence adolescents in a very negative way. Peer Pressure is one of the most dangerous aspects of adolescence to which teenagers are exposed.
Consequently, Parents should care more about their adolescents until overcome this critical stage.

**Greenfield, Patricia and Yan Zheng’s (2006) conducted a study on” Children, Adolescents and the Internet: A New Field of Enquiry to Developmental Psychology”. The main objective of the study was to analyse how adolescents interact to co-construct their own communication environment. The findings of the study revealed that communication technologies like other technology, and adolescents from the major audience for international television programs. A linkage has been sought between watching international television and its psychological impact among teenagers in the Indian capital metropolis. Psychological investigations on Indian teenagers who have been exposed, in the national capital metropolis of New Delhi, to international or national television programs for short duration indicate varying attitudes towards modeling. The transmission of international television programmes in India has a turbulent effect on the attitudes of school teenagers. Most of the respondents of the study revealed that western dance is more exciting in place of Indian dancing. A distinct change is also evident in hair style, language and dress among the adolescents.**
Katherin Alipuria Alexis (2007), University of California, Los Angeles makes a study titled “First year college students decision making; how freshman respond to the stress of the college transition.” The study focused on seeking to better understand what specific stresses student experience during the first year college, from and what they seek assistance, when they experience specific types of emotional disruption etc.

The findings are: most students experience stress in the first year, the primary cases being academic and social relationship.

Students rate their stress level as severe and they prefer personalize coping method more than campus resources.

George, E.I. (2011) student “the needs and problems of High School and College Students”. Objectives were:

1. To study the needs and problems of school and college students.

2. To indicate the extent to which students personal work was needed in meeting the different needs and solving the problems.

The findings of the study were:

1. There was close correspondence between the problems and needs of school and college students.
2. The areas in which maximum help was sought by low socio-economic groups and rural pupils.

3. Girls had more problems than boys among school students and less problem among college students.

4. School students received more help from all sources than college students.

5. Among college students, art group students and higher number of problems than science group students.

6. The main areas in which guidance was needed were educational and vocational.

2.03 STUDIES IN ASSAM

Das, P.K. (1974) of Gauhati University carried out research work on “A Study and Identification of Causative Factors of Delinquency with Special Reference to Assam”. The objective of the study is concerned primarily with the problem of juvenile delinquency in Assam in the light of its present changes of socio-cultural settings, and secondly to study the delinquents to identify those factors which are concerned mainly to influence the life of the juvenile. In this study, the researcher adopted simple random sampling process. Besides he also
applied field work and survey method. It was mentioned in the study that delinquents were mainly attracted to those pictures based on sex crime often show the art of committing crime, holding weapons, making good escape etc. They also try to adopt the style of dress, art of committing crimes etc from these pictures.

Sultana Begum Rasul Tohsin (1978) conducted a study on “Physical, Social and Economic problem of adolescent girls of secondary schools of Nowgong district.” She visited a large number of school in and around Nowgong and found that adolescent girls are more concerned to improve their social adjustment. Girls have a strong desire to take part in social activities and to be socially acceptable than boys.

Goswami, N. (1980) made an investigation on “Adjustment Problems of school-going adolescent girls and development of an Adjustment Inventory for their Measurement.”

The objectives were –

i) To study adjustment problems of urban adolescent girls.

ii) To construct a valid and reliable measure for assessing the personality adjustment of adolescent girls along with its norms.
Findings were –

1. Adolescent girls encountered maximum number of problems in the emotional and mental areas followed by the problem in the school and study areas. The physical and sexual was the least problem encountering area.

2. The social religious, moral and physical and sexual area took the forth and fifth position respectively.

In a study made by Sweet, Madonna (1981) on “The Role perceptions of Adolescents in Relation to the Role Expectations by Parents in the Khasi Tribe of Meghalaya” revealed that adolescents seek to be independent of their parents with regard to the choice of career in life as well as marriage.

Pathak, Rita Rani (1989) prepared a dissertation paper titled, “Problems of Adolescents as perceived by girls of secondary schools of Greater Guwahati.” She found many problems faced by adolescent girls such as social success, social relationship, fear for this personal appearance, which is more important for adolescent girls.

Bora, Biswajit (1992) did a research work on “A study of some common problems of adolescent boys and girls of Greater Gauhati.” Objectives of the study were to find out some common problems of
adolescent boys and girls. These problems are physical, mental, social, emotional, sexual and home problem.

Verma, S.; Borbora (1993) of Dibrugarh University conducted a study on “Mass Media and Academic Performance”. One of the objective formulated was to study the impact of mass media on academic performance of higher secondary students. The sample strength of the study was 400 higher secondary students of Dibrugarh Town. It was reported in the study that there was a close relationship between mass media and academic performance of the students and the relation was both the positive as well as negative.

Islam, Sirajul (2002) conducted the research study on “A Study of the Value Pattern of College Students in Relation to Some Selected Socio-educational Variables”. In this study the researcher tried to examine the impact of mass media exposure on the formation of college students values and attitudes Mass media is assumed to be a major means of value orientation and formation of the perception towards the issue. The effect of exposure to media such as Newspaper, film, radio, and TV on the student values and on the opinion about the social issues has been examined in the study. For this, the investigator himself developed an index for media exposure (IME). In this respect the investigator had taken into the following items
(1) newspapers/magazine reading (2) newspapers/magazine subscription (3) radio/TV enjoyment (4) film going (5) participation in social activities. It is assumed that those who frequently read newspaper, listen to radio, see TV programmes, and go to film and take part in social activities would be more exposed to the outside world. In order to assess the degree of media exposure, the subject reactions to the relevant questions were studied. The study also recorded the positive role of the mass media exposure in the formation of progressive values of the college students. High and low media exposure groups reflect significant differences in their values. High media exposure groups show more modern and progressive outlook in their values as compared to low media exposure group.

Choudhury, Dipti (2003) conducted another research work on “Psycho-social Problems of Students at +2 Stages and Its Impact on their Academic Achievement”. The objective of the study was to find out the psychological and the social problem of students at +2 stages and to study the relationship between psycho-social adjustment problems achievement of students at +2 stage and adjustment level relation to their academic progress. The findings of the study revealed that adolescents at +2 stage encounter a good number of psychological problems such as excessive shyness, lack of self confidence, preference for remaining alone, hesitation in asking
question, feeling as if no friends, worry for teachers scolding, feeling of negligence from the teachers, jealousy to those who are appreciated by teacher etc. It was also observed in the study that students coming from urban joint family were found better in academic achievement than the students coming from rural joint family.

Medhi, G.K.; Hazarik, N.C. and Mahanta, J. (2006) conducted a study on “Nutritional Status of Adolescents among Tea Garden Workers”. The main objective of the study was to evaluate growth and nutritional status using weight and height based indicators among tea garden adolescent boys and girls of Assam. A cross sectional study was carried out in the tea gardens of Dibrugarh district of Assam through house to house visit. Households were selected through two stage sampling design to reach out the adolescents. Height and weight were measured using standard procedure. Body Mass Index (BMI) was computed from height and weight. The sample strength of the study was 605 of which 291 were boys and 314 were girls. The study reported that school enrolment the sample was only 59.2%. It was also found in the study that half of the adolescents were stunted and most of them were thin. Problem of overweight was seen in less than 0.5% of the adolescents. Factors typical to underdeveloped society seem to contribute to the moderate to high prevalence of under nutrition among adolescents working in tea gardens.
Talukdar, Narendra Narayan and Talukdar, Mala Chaliha (2008) made a study on “Adjustment problems of Adolescent students.” The objectives of the study were –

- To find out the level of adjustment of male and female adolescent students in the areas namely home, health, social, emotional and educational.

- To find out the major factors leading to adjustment problems of male and female adolescent students.

The result of the study revealed –

Home, health, social and educational adjustment of male students were found to be average. Male students’ emotional adjustment was not satisfactory. They had problems like getting angry in simple matters, becoming aggressive, quarrelsome with classmates and disturbed because of criticism. Daydreaming was very common in male students. Some adolescents had sleep disturbance because of some disturbed thoughts. Most of the students were afraid of telling their problems to teachers and parents.

Home and health adjustment of female students were slightly unsatisfactory. Social adjustment was average. But they were suffering from emotional problems more than male students. Educational
adjustment of female students was found to be unsatisfactory. Lack of concentration of mind on studies, problem in writing notes in the class etc were some of the important factors leading to adjustment problems in educational aspect. Overall adjustment of female students was unsatisfactory.

In this study some adolescents talked about different problems they used to face at home. Some talked about lack of home and affection from parents at home. Over protection, over-permissiveness, more strictness, lack of money are some factors responsible for their adjustment problems at home. Some felt insecure because of lack of parents control.

But male and female adolescents were having some minor adjustment problem with regard to health. Anxiety, physical exhaustion, frequent minor ailments were found to be more in female students. Most of the male students had some obsessive thoughts and compulsive behaviours and they were found to be very serious about their health.

This assessment reveals that adolescent boys and girls need counseling to solve their personal problems pertaining to different areas of life.
Barman, Rupmala (2011) conducted a study on “Influence of Mass Media on the Psycho-social Behaviour of Adolescents”. Main purpose of the study was to see the effect of mass media on psycho-social behaviour of Adolescents. The objectives of the study were:

i) To study the influence of electronic media on psycho-social behaviour of adolescents.

ii) To study the comparative influence of print and electronic media on psycho-social behaviour of adolescents.

iii) To study the influence of mass media on the attitude of adolescents regarding love, sex, drug use etc.

iv) To study the influence of mass media on the value among the adolescents.

v) To study the influence of mass media on the interest among the adolescents.

Findings were –

The media both print and electronic is popular among the adolescents and it influences the psycho-social behaviour of adolescents. Between these two media electronic media found to be more influential.
Again it was found that mass media influence the attitude of adolescents towards loves, sex etc.

The values of adolescents are influenced by mass media. In the present study, political values have been least influenced by mass media.

Adolescents watch advertisement with interest and found them entertaining, informative and beneficial.

It is clear from the findings of the study that the interests of the adolescents are significantly influenced by mass media.