The number of adolescents (age 11+ to 19+) is increasing and comprises over one-fifth of the population in our country. They are not only in large numbers but are the future citizens and drivers of economic growth as the productive workers of tomorrow. Adolescents are not homogenous population but exist in a variety of circumstances. A large number of them are out of schools, get married early, work in vulnerable situations, are likely to be sexually active and are exposed to several health risks. These have serious social, economic and public health implications for the nations. Their needs vary by their age, sex, stage of development, life circumstances, socio-economic status, marital status, class, region and cultural context. This calls for interventions that are flexible and responsive to their desperate needs.

Values, Personality and Level of aspiration are three relative important aspects of adolescents’ life. Without proper value, personality and level of aspiration the adolescents can not adjust themselves with the society. The society has certain rules, regulations and limitations with which various aspects of our life related. As a social animal all individuals have to live a social life. For smooth social living one must keep the balance of his value pattern, personality development and level of aspiration according to the society. In this regard proper self judgment, self realization, self identification etc. are necessary. But, now a day due to the lack of these aspects most of the adolescents become indisciplined and they are exposing destructive and antisocial behavior. Degradation of values becomes more prominent among them. Most of them are facing personality disorder and they are unable to adjust with the society. It is also remarkable that some adolescents can not identify their own capacity and set very unrealistic high level goals and when they cannot fulfill the goal they become depressed and in extreme cases they commit suicide. Influence of science and technology and its improper use, unnecessary parental pressure, strong peer pressure, influence of media, impact of westernization, impact of cinema, improper use of mobile, internet, unemployment problem etc. are the major causes of this type of behavior and situation.

The investigator has conducted the present study only on a specific group of adolescents that is the students of higher secondary level. The study covers three aspects i.e. values, level of aspiration and personality traits of adolescents studying in HS level belong to various socio-economic statues with special reference to Nalbari district of
Assam. Keeping in view of these factors and on the basis of findings of the present study the investigator has given following suggestions- 

1) The parents and teachers should help the adolescents in developing proper values among them. They should help the adolescents in inculcation of desirable values like moral value, religious value, knowledge value, social value etc.

2) In the present study it has been found that most of the adolescents of Nalbari district studying in HS level donot want to show love, kindness, sympathy etc. to others. So, it is the duty mainly of the parents to grow such tendency by creating proper emotional situation and they should be ideal of their children. They should always try to understand the various needs and problems of adolescents and make them free from various tensions. They should always be careful in fulfilling the needs of adolescents. Parents should behave like a friend with the adolescents.

3) The expectations of the parents, teachers and other concerns should be always realistic on the adolescents. Unnecessary burden should not be imposed on adolescents. They should always try to keep the adolescents mentally free. The parents should not use their children as weapon in the war of unnecessary competitions.

4) Proper vocational and educational guidance should be provided to the adolescents. They should be helped in determining their future goals.

5) Adolescents should be given proper leadership training. In the present study also found that specially the boys have shown high Power value and high intensity in Leadership. So, they should be prepared to lead the various activities of the society. in this regard provision of N.C.C., Scout and Guide etc. can be made.

6) As the adolescents are the future citizen of the country so they should be given citizenship training. They should be given proper knowledge of democratic ideals like, equality, justice, cooperation, brotherhood etc. Sense of responsibility should be developed among them.

7) Vocational training/education of adolescents is an urgent demand of present society. Adolescents should be helped to become self dependent. The present study has also revealed that adolescents of HS level have shown high Economic value. So, they should be given training to earn their livelihood.
8) To develop proper values and personality the education system should be properly planned. The curriculum, method etc. should be planned according to the needs, demands, interests, aspirations of the adolescents.

9) The adolescents should be given sex education. They should be made familiar with the concepts like family planning, birth/population control etc.

10) In educational institutions there should have provision of co-curricular activities specially for the adolescents like, art, music, games, sports, cultural activities etc. so that they can express their creativity, talents and also can use their leisure time fruitfully. It will also help them to serve the emotional needs of adolescents.

11) To make the adolescents mentally and physically healthy provision of physical education, exercise, training in Yoga etc. should be made.

12) Parents and teachers should always observe the adolescents regarding the use of mobile, internet etc. Also the parents should always familiar with the friend circle of their children.

13) It should be the duty of the parents to give their child opportunity to know about their own culture. In this regard the adolescents should be given opportunity to take part in various social/cultural festivals and activities.

14) Parents and teachers should take proper care to control the delinquent behavior of the adolescents.

The commission for youth has listed the major concerns relating to the adolescents that demand immediate attention which include: i) education for competency building for meaningful employment and productive participation in the economy; ii) better physical, mental, social, emotional and spiritual health; iii) sex awareness education; iv) personality development to integrate personal growth with the emerging social bonds in a significant and useful manner; v) career counseling and vocational guidance for creating awareness about various existing and emerging options, to be able to make intelligent use of them; vi) development of citizenship behavior and sensitivity to human rights; vii) understanding parenting as a responsibility in its multiple dimensions; and viii) use of media to facilitate holistic development of adolescents.

The commission recommended several strategies to tackle the problems relating to adolescents such as- i) establishment of a national centre for research and actions
programmes for adolescents; ii) focusing on integrated projects in the area of adolescent development for urban, rural, slum areas, and for tribal and North-Eastern Region, and iii) opening teen clubs in all the districts. The national centre is suggested for formulation of a national policy for adolescents and for collection and documentation of data. Student support cell in urban areas, adolescent support and action groups in slum areas, adolescents empowerment group in rural areas, and migrating adolescent students’ support group for tribal and the North-East are suggested. Extensively dealing with comprehensive recommendations, the Commission strongly emphasized exclusive administrative arrangement and an exclusive policy for adolescents affairs.

6.2 CONCLUSION

In conclusion it can be said that adolescence is a very complex period of human life. It is not easy to study the different aspects of adolescents from the psychological point of view. In the present study the investigator tried to make an effort to know the influence of socio-economic status on the values, level of aspiration and personality traits of adolescents studying in higher secondary level with special reference to Nalbari district of Assam. In most of the cases the socio-economic status of the family plays an important role in developing the proper value, realistic level of aspiration and good personality traits among the adolescents. But, most of the adolescents are equal in nature in various aspects belong to various socio-economic status. They do, think and behave in most of the cases according to their age and nature. Most of them show same kind of characteristics though they are different from each other. There is a heavy chance of taking wrong path by most of the adolescents during this period. So, especially the parents have to play a very great role in this regard. They should behave positively and control the adolescents whenever necessary. The parents should be very careful in fulfilling the various needs of adolescents. They should give emotional support to the adolescents to make the adolescents free from various mental tensions and other problems. The system of education should also be properly planned to train them for future life. The parents and teachers should help them in taking the right way to develop proper values, realistic aspiration and necessary personality traits. The findings of the present study may definitely help in this regard. Hope this study will also help in making different plans, policies and programmes on adolescents.
6.3 SCOPE OF FUTURE RESEARCH

The investigator has suggested the following areas for future to undertake any research work-

1. Peer Influence on values, personality and level of aspiration of Adolescent.
2. Influence of Culture on Adolescents.
3. The present study conducted only in a district of Assam i.e. Nalbari district by taking limited sample. In the same area some extensive study can be undertaken.
4. Stress management and level of aspiration of adolescents.
5. Influence of mobile, internet, facebook etc. on the values and personalities of adolescents.