REVIEW OF LITERATURE
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The essential aspect of an investigation is the review of the related literature, that is, a general retrospective survey of previous writings pertaining to one's problem.

Pointing out the importance and significance of the related literature, Borg (1965) asserts that "The literature in any field forms the foundation upon which all future work will be built. If we fail to build the foundation of knowledge provided by the review of the literature, our work is likely to the shallow and naive and will often duplicate work that has already been done before by someone else".

The related literature serves as a guidepost not only with regard to the quantum of work done in the field but also serves as a pointer to the gaps and lacunae in the concerned field of research. It promotes a greater understanding of the problems, its crucial aspects and ensures the avoidance of unnecessary duplication. It creates background for selection of the procedure, helps the investigator in adoption of fools and provides a comparative data on the basis of which to evaluate and interpret the significance of one's data.

As Van Dalen and William (1962-66) have remarked "A" survey of related literature is an essential part of investigation. It makes the
investigator clear in the process, gives indication about the steps to follow, and gives an idea about the scope and area of the field." They further stated that "After examining the strengths and weaknesses of many research reports the researcher is less likely to produce a shallow and naive work for himself or plunge into procedural pitfalls that plagued his predecessors."

Impressing on the need of related literature, Good (1961) has rightly remarked "The key to the vast store house of published work may open doors to sources of significant problems and explanatory hypotheses and provide helpful orientation for definition of the problem, background for selection of the procedure and comparative data for interpretation of results. In order to be truly creative and original, one must read extensively and critically as stimulus to thinking".

Hence, in order to get acquainted with different problems of the area of interest, methods and techniques relevant to the selected problem and to have a clear concept of the work itself, it was deemed fit by the investigator to survey the related literature.

A review of related literature as done by the investigator, is not a routine practice, but the investigator deeply probed into the previous investigations for the formulation and solution of her problem. Reviewing the literature with a high level of professional skill is not only a
demanding but also a rewarding experience that provides the inspiration for understanding a study and lays a sound foundation for the entire investigation.

Therefore, before starting the actual study, the investigator made a survey of the related literature based on books and investigations carried out by other investigators in this area, so as to prepare a logical background for conducting the present investigation.

This chapter deals with a critical review of important research findings relevant to the issues in the present study which have been presented under the following sub-headings:

2.1. Review related to mental health (distress) of adolescent girls.

2.2. Review related to adjustment of adolescent girls.

2.1. REVIEW RELATED TO MENTAL HEALTH OF ADOLESCENT GIRLS

Platt et.al. (1926), La Pary and Downing (1968), and Altholff (1970) revealed that parents of emotionally disturbed children show psycho-pathological tendencies and their interactions which the child are characterized as pathological interaction patterns.

Bender's Monography (1937), largely clinical in its focus on mothers exhibiting different mental disorders, represented the first large scale effort to survey systematically the effects of maternal pathology on
children. Her significant observation was in a family where a serious mental illness occurs, other members of the family may be vulnerable to mental disorders because of constitutional inferiority, they may experience emotional crisis and behaviour disorders. The nature of the disorder is not specifically related to the illness of the family members, but is related rather to the relationship between the two members of the family and the disturbance in the life history of the second member.

Blanchard (1944) and Hunter and Morgan (1949) revealed that the problems of girls are associated with physiological changes, psychosexual development, anxiety over menstruation, fear of marriage, sexual impulse and how to manage them.

Able and Jolfe (1950) found that the early beliefs regarding menstruation have given rise to strange superstitions and anxieties, many of which exist today. The cultural attitude towards menstruation differ markedly. In some countries women talk freely about it, some regard it as unclean, while still others regard it as something to be ashamed of. Able and Jolfe also found that the girls who have been prepared for the menarche, react more favourably to it.

Various studies carried out both in developed and developing countries and in different social groups suggest that symptoms of depression and anxiety are more prevalent among females as compared to males.
The issue of women’s health is high on international agenda and was discussed at length at the fourth international conference on women in Beijing (1995). The New Interagence UN Programme “National for Mental Health” initiated by WHO, has a special component on the mental health of women.

The problems of adolescent girls and specifically the mental health problems of these girls have received on or very little attention of social and community health researchers in our country.

Many adolescents have some chronic conditions such as age impairment, diseased tonsils, dental decay, orthopedic disabilities, anemias chronic digestive disturbances. Girls show a higher average incidence of most diseases and defects than do boys (Lund et.al. 1946).

Studies have shown that girls suffer more from gastrointestinal disturbances and also have more endocrine symptoms than boys (Bayer and Synder, 1950).

Greenblatt (1951), Kaplan (1977) and Sharma (1984) found that economic deprivation has far reaching influence on the mental health of individuals.

Alpher et.al. (1955) and Miller and Swanson (1961) found children of the middle classes to be more anxious than children of the lower class.
Melzberg (1958) found the mental disorder in the females are higher after the second world war. While before that male rates were higher. Later on in 1959, in a study of psychoneuroses, he found that for all ages women had higher prevalence rate than men.

Platt et.al. (1962), La Pary and Douring (1968) and Altholff (1970) revealed that parents of emotionally disturbed children show psycho-pathological tendencies and their interactions which the child are characterized as pathological interaction patterns.

Rutter et.al. (1970) found that depressive illness was very rare in the general population of 10-11 year old children (point prevalence 0.14%). By contrast, in a study based on consecutive births in Dunedin, Kashani et. al. (1983) estimated that in 9 year old children the point prevalence of major and minor depressive disorders were 1.8% and 2.5% respectively.

Rastogi and Mahal (1971) made a detailed study of 12 schizophrenics and 12 patients of anxiety or mixed neurosis through detailed history taking, Sack's sentence completion test and Kent Rosanoff's word association test in order to study the early life and marital functioning of the parents of schizophrenic and neurotic patients, specially fathers of schizophrenic patients, were more disturbed compared to parents of neurotics. In their marital relationship, the parents of
schizophrenia patients were more dissatisfied and there was lack of mutual trust and co-operation as against the parents of anxiety or mixed neurosis patients. The findings on psychological tests also revealed that fathers of schizophrenic patients had more conflicts in relation to self-concept and family while the mothers of schizophrenic had more conflicts in the family area.

Results of the study conducted by Williamson (1972) revealed that schizophrenic and delinquent subjects were rejected by their parents. The delinquents had received both rejection and harsh discipline.

Dohrenwend & Dehrenwend (1969) found that of 25 studies with relevant data, 20 showed the highest rate of pathology in the lowest economic strata.

Kumar and Mohan (1973) reported that poor socio-economic status of the family, lack of parental education and parental domination are the major determinants of problems of adolescents.

Tudor (1973) surveyed much of the Western literature on the topic and came to the conclusion that mental illness was commonest in the females than in the males.

Ansari, Mahfooz and Krishna (1974) reported that males were found to be more anxious than females. Muslim students were found to be more anxious than their Hindu counterparts and also college students
were higher than school students. Mean anxiety score of rural Ss was significantly less than that of urban Ss.

Madhusudhan and Rao (1975) investigated the various problems of adolescents and found that (1) boys have significantly more problems than girls (2) the number of problems that the students have adversely affect the achievements of students; and (3) the lower the economic status of a family the more the problems.

Nandi et al. (1975) in one of the field survey conducted in Muslim village of West Bengal, found a higher rate of total mental morbidity among the females than among the males. In a schedule caste community in another part of rural West Bengal, they found that some trend of higher rate of mental morbidity in females.

Nandi et al. (1975) conducted epidemiological study in a village of West Bengal covering the population of 1960 belonging to 177 families mainly inhabited by muslims. Prevalence rate of psychiatric illness was found to be 102.8 per thousand, 43.5% of families had one or more affected member in them. Depression was the commonest illness (37.74 per thousand). Hysteria was more common in females (out of every 10 hysterics 7 were women). Only 2.83 per thousand of the population suffered from schizophrenia.
Brown & Harris (1978) found a higher prevalence of depression in working class than in middle class women in South.

Blazer et al. (1985) - found the prevalence of depression is higher in urban than in rural areas.

Halla and Kauffman (1978) have proposed three basic factors which facilitate emotional disturbance among adolescents. The factors are biological disorders and diseases; Pathological family relationship and undesirable experience in school.

Nandi et al. (1978) while studying the psychiatric morbidity in an uprooted community in rural West Bengal found that females have a higher rate of depression. The uprooted group had a remarkably higher rate of anxiety neurosis and psychosomatic illness. The rates of depression hysteria and phobia were also more in this group.

Some other important studies that have been undertaken in the country on different aspect and problems of adolescent girls are by Chauhan (1983), Gupta and Gupta (1979), Ramjana et al. (1990), Sathe (1987), Biswas (1988), Bora (1986), Choube (1982), Mahale (1987), Sathyavathi (1982) and Nagraja (1983).

Gupta and Gupta (1979) studied the problems of 500 college going adolescents girls 14 to 18 years of age. Late adolescent girls were abused to be having a lower problem span but higher problem intensity and
problem level than their early counterparts. The area of most concern for early adolescent girls were observed to be social recreational activities and school, while for late adolescent girls they were social recreational activities and personal psychological relations. The area of least concern for both the groups were, courtship sex and marriage and health and physical development. The only area on which the two groups significantly differed was personal psychological relations.

Gupta and Gupta (1980) observed that adolescence in urban India to be a period of calm transition from childhood to maturity, social, personal and school problems were reported to be the most prominent problem areas. Physique, health, courtship, sex and marriage were reported to be the least prominent areas of adolescent problems.

Exposure to excessive noise (80- decibels or greater) on a recurring prolonged basis has been well documented as a potential cause of stress (Ivancevich and Matteson, 1980).

Zulk, Gerald (1981) provides a case study which demonstrates that this style of relating the parents is an important component of pathogenic relation leading to psychiatric illness in children, who are at risk because of their dependent role in the relationship. It is concluded, after clinic contact over a 3-5 years period, that the parents impersonal, emotionally distant style or relating was a likely casual agent leading to the eventual manifestation in each child with a psychiatric illness. All three children
manifested psychiatric illness, although differing in kind and point of onset during adolescence and preadolescence. Neither of the parents, although both were perceptibly depressed at times, clearly manifested a mental illness.

Kashani et.al. (1983) estimated that in a year old children the point prevalence of major and minor depressive disorders were 1.8% and 2.5% respectively.

Singh and Gunthey (1983) investigated the mental health problems of aged. 78 normal persons were taken from different areas of Jodhpur city, their mean age was 75 years. Another group of 100 males were taken as a control group, their mean age was 27.47 years. Jodhpur multiphasic personality Inventory was administered individually to all of them. Results indicated that elderly subjects scored significantly higher than adult group.

Gittelman et.al. (1984) reported that depression was far more common in children and adolescents than was previously believed and is increasingly seen as a major cause of poor school performance and rebellion in adolescents.

Boyd & Weissman (1985) suggested that the depression is more common in females as compared to male.

Melville et.al. (1985) found that unemployment is associated with an increased prevalence of depressive symptoms.
Epidemiologic studies indicate that 8-12% of men and 12-26% of women had experience a major depressive episode in their life time (Boyd & Weissman 1985).

Ahluwalia and Sidhu (1986) found that adolescent girls have the maximum number of problems in the area of school and society, whereas they marked the minimum number of problems in the area of health. They also reported that the existence of personal problems affect their academic achievement adversely and the problems labeled as emotional appear to have greater evil effect on their academic achievement.

Gupta et.al. (1986) undertook a study on 162 unmarried girls of Agra town. The findings of the study indicate that total indifference towards health was found in 6.2% girls while 73.5% girls admitted indulgence in self abuse. This study suggested more intensive investigation into the psychological problems of the adolescents unmarried girls.

Mohan and Chopra (1986) investigated personality variation of females during premenstrual and post menstrual periods. The results reveal significant differences between premenstrual and postmenstrual psychosis, neuroticism and anxiety scores, with scores increasing significantly during the premenstrual period.

Ramamurti and Reddy (1986) compared the attitude toward aging of different age groups (15-70) years. The sample consisted of equal
number of men and women from the rural and urban areas in the age
groups 15-25, 25-35, 35-45, 45-55, 55-65, 65+. Results indicated that there
were insignificant sex and locality effects on the attitudes. However, there
were significant age differences which showed a favourable attitude toward
aging with increasing age in all the areas of mental health.

An observation of the above review of literature makes it apparent
that mental efficiency and mental health have not been widely studied,
also its relationship to adjustment and emotional states needs to be
determined. Among the emotional states, the present investigator found
that arousal, extraversion, guilt and other states on which adequate
research are not available.

Anderson et.al. (1987) found that phobias are more common in
girls than in boys. Simple phobias have a prevalence rate of 24% in
children.

Estimation of prevalence and incidence of adolescent psychiatric
disorder is still limited, especially in specific populations, such as those
with mental retardation or developmental disabilities, variation in
prevalence rates to differences in sampling methods, case definition
criteria and assessment procedures. Costello (1989), Brandenburg et. al.
(1990). Nevertheless, findings suggest that at least 12% of children and
adolescents have clinically identifiable psychiatric disorders.
Data from UHTC (1990) run by the department of SPM, S.N. Medical College, Agra reveals that the majority (45.2%) of adolescents presented with fever in the last two months. During the same period, other common complaints with which the adolescents presented were pyoderma (13.2%), and dysentery (11.3%) though this data can not be generalized. It does reflect the trend of health problems. The majority of these health problems can be preventable through relatively simple interventions and health education to the adolescent girls.

Evidence suggest that parenting styles are also a good predictor of the mental health of the adolescents. Adolescents whose parents adopt authoritative style are generally competent both socially and cognitively (Baumrind, 1991).

Mental health displayed the highest correlation coefficients with managerial role" relationship with other people, suggesting that interpersonal sources of stress at work are likely to be the most debilitating for psychological health. Chattopadhyay and Mukhopadhyay (1995) found more physical and mental health problems (including throat and eye irritations, respiratory problems, tension and anxiety) among the residents of an industrial area than in the inhabitants of a residential area.

Petersen, Pamela (1991) examined the developmental patterns of depressed affect over early and middle adolescence, with a focus on the
patterns of boys compared with girls. In addition, a developmental model for mental health in adolescence was tested for its power in explaining the emergence of gender differences in depression. Longitudinal data on 1600 children followed from 6th to 12th grade were used to test the hypotheses. Girls were found to be at risk for developing depressed affect by 12th grade because they experienced more challenge in early adolescence than did boys. The sex difference in depressed affect at 12th grade disappears once early adolescent challenge are considered.

Bertocci Doris (1992) surveyed the mental health needs of 344 undergraduate students. Respondents were most concerned about academic and school related issues followed by cancers in the area of love relationships. Multiple regression analysis revealed certain subgroups that were more likely to have these concerns and certain health and mental health problems that were significantly associated with these concerns. The study identified serious psychological problems, including suicidal, homicidal thoughts, sexual abuse depression, anxiety, phobias and panic attack. The Ss indicated a preference for walk-in service over all other treatment options. Treatment preferences varied significantly with the type of mental health concern.

Hayslip (1994) stated that one of the factors influencing geriatric depression is considered to be decreasing basic activities of daily living.
Mental health problems in India affect approximately 10-20 per 1000 of population and approximately 10 million people in the country are suffering from serious mental illness. Taking into account common mental disorders such as depression, anxiety, and somatoform disorders, the prevalence is 2-3 times higher (Patel et al. 1998).

Recently, the education minister called upon associated professionals in the conference of children's psychiatric and mental health problem. The minister emphasized on the problems of students appearing in board examinations and told counsellors to help students in facing academic stress and anxiety (Times of India, 2002).

In recent years, issues relating to positive mental health have begun to receive greater attention. Good mental well-being does not mean the mere absence of mental health problems; instead, it means much more, especially in terms of development of emotionally creativity, intellect and spirituality, initiative, development and maintenance of social relationships to face problems and draw lessons for future self-aeration and empathy (Surender, 2002).

Globalization has led to a significant increase in migration, people are moving further, faster and in greater numbers than ever before. A variety of social phenomena associated with rapid urbanization by globalization may be detrimental to mental health through increasing stress or reducing natural protective factors.
The W.H.O. theme for mental health week for the year 2003 was "Emotional and Behavioural problem of children and adolescents", 37% of the population in our country are under the age of 18 years (Census of 2001): Epidemiological research in developing countries including India shows prevalence rate of 7 to 9% of emotional and behavioural problem in children. As one-third of our hundred and two crores populations are children and adolescents their mental health needs to go geared-up.

Socioeconomic and other in equalities are significantly related to mental health. Psychiatric disorders are more common in people from lower socio-economic group (Mohamed 2004).

2.2. REVIEW RELATED TO ADJUSTMENT OF ADOLESCENT GIRLS

Studies on adolescent sexual behaviour in different parts of the world show that young people's premarital sexual encounters are generally unplanned, infrequent and sporadic. Recent studies in Brazil shows that 13% of woman reported engaging in sex before marriage. Although there have been very few studies in developing countries, it would appear that sexual activity before marriage among young women is more common in developed countries and in Africa than in Latin America and Asia.

Ziboorg (1928) stressed the etiology of the psychological conflicts in relation to marriage, poor marital adjustment and attitude towards husband and child.
Tara Ali Beg (1958) observed 78% of the women in her study were against the joint family system, while 72% of men were in favour of it. It is stated that because of the turmoil and transition of cultural values, many Indian homes are a scene of quarrels, dissensions and ill-well with the result that the mental health of individuals is at stake.

Fisher et al. (1959) conducted a number of family studies and concluded that normal adjustment of child is fostered by parents who are individually well adjusted and form harmonious relationships with each other, and neurotic adjustment is fostered by parents who are maladjusted individual but still able to maintain moderately good relationships with each other.

Stainbrook (1959) in his Bahian study found that women are more aggressive than men and presented certain symptoms like possession by African Gods and Goddesses.

Caster (1961) concluded from his study on the deprivation of maternal love, that a love relationship is important because it builds the feeling of self respect and confidence referred to as sense of security. It gives the individual courage to meet whatever occurs in the give and take of life and permits him to utilise his experiences constructively.

Kollner (1963) observed that interaction was more between neurotic mother and their children as compared to neurotic fathers and their
children. He found that if a member of a family attended for neurosis, the attendance rate for other members of the family is high.

The personality variations were also found to be influenced by the age of menarche. Shipman (1964) conducted a study and observed that in personality the girls whose menarche come early at the age of 10 or 11, become adult who tended to be conservative, relaxed, trustful of others and dependent upon their social group. Those who matured after age 14 were, as adults inclined to be adamant aggressive, critical eager for new experiences, a little suspicious of others, and unusually well controlled.

The studies of Shoben, Baldwin and Bowlby (1964) showed that the children who do not experience warm parental love develop considerable problems of adjustment, such as aggression, dependence and sometimes even mental disorders.

Elder (1965) noted that parental dominance of the child particularly maternal dominance, and parental submissiveness both adversely affect the development of autonomy and academic motivation.

Faizunnisa and Para Meswaran (1965) found that some maternal behaviour tend to be correlated with behaviour problems of adolescents maternal behaviour like indulgence, overprotectiveness, and dominance tend to be associated with higher frequency of problems.
The studies of Shoben, Baldwin and Bowlby (1969) show that the children who do not get warm parental love develop considerable problems of adjustment, such as aggression dependence and sometimes even mental disorders.

Pathak (1970) found significant differences between boys and girls on health, social and emotional adjustment but no significant differences were found on home and social adjustment.

Qadri and Kaleem (1971) revealed that children of accepting and permissive parents were more adjusted and had greater self-esteem than children of rejecting and overprotective parents.

Felling (1972) noticed the relationship between family variables and aggression among boys. Emotional relationships within the family were found to be predictive of child's aggressiveness. Parental role models characterized by over aggressiveness and anxiety were found to be associated with child aggression only when emotional relationship with the family was poor. Disciplinary practices were also predictive of aggression when family relations were poor.

Aggression dependence and achievement are among the major variables that have been found to be related to home environment in case of school children in a study made by Sharda (1972).
Amanat & Able (1973) investigated the relationship between marriage role conflicts and child psychopathology by studying 24 adolescents displaying aggressive and/or running away behaviour who came from intact families and where at least one parent was the child’s natural parent. Results indicate a significant correlation between the conflict areas of solidarity and sexuality in the family and diagnosis of unsocialized aggressive reaction in adolescents.

Paiteli and Langenin (1976) found that sexually deviant showed significant hostile relationships and low identification with fathers whereas deviants who preferred immature partners reported aggressive, strictness and low affection in relationship with mother.

According to Su (1976) high achievers had perceived their parents more favourable than low achievers in giving love and respect. Low achievers felt more rejection and neglect, fewer symbolic rewards and more symbolic punishment. Both males and females felt that their mothers were more rejecting than their fathers.

Eisen (1977) pointed out that increasing adolescent violence was related to aggressive reactions and inappropriate gratification of needs during infancy and early childhood. It was emphasised that a strengthening of loving feelings between parents, and adolescents was necessary to lessen juvenile criminal behaviour.
Lorion, Cowen, Kraus and Milling (1977) found that subjects from rejecting parents as compared to over protective parents tended to have more aggressive tendencies.

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Chawla and Gupta (1978) in their comparative study of parents of emotionally disturbed and normal children found that the psychiatric morbidity among the clinic group mother and not among the fathers was higher as compared to control group, the marital adjustment of clinic parents was more disturbed than control group, more clinic mothers showed attitude of rejection for their father, the clinic fathers considered their fathers punitive rigid and strict, the inconsistency was common in clinic group while persuasion and discussion was more often found in control group, the clinic parents were more over concerned and indulgent than control group who were more often warm and loving in their attitude towards their children.
Rohner and Nielson (1978) found that rejection had been implicated in a wide range of psychiatric and behaviour disorders including neurosis, schizophrenia and character disorders. Psychometric reactions such as different allergies, poor concept formation, academic problems, disturbed body image and stuttering were also found to be associated with.

Dave (1979) revealed that broken home and lack of sympathetic handling were the most outstanding factors promoting delinquency and adjustment problems.

Agarwal, Sexena and Sexena (1979) found that behaviour problems among children were related to their mother’s child rearing attitudes. The attitude of acceptance towards the child encourage verbalization comradeship and sharing and was also conducive to mental health.

Corden and Parker (1979) observed that phobic patients perceive their parents as being uncaring and over protected and found that higher agrophobics scores are associated with less maternal care and less maternal over protection, while higher social phobic scores are associated with greater maternal care and greater maternal over protection. Those assigned to a social phobic group scores both parents as less caring and as protective while those assigned to an agrophobic group differed from control only in respect of maternal care which was less.
Pandey and Nagar (1980) found the truants to be more inclined towards withdrawl, isolation and aggression. They also showed lack of parental affection and sense of security, and were emotionally deprived in early childhood.

Kinard (1980) reported that abused children were significantly different from non-abused in five areas of emotional development namely self concept, aggression, socialization with peers, establishment of trust in people and separation from mother. It was also found the abused children had significantly more negative self concept and were significantly more aggressive than non-abused children.

Siddiqui (1980) studied the possible differences between the two groups of adolescents, namely truants and non-truants, on such personality and social variables as security, insecurity, parental acceptance and peer acceptance. It was found that truants are low in emotional security and one important source of this low security feeling is lack of acceptance by parents and possibly by peers.

Rao, Channabasavanna and Parthasarthy (1982) on the basis of their study revealed that the family situation of disturbed adolescents were more stressful and tense than that of normal. It was found that when the parents of disturbed adolescents were highly authoritarian and strict, relationship between parents and children was harmonious. They
did not find their parents as a source of inspiration and parents' expectations were unrealistic.

Hazzard, Christenesen and Margolia (1983) found that on the Parent Perception Inventory (PPI), boys reported more positive parental behaviour, particularly for fathers, and children reported more negative disciplinary behaviour by mothers, PPI scores were predictably related to child's self-concept and behaviour problems and generally unrelated to measures of child's achievement, children from non-distressed families viewed their parents as behaving more similarly on the PPI than did children from distressed families.

Truba (1983) described a number of students who were experiencing serious problem adjusting to school. These children showed manifestations of maladjustment that included: frustration and sadness, fatigue, lack of concentration, aggression, loneliness, acting out, persistent and predictable stomach problem and renewal anxiety.

Dnoundigal (1984) reported that the poor home environment facilitated significance more frequent occurrence of emotional disturbance as compared to normal distributions.

Hoftman (1984) found that conflictual independence was related to better personal adjustment and fewer problems in love relationships and that increased emotional independence was associated with fewer academic problems.
Narchal and Shukla (1986) indicated that girls from large, medium and small families differ significantly on the various areas of adjustment and personality, indicating that family size has an effect on the personality and adjustment of adolescent girls.

Sandhu (1986) reported significant differences between parentally accepted and rejected rural children in various personality factors. The results also revealed that the sex, birth order, family type and family size of children affect their acceptance/rejection by their parents.

Basnayake (1987) found during menstruation 20% of the girls reported a sense of irritability, 25% felt shy about it & 16% experienced an acute feeling of isolation.

Analysis of data on a nationally representative sample of 3,346 American parents with a child under 18 living at home found 63.3% reported one or more instances of verbal aggression, such as swearing and insulting the child aggression from parents (as measured by the conflict Tactic scales) exhibited higher rates of physical aggression, delinquency on interpersonal problem than other children. This relationship is robust since it applies to preschool, elementary school, and high school age children, to both boys and girls, and to children who were also physically punished as well as those who were not children who experienced both verbal aggression and several physical violence exhibited the highest rates.

Jamuna, et.al. (1991), examined the adjustment and mental health of widows and non-widows belongings to forward and backward classes in the age groups 50-60 and 60-70 (N=400). The individuals were personally interviewed to get information on adjustment problems and mental health. Results indicate lower incidence of psychological distress and less problems of adjustment among BC's backward castes when compared to their forward caste counterparts. Also, there was a positive association between mental health and adjustment.

Yadav (1992) pointed out that as the family size increased the degree of satisfactory adjustment of adolescent girls decreased. The second born in general, in all the families was found to be well adjusted. Thereafter the second born, had more negative effect on the first born, consequently the third and fourth borns are better adjusted than the first born in the areas of home, health, social, emotional and in general adjustment.

Gupta (1992) in his study observed that social and emotional areas to be of particular difficulty for adolescents and giving intense problems during adolescence.
Kandel, Denise (1995) investigated the relationship of depression and suicide with adolescent delinquency and eating disorders. Risk factors for these problems were also examined. Poor relationship with parents and lack of interaction with peers, as well as life events, which in turn lead to depression, which in turn lead to suicidal ideation. Depressive symptoms were the strongest correlates and predictors of suicidal ideation. Depressive symptoms were affected by estrangement from parents and peers, and a stressful environment.

Leuis L.M. (1997) conducted a study on "Adolescent girls perceived prevalence of Sexually Transmitted Diseases (STDs) and condom use" and stated that little is known concerning sexually experienced and inexperienced adolescent girls perceptions of the prevalence of condom use and STDs. Girls (N= 174,41% sexually experienced) rated the prevalence of condom use among friends and STDs among male and female friends and adolescents in general. Girls perceive the prevalence of STDs similarly across both gender and level of familiarity. For the most part, however, the girls perceived the prevalence among boys and girls more similarly than among friends and adolescents in general. No significant differences were found between sexually experienced and inexperienced girls in perceptions of condom use.
prevalence, but girls with a history of STD perceived condom as used less frequently. Girls with an STD history perceived STDs as the most prevalent, followed by sexually inexperienced girls and then sexually experienced girls without a history of an STD. After an adolescent girl initiates sexual intercourse, STD experience could be a key variable in affecting her perceptions prevention programs can incorporate an understanding of patients perceptions of condom use and STDs.