Chapter IV

Conclusion, Implication, and Suggestions:
CONCLUSION:

In this section, the findings of the present study are concluded as under:

• When adolescents of Jammu & Kashmir regions were compared in terms of their level of stress, the result showed that the adolescents of Kashmir region were found more stressed than the adolescent of Jammu region.

• It is observed that the Adolescents of Kashmir region showed poor mental health in comparison to the adolescents of Jammu region.

• When dimensionwise comparisons between the two groups of adolescents were compared, made the result showed that the participants from Kashmir region scored low on all the six dimensions-PSE,PR,IP,AUTNY, GOA and EM, showing poor mental health on each dimension as compared to the participants of Jammu region.

• When the means scores on aggression was compared it was found that the adolescents of Kashmir region showed greater tendency of aggressiveness as compared to the adolescents of Jammu region.

• Dimensionwise comparison of the adolescents of these two regions were made and it is observed that the participants of Kashmir region showed significantly higher tendency of physical aggression and
hostility in comparison to the adolescent of Jammu region and on remaining dimensions i.e. verbal aggression, hostility, anger they did not differ from one another.

- When male and female participants were compared it was found out that the female showed greater stress than their male counterparts.
- The mental health of male participants was found poor in comparison to their female counterparts.
- The dimension wise comparison with regard to mental health of male & female participants of Jammu and Kashmir regions, it was observed that the male participants showed poor mental health on three dimensions, Positive Self Evaluation and Perception of Reality and Group Oriented Attitude. The trend in similar among the samples of male & female from both the regions. On one dimension i.e. integration of personality, females were found poor and on rest of dimensions i.e. Environmental Mastery and Autonomy, they did not differ.
- The comparison of mean was made, it was observed that the two groups do not differ. Both the groups have shown almost equal level of aggressive tendency.
• The dimension wise comparison reveals that female showed more verbal aggression and hostility in comparison to the male adolescents and on remaining two dimensions physical aggression and anger, the male & female participants from both regions did not differ.

• The regression analysis reveals that the physical aggression emerged as a significant predictor of poor mental health.

IMPLICATIONS:

Our results indicate that he disturbance caused by ongoing insurgency in the valley is one of the most stressful events in these regions. Our findings, pointing to adolescent’s reaction of fear, stress and anger/wish to indulge in revengeful acts supports the growing literature regarding the greater stress level among adolescents exposed to traumatic events in the last two decades. In view of the high stress level among adolescents of Kashmir region, they are to be given emotional support for adjustment and maintaining their general well being. In a disturbed state of mind adolescents turn to their parents or friends for help because they feel them emotionally and physically close. Since educational environment significant in adolescent’s lives, they also expect teachers to provide them such support. As a matter of fact parents are not professionally equipped to deal with problems of stress and psychological disturbance that their children might
experience in such circumstances. Thus there is an urgent need of counselors at school level. School counselors and psychologists should utilize more resources in raising adolescents’ awareness of the potential psychological benefits of approaching these services. School counselors should empower parents suggesting ways that will allow them to psychologically contain their children’s emotions, and inform them about the different community services that can provide them or their children with more professional assistance. These professionals are expected not only to provide the adolescents with the assistance needed, but simultaneously train them to cope with their fears, concerns and worries. There is an urgent need to equip both school counselors and teachers with the appropriate knowledge, skills and techniques that will allow them to act professionally in fulfilling the students’ psychological and educational needs. These professionals are called upon to become more aware of the extreme psychological consequences of the prevalence of current situation and to become more familiar with the various treatment approaches and methods available for ameliorating their students’ distress and to rebuild their confidence level. This is a challenging job since these professionals are expected not only to provide their clients with the assistance needed but simultaneously to cope with the fears, concerns and worries of their own.
The impact on the mental health and tendency towards aggressiveness and hostile behavior demands the need for strengthening the mental health condition and check on aggressive behavior and this can be done by providing various coping mechanisms. There is a need to incorporate mental health approaches. The violence entail a loss of innocence, for this reason mental health interventions need to be integrated with other resource, support and assistance programmes through a range of agencies and non-government organizations. There is a need to develop empirically supported interventions for youth and adolescents following traumatic events such as terrorist attacks, and that a broadened research agenda is needed in order to advance our understanding of how children are affected by such events, which youth are most at risk, and when and how to intervene. There is a general feeling that public mental health care needs to be made on a priority for better living and maintaining healthy interpersonal relations.

SUGGESTIONS:

There is not a single research investigation in behavioral science which is free from any pit-fall. Individual research must necessarily be very limited in terms of its scope and sample size owing to paucity of resources.
and working capacity of an investigator. Therefore, it is important that more work in the area should be undertaken to ensure that information which will help us to make statements more convincing and more applicable to common man.

When a researcher begins his/her work, it is within the framework of conjectures, but by the time the work is done, many aspects which would have made the work more informative have come to the mind of investigator. The present study in its best endeavors has tried best to objectively carry out the investigation, but since research is a continuous process. To overcome the shortcoming and expending the realm of investigation, some suggestions for further research are being given as guide line for future researches. In the present investigation it has been observed that the generality of the findings of the present study could have been extended or widened if larger sample-size, and comparative sample should be taken from other disturbed states, the study can be extended to compare various age groups by incorporating more psychological variables. The sample should also be taken from state police personals, military and paramilitary forces deployed in disturbed areas in maintaining law and order.