CHAPTER VII

SENSOR

To find the source of emotional disorders and unsuccessful adjustment is still a problem to the society. The adjustment failure is caused when a person cannot manage to adjust to the stresses of living that are beyond his coping resources. This may lead to bodily illness or to the adjustment failure which is displayed in any or all of three ways, namely,

1. Actions that seem peculiar or strange because they deviate from societal standards and may even disturb or alarm others.

2. Impairment of effectiveness in managing the adjustment tasks of living, and

3. Frequent or continuing subjective distress including say anxiety, depression, anger, guilt and the like.

In any highly complex culture patterns of maladjustment are of great number like aggressive response, near-delinquent behaviour, social withdrawal, and non complaint behaviour in the home are the most common.

There is good clinical evidence that extreme tension is usually revealed to the sensitive observer through a number of tension-reducing symptoms. Some of these symptoms may be evidenced by states of physiological stress. Any form of psychological conflict is often accompanied by 'nervous habits' of temporary nature (finger nail biting, head scratching, etc.). Now not any one of
these nervous manifestations but the total response pattern of several such responses indicate cases of chronic maladjustment. The tension-reducing symptoms are manifested in loss of appetite, night terrors, nocturnal enuresis, and abnormal anxieties over little things.

Detection of emotional disorders in early stage, however, create controversy. People talk for and against it. That is because some emotional problems are well managed when detected early some remains same whether sensed early or late, while a third is best left alone and does more harm than good when attempts are made to handle them early. Whatever may be the views, early sensing of emotional disorders are quite difficult and expensive. It is because emotional problems are still a social stigma, in quite a large population emotional symptoms are almost equated with malingering or as person's weakness and hence usually not publicly admitted. However following are few methods of early sensing of emotional problems.

PUBLIC EDUCATION:

This method aims at making increasing awareness of public about sorts of emotional problems; how they occur, and how they can be helped. When the general awareness of public is increased, it is expected that more and more such problems will pour out to light. This needs emphasis on removing social stigmas and giving relevant informations about commonly occuring emotional problems in easy and comprehensible form to reach as much of the population as possible.
2. **POPULATION SCREENING** :

In this method specially designed symptom check lists are introduced to large proportions of population to detect emotional problems. The check lists should be so designed to encompass large proportions of symptoms encountered in emotionally disturbed patients.

3. **SCHOOL AND COLLEGE SURVEY** :

This is a smaller version of population survey. Here vulnerable groups are screened for emotional disorder. School and college going age is the commonest age for emotional problems. So this is a specially useful method.

Although the above mentioned methods are not very ideal method, there are hardly any satisfactory methods of early detection of emotional problems.

Generally, a great variety of patterns of 'symptoms' of unsuccessful adjustment and emotional disorders are revealed in the health clinic, ranging from relatively mild emotional disturbances to severely disorganized states. Authoritative reports from public records, courts, other law enforcing agencies and from hospitals indicate that juvenile delinquency is on the increase. Sometimes the deviance vulnerability of adolescents is evidenced by deteriorating health and adolescents' "Secret" groups or parties where they usually gather.
Thus how alert each of these sensing mechanisms is will determine the quality and timeliness of feedback. Parents, teachers, peer groups and other institutions like doctors etc. all form part of this generalised sensing mechanism to detect deviations from the "normal" or from the objectives set by society around the adolescents.
FIG 1.2 AN INTEGRATED SYSTEMS APPROACH TO THE STUDY OF ADOLESCENT BEHAVIOUR