Summary

The Study reveals the following findings:

- It is clear that the Adolescent problems in Dakshina Kannada District are neither less nor more compared to the problems in other parts of the country. In Dakshina Kannada district we find that the problem of school dropouts is less and there is no gender discrimination.

- Though Dakshina Kannada District does not have any major cities, the problems of the major cities and the effect of Westernization are found here and we can say that they are creeping in slowly.

- As per the data collected from school authorities there are problems noticed like girls of middle class attracted to valuable gifts like mobile phones and gold from boys who are dropouts and are earning money through anti social activities. There are many incidents where these girls were misused and taken advantage of by the same boys.

- It is evident from the study that children belonging to lower economic strata try to keep appearances to be ranked with the upper economic class students; also parents try to upgrade their status by admitting their children to more expensive schools and mis-lead their children.

- The study makes it very clear that Adolescents have a lot of problems and parents do notice them. But many a time the neglect by parents of these problems has further aggravated them.

- The parents find it difficult to handle the Adolescents. If they are very strict, the children react negatively and if they are liberal then they are taken advantage of.
The Adolescent students do share common problems with their teachers, but hesitate to share very personal ones. Teachers are not able to help these Adolescents due to this block.

Teachers and parents are quite aware of counselling and its benefits. This may be due to the high educational level in D.K. District and many counselling centers that work for the betterment of the weaker sections of the society.

It is a fact that the investigator found some students who were unaware of counselling facility made available to them in their school. Effectiveness of the counsellor lies in the attitude of the person and personality too.

PTA –Parent Teacher Associations are active in most of the schools; There is a provision in every school for parents teachers meet during certain occasions (especially during the results in every semester) to discuss the performance and growth of the students.

Most schools have organized talks and educative programs to create awareness among parents and also the students apart from their academics. The schools are providing such beneficial programmes like - personality development, career guidance, sex - health education, opportunity to participate in inter-school competitions; social service activities by the school and eco friendly clubs; value education; study tours and picnics.

Though the study highlights that Schools in Dakshina Kannada provide various programmes to the students, counselling is not given much importance to. More importance to counselling facility is given by the schools of higher standards. The schools that do not offer counselling
refer the cases whenever required (usually when the situation is worse) to the professional counselors/ counselling centers.

- Almost all the teachers of the sample group have attempted to counsel their students; 50% of the population feel that they were successful in dealing with (counselling) Adolescent problems. And an almost equal number (47.3%) of them felt that they were less successful/ not successful.

- Reasons for failure in teachers’ attempts to counsel the students are that they are not open to them and there is no sufficient time for them to counsel the students and that they are also lacking in professional skills.

- Teachers were confused with casual talk related to general problems, followed by some advice in ‘Counselling’. Many a time they were successful when the matter was minor and when the Adolescents wanted someone to listen to them and understand them.

- A majority of the teachers agree to the fact that there is a block felt from the students’ side to talk over their personal problems with their teachers. The data collected from students proves that 50% of the students strongly agree that they are not at all comfortable to express their very personal problems.

- The parents whose children participated in counselling programmes have noticed a lot of changes in behavior like accepting the reality and their potentialities, and also improvement in their academic performance.
➤ The various tests have proved that counselling is very effective to the Adolescents according to parents, teachers, school authorities and Adolescents.

➤ Majority among the parents whose children have taken counselling and not taken any help say that the best way to deal with Adolescents with problems is to consult an expert in the field. It clearly indicates that parents do feel that the help from an expert (especially counselor) is very effective in working out Adolescent problems.

➤ But in one of the schools Adolescents have said that there is no use of the school counselor the reason being that the counselor was more of an advising nature and always found fault with the students. This goes to prove that Effectiveness of the Counselor lies on the aptitude of the person and his/her personality too.

➤ The counselors who have worked with the Adolescents are seen to use the following techniques like helping them to accept the reality, case study method, group work, home visit, effective listening skills, environment & ego supportive techniques, stress management, skills to face the exams, hypnotherapy, time management, memory exercises, individual counselling, life skill education, parental counselling, behaviour modification programs, self analysis, ventilation, anxiety management, coping skills and training on assertiveness.

➤ The counselors’ do stress that early intervention in Adolescent problems can help to solve them better. Many a time due to the delayed intervention the counselors could not be successful in handling these problems or helping the adolescents with problems.
The study has collected various positive suggestions from school authorities. Many of the schools where counselling is provided, are of the opinion that:

- Counselling should be made compulsory in all schools
- Awareness on counselling and its benefits should be provided to Adolescents.
- Children need someone to listen to them and understand them
- Cordiality & trust must be maintained by the counselors
- Follow up after counselling is a must.
- Full time counselling will be more beneficial etc.

The study reveals that many of the Adolescents have been guided by their parents, and shows a very good relation between them. But adolescents in a small number admit that they have taken guidance from their friends – who are their peers; they do feel that they are satisfied but in the long run it has led to problems in several cases.

Majority of the Adolescents have positive attitude towards school & teachers. We find that there are Adolescents in small numbers who have disagreed with the various statements and show a negative attitude towards their school & teachers.

A professional intervention can solve these problems in a better way so that the Adolescents are helped to cope with the realities.

Adolescents need guidance and counselling with regard to their personal matters and careers. Teachers too agree that they would like to make use of the counselling facility with regard to their personal as well as work related matters.
Some of the schools have provided training to their teachers in counselling so that they can directly deal with the problems to some extent. It is of some help to the students.

The study identifies the need for guidance and counselling by the adolescents in social, psychological, economic, academic and career aspects. Teachers too agree that they need the help of counselor to cope with their professional and personal life.

The findings of the study get concluded with an emphasis that Adolescents in Dakshina Kannada have various problems which get added up as the days go by. Counselling either directly or indirectly to the school Adolescents proved useful effective to a large extent.

The study has accepted the following hypothesis:

- Problems of Adolescents are more among the nuclear families, especially where both the parents are working.
- Parents trying to put up their status by admitting their children to more expensive schools have misled their children.
- The present Adolescents are unable to cope with minor problems of life and that has led to increased psychological problems.
- Adolescents are not very comfortable to express their problems to their own teachers.

The study does not accept the following two hypotheses:

- “Adolescents in urban areas suffer more with emotional problems”. The problem of Adolescents is not related to their background or the area they live in.
- “The schoolteachers cannot spare their time in counselling as they have heavy burden of academic teaching and other curricular activities of the school”
Limitations

The study has following limitations:
The researcher used only the Interview Schedule to study the subject; had there been the combination of both interview schedule prepared by the researcher and the standardized scales, the study would have added further richness to accuracy.

Some of the school authorities did not mention the problems found in the school among Adolescents, fearing of bad names. They were even scared to tell the number of dropouts. Teachers were scared to give data and their frank opinion on the controversial at this juncture; even they were scared to mention their names. They were worried about the survey being used against them.

Though the population chosen for the study was large sample of five Adolescent students from each school was too small.

The number of appointed school counselors was very small to study the exact problems pertaining to school environment.

Adolescents were scared to give their opinion regarding teachers and the school as the data was collected in the school during working days.

Parents with higher qualification were very open and frank in their contribution whereas parents less qualified were more confused and hesitant to answer the inventories.

The investigator would like to stress on the observation she had during the process of data collection, that many of the students were not sincere in their response about their performance. There was a kind of hesitation as the counsellor was not so familiar to them.
Suggestions for Future Studies:
Based on the findings, limitations and the experience of the investigator the following suggestions are made as to the areas for further research in the same area of “Adolescents”.

1. A study on the area of ‘Effectiveness of trained teachers in counselling’ to help the investigator study the effectiveness of teachers counselling their students and the blocks with a proper measuring scale.

2. ‘Impact of school counselling’ - A study can be undertaken before and after counselling with the same population using a measuring scale to study the impact.

3. ‘Family relations and the impact on Adolescents’- where a scope is created to study the Adolescents and their families in depth; with some inventories.

4. ‘Problems of Adolescents and its impact on their studies’ a study can be undertaken among the adolescent students who suffer with problems like emotional worries, family tensions etc.

5. A study can be undertaken among the Adolescent population alone, where the felt need can be studied using various scales.

6. A comparative study can be taken on the Adolescent students who stay with their parents and those who are staying away from them.

7. The problems of the school dropouts can be taken for study, highlighting the difficulties they go through unemployment, Psycho-Social problems etc.
Conclusion:

The investigator, after a careful study and examination, has arrived at the following conclusion.

Technological advancements and the changing social, economic and political situation in the country shape adolescent experiences and bring in transition to adult roles and responsibilities.

In view of the rapid social and technological advancements, increasing materialism and its impact on adolescent value system, aspirations, lifestyle, attitude towards elders, and career choices, have already resulted in a lack of preparedness on the part of the parents to cope with the demands of parenting.

The mass media plays an increasingly significant role in the socialization of the adolescents by providing global links and new role models and by challenging existing values and opinions.

Peer influences may become critical in deciding adolescents’ developmental trajectory. School load, increased competition for limited seats, and escalating fee will further result in creating stress and social class divide among adolescents.

Reviews of the research on school counselling reveal that the services school counselors provide, have a positive effect on children. It has created a substantial impact on students’ educational and personal development.

School counselling programs have been found to have significant influence on disciplinary problems. Baker and Gerler found that students who participated in a school-counselling program had significantly less inappropriate behaviors.
and more positive attitudes toward school than those students who did not participate in the program.

School counselors have sometimes proven effective in preventing students from committing suicide. Specialists have been attached to the school for the purpose of helping the child to achieve his or her potential in the academic setting. These specialists include social workers who relate themselves to the role of performance of the child and his or her social and intellectual opportunities.

School social workers are an ‘extended arm’ of the educator in fulfilling educational objectives. They act as consultants by sharing their knowledge with pupils, teachers, parents and other supporting disciplines. Their special contributions and strengths are the pattern and character of practice direct and indirect uniquely identified with the profession of social work.

Social work is one of several disciplines attached to the school system to address and treat problems relating to teaching-learning process and to collaborate in efforts to maximize the learning potential of all students.

Social workers are becoming more and more interested in preventive aspects of delinquency and crime. Philosophically, they believe that if more time and talent can be put into preventing antisocial behavior in the first place, society as well as individuals and families, will be much better off.

Prevention has many sides to it and involves all of the helping disciplines. Education is particularly important. Several studies show that there are many boys and girls in school who are near delinquent and who will get into trouble if something is not done to help them solve their problems and adjust better to school, their families and life in general.
The National Commission on Social Work Practice of the National Association of Social Workers defined prevention in social work as ‘activities which have merit in averting, or discouraging the development of specific social problems or in delaying or controlling the growth of such problems after they have presented beginning symptoms’

Prevention is concerned with keeping human personalities and human interrelationships operating on an integrated and mature level, rather than gluing together human parts that have cracked, broken apart or splintered.

Peers and the increasing role played by media influence socialization of Adolescents. Parent-Child interactions during adolescence are scarce. Schools address such issues as the importance of self-esteem, since schools make or break self-image.

The school social workers are trained to assist people, including all youth of school going age, to deal effectively with their problems and concerns. These may include environmental adjustments, personal relationships, personal and family problems.

The school social worker provides helping services to those children who are unable to make proper use of their educational opportunities and who find it difficult to function effectively in the school environment. In this role, the social worker is a referral source for children who appear to have emotional or social problems that handicap their learning and social adjustment in school. The school social worker has special interviewing and casework skills that are used within a school-child-parent context.

By effective individual counselling a social worker can help a student to solve his/her problems and also prevent psycho social problems as it strengthens the problem solving capacities and coping abilities of the student.
Every well wisher of education today feels that Educational Institutions should take extra responsibility by providing guidance and counselling to improve the performance of students at different spheres, introduce an atmosphere conducive to intellectual excellence and minimize tensions. Studies made in India by Riddles (1962, 1965, 1967, and 1974) and others emphasize the need for counselling.

As the study has revealed that the problem behaviour is more among the early adolescents; a timely and suitable intervention is a must to prevent its severity. Priority and urgency at this time of major social change could tap the yet unexplored potentials of adolescents and youth as a rich national resource.

*School Counselling is concerned primarily and systematically with personal development of the pupils, it should never be treated as an emergency reaction pattern but as continuous, sequential and programmatic.*