



SOCIO-DEMOGRAPHIC PROFILE OF SCHOOL-GOING ADOLESCENTS EXPERIENCING ADJUSTMENT ISSUES WITH FAMILY.

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ABSTRACT **Background:** This study aims to examine the estimation of prevalence of mental health problems among school-going adolescents who have adjustment issues within their families. Furthermore, it seeks to explore how different socio-demographic profiles can influence these adjustment problems. **Materials & Methods:** The research was conducted on a sample of 300 school going adolescents from the Kashmir division with convenience sampling technique used to select the sample. A semi-structured interview schedule for identification of adjustment problem with family and socio-demographic profile of the respondents were used to collect the data. **Results:** The data was classified and tabulated and relevant statistical tools like Average and Chi Square Test were used to observe the severity and magnitude of the problem and to check the overall association between and across the selected variables. The results reported that the socio-demographic variables have a significant relation with the adjustment problem with family of the adolescent students living in Kashmir. **Conclusion:** The results of this study will enhance our comprehension of the mental health scenario among school-going adolescents in Kashmir, emphasizing the socio-demographic aspects that necessitate attention and assistance from mental health professionals.

KEYWORDS : Mental Health, Adjustment problem, Socio-Demographic, Adolescents in Kashmir.

INTRODUCTION

Adolescence is a transitional period of one's life between childhood and adulthood, during which some important biological, psychological and social changes take place. It is a period of storm and stress.

Some adolescents do not negotiate these challenges positively and develop personal and social problems which lead towards their maladjustment. The image of adolescence is a time of storm, stress and strains intense, moody and preoccupation with the self, which has permeated both professional and lay perspectives of this developmental period.

Adolescence is a period marked by significant psychosocial transformations that occur amid rapid pubertal growth, including identity formation, individuation from parents, and the establishment of intimate friendships. The problems of adolescents are quite serious. They are confused and anxious regarding the biological, psychological and social challenges they have confronted. The difficulties include emotional problems like sudden mood changes, irritability, irresponsible behaviors, depression etc. serious enough to justify special treatment. A concern is that in some cases the negative emotions are too intense and prolonged which can result in depression or adjustment problems among adolescents Adolescence is a transitional period of one's life between childhood and adulthood, during which some important biological, psychological and social changes take place. It is a period of storm and stress.

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MATERIAL AND METHOD

Aims and objectives: This study aimed to determine the estimation of prevalence of mental health problems among adolescent students who are experiencing adjustment issues within their families.

Sample and Procedure: A total of 300 school-going adolescents in the age group of 14 to 17 years (mean age 15.5 years), studying in class 9th, 10th, 11th, and 12th, schools affiliated with the Jammu and Kashmir Board of School Education (JKBOSE), participated in the study. For this purpose, an intensive survey was conducted in six schools randomly drawn from the districts of Srinagar, Ganderbal, and Budgam in the Central Kashmir division of the UT of J&K.

Tools of data collection: A semi-structured interview schedule for the identification of psychological wellbeing among the adolescents of the Central Kashmir region has been used to collect the primary data. The schedule also included significant parts of the respondent's socio-demographic profile that were relevant for the current study.

RESULTS AND INTERPRETATION

Table 1: Distribution of adolescent students according to their geographical location and problems with family adjustment.

Variable	Geographical Location				
		Rural	Urban	Total	
Problems with family adjustment	Close to average	No.	55	53	108
		%	36.67%	35.33%	36%
	Slightly Raised	No.	32	26	58
		%	21.33%	17.33%	19.33%
	High	No.	33	39	72
		%	22%	26%	24%
	Very High	No.	30	32	62
		%	20%	21.34%	20.67%
	Total		150	150	300
			50%	50%	100%

Close to average- Satisfactory Psychological Wellbeing
Slightly raised- Minor or Negligible problem in Psychological Wellbeing means Normal
High-Borderline- May have problems in future, if not taken care of

Very High-Abnormal- Severe or definite problem in Psychological Wellbeing, requires intervention

According to the data in Table 1, out of a total of 300 students (N=300), 150 students were enrolled in urban schools, while the remaining 150 students attended schools in rural areas. A higher percentage of family adjustment issues was observed among children attending urban schools compared to those attending rural schools. The data reveals that 32 out of the 150 students, i.e. 21.34% from urban schools had a Very High or abnormal SDQ score. Additionally, 39 out of the 150 students i.e. 26% from urban areas had a High or borderline score. In comparison, 30 out of the 150 students i.e. 20% from rural schools showed a Very High score. Furthermore, 33 out of the 150 students i.e. 22% from rural areas displayed a high score.

Table 2: Distribution of adolescent students according to their gender and problems with family adjustment.

Variable	Gender				
		Boys	Girls	Total	
Problems with family adjustment	Close to average	No.	58	48	106
		%	38.67%	32%	35.33%
	Slightly Raised	No.	27	30	57
		%	18%	20%	19%
	High	No.	35	37	72
		%	23.33%	24.66%	24%
	Very High	No.	30	35	65
		%	20%	23.33%	21.67%
	Total		150	150	300
			50%	50%	100%

According to the data in Table 2, female students experienced more difficulties in adjusting to their families compared to male students. 35 out of 150 female students i.e. 23.33% had a Very High or abnormal SDQ score. Additionally, 37 out of 150 female students i.e. 24.66% showed a high or borderline score.

In comparison, 30 out of 150 male students i.e. 20% had a Very High or abnormal SDQ score. Furthermore, 35 out of 150 male students i.e. 23.33% had a high or borderline score.

Table 3: Distribution of adolescent students according to their fathers' education and problems with family adjustment.

Variable	Education Level of Father						
		Illiterate	Primary Pass	Secondary Pass	Graduate and above	Total	
Problems with family adjustment	Close to average	No.	9	12	22	25	68
		%	10.11%	15.39%	29.33%	43.10%	22.67%
	Slightly Raised	No.	20	18	15	12	65
		%	22.47%	23.07%	20%	20.69%	21.67%
	High	No.	26	17	14	12	69
		%	29.21%	21.80%	18.67%	20.69%	23%
	Very High	No.	34	31	24	9	98
		%	38.20%	39.74%	32%	15.52%	32.66%
	Total % within the group		100%	100%	100%	100%	100%
	Total		89	78	75	58	300
		29.67%	26%	25%	19.33%	100%	

According to the data in Table 3, out of 89 students whose fathers are illiterate, 34 students i.e. 38.20% exhibited a very high or abnormal SDQ score, compared to 9 students i.e. 15.52% with qualification as graduates and above.

Similarly, 26 students i.e. 29.21% whose fathers are illiterate had a high or borderline score, compared to 12 students i.e. 20.69% of parents with qualification as graduate and higher.

DISCUSSION

This study investigates the estimation of prevalence of mental health problems in school-going adolescents with family adjustment concerns. It also examines how socio-demographic factors affect adjustment issues.

In terms of the children's school location, this study found a statistically significant difference in the prevalence rate of mental health problems, with children in urban schools showing a higher rate than those in rural schools. This finding aligns with the findings of

Sharma (2014) and Kaur et al. (2015), who found an insignificant difference in prevalence between urban and rural children. This study found a higher prevalence of adjustment problems with family (mental health problems) among male and female students, with female students experiencing more of these problems than male. This result aligns with the findings of previous studies conducted by Pathak et al. (2011). In a doctoral study in Gujarat, Mallik (2014) found that students of Gujarati medium fared better than students of English medium in terms of overall adjustment or total mental health. The current study also highlights the variable regarding the father's education level, which is one of the socio-economic factors that plays a significant role in childhood mental health. The results of the study reported that adjustment problems with family (mental health problems) are higher in illiterate fathers. This result goes with the many studies in which Quesnel et al. (2012) and Sheikh et al. (2016) described parents' education level—both of fathers and mothers—as a predictor of their children's mental health.

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