

Youth problems and aggression among adolescents

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ABSTRACT

Youngsters often feel that traditional political discourse, spheres and mechanisms do not represent them. Though calls for equity and social justice, environmental protection and cultural diversity resonate with young people, they participate little in decision-making or in discussions on key socioeconomic and political issues. The specific objective was to compare and examine Aggression and Youth Problems among Adolescents in relation to gender and habitat. It is the survey quantitative research in which the event has already occurred and the effects of the variables were studied by qualitative analysis. For the present research, work researcher has chosen 480 adolescents from various districts of Gujarat state. Further, they were classified into 2 groups i.e. male (240) and female (240). All the adolescents were selected through random sample technique. In the present study to find out the significant difference various groups of adolescence one way ANOVA, Mean and SD were calculated. As far as the role of gender was concerned with the aggression, similarly, the habitat of adolescents was also found significant for youth problem and it was reported not significant for aggression.

Keywords: *Aggression, Youth Problems, Adolescents*

Youngsters often feel that traditional political discourse, spheres and mechanisms do not represent them. Though calls for equity and social justice, environmental protection and cultural diversity resonate with young people, they participate little in decision-making or in discussions on key socioeconomic and political issues. Nevertheless, a number of prominent youth movements have appeared at the global level in the past few years, representing a wake-up call concerning their need to be heard and play an active part in developing the societies in which they live. India is at a tilting point, both in terms of economic growth and in the human development of its more than one billion citizens. The country is the 6th largest economy in the world. India's GDP growth rate for 2019 is projected to be almost 7.5%, as it continues to be a major engine of global economic growth. It does this while being the world's largest democracy and the world's second-most populous nation, with nearly 1.35 billion people spread across hundreds of thousands of large urban centers, small towns and rural clusters.

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Adolescence is the period of transition, a distinct and vibrant phase of development in the life of an individual because during this period an individual is neither a child nor an adult. The inability to cope with the changes has a direct impact on adolescents' psychosocial health and development on interpersonal relationships. Stanley Hall (1844-1924), was the first psychologist to advance the psychology of adolescence in its own right and to use scientific methods to study them. He defined this period to begin at puberty at about 12 or 13 years, and end late, between 22 years to 25 years of age. Hall also described adolescence as a period of "storm and stress."

Any act that harms another individual who is encouraged to avoid such harm, and such a broad definition can include a wide range of behaviors from those in which no harmful stimulus is introduced - such as intentionally withholding information from another person (or other passive-aggressive behaviors) - to more overt acts of verbal and physical aggression, and at the opposite extreme, the infliction of violence is defined as aggression by Baron and Richardson (1994). Aggression has sometimes been divided into affective (or reactive) and instrumental aggression (see Bushman and Anderson, 2001, for a discussion). Affective aggression is also another type which is aggression associated with negative affect (usually anger). Instrumental aggression is typically goal-driven and is relatively devoid of effect. However, the distinction is not entirely clear-cut and as a result, some theorists have advocated abandoning the affective-instrumental distinction (e.g., Bushman and Anderson, 2001; Tedeschi and Felson, 1994).

The young phase of growing up is characterized by their penchant to trial and is strongly influenced by friends and peer groups. Adolescence is often perceived as a period of experimentation, exploration and curiosity (Newcomb and Bentler, 1989). It is also a critical period of physical and mental growth. Yet the skills of self-control are not fully developed. These factors expose young people to the harmful effects of alcohol and narcotics use and to the risk of their use becoming abuse. An additional characteristic of youth culture is that young people are turning more towards one another and less towards traditional cultural arbiters (Ziehe, 2000). Another crucial component of risk among young people's sexual behavior is the use of alcohol and other drugs. Young People who take alcohol and illicit drugs are more likely to engage in high-risk sexual behaviors (Bailey, et al 1999).

Statement of problem:

The present investigation attempts to know "***Youth Problems and Aggression among Adolescents***".

Significance of the study:

Any period of change is likely to be accompanied by many impending difficulties. Adolescent age is a period of transition from childhood which implies numerous developmental changes. According to G S. Hall, it is called this period as a period of stress and strain fraught with many problems but other psychologists have laid emphasis on the cultural conditions as the problem at this age. The present study reveals the major areas of aggression and youth problems among Adolescents in relation to their gender, habitat and educational stream. As it has known that adolescent is a nation builder of tomorrow. Various changes occur in this period. These changes affect the adjustment process of the adolescent. Another main objective of this study is to understand developmental characteristics, psychological well-being and problems of Adolescent. Every teacher and parent must know about nature and changes emerging in the transition period from childhood to adulthood. They must also know the various problems fraught with developmental characteristics to deal

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effectively with the problem of adolescents. The study also helps in maintaining the mental health of adolescents. The progress of the country depends on the maximum exploitation of its human resources. The sound mind is one of the first requisite conditions of development. The adolescent is marked with a number of problems that affect mental health. The study of Adolescents is very important in order to preserve, cure and prevent the incidence of maladjustment.

Conceptual Clarifications:

The variables used in the present study were defined below in separate captions.

- **Aggression:** It is an intentional, self-initiated act of harm, injury or destruction to oneself is generally considered to encompass a wide range of life-threatening behavior.
- **Youth Problem:** Youth Problem Inventory explores various bottlenecks experienced by youth under four main areas namely family problems, college problems, social problems and personal problems.

Objectives:

The broad objective of this research was to understand the youth in India. The specific objectives were as follows

- To compare and examine Aggression and Youth Problems among Adolescents in relation to gender.
- To compare and examine Aggression and Youth Problems among Adolescents in relation to habitat.

Hypotheses:

- (H₀₁) There is no significant difference between mean scores of male and female adolescence with reference to aggression.
- (H₀₂) There is no significant difference between mean scores of urban and rural adolescence with reference to aggression.
- (H₀₃) There is no significant difference between mean scores of male and female adolescence with reference to youth problem.
- (H₀₄) There is no significant difference between mean scores of urban and rural adolescence with reference to youth problems.

Research design:

The present study is not possible experimentally because of nature of the investigation. The researcher adopted the quantitative descriptive research for gaining the objectives of the study. It is the survey quantitative research in which the event has already occurred and the effects of the variables were studied by qualitative analysis.

Variables:

Two categories of gender i.e. Male and Female adolescents and two for locality i.e. rural and urban were selected for the present research work. Gender and Locality were taken as an independent variable, whereas Aggression and youth problem of adolescents were selected as dependent variables.

Sample:

For the present research, work researcher has chosen 480 adolescents from various districts of Gujarat state. Further, they were classified into 2 groups i.e. male (240) and female (240). All

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the adolescents were selected through random sample technique. The categorization and details of sample selection were presented in the following table.

Table:-1 Showing categorization and details of sample

Gender				Total
Male		Female		
Urban	Rural	Urban	Rural	
120	120	120	120	480
120	120	120	120	
240		240		

Tools:

Youth Problems: The test developed by Verma, M. (2004) to measure ‘Youth Problems’, it contains 80 statements into four areas viz. family problems, school/college problems, social problems, and personal problems and over sensitivity. Teen-age is the transitional phase of life between childhood and adulthood in which a person relinquishes the childish activities and strive to assume certain responsibilities related to his/her own development, and simultaneously starts looking for his/her place/status in society. Due to these vital issues, he/she feels /herself surrounded by many intricacies of life. While searching an independent place in this complex environment one faces many types of problems viz. ‘Family Problems’, ‘School-college Problems’, ‘Social Problems’, and ‘Personal Problems’. The operational definitions along with the sub-areas covered have been discussed below.

Aggression Scale: This scale was constructed by G.P Mathur and Raj Kumari Bhatnagar and It is used to study the level of aggression in any age group (above 14 years). The aggression scale is finally prepared. Now it consists of 55 statements. Each statement describes forms of individual’s aggression in different situations. It is a Likert type 5 point scale. In this scale, statements are in two forms i.e. positive or negative.

Procedure:

The investigator was familiar with the objectives of the study, methods, and ethical protocols. The researcher used a standardised protocol to communicate and interact, and build rapport with the adolescents. Then researcher had explained the importance of research work and collected the data after ensuring the confidentiality of them. Each subject was given a questionnaire of aggression and youth problem. All were requested to read all statements one after the other and give their responses in the responses column by choosing appropriate responses for each statement, which they felt correct and appropriate.

Scoring:

In the present study, scoring of the obtained data was done with help of respective manuals available for the test. The data have been arranged in the respective table according to the statistical test applied.

Statistical Analysis:

In the present study to find out the significant difference various groups of adolescence one way ANOVA , Mean and SD were calculated.

RESULT & DISCUSSION:

Table 1:- Showing Mean, SD and F value between male and female adolescence for Aggression.

Measure	Gender	N	Mean	SD	'F' Value
Aggression	Male	240	178.09	36.98	4.52 $p < .05$
	Female	240	171.37	34.21	

It was recorded in table that the F value on psychological wellbeing characteristic aggression as $F(1, 240) = 4.52, p < .05$ which was recorded as significant for gender i.e. male and female. As depicted on table 42 and figure 36, it was highlighted that mean scores of male and female adolescent were 178.09 (SD = 36.98) and 171.37 (SD = 34.21) respectively. The mean difference of both the categories was 6.72. From the difference of the two mean values it revealed that male adolescents and female adolescents have higher aggression on psychological wellbeing for gender. Males have higher symptoms of aggression than the females. Thus, H_{01} is rejected.

Table 2:- Showing Mean, SD and F value between urban and rural adolescence for Aggression.

Measure	Habitat	N	Mean	SD	'F' Value
Aggression	Urban	240	176.92	35.91	1.92 NS
	Rural	240	172.53	35.51	

It was interesting to note from table that the F value of aggression on psychological wellbeing for the habitat of adolescent was found to be insignificant, in which the mean difference and F ratio was shown as at $F(1, 240) = 1.92, p > .05$. From table 43 and figure 37, the mean score for Urban adolescent was recorded as 176.92 (SD = 35.91) and for Rural adolescent was also recorded as 172.53 (SD = 35.51) and the mean difference of the two categories was found to be 4.39. This implies that Urban and Rural adolescent have more or less similar aggression on psychological wellbeing for habitat. Hence, H_{02} is maintained.

Table 3:- Showing Mean, SD and F value between male and female adolescence for youth problem.

Measure	Gender	N	Mean	SD	'F' Value
Youth Problem	Male	240	10.37	4.64	.19 NS
	Female	240	10.19	4.46	

It was evident from table that the main effect of the first independent variable Gender had no impact on youth problem of adolescent. The F value was reported $F(1, 240) = .19, p > .05$, which was negligible. Table 50 and figure 43 highlighted that mean scores of male and female adolescent were 10.37 (SD = 4.64) and 10.19 (SD = 4.46) respectively and the difference between two means was 0.18. On the basis of above findings one can well imagine that both the groups of adolescent i.e. Male and Female have by and large equal level of youth problem. Therefore, H_{03} is accepted.

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Table 4:- Showing Mean, SD and F value between urban and rural adolescence for youth problem.

Measure	Habitat	N	Mean	SD	'F' Value
Youth Problem	Urban	240	8.82	4.65	5.56 $p < .05$
	Rural	240	10.74	4.41	

Table displayed F value and mean score for the habitat of adolescent in which the mean difference and F ratio was highlighted significant $F(1,240) = 5.56$, $p < .01$. Mean score obtained by Urban adolescent was 8.82 (SD = 4.65) and for Rural adolescent was 10.74 (SD = 4.41), whereas the mean difference of both the group was 0.92, it was shown in figure 44. It can be concluded that Rural adolescent have higher level of youth problem as compared to the adolescent of Urban habitat. Hence, H_{04} is strongly discarded.

CONCLUSION:

The present study was conducted to examine the effect of some demographic variables like Gender (Male & Female), Habitat (Urban & Rural) on factors of aggression as well as youth problems. The total sample of present study comprised of adolescents with age rang 15 to 18 years. The whole sample consist of total 480 adolescents with equal number of boys (n=200) and girls (n=200). Both subgroups were made with equal number of adolescents belong to urban & rural habitat. As far as the role of gender was concerned with the aggression, similarly, the habitat of adolescents was also found significant for youth problem and it was reported not significant for aggression. The conclusions of the present study support the idea that some capacities may help to increase the well-being during adolescence and it may also decrease aggression and youth problem among adolescents. More precisely, it has shown that as adolescents' capacities of comprehension increase, so does their subjective happiness. The important role of emotional regulation should be stressed because it is an additional factor associated with happiness. Finally, it can be suggested that the educational context is the best setting in which to establish policies promoting emotional health and well-being that can reach all the adolescents and put an end to possible inequalities in the learning of those resources.

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Conflict of Interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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