

## A Study on Helplessness Level of Adolescent Girls of West Tripura

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### ABSTRACT

Helplessness, introduced as learned helplessness is relevant to many aspects of adolescents' life. Helplessness is about thinking in a negative aspect for particular situation after few attempts. As adolescence is the vital life stage, so in many areas of this sphere helplessness is important. The present study investigates the level of helplessness of adolescent girls of west district of Tripura. A total number of 100 adolescent students of Higher –Secondary level were selected for the study. The result of the study represents the helplessness level of adolescent girls of government and private schools and it also shows that the differences of helplessness level of government and private schools adolescents is not statistically significant.

**Keywords:** *Learned Helplessness, Adolescent, Higher-Secondary*

Helplessness is a kind of psychological process, which is also referred as learned helplessness. It occurs when an individual faces some negative situations and gradually stops to adapt with that situation by considering that they do not have the ability to do so. The term helplessness was proposed by Martin E.P. Seligman in 1975. A history of abuse may create a sense of helplessness in individuals. There are some signs associated with helplessness, these are like an inability to set goals, negative thinking about self, less effort to solve any problem etc.

Adolescent period is one of the most important periods of life stages. It is the phase of challenges and experiences. It is the phase between childhood and adulthood, the age period is 10-19. In this phase physical, psychological and social changes take place and as adolescents faces many challenges also. This phase also helps in decision making for future. In case of school going adolescents' helplessness is a crucial factor and this learned helplessness is very relevant to this stage of life.

### LITERATURE REVIEW

Lee and Bong (2013), recommended some factors like social support increase and failure tolerance as effective means to reduce learned helplessness in adolescents in schools. Brightman (1990) highlighted about the depression and susceptibility of adolescents to

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Received: February 26, 2026; Revision Received: June 25, 2026; Accepted: June 29, 2026

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helplessness. Ghasemi, et al. (2024) discussed about the school life quality and predicting learned helplessness. According to Valas (2001), there is a significant relationship between helplessness and academic areas and this is also related to psychological adjustments also.

So, from the above literature review it is quite clear that helplessness is strongly associated adolescents relating to their personal, social and academic life. That's why the present study has been conducted in the schools to find out the helplessness level of adolescent girls.

### ***Significance of the Study:***

The present study is very much significant regarding adolescents. As adolescents face many challenges during this age period, sometimes they get confused and set negative approach regarding their life. So, they face many challenges and they stop being trying to solve the problem and after few try, they loss the power to do the task, feeling helplessness. So, the present study highlights the status of helplessness level of adolescent girls.

### ***Objectives:***

The objectives of the study are-

1. To study the Helplessness level of Adolescent girls of west Tripura.
2. To find out the significance difference of helplessness level of adolescent girls in relation to school management type of west Tripura.

### ***Hypotheses:***

On the basis of objective 2 the following Null hypothesis have been framed-

1. **H<sub>0</sub>1:** There is no significant difference in helplessness level of adolescent girls in relation to school management type of west Tripura.

## **METHODOLOGY OF THE STUDY:**

### ***Research Design:***

This is a quantitative research approach and descriptive survey is used to find out the helplessness level of adolescent girls.

### ***Population and Sample:***

Higher-Secondary level girl students of both Government and Private schools of west district of Tripura are the population of this study. Researcher has selected 100 number of students from both Government and Private schools of west district of Tripura as sample for this study.

### ***Research Instrument:***

Researcher has selected standardized Helplessness Scale of Dr. G.P. Mathur and Raj Kumari Bhatnagar for this study.

### ***Data collection and Analysis:***

Data has been collected through the selected Helplessness Scale. The responses of the students were analyzed using Descriptive and Inferential statistical methods.

**RESULT AND DISCUSSION**

Objective wise analysis and discussion have been done, which is mentioned below-

**Objective 1:** To study the Helplessness level of Adolescent girls of west Tripura.

**Table no. 1 (Frequency of Adolescent girls' helplessness level)**

Sl no.	Helplessness level	Frequency	Percentage
1.	Extremely high Helplessness	01	1%
2.	High Helplessness	05	5%
3.	Above average Helplessness	20	20%
4.	Average Helplessness	62	62%
5.	Below average Helplessness	11	11%
6.	Low Helplessness	01	1%
7.	Extremely low Helplessness	00	0%

Table no. 1 shows that out of 100 adolescent girls from different schools of west Tripura only 1% shows Extremely high Helplessness and 5% shows High Helplessness level. In case of Above average Helplessness the percentage is 20. Below average Helplessness and Low Helplessness shows 11 and 1% respectively. Maximum helplessness level of these girls is Average Helplessness which is 62% and there is no individual with Extremely low Helplessness.

The results indicate that maximum adolescent girl students of west district of Tripura have average helplessness level and adolescent girls having low helplessness level is very less.

**Objective 2:** To find out the significance difference of helplessness level of adolescent girls in relation to school management type of west Tripura.

**H0<sub>1</sub>:** There is no significant difference in helplessness level of adolescent girls in relation to school management type of west Tripura.

**Table no. 2.1 (Frequency of Adolescent girls' helplessness level in relation to school management type)**

Sl no.	Helplessness level	Frequency			
		Government schools	Percentage (%)	Private schools	Percentage (%)
1.	Extremely high Helplessness	00	00	01	2.22
2.	High Helplessness	02	3.64	03	6.66
3.	Above average Helplessness	08	14.55	12	26.66
4.	Average Helplessness	37	67.27	25	55.55
5.	Below average Helplessness	08	14.55	03	6.66
6.	Low Helplessness	00	00	01	2.22
7.	Extremely low Helplessness	00	00	00	00
		Total (N)= 55		Total (N)= 45	

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Table no. 2.1 highlights that in case of government school's 67.675 students shows average helplessness and in case of private schools also maximum percentage of students shows average helplessness that is 55.55%. In both govt. and private schools there is not a single student having low helplessness. Although above average helplessness level is higher in private schools (26.66%) that govt. schools that is 14.55%. 14.55% of govt. school girl students show Below average Helplessness which is here higher than private school's students that is 6.66%.

**Table no. 2.2 (t-test summary regarding differences in helplessness level of adolescent girls in relation to school management type)**

Sl no.	School management type	N	Mean	SD	t value	df	Remarks
1	Government	55	72.01	5.482	1.17	89	accepted
2	Private	45	73.4	6.195			

Table no. 2.2 indicates that the Null hypothesis is accepted, so there is no significant difference in helplessness level of adolescent girls in relation to school management type of west Tripura and there is no significant difference in mean scores also. That means the differences in the Helplessness level of adolescent girls of Govt. and private schools are not statistically significant.

### **Educational Implication:**

This study tries to highlight the learned helpless level of adolescent school girls of both government and private schools of west Tripura. As west district is considered as urban district in Tripura, the higher secondary level girls which are also in adolescent stage shows a significant marking in helplessness level, that is more than fifty percent girls show average helplessness, means they are facing some difficulties or problems related to any task or situation. So, the teachers should identify the problem regarding helplessness and help them to solve the problem. As in academic life teachers are directly associated with the students so they may help the students to extend a positive outlook regarding the situation and also it is important to find out the problems, that adolescent girls face in school, home or society that suppress their level of confidence.

## **CONCLUSION**

Helplessness level is very important in case of adolescent girls. The findings of the study indicate the helplessness status of adolescent girls of west Tripura. The study also highlighted that the maximum number of higher secondary level adolescent girls of west district of Tripura shows average helplessness and the above average Helplessness level also counted. No students have been found having extremely low helplessness although a negligible percentage shows low helplessness level. It has been also found that govt. and private schools adolescent girls are not differing significantly in their helplessness level.

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### ***Acknowledgment***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Datta, S. & De, T. (Gope) (2026). A Study on Helplessness Level of Adolescent Girls of West Tripura. *International Journal of Indian Psychology*, 14(2), 2860-2864. DIP:18.01.258.20261402, DOI:10.25215/1402.258