

# Problems among adolescents: A review

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**Abstract - Review of literature will show sparkling light on the path of the researcher to acquaint himself with the current status of the selected field. The researcher will get good chunk of ideas relevant to the chosen topic and how to process further with confident and clear direction. Basically, from the review the researcher will come to know the tools, methods used and findings from the study followed by research gaps. A total of 21 journals were reviewed related to number of adolescence issues across the globe including both qualitative and quantitative. It was found that all the reviews are of equal importance related to adolescence problems, as all the researchers have thoroughly discussed about the problems followed by solutions at various length and breadth.**

**Key Words - Adolescents, Problems, Psychological, Support**

## I. Introduction

The literature review was carried out on the numerous issues confront by the adolescence. Perhaps, adolescence stage is considered to be the crucial stage for the development in human. Many changes occur in a person during this stage (physical, cognitive, and social). Adolescence stage is normally counted in between the child hood and the adulthood. By the way it is not considered as an age, but it is a stage. The research studies on adolescences issues can be understood from many aspects. However a few of the domains wherein the present articles are focused upon are;

- a) *Impact of stress on adolescence*
- b) *Problematic behavior impacts on adolescence*
- c) *Relationships impact on adolescence*

### a) Impact of stress on adolescence

Ewards & Romero (2008) conducted study on coping with discrimination. It suggested that the discrimination stress is associated with primary control engagement and disengagement coping strategies. The self-esteem can be promoted through the experience of negative stereotypes and prejudice.

Arsenio & Loria (2013) conducted study on negative stress and found that the overall negative moods and disengaged coping results to academic stress in student. It focused on the problematic nature of disengaged academic coping.

Offrey & Rinalda (2014) conducted parent-child communication and adolescence problem solving strategy in Bullying situation which may lead to stress. The researcher concluded that the help seeking strategy and parent-child communication were effective solutions for such situation both for student and teacher.

Abuya et al. (2016) found that there is a challenge of Girls education in Nairobi. Therefore, this can be addressed and oriented to the girls through role modeling by parents with community support.

Kim (2016) conducted study on networking impact. The study concluded that exposure to online media activities are associated with psychological well-being of adolescents and results to stress and suicidal thought as per Korean Psychologists.

Mattila, Maatta & Uusiautti (2016) conducted study on love and concluded that the adolescence with Intellectual Disability could describe love mainly as emotions and tangible acts, but love is difficult to describe as it is based on knowledge and skills. However, love is important and can be centrally measured in individual's well-being.

Ramasubramanian (2016) conducted study on mindfulness and stress coping. The researcher concluded that training on mindfulness and communicating mindfully are beneficial to adolescence as these will enhance their positive emotions, condensed stress and improved well-being in the life.

Santiago et al. (2016) conducted the study on stress, coping and mood of the adolescence. It is reported that the engagement of the adolescence can cope up their stress on poverty-related stress and the disengagement will negatively impact on their academic and Peer stress. Therefore, appropriate intervening device to promote coping with stress was discussed in order to maintain the equilibrium

Zbon & Smadi, (2016) investigated on the role of the family in the emotional growth of the adolescent in Islamic education. It indicated that the physiological needs and security, and culture play effective roles in emotional growth of adolescence. Thus, the researcher recommends that the best educational method to raise adolescence is through Holy Quran and Prophet's Sunna which will help to achieve the best in lifelong endeavors.

### b) Problematic behavior of adolescence

Morton et al. (1999) conducted study on Adolescent problematic behavior in the school. The researcher found that, males are more problematic than females and females are more significant than males with regard to school bonding and adjusting to the school climate. The researcher concluded that the problematic behavior can be prevented through numerous intervening mechanisms and building of school-student bonding ultimately lead to academic achievement.

Chui & Cheng (2014) conducted study on criminal behavior, and the result showed that the behaviors of criminal youth are influenced by external factors and criminal attitudes.

Kanhadilok & Watts (2014) conducted study on youth at play. The study concluded that playful settings help to build the positive characteristics and behaviors, control emotions and enhances the knowledge through hand on experiences when explored. It results to individual's inspiration and achievement.

Markowa & Nikitskaya (2014) conducted study on abnormal behavior. It revealed that the age, sample and family context play a role in engagement with coping strategies of adolescence.

Dabbagh, Roer, & Kurman (2016) conducted study on roles and responsibilities of the families. The researcher found that the roles of the adolescence are crucial in a family and has an effect both positive and negative and suggested the origin of culture is vital and put into practice.

### c) Relationships impact on adolescence

Camara, Bacigalupe, & Padilla (2014) conducted study on role of social support. The study proved that the role of inter-personal relationships builds affection, maturity, intimacy, trust and faith within the societal circle through valued emotional support in between the needs and helpers.

Potard et al. (2014) conducted study on the relationships between parental and sexuality and concluded that the pattern of relationships between males and females can be well versed through individual concept of adolescent sexual behavior.

Ronka et al. (2016) conducted study on loneliness and social relationships. The study showed the associations between the loneliness and social relations among adolescences in the school in the Northern Finland and found that girls suffer from loneliness, and get into trouble when mingled with boys, but boys are being afraid of going to school. It was suggested that school must pay attention and provide support for social learning environment in the school.

Krane et al. (2016) conducted the study on the impact of teacher-student relationships. The researcher found out that the students can excel in academic achievement when the teacher and student maintain good relationships

Acacio et al. (2017) conducted study on family and school social capital, school burnout and academic achievement: The researcher suggested that the performance of children is directly proportional to socioeconomic background and must be intervened through support from the external force.

Lindfors et al. (2017) conducted study on Gender difference and found that the academic achievement of the children up-scales with the support from teachers and their social circle within the environment. The researcher suggested that the building of school social capital should be aligned and redesigned as per the school health and education policies to practice in the school.

Venter (2017) conducted study on bridging communication gap. The researcher concluded that the conflict is aroused between the two generations owing to the usage of various modes of communication and the semantic of the messages is compromised due to the lack of nonverbal cues and face to face communication and the researcher suggested that the people should use modern technologies to communicate as and when need arises to fulfill the need rather than not communicating at all.

## II. Conclusion

With the developmental changes and increased demography globally, the adolescents are not able to cope up with fast transformational environment. With the series of the programmes and technologies pumped in, the adolescents are deprived of using technologies because of socio-economic status of their families, communities and society at large which ultimately leads the youth to indulge into current social issues.

As per the researchers' studies, it revealed that the current issues are more related to the stress, behavior and relationships of the adolescence. However, it focused on how to cope up with stress, manage the negative behavior into positive behavior, and the positive relationships in the social context according to social norms. It addresses that the advocacy programme on coping with stress, changing negative behaviors and attitudes into positive ones and promotion of healthy relationship within the adolescences must be incorporated in the curricula of the school. Further the 10 core Life skills, values, spiritual talks, tradition and customs must be imparted to children throughout their school life. A counseling program must be instituted in the school for healthy promotion of the adolescence wellbeing.

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