



**A STUDY ON PHYSICAL, EMOTIONAL AND SOCIAL PROBLEMS ENCOUNTERED  
BY ADOLESCENT GIRLS IN GONDIA DISTRICT (MAHARASHTRA)**

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**Abstract:** Adolescence is a vital stage of growth and development and marks the period of transition from childhood to adulthood. It is characterized by rapid physical, physiological and psychological changes. During this phase special attention, protection and meeting of the special needs of family members, friends, community and society are required and nation at large. Adolescents' problem is a serious problem especially for the girls whom have to be taken care off at the early stage itself. Failing to do that leads to a miserable life not only for the affected individual but for the future generation. Every day especially the girls face many challenges. A girl with good understanding and emotional intelligence will handle the difficulties encountered throughout her lifetime efficiently. Teenage years are one of the most challenging time in anybody's life. During teen years, there are hormonal shifts and drastic changes in body shape as well as mental architecture.

**Introduction:** Adolescence is a time of great emotional and intellectual change too, a time when families need to give the most and also take the most. A teenager has to negotiate some tricky conflicts, between dependence and independence between values held by parents and those held by peers between wanting to be as free as a bird and having to make commitments. If parents are not prepared to very open about their own feelings, about their own attitudes to sex, politics and the world in general, and about their own experiences of growing up the conflicts of adolescence can be very painful and very lonely, and are likely to repeat themselves in later life (Marisen Mwale, 2010). A balance has to be struck between over-strictness and laissez faire. Enforcing the law too heavily cause humiliation and resentment, but not making any rules is likely to be misconstrued as not caring. Their most need is love and understanding and their own 'space' physically as well as emotionally. Once they realize and accept that parents also need their own space, the stage is set for healthy transition to adulthood.

**Review of Literature:**

Bindu Devi and Prof (Dr) Manju Sharma.(2021). The researcher conducted study to understand adjustment level between boys and girls of secondary school students. The survey method was used on total 200 students (from which 100 girls and 100 boys).

Research aimed to specify the adjustment level in higher secondary students. It's also study the adjustment with school environment, self - motivation, relationship with peers, support of teachers and participation of parents in adjustment on basic level such as gender, grade and residential area. Shreedha Vyas (2021)

After students passing secondary school and enter college has to go through many adjustments in the settle new environment. To understand the challenges faced in adjustment among the college



student, researcher conducted a study in 2020 on boys and girls of undergraduate level. **Usha Sahu and Jyoti Dewangan. (2021)**

The purpose of this study was to know whether students living in urban and rural area has dissimilar adjustment skills. The study was conducted on higher secondary government school situated in different resident area of Rajnandgaon district of Chhattisgarh state. **Basant Kumar Sanber and Rakhi Dewangan.(2020).**

**Harshdeep Kaur and Arashmeet Chawla (2016).** The research was done on adolescence to understand their adjustment level (Social, Emotional and Educational) with considering gender base.

**Dr. Gagandeep Kaur and Sandeep Singh. (2019)** The study was conducted to understand the adjustment level of the adolescent students in the relation with academic stress.

### **Objectives:**

The present study is committed to accomplish the following objectives:

1. To diagnose the problems encountered by the adolescent girls.
2. To assess the physical, peer group, health, emotional and stress problems among the adolescent girls
3. To evolve recommendations for policy making.

**Questionnaires:** The research questions for the present study are as follows: -

1. Are the teenage girls taken for this study aware of the different problems?
2. Do the parents of the adolescent girls able to understand the feelings of their children?
3. Do the teenage girls taken for this study know different problems of their own with special reference to health, peer group pressure, stress, physical problems and emotional problems?
4. Do the adolescence girls face stress in their life?

Methodology Objectives of the study

**Method and Procedure** The present study adopted qualitative method with interview guided approach for data collection. The investigator, after conceptualizing different dimensions of problems encountered by the adolescent girls constructed 24 statements to ascertain the ways of expressing their problems towards their teenage in the dimensions like physical, emotional, peer group, stress and health. The tool has been given to the psychologists and counsellors for obtaining their opinion. Based on their opinion rewording and rephrasing have been done in the questionnaire wherever necessary. Face-to-face interviews were conducted with 20 teenage girls individually in an isolated location for the collection of data. Analysis Based on the data collected through the interview with the respondents, their responses are analyzed and interpreted as follows:

## Responses of the Adolescent girls

### Analysis

Based on the data collected through the interview with the respondents, their responses are analysed and interpreted as follows:

**Table 1 Responses of the Adolescent girls**

Dimension	Responses			
	Yes	Partially	No	No Idea
Physical	50%	20%	30%	0%
Peer Group	10%	52.5%	32.5%	0%
Health	33.3%	26.6%	40%	0%
Emotional & Stress	23.3%	28.3%	32.9%	15.4%

Regarding the dimension Physical Problems 50% of girls expressed that they face problems because lack of knowledge about the changes happening in their body. Awareness should be given by the parents and teachers to overcome this problem. Interpersonal relationship is important for every individual. But 10% of the girls and 52.5% of the girls responded 'Yes' and 'Partially' respectively that they were facing problems with their peer group. The reason may be due to lack of understanding. Elders can help these girls to develop understanding between the peer groups. "You can tell the condition of a nation by looking at the status of its women" - Jawaharlal Nehru. Health is the important factor for any individual. Especially for girls it is most important because the researches say that Indian women born with anaemia live with anaemia and die with anaemia. In fact they are going to give birth to future citizens. Nearly 60% of the girls themselves agree that they have health problems. Coping with stress and emotions are the challenging task for all the girls especially in the adolescence. More than 50% of the girls face problems in managing their stress and emotions. It is heartening to note that 32.9% of the girls are not facing any emotional problems. At the same time 15.4% of the girls have no idea about emotions and stress. It is not a good sign that adolescent girls are unaware of their own life.

**Conclusions:** - implications and significance Based on the findings of the present study the following recommendations were made:

- 1) Awareness should be given to the girls about the changes of their own body. Teachers also play the role of the mother in helping the adolescent girls.
- 2) Attempts to be made to strengthen the inter-personal relationship between parents and their wards.
- 3) Yelling should be avoided by the parents as well as the teachers.
- 4) Problem solving skill should be developed in students
- 5) Help them to identify their own potentials.
- 6) Counselling be made available for parents to overcome the generation gap.
- 7) Yoga and meditation classes should be conducted for students and parents to manage the pressure efficiently in their daily life.



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