

## Assessment of the Common Problems Faced by Adolescent Students

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### Background

Adolescence is a period of transience and turmoil. Adolescents are under pressure to find their place in society, get recognised by their peers and be accepted as individuals. This often leads to restlessness, anxiety and feelings of insecurity, which may lead to pathological disorders.

### Aims & Objectives

To understand the influences affecting adolescent students.

### Material & Methods

A cross sectional study was conducted by taking 392 students of class 7, 8 and 9, from three high schools in Mangalore. Convenience sampling was done to select participants in the study after taking permission from the institution and an informed consent from the parents and assent from the students. Ethical approval was obtained from Institutional Ethics Committee. A semi-structured questionnaire was distributed. The questionnaire included questions dealing with the school, family, and health, eating habits, society and effect of media. Data was analysed using SPSS version

17.0

### Results

A total of 392 students responded. It was found that a major proportion of the students easily made friends and were comfortable with them, whereas only about half of them were at ease with their teachers. Chronic health problems affected a very small fraction of the students, and virtually all of them received ample attention when they were ill. More than half of them desired to be the most popular person in class and also felt that their company influenced them. A significant percentage of them skipped meals, watched TV and browsed the Internet regularly. A notable number of them tried to imitate people they saw on TV and felt that watching movies affected their mindset.

### Conclusions

Peer pressure, audio-visual media and the Internet significantly influence adolescents. Addictions were present amongst a proportion of adolescents and their family members as well. Adult influences on adolescents were present; though lesser at school, and more at home.