ADJUSTMENT PROBLEMS AND JUVENITE DELINQUENCY DURING ADOLESCENCE

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1. INTRODUCTION
Adolescence is a very important period in one's life. The individual's physical, mental, social moral and spiritual outlooks undergo revolutionary changes. This is the stage adolescence are not consistent in their emotional expressions. Their emotions fluctuate very frequently in the current of emotional flow is very intense. Emotional restlessness and instability sometimes make them optimistic pessimistic, moody and sometimes make them depressed, desperate, violent re often experiences a feeling like “everyone is watching me”. They are also easily offended and sensitive to criticism. The adolescents, due to these changes often face in number of crises and dilemmas. Therefore the psychologist Stanley Hall said that adolescence is a period of storm and stress.
According to Rose, “The adolescent lives on intense emotional life in which we can see once more the rhythm of positive and negative phases of behaviour in his constant alteration between intense excitement and deep depression.

2. ADJUSTMENT PROBLEM OR DISORDER DURING ADOLESCENCE
“Adjustment” in simple terms means the process by which an individual tries to change his behaviour according to the needs of his surroundings to establish a harmonious relationship between himself and his environment. All through one's life i.e. from birth to death one keeps on trying to make such adjustment. A well adjusted person is never frustrated over petty things. He learns how to handle situations and solve his own problems. He is aware of his limitations. To sum up in one word, he has a very realistic approach and positive attitude towards life.
Now a days adjustment problem becomes a major problem among the adolescents. It is the time in which adolescents become self conscious, due to the changes that occur in their body and mine and find this “changed appearance” somewhat distressing or unattractive and try to avoid contact with adults who are critical of them. They are often influenced by what society consider attractive and many of them, specially girls, being the diet sometime to dangerous levels. In case of boys they try to emulate their heroes, engage in drinking or smoking to establish their independence and identity. At that time their manners become awkward, rude, blunt etc. They may avoid being seen with their parents. Therefore conflict arises between adolescents and parents and these conflicts are usually triggered by ordinary or small matters such as tidiness, personal hygiene, quarrel with siblings and disobeying parents. It is a period of when peers and friends influence them the most. If parents are too much critical about their friends and do not approve their choice of friends, adolescents become defying and recent full. During that time adolescents become curious and fearful about sexual matters. And their bodily changes give rise to sexual feelings that are usually confusing yet pleasurable.

3. CAUSES OF ADJUSTMENT PROBLEM DURING ADOLESCENCE
Some of the causes of adjustment disorder in adolescents are
1. Problems of adjustment and family communication: Some children belonging to unhappy families, broken homes or families where parents have a divorce or stay separately develop adjustment disorders as they grow old. This greatly affects their personality.
2. Problems of adjustment with the school: In school, adolescents who do not have a good relation with their peers and teachers also have adjustment problems. During this stage, who change school frequently, then they may face a lot of problems in adjusting with the new environment. If they change school at the later stage i.e. high school stage, then also they find it difficult to make new friends easily, leading to adjustment problems and if the school does not organise social gathering like excursions, outings, trips and if there is no arrangement for social development, the adolescent does not find the school a satisfactory place. Consequently he becomes a truant.

3. Problems of adjustment with Associates of one's own Sex: Children of different socio-economic status work and play with each other. But the social distance increases in the adolescence period. Upper class boys do not like to make friendship with boys of lower class. In the society of adolescents there are many who are not popular, who do not belong and who are occasional. It is strange to fine isolates everywhere. Isolates are boys and girls who regard others their best friends but are disregarded by them. The adolescents who are thus rejected become quarrelsome or unduly sensitive.

4. Problems of adjustment with the other sex: Adolescents try to learn about sex from each other, they do help each other but such help is fraught with difficulties. It is stage when the youngsters try to discover the other sex. At first the boys and girls do not know what to make of each other and how to get along together. The boy now sees the neighbour girls in a new way. If he does not achieve a satisfactory adjustment to the other sex, he may have difficulties in marriage, he may have other social problems also.

5. Problems related to health: When a adolescent suffers from a chronic disease for a long time he/she develops such disorder. He/she becomes irritated very easily.

4. SYMPTOMS OF ADJUSTMENT DISORDER
The symptoms of adjustment disorder are different from one individual to another. Some of the symptoms of adjustment disorder may include -
1. Behavioral symptoms
   - Tearfulness
   - Engaging in self-destructive behaviours
   - Withdrawing from friends and previously enjoyed activities
   - Increasing amounts of time spent alone
   - Increased absences from school
   - Using drugs or alcohol
   - Skipping school
   - Fighting
   - Acting out
2. Physical symptoms
   - Muscle tension
   - Aches and pains
   - Headaches
   - Changes in appetite
   - Heart palpitations
   - Fatigue, lack of energy
3. Cognitive symptoms
   - Inability to focus on particular tasks
   - Feeling overwhelmed
4. Psychological symptoms
   ➢ Depressed mood
   ➢ Worrying
   ➢ Fear of separation from important figures in child’s life
   ➢ Feeling hopeless
   ➢ Mood swings
   ➢ Nervousness
   ➢ Anxiety
   ➢ Stress
   ➢ Aggressive outbursts
   ➢ Suicidal thoughts

5. EFFECTS OF ADJUSTMENT DISORDER
Some adolescents could experience long lasting effects that have been caused by disorder. These long term effects may include –
   ➢ Family conflicts
   ➢ Decreased capacity to work
   ➢ Substance abuse
   ➢ Alcoholism
   ➢ Depression
   ➢ Difficulty concentrating
   ➢ Behavioural changes
   ➢ Mood swings
   ➢ Self harm

6. DIAGNOSIS OF ADJUSTMENT PROBLEM OR DISORDER
To be diagnosed with adjustment disorder, one must meet all of the following criteria -
1. Symptoms must have developed within three months of the stressor.
2. Symptoms are more severe than would normally be expected in reaction to one’s stressor and is causing distress, social impairment or occupational impairment.
3. Symptoms are not caused or aggravated by another disorder.
4. Symptoms are not part of the normal grieving and sorrow experienced after the death of a loved one.

7. TREATMENT OF ADJUSTMENT DISORDER
Treatment of adjustment disorder requires constant supervision and intensive therapeutic services. Some of the methods generally used may include -
1. Medication: Certain medications may be used along with therapies to help adolescents who are feeling nervous or depressed or having trouble sleeping to control their symptoms.
2. Individual Therapy: Individual psychotherapy like cognitive behavioural therapy to help the adolescents identify and change responses to life stressors. Cognitive behavioral approaches are used to improve age appropriate problem solving skills, communication skills, impulse control, anger management skills and stress management skills.
3. Group Therapy: Group Therapy that focus on distorted thinking and how to change those thoughts, the importance of being able to take control of one's own actions and problem solving techniques.
4. Family Therapy: Family involvement is very important for creating a lasting change. Family therapy is often focused on making needed changes within the family system, like improving communication skills and family interactions. It also helps in increasing family support among family members.

5. Peer Group Therapy: Peer group therapy is often focused on developing and using social skills and interpersonal skills.

In addition to the above approaches some traditional methods may be used for the treatment of adjustment disorder that includes –

➢ Music
➢ Crafts
➢ Sports
➢ Recreational therapy
➢ Drama
➢ Adventures programs
➢ Relaxations etc.

8. CONCLUSION

From the above discussion will come to know that the adolescent experiences a number of adjustment problems. Persistent antisocial behavior that lasts from late childhood to early adulthood is to a large extent influenced by familial factors in both males and females. Genetic contributions to the association between parental criticism and adolescent antisocial behavior are partly explained by earlier expressed adolescent aggression. Mothers tend to get more emotionally over involved in their parenting as a result of internalizing behavior problems in their children. Different processes explained the association between parental criticism and adolescent externalizing behavior, in mothers and fathers. Externalizing behavior problems in adolescents tended to elicit critical behavior in mothers. In contrast, paternal criticism was shown to affect the development of adolescent externalizing behavior in a direct environmental way.

REFERENCES

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