

Role of Parents' and Teachers' to Solve Various Problems of Adolescents and to Develop their Psyche

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Abstract

In the present work, we made an attempt to discuss the different problems of adolescents and to show the role of parents' and teachers' to control the individual behaviour of adolescents to develop their life as well as their psyche. Here we mainly intend to show the sources of social support in adolescence. While discussing this we will mainly focus on the effectiveness of parents and teachers in helping adolescents deal with problems.

Introduction:

The period of adolescence is considered as crucial and significant stage of an individual's life. Adolescence is a period when individual becomes integrated with the adults' social life. It is the period of rapid changes¹ in individual's physical, mental, moral, emotional, social and sexual aspects. Therefore, this time is very important for every child. Staying in right way of life or controlling one's own self at this stage determines the future of an individual. Many times individual fails to control himself or herself at this stage. As a result, he or she can not reveal the actual capacity what they have and fall into an unsuccessful life. So, at this adolescent stage as many individuals cannot control themselves, parents and teachers have to take some important responsibilities to control them. By doing so, parents and teachers can show the right direction of life to the children and can make them successful in

¹ Hurrelmann, Klaus, "Parents, Peers, Teachers and Other Significant Partners in Adolescence", in *International Journal of Adolescence and youth*, PP. 211-236, Great Britain, Routledge Taylor and Francis Group, PP. 211-236, Volume – 2, 1990, P. 211.

life. In the present study we have tried to show the main problems of the adolescents and how parents and teachers can play an important role to show the possible solution and develop their psyche.

Objectives of the study:

1. To make a basic understanding about the concept of adolescence period.
2. To understand various problems of adolescence.
3. To understand the role of parents' and teachers' for solving various problems of adolescents'.
4. To understand the necessity of providing guidance to adolescents.
5. To find out why understanding adolescence period is significant.
6. To find out the necessary solution to develop their psyche.

Concept of adolescent period:

The word adolescence has been derived from the Greek word “ *adolescence*” which means 'to grow', 'to mature.' The term primarily implies to emerge or to 'achieve identity'². Adolescence is one of the most important and significant period of an individual's life. Some poets have described it as the spring of life of human being. It is that period of life where boys and girls move physically, mentally and socially from their childhood to adulthood. This period may be defined as a period of learning new things, develop human personality towards a new dimension, period of development of abstract emotions or period of day-dreams, complexities, conflict, period of self - feeling and ambitions, great ideals, rapid fluctuation of mood, period of sex assertions etc. In this period children's have lacks of experience though they may exhibit a 'Knower-it-all' attitude. They always use to seek their own place in the life around them. They always want to make them free from all types of bondage and try to do anything freely.

Definition of adolescence:

WHO defines adolescence both in terms of age (spanning the ages between 10 and 19 years) and in terms of a phase of life marked by special attributes. These attributes include :

- a. Rapid physical growth and development
- b. Physical, social and psychological maturity, but not all at the same time
- c. Sexual maturity and the onset of sexual activity
- d. Experimentation

² Agarwal, J.C., Basic Ideas in Educational Psychology, New Delhi, Shipra Publication, 2001, P.20.

- e. Development of adult mental processes and adult identity
- f. Transition from total socio-economic dependence to relative independence³

Why understanding of adolescence period is significant?

The growth of a country which may be economic or others development depends on the maximum development of its human resources, which in turn depend on proper education. As we know that today's children are the builders of our future nation and builder of our country. So the progress of our country in various field depend on how its young generation has been guided and trained in the school and in the family. In any country whatever new things and discoveries are made, their seeds are sown among the children at the beginning of their life.

That means it is necessary to understand the basic nature characteristics, needs, mental health, various changes and problems of adolescent so that we can provide a favourable environment to them where their growth and development will take place perfectly. Along with this proper guidance, service and other adolescent support services can be designed properly, to meet the various requirements of the adolescence for their overall development and also for the development of our country.

But, if we cannot provide proper direction to adolescence then they will not be able to overcome various problems which they face during that period. As a result, they may develop psychological disturbances like maladjustment and others problems which may lead a negative attitude to all thing. If these negative attitudes exist for a long time then the whole personality of adolescents may get affected in such a way which may be very terrible for them as well as for our country.

Different problems of adolescence and their solution:

Adolescence period is very important for a child. His or her total life is dependent on how his or her adolescence period has been used. If a child gets proper guidance at this age he or she can become more successful in his or her life. In this case Parents and Teachers plays very significant role to making a child's adolescence period positive and successful. Here I have discussed various problems of adolescents and also tried to discuss necessary solution of them.

³ *Ibid*, PP. 20-21.

Problems related to sex:

In the Period of adolescence, it can be observed that among the girls and boys sudden sex interest and awareness of sex related issues rise towards opposite sex. In this period sex unrest is found powerful and uncontrolled, because a number of changes take place at this time in the thinking of them. Robert A. Baron and Girishwar Misra points out that, "...more disturbing form of maltreatment is sexual abuse-sexual contact or activities forced on children or adolescents."⁴ As they are the member of society, development of them depend on appropriate social interaction. So we should not separate them from social set-up. They have to attend many social occasions from where they will come to know about sex related things and related problems of that. They can get sexual knowledge from various sources like through peer group, old members of society, novels, dramas, stories of love and adventure, reproduction in animal life, movies, T.V serials, and drawing. A large number of boys and girls suffer from worries and venereal disorder only because of taking wrong information and lack of appropriate guidance. That's why all social workers, psychologists and teachers are believed in providing sex education to them. They believe that without sex education and proper guidance and counselling, adolescence will not be developed in proper way, which will create harmful effect on their entire life. R.N. Sharma and R.K. Sharma remarks that, "Sexual adjustment in adolescence is a very important factor, and, for this, sex education is desirable."⁵ Sexual problem is not only a physical problem rather it is also a mental problem. Therefore, if we want to direct the adolescents in a right direction, then we have to satisfy all the curiosity and questions whatever arises in the minds of adolescents related to sex through proper guidance and counselling programmes. So, it is better to provide instructions related to sex freely and frankly to adolescents so that adolescent students can be encouraged to discuss all the things whatever they want to know. In the ancient India this sex education is not given much importance. May be it was included verbally among the teachers or they might suggest the student indirectly along with other curriculum. But now as the education system has been changed, it is the real time to incorporate sex education in the school curriculum as an integral part of regular curriculum which will help the nation to lead its child in the right direction. S.S. Chouhan holds that, "The provision of sex education should be made from the early life of the child. It is the

⁴ Baron, Robert A., Girishwar Misra, *Psychology*, Pearson, Delhi, 2014, P.292.

⁵ Sharma, R.N., R.K. Sharma, *Educational Psychology*, Atlantic, New Delhi, 2006, P. 148.

responsibility of parents to inculcate good habits in their children and should develop positive attitude towards sex problem."⁶

Besides parents, social worker can also provide instruction regarding the importance of sex related issues in social life and teachers also can provide the knowledge about philosophical aspects of sex education to adolescence. But the teacher's role is most important in this case, because the teachers who are trained, cooperative, and emotionally stable and have proper consciousness about adolescents and their various problems they can competently provide sex education to adolescents. Therefore, various topics related with sex education should be incorporated in school education and some co-curricular activities also can be organized in school for this purpose. As we find it "Sex can also be sublimated to creative activities in the realm of painting, music, dance, flower-gardening and decoration etc."⁷ So, school teachers are the most important guardians who can impart guidance and counselling services and proper knowledge regarding sex related issues to adolescents for their suitable adjustment in social life.

So there is no doubt if sex education is introduced with appropriate guidance and counselling services in the school then most of the sex related problems of adolescents will be reduced and overcome.

Adjustment problem in school:

Some problems due to which adolescents cannot adjust themselves with the class room environment have been discussed below:

- a. In the case of adjustment with school most of the adolescent face a great problem. The reason behind it may be the nature of curriculum because in our curriculum we hardly find practical activities for students' participation. That means most of the part of curriculum is theoretical as a result students sometimes do not get interest in school classes.
- b. The another reason behind it may be the attitude of teachers towards students. That means showing favour to some students and showing much strictness towards other students.

⁶ Chauhan, S.S, *Advanced Educational Psychology*, New Delhi, Vikas Publishing House pvt Ltd, 2006, P. 111.

⁷ Parhi, R.K, *Educational Psychology*, New Delhi, APH Publishing Corporation, 2016, P. 59

- c. A large number of students' homework and others academic pressures like examination, daily routine maintaining, strict rules and regulations are also responsible in some extend for the said problem.
- d. Sometimes due to the repetition of some topics in the class room students feel boredom in the classes.
- e. Another important problem is to failure to adjustment with the students come from different socio-economic background.
- f. Lack of attractive teaching method and others students' support services.

For removing above discussed problems teachers should develop their attitude towards adolescents. Teachers should try to develop a relation of friendship like the parents with adolescents. Teachers should create such environment in school for adolescents where adolescents can express their pent-up feeling. Moreover sympathy, proper treatment, cooperation and freedom for doing any good activity should be provided to them instead of imposed any unnecessary restriction. It is possible by providing various opportunities to adolescents like various sports excursion, educational tours, free discussions, drama, training, various curricular activities etc., Teacher should teach the adolescents to remain relaxed in the school environment and create opportunities for them to understand each other and come more closer to each other. But at first it is necessary to find out the interest, ability, need and aspirations of the students those who have lack of interests in school work, because, all adolescent students differ in their interests and abilities. After finding out or measuring their interests by various techniques it is necessary to incorporate these interests to school work properly according to their importance and significance. And for expressing the creativity or exhibit their talent and self-independence in school there must be a compulsory provision of planning and management of different types of curricular and co-curricular activities and programmes. J.C. Aggarwal remarks that, "For the development of a creative mind, freedom for self-development and freedom for activity must be given in a school."⁸ That means, for the harmonious development of the adolescents, activity oriented education should be implemented in school along with theory based education. At present, as the main aim of education is overall development of students so every school should maintain democratic environment. It is also necessary to provide an appropriate respect on the basis of their thoughts, opinions and activities.

⁸ Aggarwal, J.C, *Essential of Educational Psychology*, New Delhi, Vikas Publishing House Pvt Ltd, 2005, P. 180.

From the above mentioned discussion it can be said that, we cannot ignore the role of guidance and counselling programme for adolescents. Because there is a precious need to provide guidance and counselling services to the adolescent students in order to prepare their study schedules, develop good teacher students relationship, well adjustment with all other fellows of the class and to recover various academic problems. Otherwise, they may feel unsecured which leads to different maladjusted behaviours such as truancy, give up education, lying etc. After all we can say that, it is very important duty of the teacher as well as parents to understand their interest, need, ability and problems for the adequate growth of the adolescents. After all we can say that, for the adjustment with school and also different situations of their life the teacher should emphasis on the interpersonal relationship with students.

Seeking freedom and its problems:

Adolescents want more freedom for doing any activity or to attend any social work. As we find it, "Adolescents prefer their own adjustment on matters controversy and like to use their independent thinking in their every action."⁹ Thus sometimes for expressing themselves, they even take high-risk without thinking the result of their activity logically. And in these cases they does not bear the over strictness and interference of their parents and elders, because their elder does not permit them for doing such activities. Elders always treat them as child and do not give them chance to take part in elders' activities also.

So, in these cases if adolescents were connected with any type of constructive work instead of any bad challenges then they would not have been under estimated as a child. It is necessary to treat them as adults with due respect so that they can engage themselves in the good activities.

It is the duty of both parents and teachers to understand the nature of adolescents' activities in order to provide them freedom, valuable suggestion, proper direction for doing constructive social work and for creating motivation and self-confidence among them. But in these cases parents and teachers should remember another thing that is the maturity level and capabilities of their children. Then only they will be able to provide effective guidance to their children (adolescents).

⁹ Paul, Dr. Sujit, Rakheebrita Biswas, Dr. Pranab Krishna Chanda, *Childhood and Growing Up*, Kolkata, Aaheli Publisher, 2015, P.115.

Emotional problem:

Emotional developments are very important aspects for adolescence growth, development and for future career of the adolescents. R.K. Parhi holds that, "Adolescence period is marked by heightened emotionality. In this period, children are possessed of intensity of feeling, instability, anxiety, mood swings, fluctuation of feeling, egotism etc."¹⁰ In this period, for the emotional insecurity in all adolescents it is found, a desire for love, affection and social approval from their parents, teachers and other responsible member of the society. So, it is needed to understand the nature of emotion of adolescents. Emotional tension affects memory, learning ability and leads to moodiness, inconsistency, develop anger and fear,¹¹ which sometimes may lead them towards anti-social frustration and delinquent behaviour. Along with this, as we know that, if we are able to keep our emotions under control and become able to conceal them then it is considered as a mark of strong and balanced personality. So, it is very essential to provide appropriate training to adolescent children so that they can control their emotions and can achieve a mental balance and stability. Then it will be easier to develop individual happiness and social efficiency.

Therefore, it is the duty of parents, teachers, counsellors and other elder members of the society to help adolescents for their emotional control by understanding their different individual needs and by standing beside them so that they can fulfil their various essential needs and can get the opportunity to explore new fields. Along with this, it is also the duty of Teachers, Parents, counsellor to lead adolescents or to guide them effectively to solve various insecurity problems what they face. Beside this for reducing the emotional problems of adolescents like in-attention, shyness, withdrawal, hyperactivity, it is also essential to involve them in music, painting, sports and other co-curricular activities. That means a suitable educational programme needs to be developed in order to enable the adolescents to control their emotions efficiently.

But in school, there are some remarkable factors which create disturbs towards emotional development of adolescents. Such factors are

- a. Lack of security of adolescents and peaceful environment in school.
- b. Disregard of individual difference and economic disparities.

¹⁰ Parhi, R.K, *Educational Psychology*, 2016, P. 16.

¹¹ Aggarwal, J.C, *Essential of Educational Psychology*, 2005, P. 171.

- c. Lack of co-curricular activities, interested curriculum and proper method of teaching etc.

So, in school teachers should follow some technique to satisfy different needs of adolescents for their emotional development. Such as

- a. To provide love and affection to adolescents.
- b. To treat the student equally irrespective of consideration of wealth, status or gender of adolescents.
- c. To give proper attention on individual differences of adolescents.
- d. To provide opportunities in order to take part in a variety of co-curricular activities.
- e. Curriculum should be possessed of both theoretical and practical content. That means curriculum should be rich and varied.
- f. To use dynamic and progressive methods of teaching-learning in class room.

Occupational problems:

‘What should I do after completing my study?’ is one of the big questions especially for adolescent boys of our country. Adolescents always search for this answer. As number of adolescents study without future planning so, after finishing their study when they see that a large number of adolescents and adults are roaming on the road without any means of livelihood then they get depressed. That means unemployment is one of the big reasons of adolescents’ depression. Sometimes they become restless, permanent anxiety develops in their mind and sometimes they also become rebellious against the social system/order out of frustration. Particularly some adolescents are more disturbed who come from poor family background and are the only supporters of their families. As each and every adolescent differ from one another in respect to their interests and abilities, so it is the duty of every school to organize a comprehensive educational and occupational guidance programme for helping them to select subject and adopt certain effective vocations in their future life with proper planning according to their own mental level, interests, needs and abilities. It has been strongly recommended in the book *The Psychological of Education* that, "...it seems reasonable to train up specific abilities or to modify children's social situations in some way.

In an approach devised by Spence (1995), children's abilities can first be analyzed and then programmes run to work on areas of deficit."¹²

It is also the duty of parents not to impose their high aspirations on their sons and daughters. That means parents should provide proper instructions and help their children to make proper planning by selecting suitable courses which will be helpful for their future. But it must be based on children's own capabilities and interest.

At last, which is very important is that, in our society, if proper provision and opportunities can be created and implemented for the employment of the youths then such problem can be minimized.

Financial problems:

If we observe, then we can see that during the period of adolescence having money is a big problem of them. They need money for fulfilment of their different needs. They want to achieve assurance of economic independence at this period. There are large numbers of activities of adolescents which involve money. At this period while taking money from their parents they feel shame. Side by side for fulfilment of adolescents' extra demand (which involve money) parents and elders remain conservative.

Thus, some financial problems arise among the adolescents in this period. So, the main problem is high desire for becoming economically independent by earning money and wish to earn for spending money for their personal necessities. They then sometime forget other important issues which are very essential for their overall development. Sometime we also see that those who are from economically backward family, if their parents cannot fulfil their demand; they do not even hesitate to steal money from their homes for satisfying their different needs. Students of this weaker section always try to earn early¹³ which effects their proper development.

For overcoming the above discussed problem, it should be the duty of parents and elder members of family not to take this issue so casually. They must give a careful attention on this issue so that adolescents can understand their family's economic condition and do not waste money in other unessential works or for fulfilment of their unnecessary desires.

¹² Long, Martyn, Clare, Wood, *The Psychology of Education*, U.S.A., Routledge Publication, 2011, P. 358.

¹³ Baron, Robert A., Girishwar Misra, *Psychology*, 2014, P.297.

Apart from this, it is also necessary to establish a good relationship between parents and adolescents so that adolescents do not feel ashamed for begging money from their parents if they really require it.

Problem related to make their philosophy of life and moral values:

The children in adolescent period always want to determine their philosophy of life. They want to take clear concept of morality and to know all unknown things of them. At this stage, adolescent children become more socialized and more reformists, because at this period, various political, religious and social ideals influence on them. They want to judge what is good and what is bad. They want to assess, the various activities which are made by them and other members of society around them according to the concept of right and wrong. In this way, adolescents start to make their own philosophy of life. Thus, their moral development also takes place at this stage and on the basis of this they want to show an attitude which is related with selfless idealist. In the mind of most of the adolescents always a tendency works that is to do right action, to nurse other members of society including indigent and deprived peoples. It is also true that in maximum cases, if adolescents do anything which is morally wrong and if they can realise it, then they feel mental pain.

As adolescent do not reach at the stage of matured judgement, sometimes due to the shortage of appropriate knowledge and experiences they commit mistake. Even sometimes they cannot adopt proper decision making approach, right philosophy of life etc. As a result, they sometime face various problems related to morality, controlling them etc.

For overcoming this problem, first of all it is the duty of parents and elders to create a favourable democratic environment in home. For this it is necessary to establish a good relationship among family members. They need to avoid comparing their children with others' children. It is also necessary to avoid unhealthy criticism of anybody at home and guardians should not impose irrational religious beliefs on them. Along with this for building self-confidence among adolescents it is also necessary to respect their good ideas, thoughts and to provide permission and appropriate guidance to fulfil their various good works.

Secondly, the role of teacher is very important to make proper philosophy of adolescent's life by making them able to understand how to distinguish between the right and wrong things. For these, teacher should take a good ideal in his/her life, should always maintain

good relationship with students, other stuffs and other persons of society. Teachers should follow all the rules and regulation first, should maintain professional ethics in his/her teaching profession. Teacher should not only set himself/herself as an ideal teacher but also each and every aspects of his/her life should influence the children positively. Teachers should establish such remarkable examples in their own life which will directly or indirectly inspire their students to be ideal like them.

It is also the duty of school to maintain good environment inside the school campus which will be helpful for harmonious development of adolescents' personality. Adolescents must understand his/her relationship to the community, country, and the world; in order to bringing them in contact with real life situation. For getting the successful result, it is also necessary to establish a close relationship between the school and the community so that student can also realise the real nature of life and the real problem of the society. As we find it, "The national policy on education (NPE, 1986) has laid stress on the relationship between the school and the community to formularize the students with the problems of neighbouring community and also to inculcate in them the dignity of labour."¹⁴ Apart from this, it is also essential to have some provisions in curriculum through which moral values, religious values and liberal education can be imparted to the adolescents. Side by side it is also essential to develop various good habits like, respecting others, other religious truthfulness, maintaining punctuality and sincerity etc. These can create and develop the moral sense and responsibility for the others which will be also helpful for the development of their carrier.

Peer group influence and its problems:

Peer group have a great influence on the behaviour of adolescents. For the negative impacts of peer group some time adolescents lose their right path. Because of this negative impacts of peer group some time some negative attitudes like substance use disorder, truancy from school, taking alcohol, smoking, taking drugs with peers in parties etc. develop among the adolescents. So, this is one of the most sensitive issues which are necessary to deal carefully in the school by the teachers in order to minimize such problems of adolescents. It is also one of the important responsibilities of the school to make the students and their parents aware about these issues at the early ages of the students so that at the beginning of their life student can remain aware about these negative issues.

¹⁴ Chauhan, S.S, *Advanced Educational Psychology*, 2006, P. 114.

Problems of using social media:

In the modern age, using social media is an integral part of adolescents' life. Any website that allows social interaction considered as social media site. Such as whatsapp, Facebook, Twitter etc. Dr. Kaur & Hilal Bashir points out that, "The current body of literature on social media presents conflicting views about social media's effects on one's mental health and well-being. While most research indicates that social media has some effect on one's mental health, contradictory reports indicate both positive and negative effects. Such as positive effects are socialization and communication, enhanced learning opportunities, accessing health information while negative are facebook depression, cyber bullying, online harassment, sexting/texting, lack of concentration, decline in intellectual abilities, stress, fatigue and emotion suppression."¹⁵ In order to avoid these drawbacks of social media importance step should be taken at school and at home. In school different awareness programme could be organized to making the children aware about these issues. A proper awareness should be started at school to comprehend the long term effects of social media on adolescents. The school should also organize different seminars, workshops, meetings and other programmes to make the parents aware about the dangerous effects of social media on adolescents'. The school should create proper consciousness among the parents, so that in every step parents can look after bad effects of those social media on their children. Not only in school, in the society also different groups and clubs should be formulated which will give adequate opportunities to the children to remain busy in their other necessary activities. If they arrange different sports, music, exercise and other activities in the society then on the one side children will be able to express their actual capability and on the other side they will remain far from those bad effects of social media. Thus with the help of parents, teachers and different social groups we can develop a society where the adolescents will remain careful and conscious about their own development and at the same time they will remain conscious about the development of the nation.

Conclusion:

From the above discussion it can be said that adolescence is one of the very crucial period of an individual's life. In this stage of development the growth is achieved, the experiences are gained, various responsibilities are felt, and relationships are developed. That means this period is important in respect of physical, mental, social, moral, spiritual, emotional

¹⁵ Kaur, Dr. Ramandeep, Hilal Bashir, "Impact of Social Media on Mental Health of Adolescents", in Dr. Shalu Goyal (ed.), *International Journal of Education*, Volume- 5, Issue- December, 2015, P. 22.

development of the adolescents. But, during this period various needs and interests are developed among them. They always try to fulfil all their different needs and essentials. But if they fail to fulfil their needs then these lead them a variety of problems in their life. It develops among them several bad practices like, lying, bad manners, stealing money from home, temper tantrums, disobedience, perverted sex practices, gambling, restless, addiction of drug and alcohol, loss their moral and social values etc. So it is very essential to understand adolescent's feeling, various needs and problems properly in order to minimize different problems of them and make them well adjusted person in the society. For developing adolescents' psyche parents, teachers and other members of society need to realize their psychology and they need to take adequate positive steps to develop adolescents' mental set up which can bring them under the proper light of their life. And in a nation if adolescents get proper education and knowledge then that nation will automatically become a developed nation.

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