
Identification of Psychological Issues in Adolescents

Aravind Thampi, Assistant Professor in Psychology,

Sree Narayana College (Affiliated to University of Kerala) Chempazhanthy.

Abstract

Adolescence is an age of identity crisis they experience psychological stress in Educational, Family, Social and Personal dimensions. A tool was developed to measure the dimensions. The Centile scores, validity (Content) and reliability (Split Half) of the tool was found. The tool can be used to identify adolescents with severe adjustment issues. It helps to identify children of alcoholics from the school or general population.

Keywords: Psychological, Adolescence, Identity Crisis, Problem Checklist, Educational, Family, Social Personal, Centile Scores, Validity & Reliability

Introduction

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth (WHO).

Adolescence, these years from puberty to adulthood, may be roughly divided into three stages: early adolescence, generally ages eleven to fourteen; middle adolescence, ages fifteen to seventeen; and late adolescence, ages eighteen to twenty-one.

The five leading characteristics of adolescence are biological growth and development, an undefined status, increased decision making, increased pressures, and the search for self.

Purpose of Study

In an explorative search of articles, interviews and discussion four major areas of psychological stress and adjustment issues were identified. They are Educational, Family, Social and Personal. Hence a problem Checklist was developed.

Method**SAMPLE**

The initial sample consisted of 1350 students of standards IXth and Xth from three schools. From which the actual sample of 877 children were selected on the basis of responses given to a Problem Checklist. They were from Thiruvananthapuram District, Kerala.

DEVELOPMENT OF A PROBLEM CHECKLIST

As no suitable culture fair tool was available to identify Problems of Adolescents in the four identified dimensions (Educational, Family, Social and Personal), a Problem Checklist was developed. The students studying in the 9th and 10th class were asked to write their problems relating to their Educational, Family Social and Personal dimensions. The most relevant and frequently reported problems for the above dimension were selected by an expert for the final Problem Checklist.

The final Problem Checklist consisted of 30 items with 8 items each in Educational and Personal dimensions and 7 items each in Family and Social dimensions. The responses to the checklist were to be given as 0 against the given box if the problem did not exist and 1 if the problem exists and 2 if the problem seriously affected the Adolescent. Scoring method and Norms for the Checklist were prepared as given below.

Scoring

The items in the Problem Checklist are arranged in four groups, with a total of 30 items. The sum of the response given in each group is added up to get the raw score of that group. The total is obtained by adding the raw scores in all the four groups. Percentiles are given in the norms (table 1.1 and 1.2)

TABLE 1.1
NORMS FOR PROBLEM CHECKLIST FOR BOYS
CENTILES

Raw score	Educational Problems	Family Problems	Social Problems	Personal Problems	Total Problems
1.	10	64	50	30	3
2.	24	85	75	50	7
3.	40	94	90	68	12
4.	58	97	95	80	17
5.	75	98	97	90	25
6.	86	100	99	96	34
7.	93		100	98	44
8.	97			100	52
9.	99				59
10.	100				65
11.					71
12.					77
13.					84
14.					86
15.					96
16.					99
17.					100

TABLE 1.2

NORMS FOR PROBLEM CHECKLIST FOR GIRLS

CENTILES

Raw Score	Educational Problems	Family Problems	Social Problems	Personal Problems	Total Problems
1.	7	67	63	40	4
2.	30	88	86	58	13
3.	46	95	94	74	20
4.	63	98	99	86	25
5.	80	99	100	94	35
6.	92	100		96	43
7.	96			99	52
8.	97			100	60
9.	99				67
10.	100				75
11.					84
12.					92
13.					96
14.					98
15.					99
16.					100

RELIABILITY

Reliabilities for the Problem Checklist are given in table 1.3

TABLE 1.3

RELIABILITIES FOR PROBLEM CHECKLIST

(Split – Half Reliabilities Corrected for Attenuation)

Scale	Boys (N-245)	Girls (N-132)
Educational Problem	0.77	0.51
Family Problem	0.60	0.46
Social Problem	0.73	0.31
Personal Problem	0.76	0.45
Total Problem	0.73	0.62

Validity

Since the Problem Checklist measures somewhat comprehensively, the different types of problems faced by Adolescents, the checklist can be said to possess a high degree of content validity.

Conclusion

A Problem Checklist to identify the core issues faced by adolescents was developed and standardized as a primary screen tool. 877 adolescents participated in the tool development. The tool was found to have reliability and validity. A rise in adolescent issues in India makes the tool relevant for early interventions too.

Reference

[Adolescent health - WHO | World Health Organization](https://www.who.int)
<https://www.who.int> › Health topics