

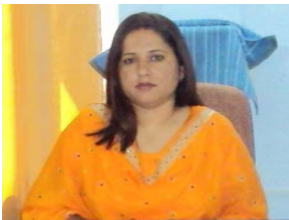
FACTORS INFLUENCING MALADAPTIVE BEHAVIOURS AMONG ADOLESCENTS

By: Ramandeep Kaur*

** Director, Desh Bhagat University School of Nursing, Mandi Gobindgarh, Punjab***ABSTRACT**

Maladaptive behavior appears to be developmental trade that begins early in life and often continues into adolescence and adulthood. Maladaptive adolescents are likely to experience major adjustment problems in area of academic achievement and peer social relations. The aim of the study was to assess the prevalence and factors influencing maladaptive behaviors among adolescents with a view to develop guidelines on prevention of maladaptive behaviors. The major findings of the study were based on 200 samples of adolescents. The prevalence of maladaptive behaviors among adolescents was high. The mean maladaptive behavior score was highest in trauncy (5.48) and lowest in fire setting (1.70) among adolescents. The mean factors influencing maladaptive behavior score was highest in mass media exposure (2.15) and lowest in peer pressure (0.55) among adolescents. The mean maladaptive behavior score (28.01) was highest among 15–16 years of adolescents and lowest (24.56) among 13–14 years of adolescents. This difference was statistically significant at $p < 0.05$ level. The prevention can occur through reduction of the prevalence of new cases, delay of onset of behaviors problems or decrease in severity and chronicity of the maladaptive behaviors among those likely to or all ready exhibiting some form of maladaptive behaviors.

Key Words: Maladaptive behavior, adolescents, prevalence, stealing.

About Author

The Author Dr Ramandeep Kaur is PhD & M.Sc in Psychiatric Nursing (RNRN). She is registered Psychiatric Nurse. She worked at various positions from RN to Nurse Educator then Principal of Nursing schools and colleges. Presently she is Director of Desh Bhagat University School of Nursing, Mandi Gobind Garh, Punjab, India.