

FACTORS INFLUENCING MALADAPTIVE BEHAVIOURS AMONG ADOLESCENTS

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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 truancy (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.

INTRODUCTION

Adolescents with a history of maladaptive behavior face many problems in their psychosocial development. They are at greater risk for major depression, anxiety, and posttraumatic stress disorder conduct disorder (CD), and substance use/dependence. Concerns about youth violence have increased steadily over the past decades and efforts to identify risk and protective factors have been intensified. Yet, increasing rates of psychosocial disorders in youth [10], disruptive behaviors, delinquency, and substance abuse are escalating public health problems, resulting in great costs to individuals and communities. Egbochuku and Aihie (2007) observed that “Adolescents in the schools are engaged in maladaptive behaviors such as truancy, lying, bullying, aggression, and cultism and examination malpractice.” Alutu (2007) sees this maladaptive behavior as offences that run counter to school’s rules and regulations and result in indiscipline and general disorder in schools. The present study, by assessing prevalence and factors influencing maladaptive behaviors among adolescents, provides measures of prevention and interventions in the form of guidelines as deemed necessary with help of parents, teachers and mental health professionals.

Statement of the problem:

A descriptive study to assess the prevalence and factors influencing maladaptive behaviors among adolescents in selected senior secondary school, Sunam, Punjab.

Purpose:

The aim of the study is to assess the prevalence and factors influencing maladaptive behaviors among adolescents with a view to develop guidelines on prevention of maladaptive behaviors.

Objectives:

- To assess the prevalence of maladaptive behaviors among adolescents.
- To identify the factors influencing maladaptive behaviors among adolescents.
- To find out the correlation between prevalence of maladaptive behaviors and factors influencing antisocial behaviors among adolescents.

Hypothesis:

H₁:- Male adolescents will have significantly higher prevalence of maladaptive behaviors than female adolescents as measured by self structured questionnaire at $p < 0.05$ level.

MATERIALS AND METHODS

A non-experimental design and descriptive survey approach was followed. The setting of the study was Child Care International School Sunam, Punjab. The sampling technique was used convenient, non probability sampling, sample size of 200 adolescent students were selected for the study. Duration of the study was March 2011 to April 2011. A self-structured questionnaire was developed after intensive review of literature and expert’s opinion and suggestions to assess the prevalence of maladaptive behaviors having a reliability estimated through Spear’s man Brown Prophecy formula is 0.83.

Formal permission was taken from the principal of School before the data collection. Data obtained had been analyzed in terms of descriptive statistics i.e. calculating the percentage, mean, standard deviation and inferential statistics i.e. correlation co-efficient, Z-test and analysis of variance (ANOVA).

RESULTS

Fig 1: Frequency & Percentage Distribution of Sample Characteristics

N = 200

S.No	Variables	n	Percentage(%)
1.	Age in years		
	13-14	9	04.5
	15-16	91	45.5
	17-18	100	50.0
2.	Gender		
	Male	133	66.5
	Female	67	33.5
3.	Class/Education Level		
	10 th	67	33.5
	11 th	67	33.5
	12 th	66	33.0
4.	Religion		
	Hindu	199	59.5
	Sikh	44	22.0
	Christian	37	18.5
	Muslim	0	0
	Others	0	0
5.	Birth Order		
	1 st	74	37
	2 nd	74	37
	3 rd	39	19.5
	4 th	13	6.5
6.	Type of Family		
	Nuclear	133	66.5
	Joint	65	32.5
	Extended	02	01
7.	Place of Living		
	Urban	193	96.5
	Rural	07	3.5
8.	Parent's Education:		
	Father		
	< Matric	28	14
	Intermediate	24	12
	Graduate	117	58.5
	Post Graduate	31	15.5
	Mother		
	≤ Matric	20	10
	Intermediate	26	13
	Graduate	108	54
Post Graduate	46	23	
9.	Family Income Per Month		
	≤ Rs 10,000	28	14
	Rs 10,001 -15,000	65	33.5
	Rs 15,001 - 20,000	55	27.5
	> Rs 20,000	52	26
10.	Class Attendance		
	≤ 50%	2	1
	51% - 70%	9	4.5
	71% - 90%	93	46.5
	> 90%	96	48
11.	Academic Performance/Class Grade		
	A grade 80 - 90%	27	13.5
	B grade 60 - 79%	124	62
	C grade 45 - 59%	46	23
	D grade 33 - 44%	03	1.5

- The mean maladaptive behaviors score was highest in Truancy (5.48) and lowest in fire setting (1.70) among adolescents.

Maximum adolescents (50%) were in age group of 17 – 18 years, 66.5% were male, 59.5% were Hindu, 37% each of 1st birth order, 66.5% were from nuclear family, 96.5% were from urban place of living. Most of adolescent's parents were graduate. Maximum adolescents (33.5%) belonged to family income Rs.10,001– 15,000The prevalence of antisocial behaviors among adolescents was low (99.5%).

Fig 2: Mean & Mean Percentage of Prevalence of Maladaptive Behaviors Score Among Adolescents.

Areas	Max Score	Mean Score	Mean %
Stealing	24	4.68	19.05
Substance	22	4.06	18.45
Fighting	26	5.98	23
Fire Setting	18	1.70	9.44
Destructiveness	18	4.27	23.72
Truancy	20	5.48	27.4
Total Score	128	26.17	20.44

- The mean factors influencing maladaptive behaviors score was highest in mass media exposure (2.15) and lowest in peer pressure (0.55) among adolescents.

Fig 3: Mean & Mean Percentage of Factors Influencing Maladaptive Behaviors Score Among Adolescents

Factors	Max Score	Mean Score	Mean %
Peer pressure	04	0.55	13.75
Home Environment	11	1.21	11
School Environment	09	1.83	20.33
Mass Media Exposure	06	2.15	35.83
Total Score	30	5.74	19.13

There was moderate but positive relationship between prevalence of maladaptive behaviors and factors influencing antisocial behaviors among adolescents.

DISCUSSIONS

The results of the descriptive study suggested that there was lower prevalence of mal adaptive behaviours among adolescents with stealing, destructiveness, fighting, truancy, substance abuse and fire setting at 1st, 2nd, 3rd, 4th, 5th and

6th rank respectively. The findings suggested lower influence of factors on mal adaptive behaviours among adolescents with mass media exposure, school environment, peer pressure and home environment at 1st, 2nd, 3rd and 4th rank respectively.

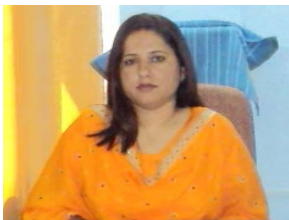
These findings are supported by Bird Hector et. al, (2001) who reported lower prevalence of antisocial behaviours among children and adolescents in Puerto Rico. Further Sarkhel Sujit et. al, (2006) suggested that lying (100%) was highly prevalent as compared to stealing (98.18%), cruelty towards animals (90.9%), fighting (72.7%), truancy (72.7%) and fire setting (0%). Where as Patterson et. al, (1989) revealed that poor parental monitoring and association with antisocial peers are strong predictors of antisocial behaviours among adolescents. On the other hand Walker et. al, (1994) reported that lack of role clarity, lack of enforcement of rules and policies and in effective instructions at school contribute to development of antisocial behaviours. Villani Susan, (2001) also suggested that primary effects of media exposure are violence and increased antisocial behaviours including among adolescents.

According to objective the correlation between maladaptive behaviours and factors influencing maladaptive behaviours among adolescents. The findings of the present study showed a positive but moderate correlation between maladaptive behaviours and factors influencing maladaptive behaviour among adolescents. This finding was supported by a study conducted by Dishion Thomas. et. al, (1999) which suggested a correlation between involvement in peer group and development of maladaptive behaviours among children and adolescents.

CONCLUSIONS

Guidelines on prevention of maladaptive behaviors in schools are not a practice. But from the above success report on such programme, one would opine that it could be a

About Author



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panacea to the maladaptive behavior prevalent in our secondary schools. The consequences of maladaptive behavior presently pose a major public health problem for society. The identification, containment, referral, assessment and treatment of aggressive young people are challenges for many community institutions including school, juvenile justice authorities and clinical mental resources. Guidelines on prevention of maladaptive behaviors should be set up in our schools.

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