

Effect of Gender and Domicile on Adolescent Problems in Kashmir

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Abstract: Adolescence is the challenging and crucial period of development. The individual faces challenges both at biological as well as psychosocial level. These challenges if not handled properly, can lead to emotional and adjustment problems. The present study was carried out on adolescent population to explore the different adolescent problems across gender and domicile. It was a cross-sectional study comprising of 200 school going students of both genders, in the age range of 16-20 years, equally from rural and urban background. Youth problem inventory was administered on students. The data obtained was analysed by two way Analyses of variance. Results revealed significant difference between rural and urban participants in different domains of youth problems. Significant gender difference was also observed in the domain of personal and family problems. The findings highlight the need of special prevention and intervention programmes for such adolescents.

Keywords: Adolescents, gender, domicile, Kashmir

I. INTRODUCTION

Adolescence is a period of physical, psychological, emotional and personality change, which can lead to stress, and emotional and behavioural problems [1]. It is an amazing natural process as well as challenging period of development for both parents and children. Adolescence is defined as the period of life between 10 and 19 years of age [2]. However, the changes in a young person during adolescence differ with culture. Rapid urbanization, modernization, ongoing conflict and overall breakdown in social structure confuses the adolescent and makes him/her especially vulnerable to maladaptive patterns of thinking and behaviour [3]. World Health Organisation estimate shows that up to 20% adolescent have one or more emotional and behavioural problems [4]. Individuals under the age of 18 years of age experience different emotional problems like sudden mood changes, irritability, irresponsible behaviours, depression etc. which could be serious enough to justify special treatment [5]. Some other problems include familial problems like starting arguments, breaking rules or withdrawing from family; delinquency like missing school, stealing, and acts of vandalism [6]. In some cases they face some problems in school and show decreased interest, negative attitude, drop in performance and discipline problems [7]. Difficulties experienced by adolescents vary with age, sex and culture [8].

Apart from these changes and problems, adolescents living in conflict zones like Kashmir are exposed to high levels of traumatic experiences. Number of conflict-related traumatic

experiences correlates positively with prevalence of mental, behavioural and emotional problems [8]. There is dearth of studies regarding problems faced by adolescents from conflict zone especially in Kashmir. Adolescent population being the faster going population in the nation highlights the importance of study for future health and development of the country. Hence the present study was undertaken to understand the nature and compare different adolescent problems across gender and domicile groups.

II. METHOD

Sample: A sample of 200 higher secondary and college students, 103 males, and 97 females between the age group of 16 to 20 years were taken. The sample was taken from two districts of Kashmir province (Shopian and Srinagar) divided equally into rural (N=100) and urban (N=100) students.

Measures: Socio-demographic data sheet was developed for the study. The self-report questionnaires include Youth Problem Inventory [9] which is a self-administering inventory for students of 16 to 20 years age range. The inventory contains 80 statements belonging to four areas which include family problems, school/collage problems, social problems and personal problems/ over sensitivity. The inventory has been standardized on Indian population.

Procedure: Data was collected from different higher secondary and colleges of the two districts. Formal permission was taken from the concerned authorities of

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schools and colleges. Participants were explained the nature of the study and their doubts were clarified. A written consent was taken from the participants before participating in the study. The questionnaire was administered and help (literal) was provided when needed.

III. RESULTS

The data obtained was analysed using descriptive and inferential statistics and comparison was made on the basis of gender and domicile of the students by using two way ANOVA.

Table 1: Characteristics of the study sample

	Total		Urban		Rural		
	N	per cent	N	per cent	N	per cent	
Age	16	42	21.0	14	14.0	28	28.0
	17	68	34.0	40	40.0	28	28.0
	18	62	31.0	37	37.0	25	25.0
	19	18	9.0	7	7.0	11	11.0
	20	10	5.0	2	2.0	8	8.0
Gender	Female	97	48.5	45	45.0	52	52.0
	Male	103	51.5	55	55.0	48	48.0
Family type	Joint	44	22	11	11.0	33	33.0
	Nuclear	156	78.0	89	89.0	67	67.0
Father education	Up to 5th class	55	27.5	21	21.0	34	34.0
	5th-8th Class	14	7.0	1	1.0	13	13.0
	9th-12th Class	75	37.5	33	33.0	42	42.0
	Graduate	35	17.5	29	29.0	6	6.0
	Post Graduate	21	10.5	16	16.0	5	5.0
Economic Status	Up to 5,000	65	32.5	11	11.0	54	54.0
	6,000-10,000	72	36.0	42	42.0	30	30.0
	11,000-15,000	37	18.5	28	28.0	9	9.0
	above 15,000	26	13.0	19	19.0	7	7.0

Table 1 shows the distribution of the sample under study. The sample was equally taken from rural (N=100) and urban area (N=100). Majority of the sample was 17 and 18 years of age. Gender wise, there was not big difference in the two groups (male=103, female=97). With respect to family type, joint families were found more in rural areas than in urban areas. Education and economic status of students living in urban setup was found better than rural ones

Table 2: Mean and SD of gender and domicile groups across various domains of youth problems.

Domains	Groups	N	Mean	SD	Groups	N	Mean	SD
Family problems	Male	100	21.99	10.46	Rural	100	25.75	9.34
	Female	100	24.77	9.24	Urban	100	21.01	9.99
School problems	Male	100	14.86	7.36	Rural	100	16.68	6.49
	Female	100	14.00	7.27	Urban	100	12.18	7.42
Social problems	Male	100	3.38	2.39	Rural	100	3.98	2.19
	Female	100	3.03	2.28	Urban	100	2.43	2.23
Personal problems	Male	100	20.18	8.76	Rural	100	20.50	8.43
	Female	100	23.26	9.06	Urban	100	18.94	8.78
Overall problems	Male	100	39.83	23.84	Rural	100	70.50	21.63
	Female	100	64.88	23.93	Urban	100	54.21	23.49

Table 2 shows mean and SD of gender and domicile groups across various domains of youth problems. Females were found to have higher mean scores than males on overall problems. Likewise rural student have higher mean scores than urban students on all domains of youth problems.

Homogeneity of variance was further calculated between gender and domicile by using Levene's test which indicated that the data were homogeneous. Hence two way ANOVA was used for further analysis.

Table 3: Summary of ANOVA for the domain of family problems

Source	Type III Sum of Squares	df	Mean Square	F	p-value	Eta Squared
Gender	386.420	1	386.420	4.171	.042	.021
Domicile	1123.380	1	1123.380	12.124	.001	.058
Gender * Domicile	5.120	1	5.120	.055	.814	.000
Corrected Total	19675.120	199				

Table 3 presents the results of ANOVA on family problems yielding the significant main effect of Gender ($p < .05$) and Domicile ($p < .01$). The mean scores of female adolescents (i.e. 24.77) were significantly greater than male adolescents (i.e. 21.99). The mean scores of rural adolescents (i.e. 25.75) were significantly greater than urban adolescents (i.e. 21.01).

Table 4: Summary of ANOVA for the domain of school problems

Source	Type III Sum of Squares	df	Mean Square	F	p-value	Eta Squared
Gender	36.98	1	36.98	.79	.37	.004
Domicile	1012.50	1	1012.50	21.78	.001	.100
Gender * Domicile	492.98	1	492.98	10.60	.001	.051
Corrected Total	10653.02	199				

Table 4 presents the results of ANOVA on school problems yielding the significant main effect of Domicile ($P < .01$) as well as interaction effect of Gender and domicile ($p < .01$). The mean scores of rural adolescents (i.e. 16.68) were significantly greater than urban adolescents (i.e. 12.18).

Table 5: Summary of ANOVA for the domain of social problems

Source	Type III Sum of Squares	df	Mean Square	F	p-value	Eta Squared
Gender	6.125	1	6.125	1.260	.263	.006
Domicile	120.125	1	120.125	24.703	.001	.112
Gender * Domicile	9.245	1	9.245	1.901	.170	.010
Corrected Total	1088.595	199				

Table 5 presents the results of ANOVA on social problems yielding the significant main effect of domicile at 0.001 level of significance. The mean scores of rural adolescents (i.e. 3.98) were significantly greater than male adolescents (i.e. 2.43).

Table 6: Summary of ANOVA for the domain of personal problems

Source	Type III Sum of Squares	df	Mean Square	F	p-value	Eta Squared
Gender	474.320	1	474.320	6.615	.011	.033
Domicile	1545.680	1	1545.680	21.556	.001	.099
Gender * Domicile	147.920	1	147.920	2.063	.153	.010
Corrected Total	16222.320	199				

Table 6 presents the results of ANOVA on personal problems yielding the significant main effect of Gender ($p < .01$) and Domicile ($P < .01$). The mean scores of female adolescents (i.e. 23.26) were significantly greater than male adolescents (i.e. 20.18). The mean scores of rural adolescents (i.e. 2.50) were significantly greater than urban adolescents (i.e. 18.94).

Table 7: Summary of ANOVA for the overall problems

Source	Type III Sum of Squares	df	Mean Square	F	p-value	Eta Squared
Gender	1275.125	1	1275.125	2.546	.112	.013
Domicile	13268.205	1	13268.205	26.493	.001	.119
Gender * Domicile	1540.125	1	1540.125	3.075	.081	.015
Corrected Total	114243.795	199				

Table 7 presents the results of ANOVA for full scale yielding the significant main effect of domicile ($P < .01$). The mean scores of rural adolescents (i.e. 70.50) were significantly greater than urban adolescents (i.e. 54.21).

IV. DISCUSSION

In the present study, youth problems were analysed with respect to various socio-demographic variables. The sample was equally distributed between rural and urban area with almost equal number of male and female participants. Majority of the participants were 17 and 18 years of age. Predominance of joint family in rural areas was also reported by Sharma [10] who found joint family system more prevalent in rural areas than in urban areas with poor educational and economic status.

Findings suggested that rural adolescents are facing more difficulty in their family, school/college, social, and personal/oversensitivity area than urban adolescents. The prevailing condition in Kashmir, especially in rural areas has led to the sense of uncertainty among adolescents. Rural areas lack opportunities, career options and awareness which increase the sense of problems as compared to their urban counterparts. The problems of rural youth go unnoticed till the problem gets severe. Holzer, Goldsmith and Ciarlo (1998) reported that rural area as compared to urban areas are disadvantaged in meeting the needs of children. In the present study itself, education and economic status of students living in urban setup was found better than rural ones, which also contribute in such problems. Females being more prone to various personal problems, as revealed in the findings, could be attributed with the overall conflict in Kashmir which leads to unexpected deaths of youth which impacted the female group who worry a lot with respect their future. They are not given proper attention and care in the family leading to high family problems. The patriarchal nature of society could be playing its part in personal and family problems of girls. Girls are more likely to experience negative events in the family than boys. They experience more emotional problems than boys [1]. However no significant difference between boys and girls on other domains of youth problem goes in accordance with the study findings by Dar and Tali [12] on Kashmiri adolescents. Gender and domicile were found having significant interaction effect in school problems. The school set up varies in rural and urban areas, with urban areas

having better infra structure and quality of education.

Apart from gaining some insights into adolescent problems, the present have some of its own limitation as well. The sample was not enough to generalise the findings on the adolescent population of the whole valley. However the findings highlight that there is need for devising certain preventive as well as remedial programmes so as to secure our adolescent and take care of their psychological well-being.

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