

**PERCEPTIONS REGARDING PSYCHOSOCIAL AND BEHAVIORAL HEALTH ISSUES
AMONG ADOLESCENT AND YOUTH STUDENTS IN CHANDIGARH****Dr. Dinesh Kumar^{*1}, Dr. Naveen Krishan Goel² and Dr. Deepak Sharma³**¹Professor, Department of Community Medicine, Government Medical College and Hospital, Chandigarh, India.²Professor and Head, Department of Community Medicine, Government Medical College and Hospital, Chandigarh, India.³Assistant Professor, Department of Community Medicine, Government Medical College and Hospital, Chandigarh, India.***Corresponding Author: Dr. Dinesh Kumar**

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ABSTRACT

Background: Psycho-social and behavioral problems of adolescents and youths account for a considerable proportion of the morbidities. These problems have not yet received proper attention in our country. **Objectives:** To investigate prevalence and spectrum of perceived psycho-social problems of male and female adolescents and youths. **Methods:** A cross sectional survey conducted among unmarried students studying in schools/colleges in four Government and Private schools/Colleges of Chandigarh. A stratified two-stage random sampling design was adopted. Data variables included background information lifestyle and psychosocial health related variables. **Results:** A total of 297 adolescents and youths including 176 (59.3%) males and 121(40.7%) females studying in selected schools/colleges were included. Out of total there were 19(6.4%) respondents reported drinking. Males were reportedly lacking more in terms of self confidence as compared to girls (10.8% Vs 4.1%). Scolding by parents, reported by 93(31.3%) respondents was the most common to feel hurt and another commonly reported reason was misunderstanding between friends 31(10.4%). On enquiring about any psychological issues, about 54% respondents felt at least one problem sometimes as they reported. Feeling of nervousness 102(34.3%) was the most common followed by feeling annoyed sometimes 98(38.0%), anxiety 94(31.6%), shyness 75(25.3%) and jealousy 58 (19.5%). Psychological problems were reportedly more among boys as compared to those among girls. Friend was the commonest choice to share their problems as reported by 37% boys and 25.6% girls followed by Mentors (20.2%) and family members (17.2%). **Conclusions:** Large proportion of adolescents and youths students faced psycho-social and behavioral issues. Students should be encouraged for adopting healthy life style, physical activities, yoga, meditation and value education. There is a need for creating awareness among parents and teachers for understanding problems of youths. Their problems should be solved with adolescent and youth friendly approach at individual, school and family levels.

KEYWORDS: Adolescents; Psycho-social issues; Substance use.**INTRODUCTION**

The health of adolescents and youths is profoundly linked to their development since their physical, psychological and social abilities help to determine their behavior. Psycho-social and behavioral problems of adolescents and youths account for a considerable proportion of the morbidities. They suffer from psychosocial problems at one time or the other during their development many of these problems is of transient nature and is often not noticed. They face problems of psychological adjustment in transition from childhood adulthood. These problems have not yet received proper attention in our country. The prevalence of psychosocial problems also shows wide variation and often revealed by individual studies in ranges (10-42%).^[1] A study reported 60% of the health complaints in adolescents to

be psychological in nature.^[2] One study reported an overall prevalence of psycho-social problems to be 17.9% among male adolescents.^[3] Socio-economic circumstances, community and peer relationships, drop-outs from schools due to varied social reasons are also included in determinants of psycho-social health.

There is lack of literature demonstrating psychosocial problems among adolescents in Northern India. Moreover, their psychosocial problems show regional variations. Therefore, present study was conducted with the objective of investigating prevalence and spectrum of perceived psycho-social problems of male and female adolescents and youths.

MATERIAL AND METHODS

Present study was conducted in four Government and Private schools/Colleges of Chandigarh to investigate the investigate psycho-social problems of adolescents and youths.

Profile of Study Population

Chandigarh is the most economically advanced Union Territory (UT) of India and also capital of two states: Punjab and Haryana. It is characterized by high population growth due to increasing migratory population and rapidly changing life style.

Study Design

Cross-sectional Survey was conducted among students studying in schools/colleges.

Inclusion Criterion for Adolescents and Youths:

Adolescents and youths within the age group of 15-24 years provided they gave willingness to take part in the study. Only respondents willing to participate in the study were interviewed.

Sampling Technique: For the purpose of studying problems of adolescents/youths in different groups randomly selected using stratified two-stage sampling design was adopted. A sample of respondents as second stage units within selected first stage units were selected at random giving adequate representation to respondents belonging to urban, rural and slum communities and also to male and female respondents. The whole of Chandigarh was divided into four quadrants /cluster. Within each cluster, list of schools imparting education in Hindi, English, and Punjabi mediums was prepared along with their respective sanctioned strength of students studying in classes 9th standard and above. Sampling frame of sampling units at each stage of selection was prepared. From each cluster, a sample with proportional allocation was selected.

Optimum sample Size: Power analysis was done to calculate optimum sample size for the proposed study. Sample size was calculated by using the following formula with approximation for large population:

$$n_{opt} = \frac{Z^2_{1-\alpha/2} (1-P)}{\epsilon^2 P},$$

Where,

P = Anticipated population proportion

1 - α = Confidence Coefficient

ϵ = Relative precision, and

Z = value of standard normal variate.

On the basis of 40% percentage of adolescents/youths having some psycho-sexual problem as the most important outcome parameter anticipated on the basis of preliminary survey findings and assuming 90% confidence coefficient and 5% relative precision, the optimum sample size was found 260 adolescents and young youths aged 15-24 years.

Data Collection Instruments and Data Variables

Survey included qualitative as well as quantitative information regarding psychosocial health issues. Survey schedule was divided into two parts: one part of survey schedule is planned to be filled by questionnaire method distributing among literate respondents/students. However, second set of questions was filled directly by interview technique as those questions could not be explored directly in the form of questionnaire to be filled by respondents in this qualitative survey. Interviewers were trained to ask the questions and conducting the interview and were monitored to the extent possible. The survey schedule contained information on the following components:

Background Information: Socio- demographic characteristics: age, gender, literacy status of students as well as of their parents, religion, type of family, family environment, occupation of parents, socio-economic status etc.

Psychological and Behavioral Information: Psycho-social aspects included self-esteem, peer behavior, self confidence, personal satisfaction, peer behavior, school performance, other psychosocial and sexual aspects of health; involvement in anti-social activities, reasons of worries, suicidal ideation, seeking help from counselors, performance in studies etc.

Life Style Related Information: Physical activity, Yoga, Meditation, sleeping habit, Substance abuse.

Ethical Issues

Ethical Guidelines of ICMR (2017) on human participants were followed. Informed consents from respondents for participation in the study were taken and confidentiality of responses was ensured.^[4] Respondents willing to take part in the study were included. In case of adolescents below 18 years of age, consent was also taken from teacher/ parent/legal guardian. Prior permission from administrative authorities and consent from respective Principals were also taken.

RESULTS

Table-1 presents background information of respondents. A total of 297 adolescents and youths including 176 (59.3%) males and 121 (40.7%) females studying in selected schools/colleges were included. Among those 173 (58.2%) adolescents/youths were from age group of 17-19 years comprising 115 (65.3%) males and 58 (47.9%) females. Maximum 216 (72.7%) respondents were from nuclear and only 77 (25.9%) from Joint families. Majority of them were Hindus 234 (78.8%) and 32 (10.8%) were from Sikh community. There were 73 (24.6%) respondents whose fathers were graduates and mothers of 49 (16.5%) respondents studied up to graduation. Mothers of 189 (63.6%) were housewives. Medium of education of 226 (76.1%) respondents was English and 71 (23.9%) were studying in Hindi medium respectively. Comparative more respondents were studying in Government schools 259 (87.2%) than those

studying in private schools 38(12.8%). Science 70(23.6%) followed by English 39(13.1%) were among the commonest favorite subjects of respondents interviewed. Medical profession was the most desired profession as reported by 145(48.8%) respondents as they wanted to opt for and 26(8.8%) respondents were not clear about what they want to do in future. There were 59(19.9%) adolescents who preferred fast food and pizza, burger, noodles were among their favorite food items reported by 16(27.1%) fast food consumers. There were 46(15.5%) respondents who were involved in sports on daily basis and 27(9.1%) were actively involved in yoga. Out of total there were 19(6.4%) respondents reported drinking.

Table-2 presents some psycho-social aspect related information reported by respondents. There were 62(20.9%) respondents who had a view about themselves that they are helping, cooperative and loving by nature while 45(15.2%) were of the opinion that they were physically fit, 35(11.8%) respondents were of opinion that they were optimistic by nature and 20(6.7%) respondents who shared that they were stubborn. Males were reportedly lacking more in terms of self confidence as compared to girls (10.8% Vs 4.1%), whereas girls were more polite as compared to boys. Performance in schools of 127(42.8%) respondents was reportedly good/excellent but 68(22.9%) respondents told that they were lacking in studies. Girls performed better in their studies as compared to boys and also they were more satisfied with their academic performances (79.3% vs 58.5%), with highly significant difference ($P < 0.001$). Scolding by parents, reported by 93(31.3%) respondents was the most common to feel hurt and another commonly reported reason was misunderstanding between friends 31(10.4%). On asking about any unforgettable moment, 27(9.1%) respondents reported that it was when they got admission in school/college. There were 102(34.3%) respondents who had conflicts within family while 34(11.4%) were sharing a friendly and cooperative relationship with their family. More girls as compared to boys (43.8% Vs 28.0%) reported conflicts with their families. Main issue of conflict was related with their academic performances. Girls desired more that their parents should be less restrictive may be due to the fact that they face more restrictions as compared to boys. Quarrel with siblings was reported by 112(37.7%) respondents. Only 11.1% reported destroying own belongings sometimes when they were angry. Main issue of adolescents which they would like to change about their parents was their restricted nature 57(19.2%) and 28(9.4%) would like their parents to change their thinking and be more open minded. There were 36(12.1%) respondents who preferred to be neutral when restrictions were imposed on them and few 14(4.9%) felt annoyed and cried as well while 184(62.0%) respondents reported that they never compromise with anyone at the cost of self respect. There were 80 respondents including 52 boys and 28 girls who reported something was bothering them. Among such 80 respondents, mainly

academic stress (20.0%) followed by peer pressure (18.7%) and scolding by parents (13.7%) were the bothering issues. There were 29(9.8%) respondents who feel pressurizing among their peer group.

During past two weeks, 27.8% boys and 19.0% girls were having worries and 13.8% thought of ever running away from their homes. Suicidal tendency sometimes in the past was reported by 23.3% boys and 13.5% girls. On enquiring about any psychological issues, about 54% respondents felt at least one problem sometimes as they reported. Feeling of nervousness 102(34.3%) was the most common followed by feeling annoyed sometimes 98(38.0%), anxiety 94(31.6%), shyness 75(25.3%) and jealous 58 (19.5%). Psychological problems were reportedly more among boys as compared to those among girls. Only about 10 % respondents reported their willingness to consult counselors. Respondents shared that they prefer to share these issues with their friends 96(32.3%) maximum times and 60(20.2%) respondents liked sharing these issues with their mentors. Friend was the commonest choice to share their problems as reported by 37% boys and 25.6% girls followed by Mentors (20.2%) and family members (17.2%).

Table I: Background and Lifestyle Related Information of Respondents by Gender.

Variable	Male (N=176)		Female(N=121)		Total(N=297)	
	No.	%	No.	%	No.	%
Age of respondent	N=176		N=121		N=297	
14-16	54	30.7	54	44.6	108	36.4
17-19	115	65.3	58	47.9	173	58.2
19-24	7	4.0	9	7.4	16	5.4
Mean ± SD						
Type of Family	N=176		N=121		N=297	
Joint	46	26.1	31	25.6	77	25.9
Nuclear	128	72.7	88	72.7	216	72.7
Extended	2	1.1	2	1.7	4	1.3
Total number of Siblings	N=176		N=121		N=297	
Brother						
1	61	34.7	37	30.5	98	33.0
2	3	1.7	12	10.0	15	5.1
3	1	0.6	0	0	1	0.3
6	1	0.6	0	0	1	0.3
No Brother	110	62.5	72	59.5	182	61.2
Sister						
1	44	25.0	23	19.0	67	22.6
2	3	1.7	9	7.4	12	4.0
3	2	1.1	2	1.7	4	1.3
4	0	0	5	4.1	5	1.7
5	0	0	1	0.8	1	0.3
No Sister	127	64.4	81	67.0	208	70.0
Total monthly income of the family	N=176		N=121		N=297	
Below 8000	15	8.5	15	12.4	30	10.1
8000-15000	21	12.0	28	23.1	49	16.5
15000 and Above	29	16.5	27	22.3	56	18.9
No Response	111	63.0	51	42.1	162	54.5
Religion	N=176		N=121		N=297	
Hindu	137	77.8	97	80.2	234	78.8
Muslim	7	4.0	8	6.6	15	5.1
Sikh	23	13.1	9	7.4	32	10.8
Christian	1	0.6	3	2.5	4	1.3
Others	8	4.5	4	3.3	12	4.0
Caste	N=176		N=121		N=297	
General	139	79.0	87	71.9	226	76.1
SC	29	16.5	23	19.0	52	17.5
ST	0	0	1	0.8	1	0.3
OBC	8	4.5	10	8.3	18	6.1
Educational level of father	N=176		N=121		N=297	
Illiterate / Just-literate	8	4.5	6	5.0	14	4.7
Primary	3	1.7	8	6.6	11	3.7
Middle	8	4.5	15	12.4	23	7.7
High School	29	16.5	37	30.6	66	22.2
Intermediate	13	7.4	3	2.5	16	5.4
Graduate	56	31.8	17	14.0	73	24.6
Post Graduate	32	18.2	12	9.9	44	14.8
Professional	19	10.8	17	14.0	36	12.1
No Response	8	4.5	6	5.0	14	4.7
Educational level of mother	N=176		N=121		N=297	
Illiterate/Just-literate	22	12.5	23	19.0	45	15.2
Primary	3	1.7	13	10.7	16	5.4
Middle	15	8.5	18	14.9	33	11.1
High School	25	14.2	16	13.2	41	13.8

Intermediate	11	6.3	4	3.3	15	5.1
Graduate	35	19.9	14	11.6	49	16.5
Post Graduate	29	16.5	15	12.4	44	14.8
Professional	14	8.0	8	6.6	22	7.4
No Response	22	12.5	10	8.2	32	11.0
Occupation of father	N=176		N=121		N=297	
Unemployed						
Service	88	50.0	56	46.3	144	48.5
Business	46	26.1	20	16.5	66	22.2
Labourer	8	4.5	16	13.2	24	8.1
Skilled Worker	11	6.3	12	9.9	23	7.7
Others	8	4.5	6	5.0	14	4.7
No Response	15	8.5	11	9.0	26	8.7
Occupation of Mother	N=176		N=121		N=297	
Housewife	111	63.1	78	64.5	189	63.6
Service	32	18.2	22	18.2	54	18.2
Business	5	2.8	3	2.5	8	2.7
Labourer	2	1.1	4	3.3	6	2.0
Skilled Worker	5	2.8	3	2.5	8	2.7
Others	6	3.4	2	1.7	8	2.7
No Response	15	8.5	9	7.4	24	8.0
Dropped Out from class						
Medium of Education	N=176		N=121		N=297	
Hindi	23	13.1	48	39.7	71	23.9
English	153	86.9	73	60.3	226	76.1
Type of School	N=176		N=121		N=297	
Government	154	87.5	105	86.8	259	87.2
Private	22	12.5	16	13.2	38	12.8
Favourite subject	N=176		N=121		N=297	
Maths	7	4.0	7	5.8	14	4.7
Science / S.S.	56	31.8	14	11.6	70	23.6
Hindi / Punjabi	14	8	7	5.8	21	7.1
English	24	13.6	15	12.4	39	13.1
Vocational	33	18.8	38	31.4	71	23.9
Music and dance	8	4.5	8	6.6	16	5.4
Accounts	6	3.4	6	5.0	12	4.0
No Response	28	16.0	26	21.4	54	18.1
Career Plans to be opted	N=176		N=121		N=297	
Medical	90	51.1	55	45.5	145	48.8
Teacher	10	5.7	7	5.8	17	5.7
Pilot	4	2.3	7	5.8	11	3.7
Successful person	8	4.5	9	7.4	17	5.7
Not decided yet	14	8.0	12	9.9	26	8.8
Others	9	5.1	9	7.4	18	6.1
No Response	31	17.6	16	13.2	47	15.8
Preference of fast foods	32	18.2	27	22.3	59	19.9
Items preferred	N=32		N=27		N=59	
Chinese	5	15.6	5	18.5	10	17.0
South Indian	4	12.5	7	26.0	11	18.6
North Indian	3	9.3	7	26.0	10	17.0
Italian	10	31.2	6	22.2	16	27.1
Desserts	9	28.1	1	3.7	10	17.0
Others	1	3.1	1	3.7	2	3.4
Participation of physical activities/yoga or sports	N=176		N=121		N=297	
Zumba / Dance	13	7.4	4	3.3	17	5.7
Yoga / Push Up	26	14.8	1	0.8	27	9.1

Running / Gym / Jogging	8	4.5	4	3.3	12	4.0
Sports	21	11.9	25	20.7	46	15.5
Morning / Evening walk	24	13.6	2	1.7	26	8.8
No Response	84	47.7	85	70.2	128	43.0
Substance Abuse	N=176		N=121		N=297	
Smoking	2	1.1	0	0	2	0.7
Chewing	2	1.1	2	1.7	4	1.3
Drinking	15	8.5	4	3.3	19	6.4
Any other substance abuse	3	1.7	2	1.7	5	1.7

Table II: Psycho-social Aspects of Respondents by Gender.

Psycho-social Aspects	Male		Female		Total	
	No.	%	No.	%	No.	%
Views about yourself	N=176		N=121		N=297	
Lack of confidence/concentration/attention	19	10.8	5	4.1	24	8.1
Helping / Cooperative / Loving	38	21.6	24	19.8	62	20.9
Polite / Humble /Caring	13	7.4	14	11.6	27	9.1
Optimistic	19	10.8	16	13.2	35	11.8
Physically perfect	26	14.8	19	15.7	45	15.2
Decent / Good Skills	15	8.5	10	8.3	25	8.4
Talkative	10	5.7	5	4.1	15	5.1
Anger / Short-Temper	8	4.5	5	4.1	13	4.4
Stubborn	14	8.0	6	5.0	20	6.7
Lazy / Useless	4	2.3	2	1.7	6	2.0
No response	10	5.7	15	12.4	25	8.4
Academic performance	N=176		N=121		N=297	
Good / excellent	72	40.9	55	45.5	127	42.8
Not good / lacking in studies	37	21.0	31	25.6	68	22.9
Unable to understand study	14	8.0	11	9.1	25	8.4
Don't like study/hate study / no interest	12	6.8	6	5.0	18	6.1
Lack of concentration	14	8.0	9	7.4	23	7.7
No response	27	15.3	9	7.4	36	12.1
Satisfied with academic performance	103	58.5	96	79.3	199	87.0
Reasons of being hurts	N=176		N=121		N=297	
Scolding by parents	56	31.8	37	30.6	93	31.3
Misunderstanding with friends / Ignoring	16	9.1	15	12.4	31	10.4
Abused by someone	5	2.8	4	3.3	9	3.0
Relationship issues / family	4	2.3	1	0.8	5	1.7
Lacking in studies	12	6.8	5	4.1	17	5.7
Betrayed / cheated / duplicity	7	4.0	7	5.8	14	4.7
Non fulfilment of wishes	3	1.7	1	0.8	4	1.3
Mistakes	3	1.7	1	0.8	4	1.3
Lack of attention	5	2.8	0	0	5	1.7
Related with friendship with opposite gender	7	4.0	0	0	7	2.4
Comments on physical appearance	3	1.7	2	1.7	5	1.7
Others	6	3.4	4	3.3	10	3.4
Unforgettable moment of your life	N=176		N=121		N=297	
Death of loved ones	4	2.3	1	0.8	5	1.7
College function	9	5.1	4	3.3	13	4.4
Birthday celebration	4	2.3	2	1.7	6	2.0
Accident	5	2.8	7	5.8	12	4.0
Got admission in college	18	10.2	9	7.4	27	9.1
GF/BF scenario	6	3.4	1	0.8	7	2.4
Others	8	4.5	2	1.7	10	3.4
Adverse situation/tragic incident in your life, if any	N=176		N=121		N=297	
No response	98	55.7	110	90.9	208	70.0
Accident / Injury	10	5.7	1	0.8	11	3.7

Financial crisis	9	5.1	0	0	9	3.0
Sexual harassment	13	7.4	3	2.5	16	5.4
Gender difference by family	16	9.1	1	0.8	17	5.7
Illness / health issues	14	8.0	2	1.7	16	5.4
Death of loved one	11	6.3	4	3.3	15	5.1
Others	5	2.8	0	0	5	1.7
Your relation with your family members	N=176		N=121		N=297	
No response	119	67.6	52	43.0	171	57.6
Indifferent	13	7.4	14	11.6	27	9.1
Friendly & cooperative	14	8.0	20	16.5	34	11.4
Non cooperative	7	4.0	10	8.3	17	5.7
Sympathetic	10	5.7	6	5.0	16	5.4
Good	13	7.4	19	15.7	32	10.8
Conflicts / dispute in your family	N=176		N=121		N=297	
Yes	49	28.0	53	43.8	102	34.3
If yes, type of dispute	N=49		N=53		N=102	
Conflict on small things /generation gap	14	28.5	12	23.0	26	25.4
Performance in studies	36	73.4	38	72.0	74	72.5
Sibling rivalry	8	16.3	4	7.5	12	12.0
Things you like to change about your family	N=176		N=121		N=297	
Parents more cooperative / less restricted	30	17.0	27	22.3	57	19.2
Parents to be more open minded/thinking	17	9.7	11	9.1	28	9.4
Nature of parents/restrictive	11	6.3	10	8.3	21	7.1
Drinking/smoking of father	7	4.0	8	6.6	15	5.1
Sibling's nature	7	4.0	12	9.9	19	6.4
Parents fighting nature	2	1.1	1	0.8	3	1.0
Financial condition	6	3.4	6	5.0	12	4.0
Nothing, everything is good	23	13.1	10	8.3	33	11.1
Togetherness/bonding in family	2	1.1	1	0.8	3	1.0
Family members should stay happy	6	3.4	2	1.7	8	2.7
Health of family member	2	1.1	3	2.5	5	1.7
Gender issues	6	3.4	3	2.5	9	3.0
Others	3	1.7	0	0	9	1.0
Any fight with your brother/sister	69	39.2	43	35.5	112	37.7
Rusticated from the school	9	5.1	4	3.3	13	4.3
Any involvement in activities like	N=176		N=121		N=297	
Smoking	6	3.4	2	1.7	8	2.7
Drinking	12	6.8	6	5.0	18	6.1
Gambling	6	3.4	3	2.5	9	3.0
Girl Teasing	8	4.5	4	3.3	12	4.0
Theft	4	2.3	2	1.7	6	2.0
Fighting	21	11.9	4	3.3	25	8.4
Hurting someone physically	13	7.4	4	3.3	17	5.7
Substance Abuse/snuffing	4	2.3	2	1.7	6	2.0
Sexual offences	5	2.8	3	2.5	8	2.7
Any Other	3	1.7	1	0.8	4	1.3
No involvement	79	44.9	53	43.8	132	44.4
Your reaction on failure	N=176		N=121		N=297	
Gets discouraged	34	19.3	23	19.0	57	19.2
Neutral	62	35.2	62	51.2	124	41.8
Try again	15	8.2	4	3.3	19	6.4
Ignore/least bothered	9	5.1	1	0.8	10	3.4
Angry	13	7.4	5	4.1	18	6.1
Find the alternate of that situation	6	3.4	4	3.3	10	3.4
No Response	37	21.0	22	18.1	59	19.8
Your reaction on restrictions	N=176		N=121		N=297	
Have arguments/cold	9	5.1	1	0.8	10	3.4
Neutral	19	10.8	17	14.0	36	12.1

Agree with them	7	4.0	3	2.5	10	3.4
Feels annoyed/cry	6	5.1	5	4.1	14	4.7
Angry	19	10.8	6	5.0	25	8.4
Don't talk with them	7	4.0	3	2.5	10	3.4
Others	2	1.1	1	0.8	3	1.0
Any violent action you do when you are angry	N=176		N=121		N=297	
Destroying own belongings						
Never	150	85.2	114	94.2	264	88.9
Sometimes	26	14.8	7	5.5	33	11.1
Always						
Destroy other's belongings						
Never	149	84.7	99	81.8	248	83.5
Sometimes	22	12.5	17	14.0	39	13.1
Always	5	2.8	5	4.1	10	3.4
Other explain						
Never	151	85.6	116	95.9	267	89.9
Sometimes	17	9.7	1	0.8	18	6.1
Always	8	4.5	4	3.3	12	4.0
Ever compromise with anybody at the cost of self respect	N=176		N=121		N=297	
Sometimes	52	29.5	22	18.2	74	24.9
Never	107	60.8	77	63.6	184	62.0
Always	3	1.7	5	4.1	8	2.7
Can't say	14	8.0	17	14.0	31	10.4
Anything bothering you	52	29.5	28	23.1	80	26.9
If yes, explain your problems	N=52		N=28		N=80	
Academic stress	12	23.0	4	10.5	16	20.0
Future plans	3	5.7	4	10.5	7	8.7
Parents health	1	1.9	3	10.7	4	5.0
Peer pressure	9	17.3	6	2.1	15	18.7
Scold by parents	7	13.4	4	10.5	11	13.7
Death of loved ones	4	7.6	3	10.7	7	8.7
Financial issues	5	9.6	1	3.5	6	7.5
Others	4	7.6	0		4	5.0
Feeling about your peer group	N=176		N=121		N=297	
Neutral	125	71.0	90	74.4	215	72.5
Pressurizing	15	8.5	14	11.6	29	9.8
Receptive	9	5.1	2	1.7	3	1.0
Fear	1	0.6	2	1.7	3	1.0
Anxiety	3	1.7	3	2.5	6	2.0
Jealous	4	2.3	1	0.8	5	1.7
Shyness	2	1.1	2	1.7	4	1.3
Psychological Aspects	N=176		N=121		N=297	
Anything you have been worried from past 2 weeks	49	27.8	23	19.0	72	24.2
Ever thought seriously about running away from home	29	16.5	12	9.9	41	13.8
During past few weeks ever felt very sad or down as though you have nothing to look forward to	38	21.6	16	13.2	54	18.2
Ever feel/ develop ideas of loss of life	41	23.3	20	16.5	61	20.5
Feel sometimes any of the following	N=176		N=121		N=297	
Despair	49	27.8	11	9.1	60	20.2
Anxiety	73	41.5	21	17.4	94	31.6
Nervousness	80	45.5	22	18.2	102	34.3
Depressed	59	33.5	12	9.9	71	23.9
Sleeplessness	48	27.3	10	8.3	58	19.5
Feeling of being hurt	61	34.7	14	11.6	75	25.3

Scared or frightened	49	27.8	18	14.9	67	22.6
Shyness	55	31.3	20	16.5	75	25.3
Jealous	44	25.0	14	11.6	58	19.5
Annoyed	74	42.0	24	19.8	98	33.0
Helplessness	47	26.7	16	13.2	63	21.2
Lack of attention	58	33.0	14	11.6	72	24.2
Feeling guilty	45	25.6	17	14.0	62	20.9
Ashamed	34	19.3	14	11.6	48	16.2
Neglected	43	24.4	9	7.4	52	17.5
Siblings rivalry	34	19.3	5	4.1	39	13.1
Felling bored	79	44.9	18	14.9	97	32.7
Over protected	24	13.6	8	6.6	32	10.8
Inferiority	32	18.2	6	5.0	38	12.8
Insecurity	35	19.9	9	7.4	44	14.8
Any Other	8	4.5	2	1.7	10	3.4

DISCUSSION

Problems of adolescent students found in this survey included personal and social problems, home and family related problems, psycho-social problems, life style related problems, sex and reproductive health problems, behavioral / attitudinal changes. Addictions were also reported and lifestyle suggested several modifications. There was lack of physical exercises and yoga in their daily activities may be due to academic pressures. In self evaluation of their inherent qualities varied characteristics helping, cooperative and loving by nature, being optimistic etc. were reported by respondents. Girls were reportedly more self confident as well as more polite as compared to boys. Their performance in education and extracurricular activities were also better. They also adopted healthier lifestyle than by boys. Several reasons of being hurt were reported like scolding by parents and misunderstanding between friends. Reasonable number of respondents faced familial atmosphere uncomfortable and quarrels among parents and family members were reported. Disputes due to their poor performances were also reported. More girls as compared to boys (43.8% Vs 28.0%) reported conflicts with their families. Girls desired more that their parents should be less restrictive may be due to the fact that they face more restrictions as compared to boys. Several reactions at the time of anger were reported including destroying own belongings, felt annoyed and crying.

Psychological and behavioral problems accounting for a considerable proportion of the morbidities have been relatively neglected compared with behavioral problems because these are not easy to be detected by the parents or teachers. In the present study about 54% respondents felt at least one psychological problem sometimes as they reported. Feeling of nervousness (34.3%) followed by feeling annoyed (38.0%), anxiety (31.6%), shyness (25.3%) and jealousy (19.5%) were some psychological problems experienced by them. Boys were reportedly sufferers of such feelings as compared to girls. In a study conducted in Chandigarh, 60% of the health complaints in adolescents were seen to be psychological in nature.^[2] Prevalence of psychosocial problems among adolescents

in rural districts of Muzafarnagar was 41.4%.^[5] Respondents preferred to share these issues mainly with their friends (32.3%) followed by Mentors (20.2%) and family members (17.2%). Various other psycho-social problems in this study included gender discrimination, uncomfortable environment, loneliness/nuclear families/parental conflicts, attitude of parents/ lack of time for children, nobody to share personal problems/lack of easy availability of counselors, dissatisfaction in problems sharing, peer pressures, anxieties, worries regarding career, academic pressures/coaching and schools, high expectations of parents, violent behavior, too reactive, despair, lack of attention, anxiety, feeling guilty, nervousness, ashamed, depressed, neglected, sleeplessness, sibling rivalry, feeling of being hurt, feeling bored, scared of frightened, lack of attention being paid, shyness, over protected, jealous, inferiority, annoyed, insecurity, helplessness, risky behavior, lack of self belief, stress full environment, suicidal tendencies etc. Academic stress, followed by peer pressure and scolding by parents was issues of concerns for worry for them. About 14% thought of ever running away from their homes.

Substance abuse is also considered as an addictive behavioral problem having long term consequences. Present study reported drinking among 6.1% and smoking among 2.7 % respondents in spite of % awareness of ill effects of substance abuse. It was comparatively low as compared to several other studies, may be due to under reporting. According to NFHS-3 data, almost 29% of men in this age group use some kind of tobacco (smoking/chewing), more than 12% smoke cigarettes or bidis.^[6] Adolescents are prone to substance abuse, as seen from the prevalence of smoking which has been found to vary from 6.9% to 22.5% among male school and college students but considerably low among the girls, varying between 0-2.3%.^[7] In studying substance abuse among Inter College students in District Dehradun, 58.7% individuals had used substance once at least in life.^[8]

CONCLUSIONS

In the present survey, large proportion of adolescent and youth students faced psycho-social and behavioral issues. Students should be encouraged for adopting healthy life style, physical activities, yoga, meditation and value education. There is a need for creating awareness among parents and teachers for understanding problems of youths. Their problems should be solved with adolescent and youth friendly approach at individual, school and family levels.

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