

FACTORS CAUSING DEPRESSION AMONG ADOLESCENCE GIRLS STUDENTS

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Abstract

This term ‘Adolescence’ refers to young people belong to the age group between 13 to 19. This is a developmental point of post childhood towards adulthood. During this period, girls attain puberty and development of their feminine frame and the primary sexual organs. This is also considered as an age of confusion over their development body structure and emotional intelligence and maturity as well. Educated and matured parents see the change of behavior of their wards at this age and understand their kids behave immature, infantile, childish, babyish and trifling as a sign of adolescence. As in the words of Cleveland Libby (cited at Adolescent Development: A comprehensive approach), “... adolescence period is an important period in a life span of a youth that involves complex changes in them physically and mentally”(2015). Further, they categorize adolescence as follows,

- Biological Factors
- Psychological Factors and
- Socio-cultural Factors

• CATEGORIES OF ADOLESCENCE DEVELOPMENTS

Biological Factors	<ul style="list-style-type: none">• Pre-pubescence• Pubescence• Post-pubescence
Psychological Factors	<ul style="list-style-type: none">• Cognitive• Emotional• Identity formation
Socio-cultural Factors	<ul style="list-style-type: none">• Community norms• Neighbourhood conditions• Interpersonal relationships• Economic and institutional resources

Adolescence attributes changes in physique and psychology of a youth as well. This sense stays in their body and mind causing changes throughout their life. The impact of adolescence differs age to age and person to person based on their culture. Its influence on psychology of an individual found conspicuously on their identity crisis, establishing and achieving self-identity, healthy mix-up with opposite gender, personal independence and peer group enhanced social pressure.

ADOLESCENCE AGE AND DEPRESSION

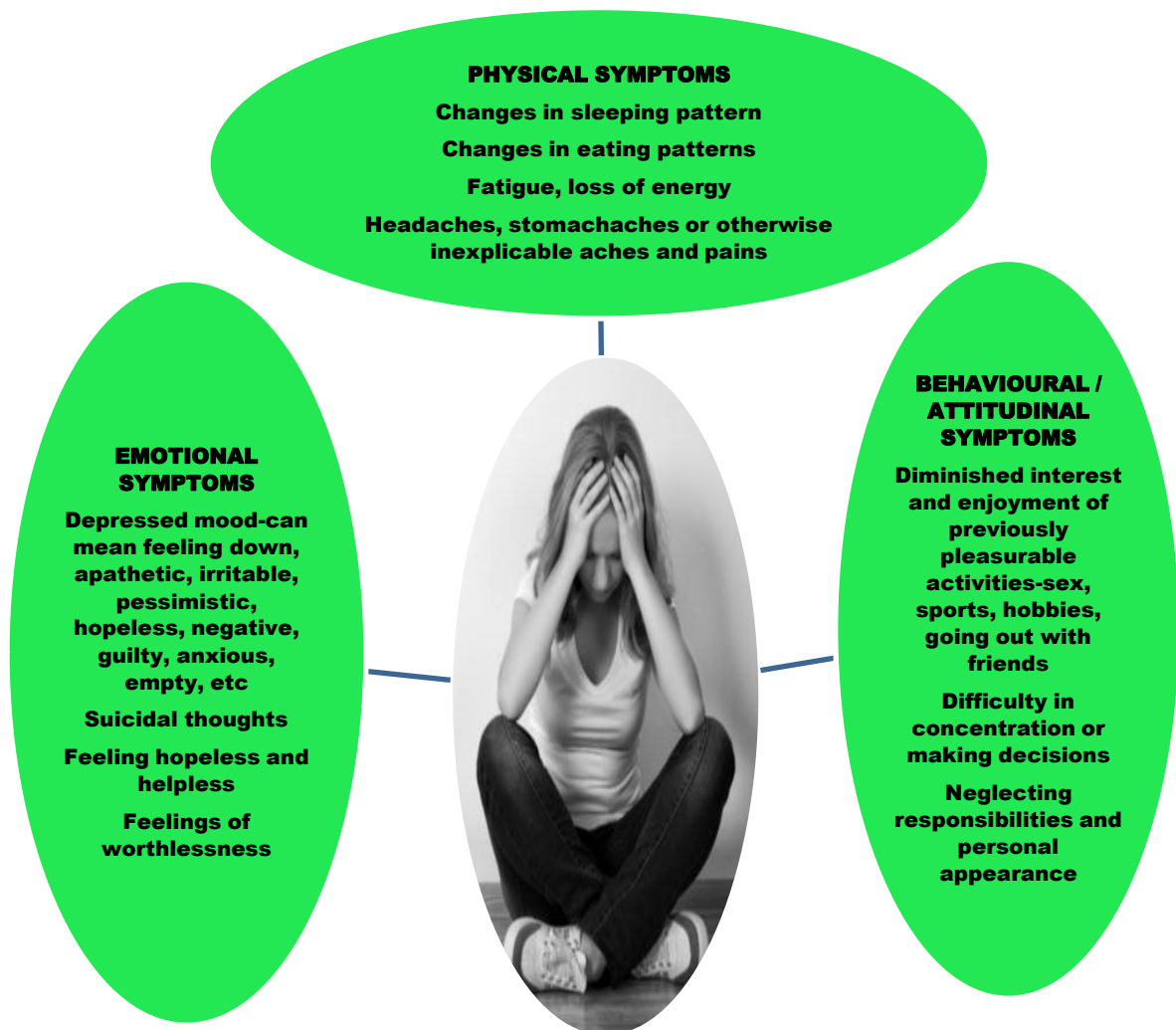
As mentioned earlier that Adolescent is an age of storming and troublesome span of youth life. There are ample chances for a youth to encounter a problem in adolescent age and improper treatment of such problem affect the individual severely, later put them in depression. The following are the significant factors in adolescent age students life.

- Family understanding adolescence age problems
- Physical growth in Adolescent age
- Mind and its maturity in Adolescent age
- Personal and Social Needs
- Health related issues (Menarche and its pressure)
- Socio-Economic Status

The above said factors are significant aspects in girls' students who are passing through this problematic adolescent age. Also, the family climate is significant as it has a far reaching effect on its every member through various experiences and conditions of the family.

Overcoming all these troubles is not so easy for all the families. Even after, there is a big impediment called 'Depression' which turmoil all the good aspects of human life. This word 'Depression' sound more psychological and considerable sociological too. Every human mind will hold some kind of anxiety and sometimes they respond outwardly furious and sometime unexpectedly calm. They restrict themselves from the crowd and start moving aloof in their life. This is the beginning of the Depression problem.

SYMPTOMS OF DEPRESSION



THE EFFECT OF DEPRESSION ON SOCIAL AND ACADEMIC LIFE OF ADOLESCENT GIRL'S

Despite of all possible impediments, girls come out of their house for their academic purpose. Even then there are many factors which chase them to complete frustration. They are as follows,

- a. Inequality of socio-economic status (Factors of affluence Vs Poverty pupil)
- b. Parents' uncaring attitude towards their wards (Pressure of equal age friends group also affects them)
- c. Parent – Student- Teacher relationship combination and tiff (quarrel)
- d. Control over personal emotions (Emotional Intelligence)
- e. Confusion and conflicts over physical changes (Dawn of Menarche)
- f. Personal cleanliness and Awareness of genital functioning.
- g. Misbehaviour , Abuse and Sex Abuse
- h. Harassment and Victimization
- i. Integrity of parents and identity crisis of ward.

Adolescent girl students have to experience the above said conditions and situations in their personal, social and academic life. So academic climate of educational institutions should address these issues through establishing harmonious stay for adolescent girl students. It is impossible at the management level to guide and control all adolescent girl students who pursue their studies under them but there is very much possibility of giving personal and behavioral counseling to such adolescent girl students and eliminate or control the age-related problems. Victimized students may not help fruitfully but very much chance for depression among them. Thus, this research is poignant and significant to categorize ways and means of depression among adolescent girl students.

Family and School are the two faces of a coin, called student. Both play an important and influential role in student's life. In case of Adolescent girls' life, the role of parents is very rigid and a tight rope walk. Extreme ends such as Responsibility and Irresponsibility cause a set-back in Adolescent girls' life. In case of absence of identification and redressal segment for such problem, adolescent girls turn as introvert which is the beginning of the path called depression.

Unlike male students, female students spend their maximum time either with school or with parents. Parents are the persons with whom a girl student can talk and share their feelings and other information going around them. At that same time, Parent's control over their wards also makes some influence on them. Anyway, Parental influence cause good results and bad effects as well.

CONCLUSION

In the current century, educating women community is the need of the hour. Educated women educate people around them and transfer of knowledge and wisdom will address all the problems around them. The fundamental rights of women are not fully realized in reality by women community because of the social, cultural and familial rigidity. For this, educating women is a general solution and at the same time including women in this education process is also a herculean task. Among the impediments found in the way of women progress, health factor is one of the important and poignant factors which prevent women joining in the main stream of education. The considerable mass of drop-out of girl students occurs in the adolescent period of their life. All the factors such as social sentiments, cultural knots, illiteracy of parents, less facilities of sanitation in schools, threats of sexual abuse, fiscal status of family result in preventing the educational prospects of girls. So it the right time to identify and control the above said vulnerable aspects and ensure education for adolescent girls to continue their education permanently and peacefully as well.

Among the impediments of adolescent girls' education process, health factor is one of the important aspects which become stumbling block in continuance of schooling. At this span of age group between 13 to 15, there is a conspicuous change in their physical growth and emotional imbalance. This is due to their proximity of Puberty and they develop more and more doubts on their self. This is the time they need to be taken off by parents, school teachers and school system whereas in reality they were deserted and left uncared by these people. Their crisis of 'self-identity' make them move with other people who shower little love and care and this sometimes end up with sexual abuse. Adolescent girls who are left uncared, unprotected become the victim of sex-abuse and this guilt of activity demotivates in school, social and familial participation. They cannot concentrate in the academic activities and bear the title of 'Poor-Performer' and this adds to their stress level and takes these students to the unrepaired depression level. So proper education on pubescence of the adolescent girls' students will help to overcome the related problems and participate in academic activities enthusiastically.

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