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## PSYCHO SOCIAL PROBLEMS AMONG ADOLESCENT STUDENTS AND NEED FOR SCHOOL COUNSELLING SERVICES

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### Abstract

*The present paper intended to describe the student's opinion on various psychosocial issues faced by them and need for school counseling services in education system to address these challenges. Adolescence is the transitional stage of development between childhood and adulthood, during which person experiences a variety of biological and emotional changes. Proper psychosocial development of adolescent is reflected with sound academic performance, physical health, adequate social, emotional and psychological health. This contributes in reducing the risk of psychosocial and behavioral problems such as violence, addiction to various substances, crime and risk taking behaviors. Researcher has collected the data from two city cooperation Secondary Schools of Bengaluru. She has used questionnaire method as a tool to gather the data from students. The result reveals that students expressed various psychosocial issues during the time of data collection and researcher also came to know that there is no scientific method existing in the school to handle these issues.*

**Key words:** Psychosocial problems, adolescents, school counseling services.

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### Introduction:

Biological, psychosocial and cognitive changes that begin during puberty and continue throughout adolescence directly affect nutritional status and nutrient needs. They experience dramatic physical growth and development, which increases their requirements for energy, protein, and many vitamins and minerals. Adolescents also experience significant changes in their ability to assess and comprehend complex situations and information and in their desire to become independent, unique individuals. Their requirements for energy, protein, and many vitamins and minerals. Adolescents also experience significant changes in their ability to assess and comprehend complex situations and information and in their desire to become independent, unique individuals (Story & Stang, 2005). Adolescence is an age of opportunity for children, and a pivotal time for elders to build on their development in the first decade of life, to help them navigate risks and vulnerabilities, and to set them on the path to fulfilling their potential (Bellamy, 2000). Globally, 1 out of 10 (20%) adolescents encounter at least one behavioral problem. Half of lifetime mental disorders begin before the age of 14 years, and 75% begin by the age of 24 years (Bista et al, 2016). The psychosocial problems of adolescent in Indian social setup are unique in nature, as the religion, economy, culture, health status, conservatism, educational level, gender bias, urbanization, ignorance, superstitions, moral, and change in the attitudes, values, and life styles of adults will have a peculiar impact on psycho social issues and problems of adolescent girls (Algur, 2012). School and home are the places where children spend most of their time. It is the responsibility of these two