

FACTORS CAUSING DISTRESS AMONG YOUTH: A STUDY IN SALLIA SAHI URBAN COMMUNITY, BHUBANESWAR, ODISHA

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ABSTRACT:

Youth is a period in human life which comes with verities of responsibilities and challenges. Young people view world differently. A country's development depends on how they perceive different elements in society. However many research studies reveal increasing dissatisfaction and confusion among youth (Proctor et. al, 2009; Bala, 1985) which is not a sign of development for youth as well as for the nation. 21st century India is also dreaming to utilize its youth power skillfully in order to create its identity in world forum. For this, we need to understand the issues of youth. The study focused on distress among youth and how various factors such as role confusion, career confusion, family environment, having a goal in life, having role model, satisfaction in occupation etc. are associated. The study has been conducted in one of the biggest urban corner "Sallia Sahi" located in Bhubaneswar, capital of Odisha and total sixty (60) youth of age 16 to 25 years participated in the study.

KEY WORDS: Youth, distress, goal, role confusion, career.

Introduction:

"Youth" is a transition period of life. This is the time of creating own identity for every human being. It has its own values, way of life and interests. These interests also change with time and location. The environment also plays very important role in youth life. Positive environment gives boost to the new creative attitude of young men and women but the negative aspects of environment creates prejudices. Youth bring with it fresh perspectives on the world, new ways of perceiving and new methods of reacting, there is a continual expansion of horizons from the point of leaving school. Different tastes and motivations urge new experiences and achievements. And, of course, new pressures come to bear (Ellis, 1984). Bala (1985) states, 'Youth today live in a much misunderstood society. At home, many in families of poor people, who form the majority population, live in the hot furnace of misery and socio economic ills. In such a living environment and in absence of clear cut goals and guidelines, life is bound to be a hot furnace for the young, whose formation of character, intellectual foundation and emotional growth may be crippled. Apart from the fact that they live in families where there is a social breakdown, they are looked down by the progressive society.' A study done by Gerard &

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