

Youth Problems: A Study among College Students in Respect to Their Gender

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Abstract

Adolescence is one of the most important periods of life. Creative poets have already described it as the spring of life of human being and an important era in the total life span. Stanley Hall said adolescence is a period of storm and stress. A major part of a country's population ranges between the ages 13 to 21 yrs. The country's development in various fields depends on the proper guidance and counselling of adolescents.

Youth are the backbone of every nation. They are the tomorrow's leaders. They face many problems in their life from different aspects related to personal, family, school and society as a whole. It is the duty of nation to protect themselves from different barriers of the society. The purpose of the present study was to find out the gender differences among college students on youth problems. Therefore the present study was conducted to study the youth problems of male and female college students of North Lakhimpur of Lakhimpur district. The sample of the study was consisted 100 college students (50 male students and 50 female students). Youth Problem Inventory which was developed by Dr. M. Verma has been used to collect the data of college students. Mean, Standard Deviation, t- test, were used as statistical techniques. The findings of the study are discussing in details in the full paper.

Keywords: Gender differences, Youth Problems, Youth Problems Inventory, College Students

1.0 Introduction:

Human life is divided into four stages on the basis of age i.e. from birth to five years of human life is known as Infancy stage, from six to twelve years is known as Childhood, from thirteen to nineteen years is known as Adolescence stage and after twenty years is remarkable as adulthood. Adolescence is the third phase of human life. It is the most crucial and important period of human life because it is the stage of development that comes between childhood and adulthood. Creative poets have already described it as the spring of life of human being and an important era in the total life span. Stanley Hall said adolescence is a period of storm and stress. A major part of a country's population ranges between the ages 13 to 21 yrs. The term "Adolescence" is derived from the Latin word "adolescere" meaning "to grow" or "to grow to maturity". Its meaning includes not only sexual maturity but also

mental, emotional and social maturity. It is the period when an individual becomes integrated in to the society of adults. In this period of life, the child undergoes revolutionary changes from all sides – physical, mental, sexual, emotional, social, moral and spiritual and his or her personality undergoes new dimensions. During this period, the stage of puberty brings in a number of physical and physiological changes that makes the child qualitatively a different person. The height and weight of the boys and girls reach its average stage. Adolescents also attain intellectual emotional, moral and sexual maturity in this period of development.

The country's development in various fields depends on the proper guidance and counselling of adolescents. Unfortunately, if parents are failing to assess these changes then it creates many difficulties for the adolescents. If these changes are not properly understood and channelized by parents, the adolescent's child may develop delinquent behaviour.

The English term youth, adolescence, teenager, kid and young person are interchanged, often meaning the same. Mabey, Sorensen (1995) viewed that the biological changes further lead to physiological, sexual and psychological changes. Physiological changes include change in height, weight and change in appearance. Sexual changes include production of sex hormone which triggers sexual desire, arousal and urge in adolescents. Psychological changes include formation of new identity, self concept and self regulation; need to find a place in society and expectations. Upto 15 percent of individuals under the age of 18 years of age experience emotional problems (Firdous, A. Var, Mohd. Altaf Paul, Pradeep Kumar, Showkat A. Shah, 2011)

Youth are the backbone of every nation. They are the tomorrow's leaders. They face many problems in their life from different aspects related to personal, family, school and society as a whole. Parents and family background play a greater role in forming good habits of the children or youth. Because parent are the first and lifelong teacher for every child. Parents play a crucial role in nurturing their children's educational aspirations. Research findings support the existence of a positive relationship between Home environment and educational success. Parent should help in the activities of youth such as helping in reading, encouraging them to do their homework independently monitoring their activities inside the house and outside the four walls of their house and providing coaching services for improving their learning in different subjects. Otherwise youth will face many problems for the same. Moreover, college environment, teacher's personality, teaching learning facilities etc. with some personal problems also creates some conflicts among youth. Therefore, it is the duty of nation to protect themselves from different barriers of the society. The purpose of the present study was to find out the gender differences among college students on youth problems. Therefore the present study was conducted to study the youth problems of male and female college students of North Lakhimpur of Lakhimpur district. The sample of the study was consisted 100 college students (50 male students and 50 female students). Youth Problem Inventory which was developed by Dr. M. Verma has been used to collect the data of college students.

1.1 Rationale of the Present Study

Youth is the stage of constructing and developing the self concept of an individual. The different variables such as peers, lifestyle, gender and culture has influenced on the self

concept of the youth. It is the time and period of an individual's life in which they make choices which can affect their future. Positive youth development is one of the most important ways of empowering youth. They face many problems in their life from different aspects related to personal, family, school and society as a whole. Youth Problem Inventory of the present study will help us to identify the problems of youth. It also helps to provide proper guidance to the youth for their positive development.

1.2 Objectives of the Study

The objective of the present study is:

1. To study the youth problems among boys and girls of college going students.
2. To give suggestive measures to solve the problems of youth.

1.3 Hypotheses

1. There is no significant difference between boys and Girls College going students on youth problem related to Family, College, Social and Personal.

1.4 Methodology

In the present study, methodology has been presented as the following ways: **Research Design, Population and Sample, Tools for data collection, Procedure for data collection, Analysis of Data.** Each of these is discussed below:

1.4.1 Research Design

For the present study, the investigator was employed "Descriptive Method". The descriptive method has been used as a most widely used research method. It is the method of investigation which attempts to describe and interpret what exists at present in the form of conditions, practices, processes, trends, effects, attitudes, beliefs etc.

Simple research design used in the present study:

Variable	Type of variable	Sub. Variable	Name of Variable
Youth Problems	Dependent	04	1.Family 2.School 3.Social 4.Personal

1.4.2 Population and Sample

The population of the present study included college students of Lakhimpur district of Assam. For the present study, 100 students (male 50 and female 50) of B.A. standard of degree college of North- Lakhimpur of Lakhimpur district have been taken as sample. The students were randomly selected.

1.4.3 Tool for data Collection

The tool used for collecting data in the present study is "Youth Problem Inventory (YPI)" developed by *Dr. M. Verma (2004)*. The scale consists of 80 items designed to find out the

problems of youth in four areas – Family, School/ College, Social and Personal. A high score in an area indicates high problem in that particular area. The areas are: Family Problems, School Problems, Social Problems and Personal Problems.

Reliability of the Inventory is found to be .80, whereas validity is in the range between .68 to .75. Stanine norms and also percentile rank and percentile band are available for all the areas.

1.4.4 Procedure for data collection

Following instructions were given to the students before providing them with the inventory: The booklet contains some statements related to four areas. Read them carefully. The statements may be entirely true or totally untrue for you. There are three boxes given against each statement, including TRUE, PARTIALLY TRUE OR UNTRUE (FALSE). The participants are required to give their response by ticking one of the three boxes given against particular statement.

1.4.5 Analysis of Data

In the present study, the investigator collected data from 100 learners at degree level of North- Lakhimpur area of Lakhimpur district. Out of them 50 were the Male and 50 were the female students. Data is analyzed by descriptive statistics- test. The investigator analyzed and interpreted the collected data as the following ways:

To test gender differences in youth problems, mean score of male and female was compared graphically. However youth problem variables were also analysed with a series of t-tests of means to determine if significant differences were present.

Table: 1
Shows significance of Difference between Male and Female College students on Youth Problem Inventory Dimensions

Variables	Gender	Mean	SD	df	t-test	Significant
Family Problems	Male	22.2	8.03	98	0.97	NS
	Female	24.5	8.93			
College Problems	Male	19.5	6.23	98	9.19	Sig
	Female	25.5	7.22			
Social Problems	Male	4.95	2.76	98	5.54	Sig
	Female	8.12	3.74			
Personal Problems	Male	16.25	8.12	98	0.56	NS
	Female	18.1	8.22			

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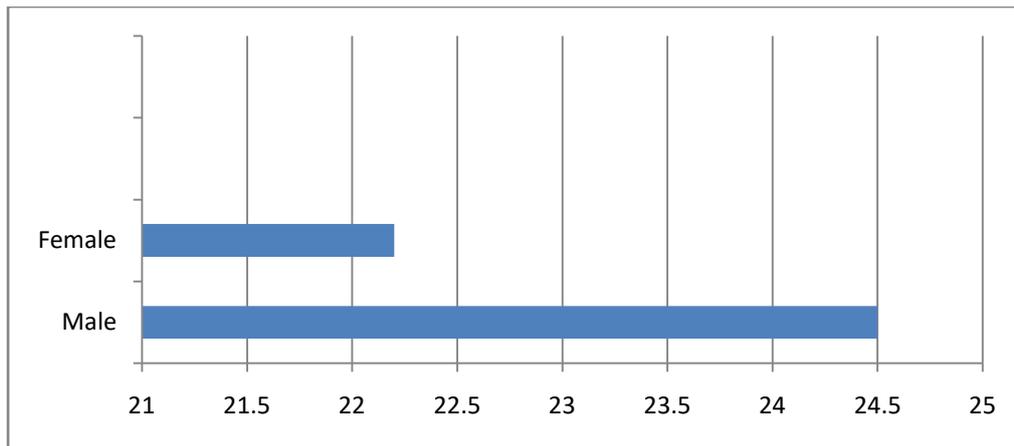


Fig 1: Graphical comparison of mean scores of males and females on family problems

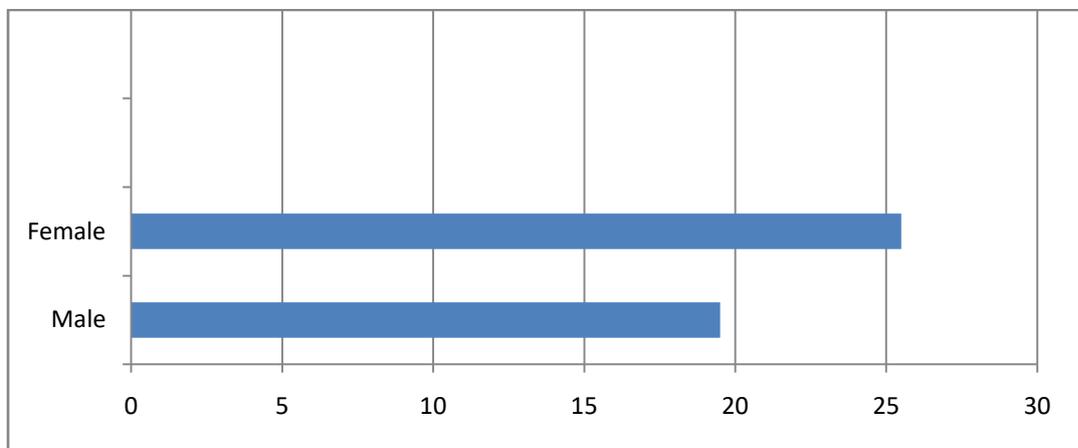


Fig2: Graphical comparison of mean scores of males and females on college problems

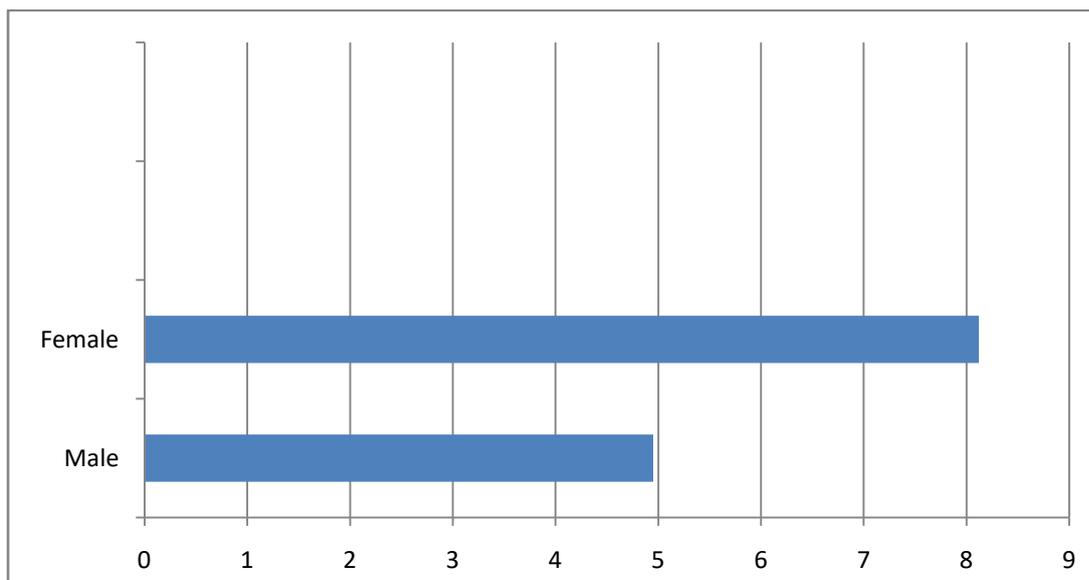


Fig3: Graphical comparison of mean scores of males and females on Social problems

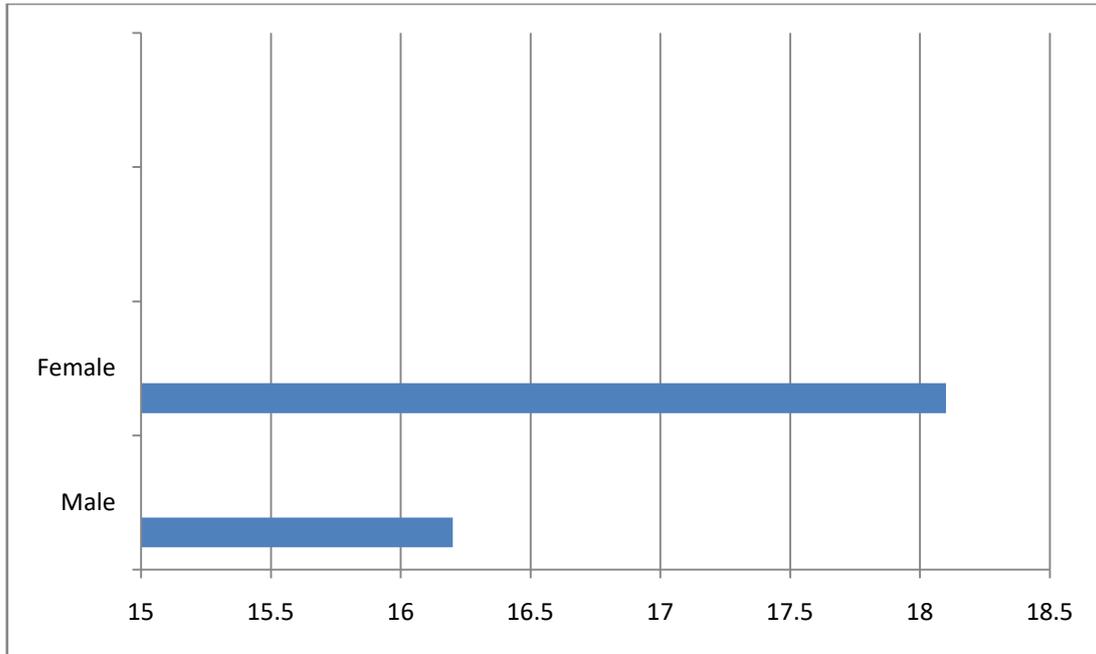


Fig4: Graphical comparison of mean scores of males and females on Personal problems

Female participants scored 24.5 on an average on family problems which was found to be greater than that of male participants than who scored 22.2 on an average (Fig 1). But no significant difference was exists between the means of male and female on t-test.

These results indicate that no gender differences exist between male and female college students on family problems.

Female students scored 25.5 on an average on college problems which was found to be greater than that of male students who scored 19.5 On an average (Fig 2) . So significant difference was found between male and female college students in the mean scores on t-test.

These results indicate that gender difference exists in college problems of college students.

Female students scored 8.12 on an average on social problems which was found to be greater than that of male students who scored 4.95 On an average (Fig 3) . So there is a significant difference was found between the means of male and female college students on t-test.

These results indicates that gender difference is exists in social problem of college students.

Female students scored 18.1 on an average on personal problems which was found to be greater than that of male students who scored 16.2 On an average (Fig 4) . But no difference was found between the means of male and female college students on t-test.

These results indicates that no gender difference is exists in personal problems of college students.

1.5 Delimitations of the Study

1. The finding of the study is based on very sample.
2. The sample was restricted to North Lakhimpur of Lakhimpur district

3. The students are only from Arts stream.
4. The study was restricted students are only 18-21.

1.6 Major Findings

The following major findings have been drawn from the present study:

1. There exists no gender difference in family problems among college students.
2. There exist gender differences between male and female students on college problems. Girls have significantly high college problems than male students.
3. There exist gender differences in social problems among college students. Girls have significantly high social problems than male students.
4. There exist no differences between male and female students on personal problems.

2.7 Conclusion

Adolescence is periods of making a child enter in to adulthood. As the child grows up in to an adult he experiences different problems like personal, social, educational, vocational and also of a career. Therefore guidance and counselling service should be provided for them by parents especially mother and teachers and other elderly person who will help adolescents to solve their problems.

From the above study it can be revealed that college students faced different problems in their day to day life. With compare to male students female students have faced high social and college related problems. Therefore, the present study suggests that to solve the different problems of youth, parents and teacher should provide help to overcome their maladjustment. However the following suggestions should be added:

Firstly, adolescent develop in to heterosexuality which make them curious to know about sex and biological change going on body. It is essential to provide knowledge of sex education.

Secondly, moral and cultural atmosphere at home also influence the psychological development of adolescent. So proper moral teaching is most essential.

Thirdly, adolescents want to become more independent and self-sufficient and parents needs to accept this fact. They should shift some of their own responsibilities to them which will bring about a feeling of understanding between them.

Fourthly, adolescents also feel a need of security as insecurities generate a lot of worries and anxieties which may affect normal activities of the nervous system. Therefore various types of emotional, physical and mental support are necessary for adolescents to save them from insecurities.

Fifthly, the feeling of self dependence, sense of dignity, freedom etc is very strong during the stages of adolescences. Thus the need to think, to create, to do, to express own views, to make decisions, to be free, equality and democracy etc. are to be well cared for during the stage of adolescence

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