



ASSESSMENT OF THE KNOWLEDGE OF PARENTS ON BEHAVIORAL PROBLEMS OF TEENAGE BOYS

M.BHAGYALAKSHMI, S. HEMA LATHA, A. USHA RANI

Abstract

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Corresponding Author

M. BhagyaLakshmi

Lecturer, Department of Psychiatric Nursing, College of Nursing, Sri Venkateswara Institute of Medical Sciences, Tirupati-Andhra Pradesh

bhagyaramana@gmail.com

Teenage years are termed as one of the most difficult phases for parents as well as teenagers. As young boys approach their teenage years there are many changes they go through emotionally and physically. Often teenage boys face many problems which make them behave in a problematic way. Therefore parents must have adequate knowledge regarding behavioral problems which occur to teenage boys will help in reduction of behavioral and emotional problems among teenage boys. Non-experimental research design was chosen. A total of 100 parents of teenage boys were selected by Non-probability convenient sampling method. In this study 19 (19%) parents had adequate knowledge, 47 (47%) had moderate knowledge and 34 (34%) had inadequate knowledge on behavioral problems of teenage boys. Behavioral problems are more common among the adolescence whose parents are having inadequate knowledge on behavioral problems of teenage boys. Further the study suggests that adequate knowledge to parents will helps to reduce the behavioral problems among teenage boys.

INTRODUCTION

Today's children are tomorrow's responsible citizens of the world. Nearly half of the population in the world is occupied with teenagers. The future of our country depends on the mental health of our young teenagers.¹ However one in 5 teenage children has emotional and behavioral problems at some point of time in his or her life regardless of one's geographical region or socioeconomic status. According to the World Health Organization (WHO) and UNICEF (2001) health report as many as 20 percent of children worldwide are suffering from behavioral problems which could lead to serious public health problems. Adolescence is a mystifying concept with a vague definition incompatible characteristics and inconsistent behavioral patterns. The most part of adolescence refers to the teenage years from 13 to 19 years.²

Behavior is simply verbal and nonverbal communication. It is the conduct, actions, and words that children employ as a signal with which they express their thoughts,

feelings, needs and impulses. It is judged as to whether it meets social, cultural development and age appropriate standards. Behaviors can be positive or negative, impulsive or planned, predictable (or) unpredictable, consistent (or) inconsistent and it can elicit wide range of positive or negative responses from others.³

Teenage years are termed as one of the most difficult phases for parents as well as teenagers. As young boys approach their teenage years, there are many changes they go through, emotionally and physically. Teenage boys face many problems which make them to behave in a problematic way. Parenting teenage boys is not an easy task but blaming those youngsters is not the solution. Try to look at the root of the problems instead of worrying about them. Therefore parents must have adequate knowledge regarding behavioral problems occurs in teenage boys will helps in reduction of behavioral problems among teenage boys.⁴

According to WHO publication (1994), 20-30% of students have psychosocial problems and only 3-12% of students in

schools have mental disorders.⁵ Many epidemiological studies reported high prevalence rate of psychiatric/behavioral problems among teenagers. Boys are as sensitive as girls and sometimes they do not really show their feelings. Therefore, parents need to know what are the common worries faced by such troubled teens.⁶

America's children National Indicators of Well being Report (2005) shows that nearly 5% or estimated 2.7million children are reported by their parents to suffer from definite or severe emotional or behavioral difficulties problems that may interfere with their family life, their ability to learn and their formation of friendship. These difficulties may persist throughout child development and lead to lifelong disability, including more serious illness, more difficult to treat illness, and co-occurring mental illness. 65% of parents of children with definite or severe difficulties had contacted a mental health professional or general doctor, that their children had received special education services for emotional or behavioral problems. Parents also reported; boys were more likely have definite or severe emotional and behavioral

difficulties. Keeping in the view of prevalence and incidence of these problems the investigator felt need to assess the parents knowledge regarding behavioral problems among the teenage boys.

Objectives

1. To assess the level of knowledge among the parents on behavioral problems.
2. To associate the level of knowledge with selected demographic variables.

METHODS

Non experimental research design was used for this study and 100 parents were selected by non probability convenient sampling technique from urban slum area. The tool used for the data collection was a structured questionnaire on behavioral problems of teenage boys. The tool used for the study consists of two parts.

Part I: Demographic Data

The demographic data includes age, respondent gender, religion, educational status of father, educational status of mother, occupation of father and mother, family income, marital status , number of children and type of family, etc.

Part II: Structured questionnaire related to behavioral problems of teenage boys

It consists of 60 questions. It covers all aspects of information related to teenage and teenage boys behavioral problems. The major part of the tool was taken by reviewing various books, studies, booklets, journal literature related to behavioral problems of teenage boys and also by taking suggestions and opinions from the experts.

Score Interpretation

Total items in the questionnaire were 60. Each correct response carries (1) mark and incorrect response carries (0) mark. The score was categorized as follows:

Adequate Knowledge: >75% (>45 marks)

Moderate Knowledge: 51–75% (31- 45 marks)

Inadequate Knowledge: <50% (<30 marks)

Data Collection Procedure

The study was conducted from January 2010 to March 2010. During this period hundred parents of teenage boys who met the inclusion criteria were selected using convenient sampling technique. The data was collected and confidentiality was

maintained. Both descriptive and inferential statistics were used for data analysis and interpretations.

RESULTS AND DISCUSSION

Results

Among 100 parents 53(53%) were males and 47(47%) were females and 26(26%) were 31-35 years, 49(49%) were 36-40 years, 14(14%) were 41-45 years. Towards the behavioral problems of teenage boys 34 (34%) had inadequate knowledge, 47(47%) of parents had moderate knowledge and 19(19%) had adequate knowledge.

Discussion

The first objective of the study was to assess the level of knowledge of parents on behavioral problems 34 (34%) had inadequate knowledge, 47(47%) of parents had moderate knowledge and 19(19%) had adequate knowledge towards the behavioral problems of teenage boys.

The second objective of the study was to associate the level of knowledge with their demographic variables. There was statistical significant association between knowledge of parents with age, educational status, occupation and family income.

The findings of the study were correlated with study conducted by Mridula Manjula (2002)⁷, showed that the large family size, low education status of parents, low parental involvement results in scholastic backwardness and delinquency among the adolescents

Ganguly H. (2005)⁸ conducted a study on prevalence of mental disorders in India. This study reveals that the common problems being hyperactive disorders and conduct disorders in India. Out of 30 percent of the children suffer from mentally ill health and it is estimated that 1 to 2 percent have behavioral problems. Gupta I, Erma M, et al., (2000)⁹ conducted a study on prevalence of problems in school going children at urban areas of Ludhiana, India. The sample size was 1000 school going children aged 12 -15 years from three different schools of city. Teachers assessed the students by using Rutter-B scale, behavioral problems were found to be 43.5% among children. The findings suggest that there is a need for detecting behavioral problems at an early stage. According to ICMR (2005)¹⁰ epidemiological survey conducted at Bangalore, the prevalence

rate of behavioral problems was 12percent among the 4- 16 years of age group.

It is evident that most of the parents had inadequate knowledge so the investigator provided an informational booklet on behavioral problems of teenage boys and role of parents in prevention of behavioral problems in order to improve their knowledge which helps in early identification and correction among their children and guide them to proper life style modification.

CONCLUSION

In this study 34 (34%) of parents had inadequate knowledge, 47 (47%) of parents had moderate knowledge and 19 (19%) had adequate knowledge. This study suggests improving the knowledge of parents which helps in reducing the behavioral problems of teenage boys. Nurses working in the community should engage themselves to address the physical and psychological development of teenage boys to all the parents who have teenage boys so that it can help in reducing the behavioral problems of teenage boys.

Implications for Nursing Profession

According to the findings of the study 34 (34%) had inadequate knowledge, 47 (47%) of the parents had moderate knowledge and 19 (19%) had adequate knowledge. Teenage years are one of the most difficult phases for parents as well as teenagers themselves. Teenagers are more vulnerable

to emotional problems. Therefore nurses have the responsibility to conduct programs like health education on behavioral problems of teenage boys to parents to improve the knowledge of parents.

Table 1

Percentage Distribution of Parents level of knowledge on behavioral problems of teenage boys

Sr. No	Level of knowledge	Frequency	Percentage
1	Inadequate	34	34
2	Moderate	47	47
3	Adequate	19	19

Table 2

Parents educational status and knowledge on teenager's behavioral problems.

Education	Inadequate Knowledge	Moderate Knowledge	Adequate Knowledge
Illiterate	24 %	16%	1%
Primary	9%	8%	3%
Secondary	1%	15%	2%
Degree	-	6%	6%
Post graduate	-	2%	7%

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