

Behavioral and Emotional Problems in School Going Adolescents

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Abstract:

Back ground:

School going Adolescents are at a high risk of developing abnormal behavioral and emotional problems and may later on develop psychiatric disorders. Identifying the problems at an early stage will help them to grow into a healthy adult and contribute to build a healthy nation.

Objective:

To explore the prevalence of abnormal behavioral and emotional problems in adolescents in a school.

Methods :

An observational cross sectional study was conducted in a school, Gangondanahalli Bangalore during August 2019 after educating on awareness about behavioural and emotional problems in children to the students, teachers and parents. A random sampling was done , 100 students between the age group 9 years to 17 years were called with their parents for the screening after taking the parents' consent. 12 students were dropped as their parents did not accompany and 8 were dropped as the forms were not appropriately filled. This left with a sample size of 80 students 48 boys and 32 girls. Assessment was done using a questioner answered by parents and the students assisted by our trained volunteer's. Assessment tool is a widely used child behavior check list(CBCL)also called as Achenbach system of empirically based assessment which is a parent report form to screen for behavioral and emotional and social problems.

Results:

Prevalence of abnormal behavioral and emotional problem was found to be 54%, of which boys were 56% and girls 50% .Internalizing behavior pattern was observed in 34%, externalizing behavior pattern was observed in 15% and neither internalizing nor externalizing behavior pattern was observed in 5%.

Conclusion:

The above study suggests that there are a large number of students in the school who are having behavioural and emotional problems. The root cause of which may be in the family environment which needs to be explored. There is a need for mental health services in the school. Homoeopathic medicines can be of service to the students. Constitutional homoeopathic medicines are known to correct the abnormal behavioral and emotional problems .Further study can be done to assess the efficacy of homoeopathic remedies in treating behavioural and emotional problems.

Key words:

Adolescents, behavioral and emotional problems, child behavior check list(CBCL)