



Novel Insights, *An International Journal of Multidisciplinary Studies*

A Peer-Reviewed Quarterly Research Journal

ISSN: 3048-6572 (Online) 3049-1991 (Print)

Impact Factor: 4.25

Volume-I, Issue-V, August 2025, Page No. 328- 338

Published by Uttarsuri, Sribhumi, Assam, India, 788711

Website: <http://novelinsights.in/>

DOI: 10.69655/novelinsights.vol.1.issue.05W.037



A Study on The Common Problems of Adolescent Students Pertaining to Their Physical, Social and Emotional Health

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Received: 14.08.2025; Accepted: 15.08.2025; Available online: 31.08.2025

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Abstract

The present study was undertaken to study some common problems of adolescent students with respect to their physical, social, and emotional health. Adolescence period is a critical juncture in human life; a period of confusion and chaos associated with numerous adjustment problems. It is a period of self-discovery. Hence, proper understanding of an adolescent is incredibly obligatory to nurture his or her character. This study analyses the common problems faced by an adolescent normally in their day-to-day life. To conduct the study 400 students (200 male and 200 female) from Class XI were selected from 20 institutions of Dibrugarh District in North-East India offering Higher Secondary course (+2 level) under Assam Higher Secondary Education Council (AHSEC). A Questionnaire for students had been developed by the researcher herself consisting of 22 items both of open and closed types for assessing the three domains of an adolescent's health, i.e., physical, social, and emotional health and collected data were analysed through percentage.

Keywords: Adolescent, adjustment, problem, physical, social, emotion

Introduction:

Human beings grow up through different stages of development. At every stage of development, a person is attributed with distinct traits which determine his or her personality. The adolescence period is also such a stage of development. During this period the person enters puberty. He or she identifies his or her role in the society. He or she finds himself or herself in a constant contrast between dream and actuality, contemplation, and accomplishment, forecast and realism, assumption and understanding, anticipation and obligation. And suddenly, when the person discovers himself or herself surrounded by loads of problems, he or she feels maladjusted in the surrounding social set-up. The adolescent seems to face severe emotional adjustment problem in the context of their grooming as social beings. These problems of adolescent can be categorized broadly under three heads, e.g., i) Substance abuse, ii) Internalizing disorders, iii) Externalizing disorders. Substance abuse includes such problems as drug addiction and sex scandals; Internalizing disorders include problems of depression and anxiety; and Externalizing disorders refers to the problems of delinquency, anti-social aggression, truancy, and other academic or peer problems. The present study was undertaken to study some common problems of

adolescent students of Class XI in Dibrugarh District, Assam with respect to their physical, social, and emotional health. Health refers to a comprehensive fitness at physical, mental, and social level and not simply the lack of disease or infirmity (WHO). Dibrugarh district is a part of the eastern terrains of Assam in North-East India. With a heart-throbbing beautiful green landscape and mighty river Brahmaputra flowing through it, the district is a tourist hub for people who enjoy the serenity of nature. Geographically, the district extends from 27° 5' 38" N to 27° 42' 30" N latitude and 94° 33' 46" E to 95° 29' 8" E longitude. The district extends in an area of 3381 km². The population of the district is estimated approximately 1.5 million in 2025.

Objective: The main objective of the study is to assess some common problems of adolescent students of Higher Secondary institutions of Dibrugarh district, Assam regarding their physical, social and emotional health.

Methodology: The total sample of the study comprised of 400 adolescent students (200 Male and 200 Female) of the age group of 16/17 to 18/19 years studying in Higher Secondary institutions in Dibrugarh District, Assam. *Purposive sampling technique* was used for selection of 20 institutions (H. S. school and college) and *incidental sampling technique* was used to select the students' sample. The tool used for data collection was a self-developed questionnaire constructed and standardized by researcher herself, consisting of 22 items both of open and closed types for assessing the three domains of adolescent's health, i.e. physical, social and emotional level. Collected data were analysed through percentage.

Questionnaire: The questionnaire, used in the present study contains a series of questions dealing with some psychological, social, and educational traits of a group of adolescents who were selected as the student sample, with the objective of obtaining data about specific problems encountered by them. To make assessment of the problems of adolescents studying in higher secondary courses a Questionnaire was developed by the researcher herself for assessing the three domains of adolescence's health, i.e. physical, social, and emotional level.

Key terms used in the questionnaire:

- **Adolescence-** Adolescence is a period of great transition and transformation. During this period a child learns to identify himself or herself with his or her surrounding environment and tries to adjust with much more complex patterns of social methods and norms. Chronologically, the adolescence period comes roughly in between the years from 12 to 20. In this questionnaire adolescents mean those students who are going through adolescence period and studying in H.S. 1st year class. They belong to an age group of 17 to 19 years.
- **Social health-** Social health refers to a healthy and peaceful state of mutual understanding and cooperation for societies and the individuals who live and participate in them. The concept of social health assesses how people interact with each other within a framework which meets the moral, logical and communal rules and regulations that a society determines and designs. In the questionnaire social health refers to those aspects which help the adolescent students to maintain a balance in personality as a social being.
- **Physical health-** Physical health underscores the state of wellbeing of all internal and external body parts, organs, tissues, and cell functioning at their supposed capabilities. Physical health is an essential part of overall health of an individual. In

this questionnaire physical health deals with different matter to maintain a good physic of adolescent students and their consciousness regarding these matters.

- **Emotional health-** Emotion is a complex feeling and state of mind accompanied with psychological arousal and overt behaviour. Emotional health indicates the level to which one's emotional security is granted. It is the important component of mental health. In this questionnaire emotional health refers the mental set up of the adolescent students in different situations.

Construction of questionnaire:

(a) Construction of first draft:

❖ Planning

- The problems of adolescents studying in higher secondary courses were tested through the questionnaire.
- Different aspects included in the questionnaire were:

Under the domain of *Emotional Health*, the following types of questions were framed to test the same:

- Open type- feelings during interaction with strangers, reasons of get exited easily, feelings towards opposite sex, involvement of parents and others in personal life, feelings on seeing others in trouble, activities in sad mood, anger provoked activities.

Under *Social Health*, the questions included the following areas-

- Open type- family and relatives' attitudes towards an adolescent, the task of making friends, preferred lifestyle, views regarding impact of electronic media in value degradation of adolescents, impact of classroom in student's academic achievement, observation on elders' assumption of the new generation.

Under *Physical Health*-

- Open type- perception of good health, preference to physical exercise for maintaining health, physical problems during exam, awareness regarding food habits to maintain good health, conceptual level of chronic illness.

Others-

- Open type- activities during leisure time, response to parent's suggestion on career and future life, about aim of life, satisfaction on pocket money.

The significance that was given to the different items of the Questionnaire is shown below:

Table no. 1: Significance (in %) of the different Domains of the Questionnaire:

Sl. No	Aspects	Significance in % (approximate)	No. of items
1	Emotional Health	36%	08
2	Social Health	27%	06
3	Physical Health	23%	05
4	Others	14%	03
	Total	100%	22

❖ Writing items

- A set of 22 questions was developed in two languages, (both English & Assamese), which included open-ended questions. Most of the questions consists of some options which will be helpful for the respondent to get hints for expressing own feelings. The investigator examined relevance, symmetry, clarity, and simplicity of the language etc.

(b) Construction of the final draft:

- After editing and scrutiny of the spellings, space for responses, writing guidelines and inclusion of space for self-introduction for respondents, the final draft was prepared.

1. Qualitative analysis of the questionnaire responses:

- Interaction with unknown people is a difficult task for adolescents. Hence the researcher tried to find out the adolescents' attitude in this regard and the study reveals that 8% female and 11% male of the adolescent feel fear during interaction with strangers. 13.5% male and 18.5% female of the adolescent sense eagerness while 49% adolescent female and 26% adolescent male experience nervousness. 29.5% female and 44.5% male of the adolescent feel normal during interacting with the strangers.
- Adolescents are not capable of controlling their temper. Very trivial matter may excite them. The researcher finds that 11.5% female adolescents and 18.5% male adolescents get excited easily. The reasons of their excitement are primarily misunderstanding and insult interesting to note that 88.5% female and 81.5% male of the adolescent think that they don't get excited easily.
- The attitude of the adolescents towards opposite sex is diverse. Whereas 87.5% female adolescent feel normal and friendly towards opposite sex, 3.5% feel more intimate than friends and 9% avoid interaction with male counterpart. On the other hand, 79% male adolescent feel normal and friendly towards the female; 17% sense more intimacy than friendliness and only 4% avoid interaction with the female.
- Sometimes the adolescents complain that their parents interfere in their life excessively and 52.5% female adolescent and 42.5% male adolescents believe that their parents' interference in their lifestyle is unnecessary. On the area of interference 35.23% female adolescents feel that it is friendship, 39% feels that it is travelling, 16.19% feels that it is career and 9.52% feels interference in all spheres of their life. Nobody senses any interference in the expression of opinion. In case of the male adolescents 35.29% of them feel interference in their relationship of friendship, 25.88% feels it in travelling, and 38.82% feel it in the process of choosing a career. None of the male adolescents seem to find any interference in expression of opinion and all spheres.
- The attitude of the family turns out to be a decisive factor in the formation of an adolescents' personality. The adolescents are greatly moved by the response they receive from their family members. Hence, 100% female respondent declares that the attitude of the family and relatives matters for them. 36.5% female respondent finds their family and relative friendly, 46% finds trustworthy and 17.5% thinks that it is normal. In the same way 92% male respondent admits that the attitude of the family and relatives matters for them while 8% respondent doesn't have any clear notion in this regard. 12.2% male finds the attitude friendly, 51.67% finds trustworthy and 29.44% thinks that it is normal. However, 6.6% male respondents expressed uncertainty about the attitude of the family.

- Friendship is a delicate relationship for the adolescents. The adolescents' attitude towards friendship varies distinctly. 79.5% female adolescent responses that they can make friendship easily and 20.5% female adolescent feels that they can't make friendship easily. 61% male adolescent thinks that they can make friendship easily and 39% female adolescent says that friendship is not an easy task for them. Regarding the criteria of a good friend most of the respondents assert that they must be simple, sympathetic, trustworthy, helpful etc.
- The researcher finds it interesting to note that like most of the people adolescents are also sensitive to other people's misery. 96% female adolescents claim that they are hurt seeing other's in trouble and try to help them. 4% female refrains from giving any response. Of the male adolescents' 92% says that they are moved by other people's distress and 8% remains silent.
- Adolescence period is a time of fancy. They often visualize different lifestyles and dreams of attaining those. Of the female adolescent 25% supports simple lifestyle, 66.5% favours moderate lifestyle and only 8.5% speaks about luxurious lifestyle. Of the male adolescent 36% prefers simple lifestyle, 49% desires moderate lifestyle and 15% fancies luxurious lifestyle.
- Now-a-days electronic media influence all spheres of human life. The electronic devices have made life faster and easier. Despite the huge negative impact of the misuse of these devices, none can ignore the utility of the gadgets. In this context 45% adolescent female says that electronic media is responsible for value degradation of adolescents. However, 54.5% adolescent female thinks in the opposite way. Out of the 45% female adolescent 6.59% points out T.V., 45% blames mobile, and 48.35% considers all, i.e., T.V., mobile, computer responsible for value degradation of the adolescents. Of the male adolescents 63.5% thinks electronic media is accountable for the degradation of adolescent and 26.5% thinks in the opposite way. 18.11% male adolescent blames T.V., 59% blames mobile, 14.96% points out computer and 7.87% considers all the gadgets responsible for this degradation.
- School is a miniature society and classrooms are the workshop to develop the human resources. 86.5% female adolescent and 86% male adolescent support that regular attendance and study in the classrooms help students to enhance their academic achievement. 7.5% female adolescents and 5.5% male adolescents refrain from making any comment and 6% female adolescent and 8.5% male adolescent disagree the above stated notion.
- Health is wealth. It is important for everyone to be health conscious from early age. Good habits from childhood onward make a person physically sound and strong. Most of the adolescent respondents, i.e., 93% feels that good health means a physical condition unaffected by illness. However, 7% female and 10% male respondents refrain from giving any response.
- Leisure is essential for proper mental nourishment. Everyone has individual way of spending leisure. Of the female adolescents 30% spends their leisure in reading books, 9% spends in travelling, 46.5% spends in socializing with friends and 14.5% spends in other activities such as listening to music, watching movies, playing games in computer, cutting and knitting, cooking etc. Of the male adolescents 26% prefers reading, 38%

prefers travelling, 31% prefers socializing with friends, and 24% prefers other activities such as playing games, drawing, or handicraft.

- Physical exercise is key to good health. People maintain different types of physical activities to keep good health. In this context, 22.5% female adolescent prefers games and sports, 3% prefers going to gymnasium, 69.5% prefers household activities and 5% prefers other activities. Of the male adolescents 49.5% prefers games and sports, 16.5% prefers going to gymnasium, 31% prefers household activities, and 3% prefers other activities.

- Examination is the way of evaluation of people's academic achievement. But it is seen that the adolescents feel the pressure of examination excessively. Sometimes the pressure makes them ill. 23.5% female adolescent responses that they feel problem during examination. 21.27% female adolescent claims that they suffer from fever, 61.7% claims that they suffer from headache, and 17.02% female adolescent claims that they suffer from lack of appetite. However, 76.5% female adolescent does not have any trouble regarding examination. Of the male adolescents 28% claims that they are affected by the pressure of examination and 72% feels no trouble during examination.

- Healthy and hygienic food habit is essential to maintain a life free of disease. However different people have different food habits, and everyone is not concerned about the hygienic quality of their food habits. 47.5% female adolescent claims to develop a food habit consciously and 52.5% female adolescent appears casual about the food habit. Among the female respondents 10.52% likes ethnic food, 76.82% opts for homemade food, 7.36% likes fast food and 5.26% craves for restaurant food. Of the male respondents 55% appears concerned about their food habit and 45% seems careless in this regard. 6.36% male adolescent likes ethnic foods, 84.54% likes homemade foods, 5.45% prefers fast food and only 3.63% likes restaurant food.

- Aimless life is like a boat without oar. Everyone should set an aim in their life at an early age and should strive to reach that goal. Obviously, the adolescent period is the most crucial time to set an aim for future. In this study, 87.5% female admits that they have already set an aim. Most of the female respondents want to be a teacher while singer, writer, lawyer, nurse, air hostage, model are the alternative choices. Some of the respondents want to be just a good citizen. Only 12.5% female respondents give no answer to this question.

- On the other hand, 94% male respondents unveil their aim. The primary choice is again teacher, whereas some of them want to be good citizen, singer, poet, writer, politician, administrative officer, policeman, soldier and a few students want to be ideal farmer. 6% male respondents remain silent in this context.

- Modern day to day life is money centred. Economic aspect is related to all sphere of human life. Every individual needs money to fulfil their necessities. As a college going student adolescents also ask their parents for money. Among the respondents 80% female are satisfied with the pocket money, 10% unsatisfied and 10% gives no response to this query; whereas 72.5% male says that they are satisfied with the pocket money, 22% expresses dissatisfaction and 5.5% gives no response.

- It is natural and necessary for the parents to help their children in taking decisions about their future and career. But the adolescents sometimes show displeasure in such interference. 66% female respondents admit that parents give suggestions regarding

their career and future life and 34% says that they are not given any such suggestion. In case of male, 67% respondents admit that they are given suggestions whereas 33% answers in negative.

- Everything in this world changes with time. Societies also beckon to this law of change. These changes sometimes create a gap between old and young generation. This generation gap creates misunderstanding among the people of the society. In this context 19% female respondents assert that elders misunderstand the young generation while 54% thinks on the contrary and 27% says that it appears sometimes that the elders misunderstand the youth. On the other hand, 20% male respondents claim that the elders do not understand the young generation while 38% do not see any misunderstanding and 42% says that it occurs sometimes.

- Some children suffer from chronic illness. Sometimes it removes as they grow up. Regarding this question of chronic illness, 15.5% female respondents admit that they have chronic ailment. Among them 70.96% suffers from headache, 12.9% suffers from fever and 16.12% suffers from other illness. However, 84% female respondents claim that they have no chronic illness. Of the male respondents 20% admits that they are suffering from illness and 80% says that they are utterly in good health. Out of the 20%, 12.5% suffers from dyspepsia, 30% suffers from headache, 25% suffers from fever and 32.5% suffers from other illness.

- Sorrow is an inevitable emotion. People have their own way of reacting to the emotion of sorrow. They do different thing to come out of their sadness. The researcher finds in this study that 20% female prefer to talk to others to come out from sadness, 18% female prefer to go for outing when they feel sad, 19% watch movies and 43% prefer to listen to music when they feel sad. In case of male, 21.5% prefer to talk to others, 23.5% go for outing, 11.5% watch movies and 38.5% prefer to listen to music when they feel sad.

- Anger is a basic instinct that every individual carries. Someone can control the anger and other has not. Generally, in anger individual intend to do different activities. Among the female respondents 2.5% intend to beat someone, 13% stay calm and quiet, 67.5% try to understand the situation and 17% are uncertain in the time of anger. In case of male, 5% intend to beat someone, 14% stay calm and quiet, 57.5% try to understand the situation and 28.5% are uncertain when they are in anger.

2. Findings:

On analysis of the Questionnaire constructed by the researcher to find out some common problems of adolescence period, it was found that male adolescent students were more aggressive and get excited more easily than their counterparts. On health-related issues both male and female adolescents are equally conscious. However, slight differences can be traced between male and female respondents in their approach to health-related matters. Same result was found by **Sumbali (1981)** that adolescent boys were more aggressive than girls. Female adolescent students faced more problems than male in social, school, and personal psychological areas. **Gupta (1981)** conducted a study on the problems of urban adolescent girls and the result revealed that adolescent girls had the greatest number of problems in the society or the school, in personal life or in emotional sphere. They face lesser difficulties in the sphere of courtship, sex, and marriage. In another study **Das (1982)** has made an elaborate observation of the root causes of behavioural problems of the

adolescents. His research reveals several issues, such as dissatisfying home conditions, lack of parental understanding, poor adjustment in schools, awkwardness in school environment, awkwardness with the teachers as well as the students, feelings of insecurity and inferiority, frustration of fragmented expectations or lack of recognition, the breach between dream and realism, are the contributory determinants for behaviour problems. **Geckil & Yildiz (2006)** conducted the study on adolescent health behaviours and problems on 610 students in Malatya High School and finding was that adolescent had problems with the future and psychological problems. It was also noticed that boys had more problems than girls' nutrition, social adaptation, physiological and sexual matters. **Pathak, Sharma, Pravan, Gupta, Ojha & Goel (2011)** conducted the study on 1150 students of age group 12-18 years and found that alarming no of adolescents suffer from emotional and behavioural problems which have their root in the family environment. **Ruiz, Diaz, Ferrer & Ochoa (2012)** conducted a study on 580 school student and 669 college students and found 46% school students and 41% college students feels anxiety and stress. **Sharma & Saini (2013)**, in their study, finding was that girls' health and social adjustment level is better than their emotional adjustment while the boys are socially more adjusted than health and emotional areas. Another cross-sectional study was conducted by **Bista, Thapa, Sapkata, Singh & Pokharel (2016)** on 787 students and found that 17.03% adolescent students suffered with psychological dysfunction. Male students were more affected (9.50%) than female students (7.80%). One important cross-sectional study was done on 2350 Turkish students in the age group 18-25 years of Public and Private Universities of Istanbul on Internet Addiction (I.A.) fatigue and sleep problems among university students by **Bener, Yildirin, Tarun, Catan, Bolay, Alie, Akyel & Griffiths (2019)**. The findings revealed that Internet Addiction was associated with poor dietary habits, sleep problems and fatigue symptoms.

3. Policy Implication:

Indian adolescents form a very significant group of the demographic dividend that Indian politicians eulogize about so frequently. Hence, the issues of adolescents must be addressed in a most sensitive and premeditated manner. Hence, methodical study to find out the problems of the adolescents with specific elucidations is extremely exigent and momentous. It is hoped that the findings of the present study would obviously help to accelerate the efforts of the policymakers, educationists, and other researchers to sort out the concerns of the adolescents in the sphere of adjustment. The contextual impact of this study can be outlined in the following way:

- The findings of the present study would also help the teachers Secondary and Higher Secondary institutions to get an insider's view of the adolescents' psychology enabling him/her to appreciate his/her students more intimately. Subsequently, he/she would be more adroit in his/her role of friend, philosopher, mentor, and collaborator in fostering the prospects of his/her students.
- The findings of this study also provide a conspicuous picture of the adolescent period to the elder guardian, by allowing them to have a comprehensive realization of the negativity of the general adult common sarcasm on the psychological health of young adolescents, which consequently complicates social and emotional adjustment of the upcoming generation. Thus, the findings of the study, it is hoped, would help in bridging of generation and communication gap between these two ends by highlighting

the need to establish a more trusting and reliable relationship between the adult and young generation.

- Adolescence is a problematic and complex period of human life. To overcome the complexities of the period one should have an idea of the changes that occur within an individual during adolescence. Adjustment and other interrelated problems are often triggered by a lack of awareness of these changes during this important stage of development. The findings of the study would endorse self-awareness among students and provide the Government, NGOs, and other social institutions resources to run awareness campaigns on Adolescence Education, Development Psychology, etc.
- Adolescent Education Programme (AEP) is a significant Government initiative launched to solve the adjustment and other problems of adolescents. The findings of the study would help the policy makers and the AEP trainers to undertake positive, proactive, and deliberate action plan in this regard.
- Participation in co-curricular activities helps the adolescent to be a better and more socially and emotionally adjustable individual. The findings of the study reinforce the importance of co-curricular activities in educational institutions.
- Community-centric and activity-centred curriculum would heighten adjustment process of adolescent. These findings would assist the curriculum designer or educational policy makers in framing effective curriculum for the adolescents. At the same time, the teacher-training programmes also need to include improved and more paid centric teaching-learning process to be more effective.
- The findings would further encourage the need of adolescent students to develop self-confidence, self-discipline, self-respect and motivate others to inculcate positive socialization processes for better adjustment. For this inclusion of Life Skill Education in the curriculum at this level, would be a wise decision as evident from the benefits of its inclusion in the curriculum at the educationally developed countries.
- The outcome of the study stresses the need and understanding by the adolescent students of creating equal, sympathetic, and reliable attitudes for the balanced and harmonious development of their personalities.
- The study outcomes will also be very much helpful in accelerating the need for adolescent students' welfare schemes of the Government.
- Social scientists would also find this study useful to acquire some significant information about students' turmoil in the adolescent period.

4. Recommendations for Further Research:

Research opens the doors for new thoughts and investigations. Hence, one research work leads to multiple works of further investigation into a particular subject matter from different perspectives and levels. In this context, the following suggestions have been made for further investigation into the present topic based on the researcher's own experiences of a lack of information and empirical evidence in this area of knowledge.

- Elaborate studies on the present topic can be carried out in different parts of the country with larger samples.
- In this study, only adolescents' social and emotional adjustment were taken up for investigation. However, other dimensions like school adjustment, home adjustment, sexual adjustment, etc., can be included for further study in assessing their impact on an adolescent's life.

- The study qualitatively focuses only on three common problem areas of adolescents: social, emotional, and physical health. So, in future studies, other problem areas of adolescents, such as academic problems, career-related problems, etc., can be explored and investigated qualitatively and quantitatively.
- Comparative studies may also be taken to study the relationship between social and emotional adjustment of working and non-working mothers, adolescent students of private and public schools, etc. Moreover, studies may be carried out on the adjustment of adolescents of different socioeconomic statuses, adolescents of nuclear and joint families, etc.
- The relativity between social or emotional adjustment with the academic outcome has been studied in this study. In future studies, social and emotional adjustment of adolescents and its relation to self-concept, anxiety level of aspiration, emotional intelligence, and other aspects of personality can be included.
- In future investigations, the effect of socioeconomic status, political, cultural milieu, etc., on adolescents' social and emotional adjustment can also be included.
- Social and emotional adjustment problems and their relation to the causes of juvenile delinquency, criminal offenses, etc., also need to be further studied, especially in the context of the present state of our society, where violence and vandalism are very rampant amongst our youth.

5. Conclusion:

Crow and Crow (1965) mention four significant problem zones for adolescents. He has observed that adolescents have problems related to their sexual maturity, shift in temperament in approaching things, family and social environment, and age-related transition. Talukdar & Talukdar (2008) reinforce the same argument while discussing the factors influencing adolescent behaviour. Parental conflict often produces a tense home environment, an under-educated mother, a faulty upbringing, a lack of monitoring of the siblings by the parents, extreme attachment to mobiles, televisions, and social media, the pampering of unrealistic dreams or improbable aspirations, amity with spoiled peers, a sense of social inferiority or superiority, etc. are some of the significant issues contributing to the rise of problem behaviour in adolescents. Behavioural problems in adolescents lead to overall adjustment problems. It might cause many serious issues like aggravation, stubbornness, hostility, impulsiveness, criminal delinquency, etc. Hence, a proper understanding and approach to adolescents' problems must be carefully carried out. It would open the door to resolving the adolescents' issues in a scientific way. The adolescents' neurotic problems can be addressed fairly and mentored to act responsibly in society. The nation needs a healthy generation to bear the torch of its progress. Adolescents are the base of that generation. Their problems, as this study has highlighted, can be confronted. The educationists and the policymakers might take note of the fact that adolescents, irrespective of their gender and their locality, don't face similar challenges. They have different approaches to their lives, leading to different dilemmas. These dilemmas cannot be allowed to grow up to be regretted or repulsed. This study is a genuine effort to delve into the dilemmas of adolescents. The researcher strongly feels that a more elaborate and precise study should be carried out to identify adolescents' problems in different socio-economic environments.

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