

BEHAVIOURAL CHANGES DURING ADOLESCENCE

SUDHA CHHIKARA

There are different stages in man's life i.e. infancy, childhood, adolescence and adulthood etc. Behaviour during these stages differ conspicuously from one stage to other. There are different patterns of behaviour at different stages of adolescence even. The differences are so distinct among the different stages of adolescence that Hurlock (1974) has categorised it into three stages. Puberty, early adolescence and late adolescence. Behaviour, attitudes and values in the early part of the adolescence are markedly different from those in later part. During this period person's role is not clearly defined which results in identity crisis. Adolescents are unable to understand how they should behave in front of elders, sometimes parents also feel difficulty in tackling their adolescent children. Parental expectations create an ambiguous status for their adolescent children. This state of affairs stimulate the investigator to study the behavioural and interaction pattern of growing adolescents with following objectives:

To study the self-concept and self-disclosure aspect of behaviour at different stages of adolescence.

To study the family relationship and social acceptability among peers.

Methodology: The study was conducted in Hisar district of Haryana State. The sample was consisted of 500 respondents from four randomly selected schools of rural and urban areas. Respondents were selected purposively in the age groups ranging from 12-18 years.

The data were collected during regular school timings with the help of self-concept test developed by M.R.Rastogi, Self-disclosure Inventory of Virender Sinha, Family Relation ship Inventory by G.P.Sherry and Social acceptability among peers developed by S.L.Chopra.

Data were analysed with the help of least square analysis method.

Result and Discussion:

Table 1 shows that the effect of age is significant for conceptual and attitudinal aspects of self-concept as f-values were significantly different. When mean values of three age groups were compared, it was found that the age group 16-18 years has highest scores for all aspects of self concept followed by 14-16 and 12-14 years age groups.

From the perusal of results, it is concluded that awareness of self increases with the age. Theoretical base of concept formation also strengthen this point as concept formation is influenced and determined by the age. A child who is unable to understand the meaning of outer world and sometimes even cannot fulfill his own needs but with the increasing age he can manipulate and express what is wrong and right for him. The ability to understand his world and himself continues to increase as age increases.

Results of Table 2 indicate that though different age groups are not significantly different from each other as far as self-disclosure is concerned. But mean scores show an interesting

TABLE 1. EFFECT OF AGE ON SELF-CONCEPT

Constructs of self-concept	Perceptual concept	Conceptual concept	Attitudinal concept	Self-concept
Age Groups (Years)	Least Square means and standard Errors			
12-14	19.38 \pm .92 ^c	67.41 \pm 2.56	72.08 \pm 2.48 ^b	159.08 \pm 6.37 ^b
14-16	19.99 \pm .34 ^b	67.89 \pm 3.37	72.82 \pm 4.10 ^b	159.37 \pm 8.45 ^b
16-18	20.55 \pm .47 ^a	68.11 \pm 4.87	74.86 \pm 2.34 ^a	163.97 \pm 5.40 ^a
F-Values				
Age Groups	1.52	3.29 *	5.19 *	2.63

Significant difference for means depicted by a, b, c.

Significant differences for F-values at 5 per cent level depicted by *.

TABLE 2. EFFECT OF AGE ON SELF-DISCLOSURE (Area-wise)

Area of self-disclosure	Money	Personality	study	Body	Interest	Feelings & Ideas	Vocation	sex
Age-Groups (Years)	Least Square Means and Standard Errors.							
12-14	25.36 \pm .40	24.55 \pm .26	25.29 \pm .43	25.02 \pm .43	25.54 \pm .23	25.25 \pm .48	24.03 \pm .27	23.93 \pm .65
14-16	25.86 \pm .21	25.73 \pm .49	25.64 \pm .22	25.39 \pm .22	25.82 \pm .25	25.71 \pm .25	25.03 \pm .27	23.09 \pm .34
16-18	25.90 \pm .22	26.69 \pm .27	26.22 \pm .24	26.46 \pm .24	26.07 \pm .25	26.42 \pm .27	26.07 \pm .29	22.29 \pm .36
F-Values								
Age Groups	2.56	2.34	0.49	0.84	1.48	1.43	0.48	1.43

trend that self-disclosure increased with the age in all areas except 'Sex'. In the area of 'Sex', it decreases with age. The reason of such result is that the understanding about areas of 'money', 'personality', 'body', 'study', 'feeling and ideas', 'interests' and 'vocation' increases with age. Another reason is developed self-concept of adolescents is also important. In the area of sex, the rate of disclosure decreases with the age due to the awareness that such discussions are not approved by the Society.

Table 3 presents the target-wise data for self-disclosure. It is inferred from the results that there are significant differences among various targets of self-disclosure as different age groups are concerned. These targets are mother, father and peers. From the mean values, it may be concluded that the rate of self-disclosure decreases with the age in case of targets such as mother, father, brother and sister while it increases with age in case of peers and teachers.

The reason is that a young adolescent prefers to discuss all types of problems and feelings with parents as he/she finds them most reliable and suitable persons for disclosing about

TABLE 3. EFFECT OF AGE ON SELF-DISCLOSURE (Target-wise)

Targets of self-disclosure	Mother	Father	Brother	Sister	Peer	Teacher
Age Group (Years)	Least Square Means and Standard Errors.					
12-14	52.92 \pm 2.42 ^a	60.91 \pm 2.59 ^a	25.24 \pm 2.03	19.52 \pm 2.13 ^a	36.93 \pm 2.50 ^c	15.15 \pm 1.62
14-16	47.16 \pm 1.26 ^b	51.11 \pm 1.35 ^b	24.28 \pm 1.06	18.26 \pm 1.11	42.14 \pm 1.30 ^b	16.59 \pm 0.84
16-18	42.83 \pm 1.36 ^c	47.01 \pm 1.45 ^c	24.08 \pm 1.13	14.83 \pm 1.19 ^b	47.92 \pm 1.40 ^a	17.33 \pm 0.91
F-Values						
Age Groups	7.49 *	11.31 *	0.16	2.44	9.28 *	0.71

Significant difference for means depicted by a, b, c.

Significant differences for F-values at 5 per cent level depicted by *.

TABLE 4. EFFECT OF AGE ON FAMILY RELATIONSHIP

Aspects of Family Relationship	Parental acceptance	Parental Concentration	Parental Avoidance
Age Group (Years)	Least Square Means and Standard Errors.		
12-14	37.60 \pm 0.86	25.54 \pm 0.69	16.48 \pm 1.10 ^b
14-16	36.84 \pm 0.45	24.80 \pm 0.36	17.17 \pm 0.57
16-18	36.24 \pm 0.48	24.51 \pm 0.38	18.65 \pm 0.61 ^a
F-Values			
Age Group	2.56	0.85	4.73 *

Significant difference for means depicted by a, b, c.

Significant differences for F-values at 5 per cent level depicted by *.

himself/herself. But closeness and thinking takes different form with increasing age. They feel more concerned about parents as age increases, even then they do not feel so free while discussing with them on various problems and issues. Another factor is that the problems of adolescents are quite different from early stages and now generally related with emotions, peer group, studies and sex. About all these problems and issues adolescents prefer to discuss with peers as compared to parents.

Table 4 reveals data on family relationship and shows that only parental avoidance differ significantly as far as age is concerned. But while observing the mean values, it is clear that parental acceptance and concentration decreases with age and parental avoidance increases as respondents grow chronologically.

The reasoning behind results are that parental expectations increase as their children grow. When the parents find that children are not responding in an expected manner, they start or show their avoidance pattern. Simultaneously parents think that there is less need of concentrating on their children as they are grown up.

TABLE 5. EFFECT OF AGE ON SOCIAL ACCEPTABILITY AMONG PEERS

Social Acceptability Among Peers	
Age Group (Years)	Least Square Means and Standard Errors.
12-14	12.81 \pm 1.06 ^b
14-16	14.15 \pm 6.55
16-18	14.71 \pm 0.59 ^a
F-Values	
Age Groups	1.33

Significant difference for means depicted by a, b, c.

Perusal of results in Table 5 reveal that though social acceptability among peers. do not differ significantly with age as f.value indicate. But mean scores indicate that social acceptability within the friends increases with age.

While observing day to day life, the meaning of the results of present study becomes quite clear as the age increase the ties of the friendship become more strong. Especially this age is called the 'gang' age with special features of heightened sociability. During this period they find themselves very close and attached with their peers.

With the help of all these results, it may be concluded that behaviour of an adolescent changes as he grows chronologically due to developed self-concept, changed self disclosure pattern, and relations with different family members. Another important factor responsible for change is increased value of peers. All these factors of personality influence the behaviour of adolescents at different stages. Change in behaviour needs special attention of parents and teacher as they are the main care-takers of adolescents. They should take all these changes as natural and should treat adolescents accordingly and should not impose many do's and donot's.

HARYANA AGRICULTURAL UNIVERSITY

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