

JOURNAL OF ISLAMIC CIVILIZATION AND CULTURE (JICC)

Volume 3, Issue 2 (July-December, 2020)

ISSN (Print): 2707-689X

ISSN (Online) 2707-6903

Issue: <http://ahbabtrust.org/ojs/index.php/jicc/issue/view/9>

URL: <http://ahbabtrust.org/ojs/index.php/jicc/issue/view/9>

Article DOI: <https://doi.org/10.46896/jicc.v3i2.119>



Title Behavioral and Emotional
Problems in Adolescents

Author (s): Sadiq Shoaib and Syed Naeem

Received on: 29 January, 2020

Accepted on: 26 November, 2020

Published on: 26 December, 2020

Citation: Sadiq Shoaib and Syed Naeem
,"Construction: Behavioral and
Emotional Problems in
Adolescents," JICC: 3 no, 2
(2020): 49-54



Publisher: Al-Ahbab Turst Islamabad

[Click here for more](#)

Behavioral and Emotional Problems in Adolescents

*Sadiq Shoaib

** Syed Naeem

Abstract

The article called "Behavioral and Emotional Problems in School Going Adolescents" was extremely interesting due to the fact that it is relevant in today's society. Today not only does it catch a person attention but also it seemed like there are constant behavioral and emotional problems within adolescents that are going to school. The problems with school going adolescents is only becoming worse and adolescents are suffering emotionally, day and day out.

It seems like instead of them being able to get more help, they have become more isolated. Some decide to lock themselves in their room and be on the World Wide Web all of the time. They could be watching movies or be on social media or just browsing YouTube, in order to numb the pain. Adolescents will use technology sometimes, to get away from the real world and stay away from what is really going on reality. In reality, the only true way to find peace of mind is to get close Allah (SWT) but because it its extremely difficult for adolescents to understand they are confused and have a hard time understanding what to do.

*California State University, Stanislaus, USA

** Postdoctoral Fellow University of California, Loss Angels, USA

Technology use can sometimes be good to get away from social problems but eventually case reality must be faced, in order to move forward in life. The adolescents must be given the help they need during the time they need it the most. There has to be solutions to any of the problems that adolescents face or at least some kind of support system. Parents should try to watch their kids starting at a young age even though they may have an extremely busy life style. ¹Children and their education should be a priority. It may become too late or too hard for the parent to handle if the problem is not dealt with at early stages.

Some Adolescents are being bullied and individuals in our own society are committing suicide. Suicide is on the rise not only in America but all around the world. As a matter of fact, a CNN report states that youth suicide rates in Japan are on a 30 year high. Being bullied or a depressed adolescent or suicides are just a couple of the over all problems that adolescents are facing in schools. Most researchers believe that the problems can start at a very young age, while a child is still trying to find themselves in their life. That is why it is vital for guardians to talk with their loved about what is going on around them and it is extremely important that they teach their young ones about Allah (SWT). They must be taught that Allah (SWT) will never put a burden a person that he cannot bear. It is extremely important to have a good relationship with your children's teachers because that way if problems do arise than you can work together to address them. Sometimes, it can become difficult for the problem to be tackled from one side. Thus, parents and teachers working together with friends and peers will show better results.

According to this research the author believes that the small mental and behavioral issues can grow to the point, where the problem can become a chronic problem. Some of these issues can lead young people towards gangs, drugs, suicide or the internalizing syndrome. So that being said, there must be more avenues and platforms where young women and young men can go when they are going through it. When they are going through the hardship in life and are in pain and or are confused about how to take the next step in life. There has to be more that can be done for these adolescents. We need some sort of programs that can support the youth mentally. If we do not do anything for the youth, than we will lose our youth to crimes and or psychiatric problems or they may grow up with some sort of psychological problem. There has been so much research and so many adolescents are going thorough serious problems that unfortunately, some committed suicide. This may have been avoided, if there were decent platforms for troubled adolescents.

Young men and women are very vulnerable to psychiatric problems and it is just not right if evil people try and take advantage of those vulnerable times in the adolescent's lives. It's like the lion looking for the weak in the herd to pick up and eat for lunch or dinner. This is what happens with adolescents who become weak, they become the weak in the herd. They could become weak because of fear confusing or many other reasons. Sometimes they are lacking love in their lives from friends or

family and even teachers. They may eventually turn to someone who sees the opportunity to prey on weak and confused. Parents and teachers must be educated on how to handle children with any signs of children going through rough time because if the problem is caught early there might be a possibility to help the child before it is too late.

Sometimes the problems could start with their very own parents. The parents could be abusing them mentally or abusing the other spouse. It could be the parents that don't have a good job and are struggling to take care of their children. They are struggling to earn their daily bread. They may have drug or gambling problems. This could essentially be a leading cause to some the problems in the adolescent's lives.

The article that revised had some amazing results. In this research article a school based cross-sectional study was conducted between January and July 2008. There was also a random sampling done between the ages of 12 to 18. There was a questionnaire given to all youth to check the emotional and behavioral state. Family stressors were assessed using a pre-tested 23 item questionnaire because they wanted to check what kind of family issues the adolescents were having. They also made an analysis to check stressors from different variable such as school and social life.

As you know, people always face problems in life but at the time in life, where people start to go through puberty, it is like it's not just problems but more like problems on steroids. Everything is intensified and small things seem like so much more than they are. The sensitivity level just shots up so high because of all the testosterone and estrogen running through the body of the young men or young women. There are a lot of crazy things going on inside the body during that time. It's not just the high levels of hormones but it is also that the young bodies are not used to that kind of high level activity especially during the first stages of puberty. This is why all these changes can become a very confusing time for the adolescents. When the adolescents face structure changes and they start getting pubic hair. The youth are definitely confused and so the young bodies are trying to figure out how to handle all the new type of conditions in their bodies. All these major changes in the body and in the mind can have profound impacts on the lives of adolescents, who are going to school.

School can be a very bad place if a youth is having difficulty or is going through a mental problem. Of course school can be great also but if it goes wrong than people can really fall off track. Some of this can be caused by friends making unfriendly remarks or sometimes even staff who work at the school, can break a student's heart by saying or doing things that are not appropriate. Some might end up joining gangs or turning to violence and some might start to keep to themselves and let it build up until they are ready to explode. Unfortunately, the problems can even be starting at their very own homes, which is very sad because home is where people should be able to feel safe from any type of threat. Home should be a place where a person can find peace anytime. Just imagine someone who is suffering at their home

and also in their school. They will be going through misery 24 hours and 7 days a week because there is really no place where they can find peace. Even when they are sleeping they will be tossing and turning because something will be bothering them.

Sometimes the problem is different at home than the problem in school but nevertheless a problem is a problem. One of the most important things a person can do for the adolescents is to work on strengthening the relationship with them.² Try to build compassion and understanding by putting yourself in his shoes. Try to see how they feel and maybe you will be able to help them solve any problems they are going through. You might be frustrated that they seem down and short-tempered a lot of the time and they don't seem to be doing much of anything to help themselves but if there isn't much in their life that is making them happy, or something deeply disappointing has happened to them, it's understandable that they might avoid things which they used to enjoy and just go to their room.

We must learn how to let go of pain and not hold it forever It is important that we learn to forgive but that does not mean we need to forget because a person that has done harm may do harm again. So as it important to forgive, it is also important to be cautious. At times, pain can leave temporary or even permanent scars on the adolescent's life because the problem can reach a chronic level. As they get older they will still remember the pain and might have flashback and or mental breakdowns. Many young people who are disconnected from their families can be helped but just need the right platform. We can help young people re-engage with their families in a safe and supporting environment, if provided with the right tools and also by educating teachers and parents on these matters.

Sometimes adolescents lose all hope in their life and start getting the feeling of giving up. This is one of the worse feelings a person can have in their life. Nobody deserves to feel that sort of pain. It is hard for youth to understand be we must always hold on to the rope of Allah (SWT). This is especially a problem and a factor with adolescents who do not have any type of support system. That is why we must help those in need. We really need to help those who are giving the signals of help. This is very important because a small problem can grow and become so big that it becomes uncontrollable or maybe too late to control. So, it is necessary that we coach in school and give seminars to teachers and parents, so they recognize the warnings signs.

Also need more solutions for example, we need to help provide peer support groups in school and help report crimes that are being committed. Recently I read an article talking about an eighteen year old man raping a teenager.³ He was playing his PlayStation 4 had left the microphone on. The person that he was live streaming with reported to the police and found the girl was forced to have sex against her will. That was great that it was reported otherwise maybe nobody would have known and the person could have done the same to other girls thinking it was okay. Unfortunately, some people are just interested in watching the show, meaning they will be a bystander and watch a crime take place and not to anything about it or just walk by

and not even report anything to authorities.⁴ So, if people play their role and report crimes and suspicious activity we can have more problems go away. More criminals can get rehabilitation and put away.

This research helps us identify some of the problems and gives us some solutions that can help us get through these issues that adolescents are going through. These issues can start very small and lead to very big problems. There have been teenagers who have become school shooters because they were bullied and mad with society so, they ended up psychiatric issues. Taking a person's own life or another person's life is not a solution to the problem.⁵ We have so many examples of people either taking lives or taking their own lives. Just recently, we had the unfortunate attack in Peshawar in the boy's school. Imagine the psychological problems that the children in that school are going through. Imagine the scars they have in their heart.

We must talk to the young ones and have those hard conversations but not only talk; we also need to listen because sometimes they just need someone to listen to them. We sometimes, let children do whatever they want but that is not the right way either.⁶ We should not be too lenient nor should we be too aggressive and forceful. Rather, parents and guardians should use the authoritative approach because it is proven and backed up by a lot of research that it really works. Research, says that kids raised by the authoritative approach are more likely to become independent, self-reliant, socially accepted, academically successful, and well-behaved. If we don't take care of our children properly they may fall into one of the many problems that adolescents face.

We have adolescents that are bullied because of their weight, size or just for fun sometimes. Also, now more often than ever we see a lot of cyber bullying that takes place over the internet. All these problems can have a great effect on the mental and physical wellbeing of the young and vulnerable. It will even have an effect on those who cause the problem because they will get in a habit of causing the problem and they get certain type of kick out of causing problems. Adolescents, who go through these type of problems, will go through mix emotions like anxiety attacks, depression, feeling sad or even losing their sleep in some cases.

So, all these problems can get worse and worse if not treated properly at a beginning stage of the problem. Sometimes they can lead to drugs and alcohol and that is very bad especially at a young age. This will add to the intensive stressful life that they are already having. For example, a youth gets drunk at party and makes out with someone next thing you know there is a baby on the way. This will add to the problems that they are already having. Another scenario may be someone young falling in love with someone really old because they feel the lack of love from a parent in their lives.

Our youth need some type of support system that can help tackle some of these major problems. One estimate from the search shows that 20% of adolescent have one or more mental or behavioral problems. The biggest problem youth face is

the internalizing syndrome and this is more common among females. According to this study 28.6% face this issue. That is a crazy number and we don't have a platform where the youth can come for help. So it becomes a bigger problem when people keep the problem to themselves. Sometimes young women can hold on to a grudge for years or even a life time.⁷ On the other hand young men usually forget about it and move on but that doesn't necessarily mean that all men are like that because some men have different temperaments. So it is very important to find and create ways in school and social media where young men and women can access help easily.⁸

It's extremely hard for schools to provide the demanding support that these students need because they are struggling with just providing education. It is necessary that lawmakers need to do something about it. We need more funding from government because they have money to spend on other things but our children's educations should be more important than anything else. Without help, we know that these students will have difficulty finishing school and entering the workforce. Without more funding and proper programs, we know that they face a greater likelihood of drug taking, child abuse and other unlawful behavior.

It is a matter of fact that an alarming number of adolescent suffer from mental and behavioral issues. These issues are very important and need to be addressed because if a youth is confused and not helped they can turn to drugs or become easy prey for bullies who can sense their vulnerability. There should be more laws and policy passed so that programs can be put in place to help the young men and women because if we don't do that we are only hurting ourselves but we are hurting our future because the youngsters of today are the future of tomorrow.

References

¹ Alvarado, Jessica, Tips of spending quality time with your child, www.naeyc.org/, accessed, 24 November, 2020

² Wakatsuki, Yoko, and James Griffiths. "Japan's Youth Suicide Rate Highest in 30 Years." CNN, Cable News Network, 6 Nov. 2018

³ Pathak, Rambha, et al. "BEHAVIOURAL AND EMOTIONAL PROBLEMS IN SCHOOL GOING ADOLESCENTS." The Australasian Medical Journal, Australasian Medical Journal, 31 Jan. 2011

⁴ Cherry, Kendra, How Psychology explains the bystander effect, www.verywellmind.com, accessed on November 18, 2020

⁵ Hecht, Jennifer Michael *Stay: A History of Suicide and the Philosophies Against It*. Yale University Press, 2013.

⁶ Nieman, P.; Shea, S. "Effective discipline for children". Paediatrics & Child Health. Canadian Paediatric Society. 9 (1): 37–41,2004.

⁷ Papalia, D.E.; Wendkos-Olds, S.; Duskin-Feldman, R.. A Child's World: Infancy Through Adolescence (10th ed.). New York: McGraw-Hill.2006.

⁸ Fung, Joey; Lau, Anna S.. "Tough love or hostile domination? Psychological control and relational induction in cultural context". Journal of Family Psychology, 2012.