

## SPECIFIC PROBLEM OF COLLEGE STUDENTS

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### ABSTRACT

*As has been observed by the mental health professionals associated with college mental health services. 'late adolescent, college going persons are highly vulnerable to the limitations in personal growth, imposed by emotional disturbance of varying severity. Further more, problems in a student population are unique in that many of the difficulties are related to developmental issues of gender. Self esteem, competition and cultural membership in a population in transition. These developmental issues lead to vague symptoms of anxiety and depression rather than: to clearly defined emotional disturbances one would expect in a general adult population.*

*As far as the Indian youth are concerned, they are very much under the domination of their parents and other elders of the family. All important decisions of life pertaining to education. Occupation and marriage are seldom left to youth. In effect, the Indian youth generally remains prisoners of time and environment. This strange social situation unfolds a new environment which in turn creates stressful for the student youth, powerfully influencing their behavior.*

### Keywords:

### INTRODUCTION

Firstly the students youth develops conflicts with adults who resist social changes and novelty. When parents were young they inculcated in themselves a set of values and principles and created their own ideas and concepts of what was right and what was wrong. They tend to forcibly instill these values into their children. But sadly, in every walk of life their values are more suited to a time gone by. Today's youth tackle situations in a different way and this seems queer to their elders. Student youth by virtue of their education are always prone to fast culture and social changes. Resistance to this end fosters stress in them and gives vent to student activism.

The second that adds fuel to this fire is the inexperience of youth. The presumptuous views of life that youth holds is due to its being steeped in theoretical knowledge. What life is and not being able to acquire ready made experience, student youth tend to be vain in its view of life.

- Thirdly, young students function in an uncertainty. The growth of knowledge and changes in science and technology and their application to society often upset the planning of the youth. Hence, the youth of today undergoes greater stress than the youth of yesterday.
- Fourthly, the demographic situation is yet another factor which indirectly causes strain and stress in student youth. Fall in the living standards, unemployment/ underemployment, decline in health and personal disintegration are the consequences of the increase in population. These find their reflection in the economic condition of youth and as a result youth have been placed in a social order in which avenues to affluence have been monopolized by a small elite.

Fifthly, the gap between physical and intellectual maturation on the one hand and the social maturation on the other develop stressful situation to youth leading to student agitations. Prayag Mehta (1970) has conducted a study in this regard and has given a break up of the broad reasons for student as follows: "... lack of good teachers and other educational facilities. Frequent changes in the pattern of education tactless handling of student demonstrations by the administration, negligence and indifference of the Government towards student problems were mainly considered as reasons for students agitation...."

Seventhly, alcohol and drug abuse is yet another problem unique to the present time. There has always been a traditional acceptance of alcohol and drug for pleasure and relaxation. The reason why they are used can range from just a curiosity of an urge to escape from the frustration and problems of life. Alcohol and drug abuse are common among students in general and particularly among hostel student.

Eighthly. Biological development and emotional readiness of the youth for heterosexual relationship do not proceed at the same pace. The cheap literature, T.V. and films on sex, stimulate

sexual impulses and anxiety and to dangerous and painful sexual experiment in youth. the older generation avoids talking about sex and sexual problems with the younger generation. The main source from which the Indian student youth comes to know about sex is the peers who are equally ignorant and confused about it.

Ninthly. Mass media exerts powerful influences on student youth in construction of social reality' and unfolds stressful situations for the youth of today. the present age is dominated by the mass media particularly the television.

According to Majumdar (1997), the unruliness and radicalism that characterize the behavior of the students often look apparently illegitimate, unacademic and unacceptable. Student become turbulent concession, postponement of examinations, attendance policy of the administration, minimum marks for pass, price of coffee and quality of food in the college canteen, statement made by teachers, disciplinary measures taken by administration and trivial hostel: matters. Whereas, the real reason for the student unrest lies in the frustration to which the students are consciously or unconsciously subjected. The back breaking social disparities are important among the factors that nurture student unrest.

Student youth in modern society is constantly subjected to the confusion of values all around them. There is great contradiction in what parents, teachers and leaders preach and what they themselves practice. In such confusing situation everybody suffers from a dilemma with regard to various values. The youth have distorted perception of the values of the adult society. The impact of social forces unique to youth's time, economic dependency. Subordinate role in the society, denial of adult role in the society, adult's attempts to understand them in the light of their own experience, ambitions and aspirations, adults' distorted perceptions of the urges and aspiration of the youth create a social situation when the youth occupy a marginal man status a stage of anxiety. (Sudarshankumar 1978)

The characteristic symptoms of the marginal man are emotional instability and sensitivity. They tend to have unbalanced behavior to either boisterousness or shyness exhibiting too much tension and frequent shift between extremes of contradictory behavior (Lewis: 1957)

Adjustment problems of the students are understood by administering standardized inventories of which Bell's Adjustment inventory (student form) is the most popular. It has 140 items covering 4 areas of adjustment, namely, Home, Health. Social and emotional.

Students commonly encounter the following problems related to home

- Parents frequently criticizing
  - Lack of real affection and love at home
  - Parents insisting on strict obedience
  - Lack of money
  - Parents objecting to the kind of friends/ companions
  - Irritability of father / mother
  - Frequent family quarrels (relatives)
  - Frequent quarrels with siblings
  - Parents treating the youth still as a child
  - Felling that friends have had happier home life than the individual.
- In respect of healthy dimension, the colleges student face the following.
- Problems related to eye sight / eyes strain difficulty getting tired toward the end of the day .
  - Loss of weight
  - Injury in accident
  - Frequent absence because of illness
  - A among the problem experienced by students in respect of 'social' adjustment, following are important:
  - Shyness
  - Difficulty in making friendly contacts with members of opposite sex
  - Public speaking
- Following are some of the important problems faced by the college students in respect of 'emotionality':
- Frequent feeling day dreaming
  - Feeling of loneliness
  - Low marks in examination
  - Envyng the happiness that others seem to enjoy

- Inferiority feelings
- Feeling of self consciousness because of personal appearance
- Easily hurt
- Disturbed by criticism
- Ups and down in moods without apparent cause.
- Fear of being alone in the dark etc.

Srinivasan (1994) focused on the following ten problems commonly expressed by the college student ( n=320) in and around coibatore city;

- (1) Heavy work load
- (2) Ambiguity of goals
- (3) Uncertainty of some activities
- (4) Inadequate renounces
- (5) Absence of authority to reward or punish students appropriately
- (6) Inability to understand the content of leadership tasks
- (7) Unreasonable demands from follow students
- (8) Lack of commitment to many activities
- (9) Poor response of the management and the government to their representation
- (10) Absence of long range perspectives in their activities

As could be seen the problem of the college students are inextricably intertwined with macro and micro levels educational 'system, economic condition , individual problems and inter . actional issues. Counseling intervention would be definitely helpful in handing these problems to a great extent. It is worth remembering that counseling is not a panacea for all such problems. It cloud only focus on psychological and interpersonal problems faced by the college's students. Alleviation of such problems would go a long way in improving the quality of life of the students. Students-teacher interaction and standard of education in the college / university campuses.

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