

Solution To the Common Problems Faced by The Students Because Of Mood Swing or Change in Behaviour During Their Academic Time Span: A Study

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Abstract

The current generation is under constant pressure, whether it comes from peer pressure or any other form of maltreatment. There is a drastic change in the behavior pattern of the students especially after pandemic. These generations students believe that life is difficult and, without pausing to consider, make hasty decisions. They always want attention and the affection and understanding that today's generations lack. The generation feels this way since their parents don't pay them as much attention because both of their parents are employed. Parents are unable to adequately communicate with their children due to their busy schedules. The objective behind this research study is to find out the reasons for the change in the mood swing or change in the behaviour of the students during their academic span of time and the solution to the problems in general faced commonly by the student. The paper discussed about the behaviour of a student and the results by solving their emotional problems which they encounter because some external environment and which is affecting their studies and academic performance and also the personal life too. The mental disturbance or issues are arising because of the general or specific reasons which are the real cause of the obstacles in their life.

Methodology: The research is based on primary data. Data will be collected through questionnaire and analyzed with the help of statistical tools.

Findings: It is crucial to cater to the requirements of students who are struggling with a variety of challenges in order to help them live better and more resourcefully.

Keywords: Students, mood swing, change in behavior, Academic time span

INTRODUCTION

In today modern education system it is very difficult for the students to cope up with the competition and live up to the expectations of their parents since the pressure of striving to get success or good marks is always high. One of the most pervasive and important social issues in the world is understanding child behavior and various issues. It has frequently been noted that both their expectations and demands are constantly rising. When their expectations are not met, they can act strangely and unpredictable.

Following the occurrence of the epidemic, students have been increasingly exposed to technology, resulting in a significantly altered atmosphere. As a consequence of their circumstances, individuals often engage in comparisons of their lives and encounter the influence of peer pressure. Adolescents often encounter peer pressure during their teenage years since they frequently seek social validation from their peers and may be inclined to conform to their behaviours and choices without critically evaluating their appropriateness or alignment with their own values. Adolescence is a relatively short period in an individual's lifespan that happens throughout the process of transitioning from birth to adulthood (Adeniyi & Kolawole, 2015). Therefore, individuals exhibit susceptibility to various temptations within the realm of social engagement. For instance, they may partake in behaviours such as napping and consuming beverages during designated class or work periods (Bonein & Denont-Boemont, 2013). The process of human socialisation, wherein individuals interact

with others in their immediate surroundings, exerts a significant influence on their overall development. Chen (2008) posits that the academic achievements of adolescents are hypothesised to be associated with the support received from parents, instructors, and peers during adolescence. Adolescents commonly allocate a greater portion of their time engaging in social interactions with individuals of similar age groups. The phenomenon of peer pressure is widely acknowledged to exert both advantageous and detrimental effects on individuals, and in certain cases, it may even exhibit no discernible influence on an individual's behaviour (Gulati, 2017).

In a broad sense, neglect encompasses behaviours that are disregarded or not given due attention, while abuse pertains to actions that are frequently carried out, typically with deliberate intent. Child abuse and child maltreatment encompass various types of physical and/or emotional harm, sexual abuse, neglect, negligent treatment, commercial exploitation, or other forms of exploitation. These actions can result in actual or potential harm to a child's health, survival, development, or dignity. It is important to note that these acts occur within the framework of a relationship characterised by responsibility, trust, or power. This definition is provided by the World Health Organisation (WHO). The definition of appropriate parental behaviour varies between cultures. According to several scholars, there exists a significant divergence in cultural viewpoints towards parenting, which poses difficulties in reaching a consensus on the definition of abusive or neglectful behaviours.

Stress is a common factor that has a substantial negative impact on individuals' morale. The inability to regulate one's internal and external emotions leads to the development of emotional dysregulation. The impact of stress on an individual's mental well-being can manifest in a range of psychiatric disorders, such as depression, particularly when it endures for a prolonged duration or surpasses a designated threshold. One prevalent manifestation of depression is the experience of profound sadness and a persistent lack of ability to experience contentment or cheerfulness. The aforementioned illness is currently widespread and its prevalence is increasing over time. According to the World Health Organisation, depression was ranked as the third most prevalent global ailment. Projections suggest that by the year 2030, depression is expected to surpass all other disorders in terms of prevalence.

2. FACTORS AFFECTING A CHILD'S BEHAVIOR

According to the WHO, India is the most depressed country in the world right now as a result of the pandemic. Depression affects one in six kids and teenagers between the ages of 10 and 19 years old. Our young people attempt suicide every three seconds, and they die by suicide every forty seconds. These figures alone should cause us to pay attention to the reality that student mental health is going to be the next problem.

1. The behavior and support provided by parents play a crucial role in a child's development. It's commonly observed that a child's behavior often mirrors that of their parents, unless influenced by external factors. The values instilled in a child at an early age are particularly important.
2. Socioeconomic inequality is a major focus in political, social scientific, and public health studies. Families with a lower socioeconomic status face more stressors related to finances, social connections, employment, and health compared to those with higher socioeconomic status. These stressors disproportionately affect low-SES families and impact both parents and children.
3. During adolescence, hormonal changes occur, including the release of growth hormones, sex hormones, and adrenal stress hormones, which influence brain development. These changes, particularly in boys who produce more testosterone, affect brain regions responsible for mood and arousal regulation. These changes can contribute to psychiatric issues, and stress may also slow the development of the hippocampus, which is involved in memory consolidation.
4. A stable and supportive family environment with older family members is essential for a child's well-being. Children living in unstable households due to chronic stress may experience health problems, anxiety, sadness, and behavioral issues. Building strong relationships and academic success may also be challenging for them.
5. Time management is a significant challenge for many teenagers today. Excessive time spent on social media often leads to neglecting other important aspects of their lives.

6. Education is lacking in many Indian societies, making it difficult to address various child-related issues. Parents may be too absorbed in their careers to pay sufficient attention to their children's emotions and needs.
7. Adolescence is a phase of life marked by significant changes. Recent social shifts have emphasized adolescence as a period of preparation for adulthood, with changing norms around parenting and economic restructuring.
8. The generation gap between parents and children is evident, especially in cultures with strict values. Balancing the desire for freedom among adolescent females with their parents' traditional values can be challenging.
9. Social media has a strong influence on young people's lives, with many spending a significant amount of time on platforms like Facebook, Instagram, YouTube, and Twitter. This growing dependence on social media is particularly notable among young adults.
10. Peer pressure can lead teenagers to engage in risky behaviors when influenced by their peers. This can range from gang violence to reckless driving, and it often occurs in group settings.
11. Adolescents frequently experience emotional issues, with anxiety disorders and depression being common problems. These conditions can impact school performance, lead to social isolation, and even increase the risk of suicide.
12. Child sexual abuse is a significant concern, with a large number of cases reported. Many children seek support and empathy from teachers and peers at school but may struggle to discuss their problems openly.
13. Mental health in teenagers is influenced by various factors, including exposure to adversity, peer pressure, identity exploration, gender stereotypes, family dynamics, and socioeconomic issues. Factors such as violence, strict parenting, and socioeconomic challenges pose known risks to mental health.

REVIEW OF LITERATURE

1. **Zur, O. 2014**, This article examines some prominent issues currently impacting adolescents. The aforementioned topics encompass adolescent suicide, cyberbullying, adolescent aggression, incidents of violence in educational institutions, the misuse of the Internet, excessive engagement in online gaming, addiction to gaming, bullying, and the portrayal of violence on television. The aforementioned issues, stemming from diverse social, cultural, communal, economic, family, and personal factors, are a matter of worry for parents, adolescents, and communities across. Although it may present challenges, altering the characteristics of the Internet, television, or movies is a complex endeavour. However, it is imperative to acknowledge that every individual possesses the capacity to contribute towards mitigating violence, preventing cyberbullying and school shootings, reducing the incidence of teen suicide, and fostering responsible utilisation of the Internet and online gaming platforms.
2. **Harikrishnan U. Grace Lalhupuii Sailo, 2020**, This study examines the viewpoints of parents and educators regarding the challenges encountered by teenagers of school age. The sample for this study consists of 20 instructors teaching classes eight to twelve at both a government and a private school located in Kollam District, Kerala. Additionally, 60 parents of teenagers currently enrolled in these schools are included in the sample. The study employs a cross-sectional design. The data was gathered using the utilisation of Free listings methodology, facilitated by the implementation of Anthropac software. The prevailing perception among parents was that adolescents enrolled in educational institutions had significant levels of stress and were not dedicating sufficient time to learning outside of school. However, as per educators, adolescent students encounter various challenges like exam-related anxiety, exposure to negative media influences, financial hardship within their households, limited parental engagement in their educational pursuits, and subpar academic achievements. The findings underscore the imperative of including the active involvement and collaboration of both parents and teachers in order to promote the holistic development of school-age adolescents.
3. **Kalpina Kumari 2022**, The present study examines the influence of academic and familial stress on students' levels of depression and the following consequences for their academic achievement, drawing upon Lazarus' cognitive appraisal theory of stress. Data was collected from undergraduate and postgraduate students using a

non-probability convenience sampling technique. A customised questionnaire was utilised, which included a five-point Likert scale. In this study, the researchers utilised the Structural Equation Modelling (SEM) technique to examine the correlation between stress, depression, and academic achievement. Research has demonstrated that student depression can be attributed to the presence of academic and familial stress, resulting in adverse effects on their academic performance and learning outcomes. This study holds significant value for parents, educators, and other stakeholders who possess a vested interest in the educational development and academic achievements of their children.

4. **Sara Scrimin, Libera Ylenia Mastromatteo, Ani Hovnanyan, Benedetta Zagni, Enrico Rubaltelli, and Tiziana Pozzoli 2022**, In the current study, we perform an exploratory investigation into how the COVID-19 pandemic has affected children's mental and physical health. We looked into how parental stress, family SES, and family support affected children's adjustment in both direct and interactive ways. 116 parents and kids from various socioeconomic backgrounds participated in the interviews. Compared to parents with higher family incomes, individuals with lower incomes reported feeling more discomfort due to uncertainty and health concerns. Parental distress was connected to child issues, but only in high-SES families. Children's health was linked to SES, family support, and parental COVID-19 stress on a multivariate level. Family support acted as a protective factor for children's adjustment in low-income homes when parents reported low/average COVID-19 stress. In order to provide recommendations for best practices, such as family support interventions, it may be helpful to understand how COVID-19 relates to children's mental and physical health in families with low and high household income.

OBJECTIVES AND RESEARCH METHODOLOGY

1. To investigate the relationship between parental observations, behaviour, and support factors and the occurrence of mood swings, abnormal behaviour, and depression symptoms among students during their academic careers.
2. To assess the impact of various parental and environmental factors on students' mental health and academic performance, with a focus on identifying potential areas for intervention and support.

Research Methodology

Aspect	Description
Research Design	Cross-sectional survey research
Population	Parents of students in academic institutions
Sample Size	151 respondents (based on survey data)
Data Collection Method	Structured questionnaire
Variables Studied	- Dependent Variables: - Occurrence of mood swings - Abnormal behavior - Depression symptoms - Academic performance - Independent Variables: - Parental observations - Parental behavior - Parental support - Environmental factors - Student demographics
Data Analysis	- Descriptive statistics (frequencies, percentages) - Chi-square tests to examine associations - Regression analysis to identify predictors
Limitations	- Limited sample size - Potential for respondent bias - Cross-sectional design limits causality inference
Research Tools	- Questionnaire designed for data collection - Statistical software (e.g., SPSS) for analysis

Aspect	Description
Data Presentation	- Tables and charts to display findings
Key Findings	- Association between parental factors and student well-being - Impact of various factors on students' mental health and academic performance
Policy Implications	- Recommendations for improving parental support and mental health services for students

HYPOTHESES

Null Hypothesis (H0):

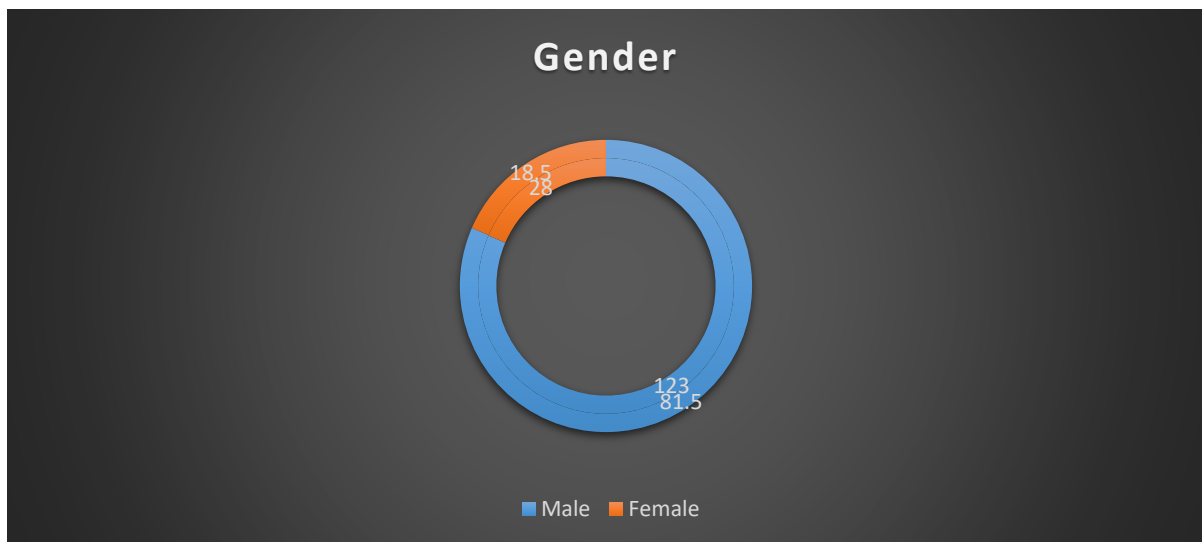
There is no significant association between parental observations, behavior, and support factors, and the prevalence of mood swings, abnormal behavior, and depression symptoms among students during their academic careers.

Alternate Hypothesis (H1):

There is a significant association between parental observations, behavior, and support factors, and the prevalence of mood swings, abnormal behavior, and depression symptoms among students during their academic careers.

Table 1.1 Frequency of Gender

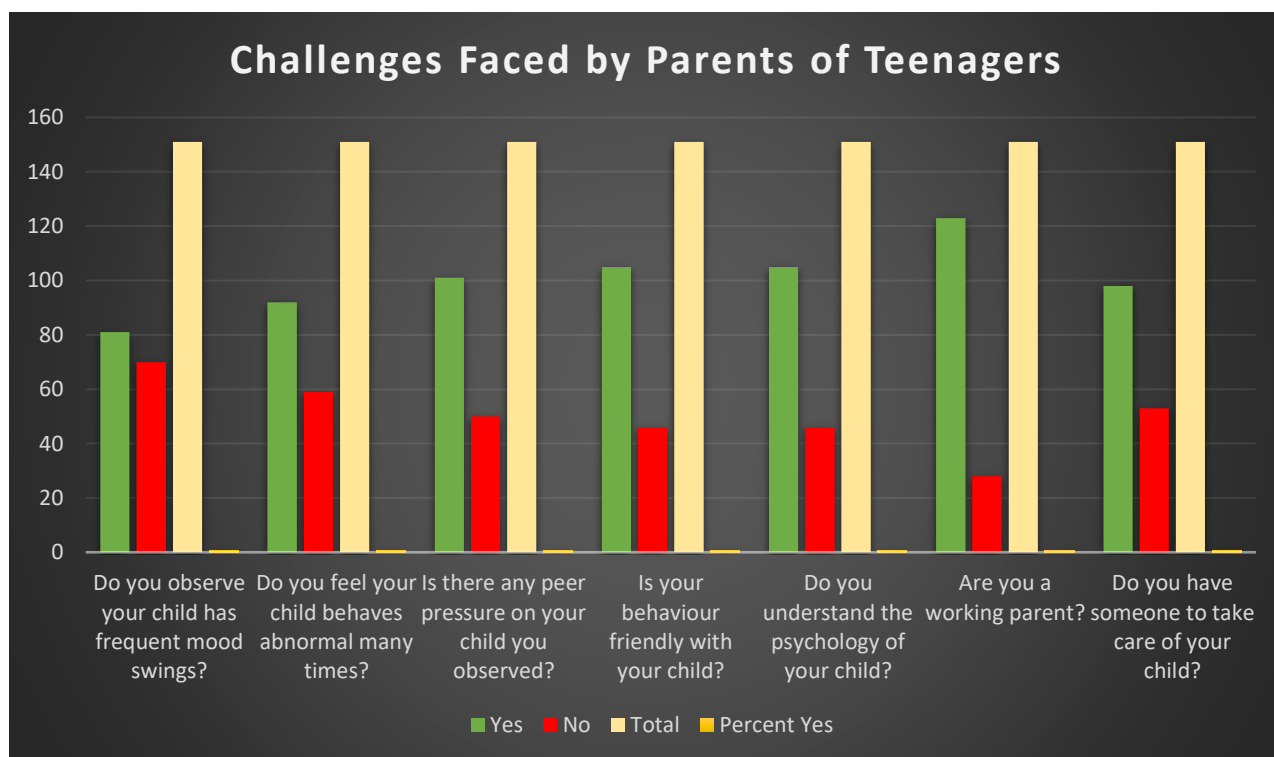
		Gender			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	123	81.5	81.5	81.5
	Female	28	18.5	18.5	100.0
	Total	151	100.0	100.0	



The gender distribution of the survey is 81.5% male and 18.5% female. This means that the majority of the survey respondents are male. This could be due to a number of factors, such as the fact that the survey was conducted online or that it was targeted at a specific population group.

Table 1.2 Frequency table for “Challenges Faced by Parents of Teenagers”

Question	Yes	No	Total	Percent Yes
Do you observe your child has frequent mood swings?	81	70	151	53.6%
Do you feel your child behaves abnormal many times?	92	59	151	60.9%
Is there any peer pressure on your child you observed?	101	50	151	66.9%
Is your behaviour friendly with your child?	105	46	151	69.5%
Do you understand the psychology of your child?	105	46	151	69.5%
Are you a working parent?	123	28	151	81.5%
Do you have someone to take care of your child?	98	53	151	64.9%



A survey of parents found that a majority are observing some challenges with their children, including frequent mood swings, abnormal behaviour, and peer pressure. The majority of parents are also working parents, and only 64.9% have someone to take care of their child. These findings suggest that there is a need for programs and services to support parents in addressing these challenges, such as parenting education and support groups, mental health services for children and adolescents, childcare and after-school programs, and flexible work arrangements.

Table 1.3: Chi-Square Test Results for Association between Depression and Symptoms

Test Statistics	Frequency	Chi-Square	df	Asymp. Sig.
All the tasks you have performed, are taking much more time than usual.	129	17.113	4	0.002
You are facing a lack of concentration.	163	163.735	4	0.000
You are feeling you have no future.	164	164.728	4	0.000
You are facing problems with making decisions	129	129.828	4	0.000
You feel, your life is sad, as there is no joy in your life anymore.	50	50.556	4	0.000
You have lost interest in all things that were important to you once upon a time.	13	13.868	4	0.008
You have been feeling guilty for everything you do.	21	21.086	4	0.000
You have been very irritated and angry recently	41	41.947	4	0.000
You have been feeling very fatigued	12	12.940	4	0.012
You are feeling that everything you have done has been a failure	17	17.113	4	0.002
You are having a lack of sleep	135	135.921	4	0.000
You are having suicidal thoughts	164	164.728	4	0.000

The table presents statistical results for different emotional and psychological states, each assessed with a statement/task. The "Frequency" column indicates the number of respondents agreeing with each statement, while the "Chi-Square"

statistic with 4 degrees of freedom measures the significance of the association between each statement and a specific condition. The "Asymp. Sig." column provides p-values, demonstrating the probability of obtaining the observed results if no real association exists. Lower p-values (e.g., <0.05) suggest highly significant associations. Overall, the table indicates that various emotional states, including lack of concentration, feelings of having no future, and others, are strongly associated with the condition being assessed, as reflected in the consistently low p-values.

FINDINGS

- The majority of respondents are male (81.5%).
- A majority of parents (53.6%) observe their child having frequent mood swings.
- A majority of parents (60.9%) feel their child behaves abnormally many times.
- A majority of parents (66.9%) observe peer pressure on their child.
- A majority of parents (69.5%) report that their behaviour is friendly with their child.
- A majority of parents (69.5%) understand the psychology of their child.
- A majority of parents (81.5%) are working parents.
- A majority of parents (64.9%) have someone to take care of their child.
- All of the symptoms listed in the Chi-Square test table are significantly associated with depression ($p < 0.05$)

SUGGESTIONS

- Provide more support for working parents, such as flexible work arrangements and affordable childcare options.
- Raise awareness of the signs and symptoms of depression in children and adolescents.
- Make mental health services more accessible and affordable for families.
- Provide parenting education and support groups to help parents learn effective parenting skills.
- Promote positive communication and relationships between parents and children.

CONCLUSIONS

The findings of this survey suggest that a majority of parents are facing challenges raising their children. Many parents are observing behavioural problems in their children, and a large number of parents are working parents who may not have enough time to spend with their children. Additionally, the Chi-Square test results suggest that depression is a major concern among children and adolescents. The suggestions provided above are intended to help parents and policymakers address the challenges identified in this survey. By working together, we can create a more supportive environment for children and families.

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