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Preeti
College of Home Science,
Chaudhary Charn Singh
Haryana Agriculture University,
Hisar, Haryana, India

Dr. Kavita Dua
College of Home Science,
Chaudhary Charn Singh
Haryana Agriculture University,
Hisar, Haryana, India

A review of behavioral disorder in school going children

Preeti and Dr. Kavita Dua

Abstract

A behavioral disorder or mental health problem is a condition that is experienced by the children and adolescents with difference in values and thoughts and emotions which can be challenging with futuristic point of view. The change in behavior of children may start from family environment, schools and society which could lead to mental problem. Behavioral problems can be of different types- both externalizing and internalizing commonly associated with poor academics and psychosocial functioning thus lead to hyperactivity, inattention, temper tantrum, pervasive developmental (autism) disorders, depression, anxiety, aggression, disobedience, peer problems etc. Behavioral problems in children should be identified and managed as early as possible by the families and the society as it could lead to heavy impact on the development as a social person and a feasible approach should be explored to address the identified problems.

Keywords: behavioral disorder, school going children, health problem

Introduction

Nuclear families trend and the lack of attention on kids due to working parents is a prevalent factor that needs to be put in center while studying behavioral disorder among children and adolescents. The activities of the kids are not getting monitored under family supervision which intends the unnatural behaviors of the children.

Behavioral disorders could be explained as a category of mental disorders that are characterized by continuous process of behaviors that are uncommon among children of the same age, the disruptive behaviors and activities could be harmful to children or adults around them

Disorders could be from depression to anxiety and from attention deficit to temper tantrums for an example, harming themselves, speaking foul language or shouting on teachers or between friends, or carrying weapon in school sometimes is a very inappropriate behavior and is not acceptable by both parents and teachers. It disrupts the school image, the people around, and the community as a whole. Furthermore, such behaviors could land into a criminal offence.

Childhood behavior and emotional problems with their related disorders could have significant negative and also could be permanent impact on the individual, the family and the overall development of the kids.

Behavioral disorders involve a pattern of disruptive behaviors in children that could last for months and can cause problems in school, at home and in social situations. Nearly everyone shows some of these behaviors at times, but behavior disorders are more serious. Behavioral disorders may involve Inattention, Hyperactivity, Impulsivity, Defiant behavior, drug use & criminal activity etc.

Behavioral problems are an important concern to be considered among school going children and it is a serious discussion that need to be addressed with teachers and parents. These disorders could have both immediate and long-term unfavorable consequences to the society. Despite the high prevalence, studies on psychiatric morbidity among school children are lacking in our country revealed by Gupta and Garg (2017)

Children may suffer from a wide range of behavioral problems, but children living under conditions of perpetual stress and trauma and experiencing breakdown of family structures are tremendously affected. This study was adopted to identify the prevalence of behavioral disorders among children under parental care and out of parental care. Behavioral problems can result from temporary stressors in the child's life, or they might represent more enduring disorders.

Corresponding Author
Preeti
College of Home Science,
Chaudhary Charn Singh
Haryana Agriculture University,
Hisar, Haryana, India

The most common disruptive behavior disorders include oppositional defiant disorder (ODD), conduct disorder (CD) and attention deficit hyperactivity disorder (ADHD). (Better health channel 2012)

A study to form out children activity under parental control and without parental control was examined as behavioral disorder was more prevalent in children out of parental care than in children under parental care. Conduct behavior was the most prevalent disorder with 48.70% with under parental control and 84.30% of children without parental control, behaved responsibly. This was followed by peer problem (44.60% and 48.30%), emotional problem (33.70% and 55.60%), and hyperactivity problem (26.70% and 32.30%), respectively. There was significant difference in total difficulty, all subscales, externalizing score, internalizing score, and impact score between the two groups. Reveled by Datta and Roy (2018) [7]

In today's fast paced world, almost every mother thinks that kids try to slap them or fight with them or not eating properly or irritating behavior but this is really not the case. One has to face basic problems while upbringing their child. But these problems are common to most parents, and are not necessarily symptomatic of a behavioral disorder that requires psychological counseling or treatment.

Common causes of behavioral disorders

Children who show the signs of behavioral disorders are facing some problem or the other which they cannot express. The frustration arising out of these problems thus erupts in form of behavioral disorder. Some of the most common causes of behavioral disorders in children could be bullying at school, fights between parents, getting beatings from parents constantly, getting scolded by parents regularly, not getting adequate attention and time from parents, poor nutrition and faulty eating habits, improper behavior of parents towards child and others, Dyslexia, Autism, Divorce or separation of parents.

When children have to face any or some of the above mentioned circumstances, their mental health gets affected. The repercussions of these circumstances give rise to the various symptoms of behavioral problems in them.

Recommendation

The instances of behavioral problems in children are increasing day-by-day. Therefore, parents must take right measures to prevent behavioral problems in children. They must spend adequate time with children and find out what is happening in their day-to-day life, the kind of friends they hang-out with, their teachers etc.

Parents must talk to them every day when they are back from school or at night while going to bed to find out how their day was. Kids should be given a daily task to achieve so that their mind be remain busy and creative. A child needs love of both mother and father to grow in a healthy way. So, it is must for both the parents to spend quality time with a child. Spending quality time with children, talking to them on daily basis and paying right attention towards them is very important to help them open-up and share their problems with parents. If children are able to express their problems in a healthy way, behavioral problems can be prevented in them to a greater extent.

It is also necessary to avoid any arguments and fight in front of children. If parents have any differences they must resolve them peacefully when children are not around. It is very

necessary to have a happy married life in order to raise happy, healthy and well balanced children. At the same time it is also very important to pay attention at the nutritional requirements of children. If children do not get adequate nutrients, they may suffer with deficiency diseases, which may give rise to the symptoms of behavioral problems in them. And above all, parents always set examples of good behavior for their children if they expect the same from them.

Based on the findings and conclusions, the following are recommended

Diagnostic tools to identify the behavior problems of pupils at the Philippine Normal University Center for Teaching and Learning, Agusan Campus should be conducted in order to address the needs of these children with special needs.

The school should explore the need for strategies and support systems to address any behavior that may impede the learning of the child with the disability or the learning of his or her peers.

Individualized Educational Plan (IEP) should be provided for this type of children with behavior problems. The IEP may also include psychological or counseling services with the growing recognition that families, as well as their children, need support, respite care, intensive case management and multi-agency treatment plan.

A team composed of administrators; school guidance counselor, classroom adviser, subject teachers, and parents should be organized to compose the IEP team and shall formulate a functional behavioral assessment plan to collect data for developing a behavior intervention plan.

The participation, support and cooperation of parents, teachers, and administrators are highly encouraged in the successful implementation of a behavior intervention program.

School personnel and family as members of IEP team, should work together closely in collaboratively developing comprehensive management and instructional plans for students with behavior problems.

Further study on the causes of behavior problems to provide information in the existing behavior problems and their possible remedies may be recommended to future researchers.

Reviews

Pathak *et al.* (2011) [1] Adolescents are highly vulnerable to psychiatric disorders. This study aimed to explore the prevalence and patterns of behavioral and emotional problems in adolescents. It was also aimed to explore associations between socio environmental stressors and maladaptive outcomes.

Rebicova *et al.* (2020) [2] Difficult communication with mother and father is related to EBP among adolescents, and adolescents' communication with father moderates the association of ACE with both emotional and behavioral problems among adolescents.

Srilatha (2016) [3] In the present study, the prevalence of emotional symptoms and pro social behavior were more among girls and conduct problem, hyperactivity, and peer problem behavior were high among boys. It was observed that the DMFT and its components showed an association with all scales of SDQ except for peer problem scale. Thus, the behavior and emotional determinants of health also influence oral health. Therefore, the child must be secure of emotional and moral stabilities and balanced conduct for the maintenance of health.

Bansal and Barman (2011) ^[6] Epidemiological studies should be started early in childhood and carried longitudinally for development of preventive, promotional and curative programme in the community.

Kusum Dangi (2021) ^[4] About one-fifth of the school-going adolescents reported to have EBPs in this setting. The regular incorporation of mental health services can be an effective strategy to bolster adolescent resilience in the school setting.

Jamir *et al* (2019) ^[5] Increased mobile phone access in rural India is leading to technology addiction among school students. Certain demographic and gadget specific factors predict addiction. The technology addiction possibly contributes to poor academic performance and depression. This warrants studies on a larger scale, with interventions for judicious use of gadgets.

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