

# Theoretical Insight on the Socio-Emotional State of Adolescents

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## Abstract

There are many theoretical and empirical studies depicting that the different levels of adolescents' problems. This present paper analyzes many theoretical literatures and searching on the condition of family environment and socio-emotional adjustments among adolescents. Many literatures pointed out that "adolescence is a transition period; it is a unique moment of social identity and desire for social approval of the society" The social and family environment widens as the child enters the stage of adolescence. *During the Adolescence transition period, "parents play a significant role in the developing of their physical and psychosocial changes"* Individuals in this developmental stage undergo dramatic pubertal changes and are capable of increasingly abstract and complex reasoning.

As a result, "the parent-adolescent relationship experiences increased more emotional and social adjustment. Social scientist found that family relationships remain important throughout adolescence period" In fact, adolescents who did not exhibit high levels of socio- emotional adjustment with their parents were feared to suffer from stunted development.

Although socio-emotional adjustment is still considered to be a normal part of adolescent relationships, higher levels of intensity are associated with hostility and the limited potential for future positive interactions (Larsen.1995). Hence that inevitable parent-youth conflict gets started throughout the period of adolescence. As a result the emotional intelligence or the E.Q is not positive for them.

**Key words:** Emotional, Adjustment, Hostility, Vulnerability

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## Introduction

In a theoretical point of view, adolescence is a transition period of change and growth that takes place into triangle instigation and it have been realized as in terms of Biological, Psychological and Social changes. Biologically, the female adolescents experienced pubertal changes, and followed by changes in brain development and sexual urges. As on the part of Psychological character, the adolescents' have cognitive experience from where they are maturing in character, knowledge and attitude. As on the getting of multiple experience, *they are moulding on the level of social understanding and establishing communication linkages with others. This is mostly sensitized in school. The other interactions alongwith role and responsibilities are endorsed with family and community.*

Changes occur at different levels of stages that which have associated with the attainment of adult roles and responsibilities. Moreover, the adolescents perspectives are more efficiency. Their tendency between social adjustment and environmental factors are individual signs on them. *“In these context the adolescent behaviour is emerged as an important role and responsibility for the family and in the society”.*

As a result, the stages of adolescence can be divided into three phases; the first is earlier period between the age group of 10-13, the second is middle age between 14-16 years, and the matured stage is between 17to19 years. In early adolescence, physical changes include physical and sexual maturation appeared. These changes continued through middle age adolescence and into the matured stage. During this period, they established peer relationship among their friends. This is an indicator for “behaviorism” *which means human character is learnt by adapting outside conditions and it further interprets that the character is not influenced by thought or feelings.* Social psychologist found that behaviour is an understanding part of social uniqueness among the adolescents.

As on the understanding period of cognitive character, *“they create concrete thinking abilities, while in middle and matured stage of adolescence, the young person moves into thinking capacity and can develop reasoning skills”* when the time, they are inconsistency and unstable emotional attitude and character taking place. When this period, the adolescents are inefficient on decision-making opportunities, However, in the middle stage, they begin to develop a sense of identity, established more relationship between others. *During this middle age, “adolescents become more effective influence on sharing and expressing sexuality with same age groups”.*

In the middle stage of adolescence, understanding of friendship, holding interaction with others are highly influenced. During this period, the relationship between parents have more

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emotional in nature and it continued through environmental perceptions. And in the middle stage, adolescents begin to experiment with new ways of behaving, while in the middle adolescence is considered a time of risk-taking, In the matured stages, the adolescence have own risk and emotional adjustment in terms of social, psychological aspects.

### **Socio-emotional Development**

The transition of Adolescent period is critical movement on the complement of socio-emotional growth. it is established by peers involvement and organizing friendships, From which they could promote good relationships towards others. As adolescents make the transition to primary then to high school which make peer interaction increases. *“The understanding of social adjustment among adolescents becomes an important approach within the peer relations”* It also grown-up during a close friendship and it begin to social support and contribute in important ways to adolescents’ self-concept and well-being. In fact, there is no one scientific identification of adolescence or set age boundary. There are key development changes that nearly all adolescents experience during their transition from childhood to adulthood.

However many researchers and developmental specialists have identified that the age span between 10 to 24 years as a working definition of adolescence. This age span can be further divided into sub stages. Further it describes the developmental characteristics of adolescents into specific stages of physical, cognitive, and social-emotional development. These sub-stages of adolescent development is one of the most dynamic stages of human growth. In accordance with the above view, the present paper has aimed to define the theoretical concept of social emotional problems among the adolescents.

### **Family Environment**

Parents are expecting with certain level of confidence on their children that may have set into a well-adjusted adults because their children may become confident about their impulses. Parents express their emotions adequately and appropriately and it may be a reliable and trustworthy among adolescents. This could be parents obligations, duties, and responsibilities. *In a general view of the psychologist impressed that, parents wants their children to be able to restrain rebellious and destructive desire and adjust to social norms to live happy and healthy lives, and, in most cases, they do their best to help their children to achieve this goal.* If parental efforts affect children directly, then the ways in which they try to manage their children’s behavior should have an immediate impact on children’s adjustment, especially among young adolescents.

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Number of psychological studies found that on parental supporting of adolescents. For example, giving encouragement during the indecision process, and promote self-control on their children's behavior.

Hence one of the famous psychologist argued that “*parenting behaviours are directly related to children's emotional and behavioural aspects*”. Alternatively, parents encouraged the development of certain aspects of their children's character that are conducive to successful psychosocial adjustment in adulthood. In this perspective, rather than preventing their children from becoming depressed or delinquent, adaptive parenting behaviour would provide children with the capacities to help themselves and to prevent them from developing psychosocial problems.

Self-control is apparently defined in terms of capacity that may be umpire between parental activities and adolescent behaviour. The essential indeed of self-control is the modern expression for what was once called “positive sign and personality improvement”. In everyday terms, self-control describes the self-discipline and moral behaviour that are believed to be at the core of becoming a well-adjusted adult.

The understanding of the adolescent girls expand from the family decision making process and the future adjustment within society. Their peer group which ultimately reflect the social maturity of adolescent girls. Family environment continues to be of crucial importance throughout adolescence and young adulthood. Because of the important role of psychological functioning for youngsters' daily lives and their further social adaptation, it is apparently relevant to study the effect of the family environment on the emotional adjustment of adolescents.

Family adjustment and encouragement relationships between family members are associated with adolescent psychological adaptation and decreasing the depression. Research studies regarding level of family conflict suggests that a conflict-prone family environment is associated with adolescents' insecurity and psychological distress, as well as aggressive behaviour and conduct disorder.

### **Identity of Socio-emotional Status**

Adolescents with socio-emotional state of problems are more risk taking process. As a result, the unconstructive outcomes are emerging in later period of life. As consequences, the difficulties and increased conflict with parents is one of outburst that are often ignored. These developments of socio-emotional difficulties among adolescent is perplex and intricate possessions. A direct relationship between childhood is prevailing unprotected condition, though

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it may be abuse or neglect and or exposure to violence in the home and or community. it has been identified as one of the risk factors that can lead to failure of inner assessment of life. However, there are many adolescents who tolerate such adverse circumstances and are still able to fare well and have emerged greater capacity for setting goals. Schools can play a consistent role in children's lives and meet their social-emotional needs, through professional co-operation between educators and mental health specialists. *Some of the psychological research studies found that Schools are important pathway on the reduction of socio-emotional state of adolescents or improving academic quality of the adolescents.*

## **Theoretical Impact of Socio-emotional Status**

### **1) Social Anxiety**

A large number of studies relating on to psychological and public health research pointed out that the importance of adolescents "social anxiety" "depression" and "social adjustment. One of the study indicated that the young adolescents fear of social anxiety that can affect the individual perceptions and events, that may be more risk and decreasing the social function. Further it could lead impair of social support among the adolescents. Further several studies found that "adolescents girls who are poor social adjustment from their parents and peers or whose social relationships are troubled and they have in a greater risk for suicidal thoughts". This above indicators analyzing the information among adolescents and found out that having a friend who committed suicide significantly increased the likelihood of suicidal thoughts and attempts for both boys and girls. *Most of the social psychologist pointed out that adolescent with life-time prevalence of Social Anxiety between 17% and 28% by the age of 18 years. Furthermore, adolescents Social anxiety and disorder moods are associated with decreased levels of functioning in various areas. Symptoms of social anxiety are even more common. It is also related to various maladaptive outcomes. Specifically, low peer contact and peer rejection, social problem-solving deficits, a negative self-image, low perceived quality of social support, substance abuse, behavioral problems, poor parent-child relationships, and learning disabilities, to name a few, are all reported to be associated with symptoms anxiety.*

Social anxiety dysfunctions also tend to have their first onset in adolescence and often show a chronic course with a high risk of relapse, which makes it important to prevent or postpone the onset of these psychosocial problems. Reflecting these important changes in social relations, a growing number of psychosocial problems have examined linkages between adolescents' peer relations and internalizing aspects of mental health, such as feelings of anguish and social anxiety. Symptoms of social anxiety have particularly important to study during adolescence, as both are common and may be risk factors for impairment in adulthood. A better understanding of risk and protective factors can contribute to theory development and to the development of preventive interventions for internalizing disorders. Thus, this study builds on and extends prior

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research by examining aspects of adolescents' general peer relations, best friendships, and romantic relationships, in an effort to comprehensively examine the role of peer and social relations in the development of adolescents' feelings and social anxiety.

## 2) Depression

The presence of the socio-emotional symptoms among the adolescents may be reasoning for the negative consequences of feelings, which impaired one's involvement and interaction of their social environment. Psychologist frequently told that young adolescents are higher level of depression. Some of the psychological scientist found that depression is an illness that involves the body, mood, and thoughts and that affects the way a person eats, sleeps, feels about himself or herself, and thinks about things. Depression is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be wished away. The signs and symptoms of depression include loss of interest in activities that were once interesting or enjoyable, including sex; loss of appetite, with weight loss, or overeating, with weight gain; loss of emotional expression; a persistently sad, anxious, or empty mood; feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness; social withdrawal; unusual fatigue, low energy level, a feeling of being slowed down; sleep disturbance and insomnia, early-morning awakening or oversleeping; trouble concentrating, remembering, or making decisions; unusual restlessness or irritability; persistent physical problems such as headaches, digestive disorders, or chronic pain that do not respond to treatment, and thoughts of death or suicide or suicide attempts.

*According to Goebel (1999) reported that a depressive episode among the youngsters tend to withdraw socially, feel insecure in relationships, elicit rejection from others and experience high levels of interpersonal conflict and stress. Romantic, family and peer relationships all suffer. Given their level of suffering, impairment and hopelessness, it is hardly surprising that depression is one of the biggest risk factors for suicide among the younger generation.*

Symptoms of Depression can vary greatly and include: crying, loss of interest or pleasure in previously enjoyable activities, loss of appetite, change in appetite, and change in sleep patterns. When these symptoms become persistent and interfere with a person's daily functioning, and have a negative effect on the person and those around them, the person may be diagnosed with depressive disorder. In the 21st century, depression has become so widespread that it has been called "common-cold" of mental illness. It involves the feeling of extreme sadness and dejection.

### 3) Social Adjustment

The social adjustment and its environment has a great impact on health and well-being of adolescents. Social relationships typically include both social support, sometimes it may be positive aspects of social relations and social maladjustment which means the restrain relationship between parents and children, it may causes on the negative aspects of social relationships. *“Social adjustment among adolescents could shape physical and psychological well-being”*. And it promotes positive health behaviours among adolescents. while social maladjustment negatively affects health and well-being. *In a national study of young adolescents participating in the first wave of data collection for the study of Social Adjustment of adolescents and Development in the United States found that younger people are reported better social adjustment and relationships than the older people. Adjustment is a popular expression used by people in day to day life. For example the relationship between employee and employer and the sharing views between friends. Though we have some problems while making some adjustment among parents or public in the society.* However maintaining the relationship is major social adjustment towards anybody or anything.

Cairns, R. B., (1983) interpreted that adjustment maintains peace and harmony in home, school, society and in the country. Social adjustment can be defined as a psychological process. It frequently involves coping with new standards and values. *“In the technical language of psychology connoting on getting or sharing a common understanding along with the members of the society as best as one can is called adjustment”*. As social beings we live in a society, we form opinions about others and others have opinions about us.

Bloom M.,(1989) Everybody wants acceptance and recognition from and within society. We try to behave according to the norms of the society so that we can adjust with others. But it is not an easy task as the personality of each individual is a unique organisation. This organisation has to make special efforts to adjust with others unique organisations, which we call society.

#### **Suggestions on Theoretical Insights**

*This present study analyzed socio-emotional levels at a theoretical point of view among adolescents and found that transition period of growth by which “individual identity” is appeared. This can be confined into the limitation of family role and responsibility among the young adolescents. Although theoretical research shown that ongoing positive family connections are protective factors against adolescents’ health risk behaviours. And the nature of relationships is changing, the continuity of family connections and a secure socio- emotional base is crucial for the positive development of young people.*

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## 1) Family is still important

*For young people family is still important social institution and now it changed traditional to modern family system. The style of social change in the family that enhance the life into shaping of character and personality moulding among adolescents.* These changes may mean times of anger and frustration that is leveled at the family, but in the majority of circumstances these feelings are likely to be temporary or incidental, by means parents should maintain the supporting relationship among the adolescents within certain acceptable honour or flexibility of the situation. Although many young people who display difficulties and risk behaviour are actually doing so in an attempt to have someone set some boundaries and limits. A great deal of emphasis is placed on the importance of peer groups, and how they become more influential than parents at this age. Whilst peers do become significant, the quality of the relationship is different, with peers providing intimacy based on equality, and parents providing a relationship still based on a power imbalance. Peer relationships, therefore, have a purpose, but do not usually become more important to young people.

## 2) Significant role of Socio-emotional development

Most of the psychologist endorsed that on the comprehensive psychological health interventions that have been essential among the adolescents. further it has been extended within the family and society. *Adolescents' socio-emotional relationship contributes more important ways among family, friends and society in order to understanding of psychosocial adjustment.* This study has addressed some of the socio-emotional implications among the adolescents that have various complications in terms of their social anxiety, depression and social adjustment.

Some of the key theoretical points showed that multiple aspects of adolescents' family relations, friendship relations, societal relationship are important and unique predictors of social anxiety and depressive affect, and that there are having similarities and differences in the pattern of associations between adolescents' social functioning and internal functioning.

## Conclusion

From above the theoretical study findings, the psychological researchers conclude that adolescents are significantly associated with socio-emotional status within their families, friendship and society, in terms of understanding, management, and social conflict. *On the theoretical part of socio-emotional interpretation, the researcher found that all the family environment factors, viz., anxiety, depression and social adjustment play a significant role among the adolescents. However, the researchers conclude that emotional intelligence or E.Q. may be evoked in the absence of conscious or emotional outburst of individuals.* Further it may lead to such as perceptions of stress or social isolation among the adolescents.

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