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Investigating the relationship between Psychosocial Problems and Socioeconomic Status

Irshad Ali Dar

Abstract

The progress of any nation relies upon the quality, audacious and commitment of its young generation. The current study aimed at investigating the relationship between Socioeconomic Status and Psychosocial Problems of Kashmiri youth. In the present descriptive study 600 youth respondents were selected from senior secondary schools and colleges of three districts of Kashmir Division (Kulgam, Anantnag and Srinagar) by simple random sampling technique. For the collection of data Youth Problem Inventory of Mrs. Mithlesh Verma and Socioeconomic status scale of Rajbir Singh, Radhey Shyam Satish Kumar was used. Percentage, ANOVA (one-way), Tukey's post hoc and Pearson's coefficient of correlation was used for statistical analysis. The findings of the study showed that 2.7% of respondents possess low socioeconomic status (LSES), 56.8% falls in middle socioeconomic status (MSES) and 40.5% owns high socioeconomic status (HSES). The findings also revealed that significant differences in psychosocial problems and socioeconomic status. Significant negative correlation between psychosocial problems and socioeconomic status was found which signifies the inverse relationship between psychosocial problem and socioeconomic status.

Keywords: Psychosocial Problems, Socioeconomic Status, Youth, Kashmir.

Introduction

The progress of any nation relies upon the quality, hardy and commitment of its young generation. Researches have ushered that youth have played a calculable part in national reconstruction and national integration right from the Vedic period down to the advanced times. But presently wide spread psychosocial issues among this segment of society have been re-

ported from various quarters and they rather than becoming a positive force in nation building are getting more and more acrimonious. They are demonstrating their discontentedness by behaving against social standards in a way which bewilder the oldies. In the midst of their firm and obstinate nature we realize the reality that there are several psychosocial issues among the present day youth.

Kashmir - Paradise on Earth, Switzerland of Asia, Nature's terrific finale of beauty is a masterwork of earth's creation of charm and perfection; popular for its magnificence scenery throughout the globe and for its tall snow-clad mountains, picturesque spots, rivers with ice-cold water, appealing lakes and springs and evergreen areas, dense forests and beautiful picnic resorts, enhance its grandeur and are a source of incredible fascination for sightseers. Kashmir being a traumatised state since 1947 and the vulnerability in the state at social and political level has mostly struck the young coevals psychologically as well as socially. Kashmiri Youth virtually born and brought up on bloodshed have seen fear mongering, disturbances, false hopes, broken promises, death and pulverization only. This generation is denied generation which is baffled, anxious and have pictured signs of personality disorder by going for stone pelting like praxis's without thinking about their lives and careers. As a result most of them either permutation to drugs or indulge in numerous introverted exercises resulting damage of social and economic fiber.

Researchers have adjudicated to delineate psychosocial Problems in many ways, but perplexity remains. However, discernment reckoning psychosocial problems concludes that it is a state of emotional and behaviour carks substitutable with internalizing and externalizing conditions, respectively. Most common disquiets include depression and anxiousness, dereliction, hostility, drug abuse, comport upsets, educational messes, and skive. Arumugam et al. (2013) reported that psychosocial problems were associated with female sex, less age, higher socioeconomic status, unhealthy home environment, sibling rivalry, unhealthy school environment and the type of family. Tyas and Pederson (1998) documented that psychosocial problems were related with age, ethnicity, family structure, parental financial status, self- income, smoking of parents, parental demeanours, kin smoking, peer smoking, peer conducts and standards, family environment, school components, risk practices, way of life, accent , distress, self-esteem, attitude and wellbeing concerns. Psychosocial problems take place in a wide assortment of circumstances and researches have shown that they often negatively bear upon on student's mental wellness (Ontari & Angolla, 2008). The resultant mental wellbeing issues includes emotion-

al, behavioural, informative, sociable, interpersonal ills are frequently rife among adolescents and the youth (Reijneveld et al., 2003).

Psychosocial problems are the maladjusted, disconfirming or insalubrious intrapersonal emotional and behavioural states, and they often lead to social malfunctioning, unhealthy interpersonal networks etc. Psychosocial problems have been linked with development of mental health disquiet especially depressive disorder, anxiousness, drug abuse, and mental illness (Betancourt et al. 2009). Bista et al. (2016) assessed the preponderance of psychosocial dysfunction and its connection with family-related factors and found psychosocial dysfunction grew with the acclivity in age and class, oftenest of family argufy etc.; male students were more affected with psychosocial dysfunction as compared to female students. Researches have shown that male population is more prone to psychosocial problems in Kashmir than their female counterpart (Var et al., 2011; Dar and Tali, 2014; Mallick and Dar, 2015).

Socioeconomic status (SES) is an individuals or family's monetary and social position within the society with respect to others income, education and occupation. It is a key factor impacting quality of life across the generation for children, youth, families etc. and influences multiple attributes of an individual's life like the educational and vocational opportunities available to that individual and the accomplishments she or he attains. The connection between SES and behaviour problems is long set up and well acknowledged. Across levels of SES, behavioural problems are more common among lower SES adolescents (McGrath and Elgar, 2015). Numerous socioeconomic factors such as occupation, education, and monthly income have been indicated to be associated with psychosocial Problems/dysfunction. Awasthi and Pandey (2016) explored the association between socioeconomic status and smoking tendency and found that youth of lower and higher SES exhibited greater smoking tendencies as compared to those of middle socioeconomic status. Heshmat et al. (2016) explored the relationship between socioeconomic status (SES) and psychiatric dysfunctions and vehement behaviours and reported discouragement, tension, feeling useless, outrage, sleeping disorders, disarray and physical battles were lower in students with high SES as compared with those with low SES.

Objectives of the study

- To examine the level of socioeconomic status among Kashmiri youth respondents.

- To find out the differences in psychosocial problems of Kashmiri youth with respect to socioeconomic status.
- To examine the relationship between psychosocial problems and socioeconomic status of Kashmiri youth.

Hypothesis of the study

- The Kashmiri youth do not differ significantly in psychosocial problems in terms of their socioeconomic status.
- There exists no relationship between psychosocial problems and socioeconomic status of Kashmiri youth respondents.

Design of the study

Sample

Sample of 600 youth respondents (300 male and 300 female) was drawn from senior secondary schools and colleges of 3 districts of Kashmir Division (Kulgam Srinagar and Anantnag) by simple random sampling technique. The age of the respondents was 16-23 years.

Tool used

- Youth Problem Inventory (Y.P.I) of Mrs. Mithlesh Verma (2010)
- Socio economic status scale of Satish Kumar, Radhey Shyam and Rajbir Singh, (2007)

Results & Discussion

Results pertaining to level of socioeconomic status of Kashmiri Youth

The distribution of total youth respondents in diverse levels of socioeconomic status is portrayed in table no. 1

Table No. 1**Frequency and Percentage of Total Youth Respondents (N=600) in different Levels of Socioeconomic Status**

S. No	Socioeconomic Status Level	Frequency	%age
1.	Low Socioeconomic Status (LSES)	16	2.7%
2.	Middle Socioeconomic Status (MSES)	341	56.8%
3.	High Socioeconomic Status (HSES)	243	40.5%
	Total	600	100%

The table no.1 displays the statistical distribution of 600 youth respondents of Kashmir in different levels of socioeconomic status. Out of 600 youth respondents (Total Sample); 2.7% have shown low socioeconomic status, 56.8% falls in middle socioeconomic status and 40.5% possess high socioeconomic status. The frequency distribution and percentage of 600 youth respondents in different levels of socioeconomic status has been shown in figure no 1 and 2 respectively

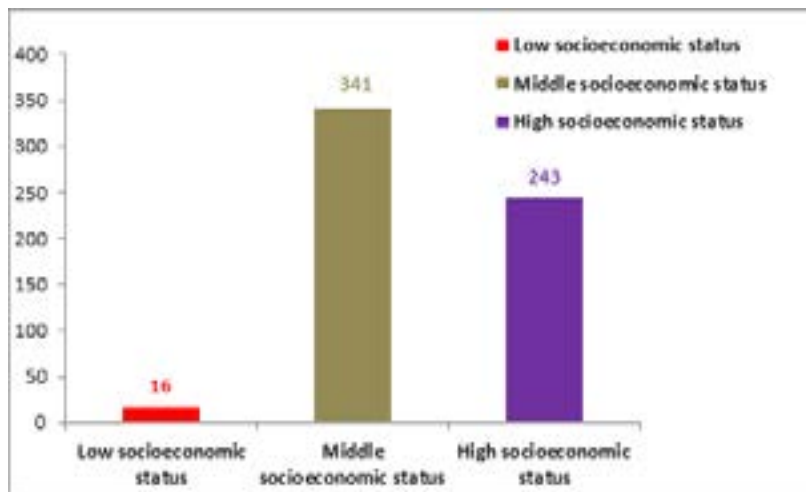
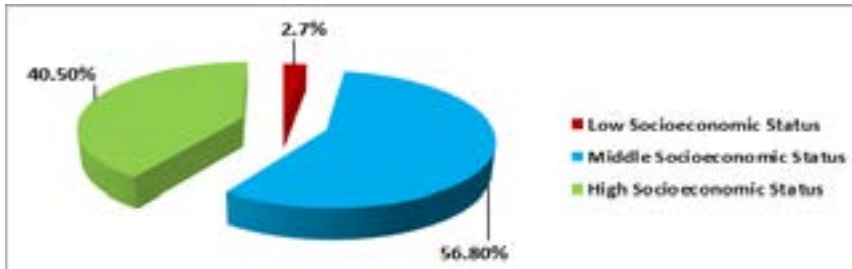
Figure No. 1**Bar Graph showing Distribution of Total Youth Respondents in the different Socioeconomic Status levels**

Figure No. 2

Pie Chart showing Percentage of total respondents in different Socio-economic Status levels



Results pertaining to difference in Psychosocial Problems among Kashmiri youth with respect to their Socioeconomic Status

In order to know the difference in Psychosocial Problems of Kashmiri youth with respect to their socioeconomic status, ANOVA (one way) has been used and the results are shown in the table no. 2.

Table No. 2

ANOVA table for Psychosocial Problems with respect to Socioeconomic Status						
	Source of Variation	Sum of Squares	df	Mean Square	F-ratio	Sig
Family Problems	Between Groups	1428.178	2	714.089	8.010**	P<0.01
	Within Groups	53221.815	597	89.149		
	Total	54649.993	599			
School/ College Problems	Between Groups	659.808	2	329.904	5.862**	P<0.01
	Within Groups	33600.432	597	56.282		
	Total	34260.240	599			
Social Problems	Between Groups	92.017	2	46.008	8.856**	P<0.01
	Within Groups	3101.477	597	5.195		
	Total	3193.493	599			

Personal Problems	Between Groups	477.106	2	238.553	3.716**	P<0.05
	Within Groups	38330.254	597	64.205		
	Total	38807.360	599			
Entire Inventory	Between Groups	8141.295	2	4070.648	10.220**	P<0.01
	Within Groups	237791.978	597	398.312		
	Total	245933.273	599			

(F-ratios at 0.05 and 0.01 levels of significance are 3.00 and 4.63 respectively)

Table no. 2 depicts an overview of F-ratios of psychosocial problems of youth respondents with respect to their socioeconomic status. A look at the table shows that F-ratios of family problems (8.010), school/college problems (5.862), social problems (8.856), personal problems (3.716) and Entire Inventory Problems (10.220) exceeds at the both levels of significance, so it can be interpreted that there exists a significant difference in psychosocial problems of youth with respect to their socioeconomic status.

To identify the different groups of socioeconomic status of youth respondents which differ significantly on various problems, Post Hoc Test (Tukey's HSD) was applied which is shown below

Table no. 3

Tukey's multiple comparisons Table

Dependent Variable	Levels of SES (I)	Levels of SES (J)	Mean Difference (I-J)
Family Problems	LSES	MSES	9.63068*
		HSES	9.47094*
	MSES	LSES	-9.63068*
		HSES	-.15975
	HSES	LSES	-9.47094*
		MSES	.15975

School/College Problems	LSES	MSES	6.45583*
		HSES	6.56404*
	MSES	LSES	-6.45583*
		HSES	.10821
	HSES	LSES	-6.56404*
MSES		-.10821	
Social Problems	LSES	MSES	1.82808*
		HSES	2.27829*
	MSES	LSES	-1.82808*
		HSES	.45021*
	HSES	LSES	-2.27829*
MSES		-.45021*	
Personal Problems	LSES	MSES	3.81617
		HSES	4.97197*
	MSES	LSES	-3.81617
		HSES	1.15580
	HSES	LSES	-4.97197*
MSES		-1.15580	
Entire Inventory Problems	LSES	MSES	21.73076*
		HSES	23.28524*
	MSES	LSES	-21.73076*
		HSES	1.55448
	HSES	LSES	-23.28524*
MSES		-1.55448	
*. The mean difference is significant at the 0.01 level			

Table no. 3 shows that Kashmiri youth of different socioeconomic status groups viz. LSES, MSES and HSES differ significantly on the basis of their family problems, school/college problems, social problems, personal problems and on entire inventory problems except MSES and HSES group where difference was found insignificant.

Results Pertaining to relationship between Psychosocial problems and Socioeconomic status

Table no. 4

Correlation coefficient (r) between psychosocial problems (various problem areas) and socioeconomic status

Socioeconomic Status	Psychosocial Problems				
	Family Problems	School/College Problems	Social Problems	Personal Problems	Entire Inventory Problems
	-0.065*	-0.044*	-0.146*	-0.036*	-0.078*

*significant at the 0.05 level

Table no. 4 shows an overview of the coefficient of correlation between socioeconomic status and various problem areas of Kashmiri youth. It is apparent from the above table that there exists a negative and significant correlation between socioeconomic status and problem areas like family problems, school problems, social problems, personal problems and Entire Inventory problems. Negative relationship between Socioeconomic Status and Psychosocial Problems reveals that the Kashmiri youth who owns low socioeconomic status possess higher psychosocial problems/dysfunctions.

Conclusion and Discussion

The study reported an alarming situation of psychosocial problems/dysfunction among the youth respondents of Kashmir as Kashmir being a traumatised state since 1947 and the vulnerability in the state at social and political level has mostly struck the young population psychologically as well as socially. In the present study results showed that out of 600 Kashmiri youth respondents; 2.7% have shown low socioeconomic status (LSES), 56.8% falls in the category of middle socioeconomic status (MSES) and 40.5% possess high socioeconomic status (HSES). A significant difference was found in psychosocial problems of Kashmiri youth with respect to their socioeconomic status. While comparing different groups of socioeconomic status viz. LSES, MSES and HSES with the different problem areas like family problems, school/college problems, social problems, personal problems and overall Inventory Problems; significant differences were found among all the socioeconomic status groups and problem areas except MSES and HSES group where difference was found insignifi-

cant. Significant negative correlation between psychosocial problems and socioeconomic status was found which signifies the inverse relationship between psychosocial problem and socioeconomic status.

This study gives a perceptiveness of various psychosocial dysfunctions confronted by youth population of Kashmir with regard to their socioeconomic status (SES); as socioeconomic status is a key factor impacting the quality of life across the lifetime. As the thwarting due to psychosocial hardships could get expressed through many antisocial activities, an impregnable need of community based tutelage, enhancing national support, providing more employment opportunities etc. is being felt for this section of society. The study can be helpful in excogitating various intercession programmes which could be problem specific. Findings might be too supportive for analyst, guardians, instructors and other school personals to understand their educates and address with them dearly and efficaciously as this segment of society have viewed menaces of vehemence, physical anxiety, psychosocial adversity and a wide ambit of socioeconomic development problems particularly lack of education- as their top vexation from 29 years because Youth in Kashmir are at the forefront of violent conflict, often fighting without a choice. They have disruptions in family and community support, as well as lack of education, physiological needs, job etc. which has dramatically increased their helplessness to a range to scourges. Accepting and ancillary family relationships during adolescence may have semi-permanent connexions with psychosocial functioning into adulthood. Considering that Kashmiri youth with lower socioeconomic status had higher preponderance of psychosocial troubles, it is important for health care contrivers to excogitate comprehensive family, school and wellness programmes for them.

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