



## **NEUROTICISM IN ADOLESCENT BOYS AND GIRLS**

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### **ABSTRACT:**

The present paper has been focused on the neuroticism level of adolescent girls and boys. Data of 25 adolescent girls and 25 adolescent boys was collected by using “Neurotic Measurement Scale” by Dr. M. P. Uniyal and Dr. Abha Rani Bisht. Statistical methods such as arithmetic mean, Standard deviation and Z – Test were used for data analysis. Results shows that level of neuroticism is high in adolescent boys than girls.

### **INTRODUCTION :-**

Adolescence is an important developmental stage of life, which is from 12 – 13 years to 18 – 19 years. In adolescents rapid physiological changes occur due to onset of secretion of sex hormones. Adolescents feel opposite attraction but they can not express their feelings because of family and social burden. They have to repress their sexual desire.

Adolescence is the stage between childhood and adulthood. Adolescents are neither in childhood nor they are adults. Hence they don't understand how to behave.

Adolescents wants freedom. They don't like rules and regulations of family, which leads to dispute between they and their parents. Parents tries to put restrictions on their behavior.

All the above things lead to emotional disturbance in adolescents. Hence the stage of adolescents is called as stage of storm and stress. Emotional dis-balance may causes the onset of neurotic symptoms in adolescents.

The neuroticism is similar to the notion of emotional instability. Those individuals who fall at the extreme neuroticism and of the dimension tend to be more prone to worries and anxieties and more easily upset. They are also likely to complain of headaches and sleeping or eating difficulties.

Although they may be more likely to develop neurotic disorders under stressful conditions. The frequency of such problems is low and most individuals function adequately in their work in their family and social life.

Neurotic disorders are purely psychological disorders. There is no relevant organic pathology present in these disorders of the behavior and thus may be clearly distinguished from the psycho-physiological disorders which are known as the disorders of psyche as well as body. The illness diagnosed is more real than apparent as in the case of psychoneurotic or psychotic disorders. Thus a neurosis by no means may be labeled as a disease entity.

In the sequence of the disorders of behavior neurosis falls midway between minor emotional maladjustment and psychotic disorders. Neurotic disorder in a real sense represents the typical ways of dealing with frustration and conflicts and the anxiety which results from these frustration and conflicts.

Anxiety is the chief characteristic of neuroticism. It may be felt and expressed directly or it may be controlled unconsciously. It is in this context that George W. Kisker

has defined neurosis as a “Pattern of maladaptive behavior in which a person responds to life stress with persistent anxiety or behavior representing attempts to control anxiety”.

Anxiety is closely linked to an individual's needs and motives. If the essential needs like affection, security, self – esteem, achievement, freedom are not satisfied it may give rise to the feelings of in turn results in a neurotic behavior but it is not be concluded that every anxiety reaction occasionally quite anxious, irritable, down or restless but it does not mean that we are neurotic. It is only when the anxiety behavior patterns become more persistent and interfere with our ability to lead a normal life and thus depict “break downs” in the adjustment mechanism that they are usually labeled “neurosis”.

In short, neurotic people are anxious. They are constantly worried and uptight. They go in and out of depression. Their emotions are across the board. It is for them to feel guilty as they have an extremely low self esteem. If some one makes comments about their hair or something they value, they will become extremely depressed. It just takes a word, one saying, one look and they doubt themselves. Are they good enough ? Why could not they be better ? This is the cause of their frequent mood swings. Even worse they are obsessive.

### **AIM :-**

To make comparison regarding the level of neuroticism between adolescent girls and boys.

### **OBJECTIVES :-**

- (1) To study the level of neuroticism among adolescent boys.
- (2) To examine the level of neuroticism among adolescent girls.
- (3) To make comparison regarding level of neuroticism between adolescent girls and boys.

### **HYPOTHESES :-**

- (1) There is a significant difference regarding neuroticism between adolescent boys and girls.
- (2) Adolescent boys are more neurotic than girls.
- (3) Adolescent girls are more neurotic than boys.
- (4)

### **TOOL :-**

“Neurotic Measurement Scale” (NMS) by Dr. M. P. Uniyal and Dr. Abha Rani Bisht. The test is five point rating scale and it includes 70 statements. Reliability of the test is .89.

### **SAMPLE :-**

The total sample was of 50 ( 25 adolescent boys and 25 adolescent girls) sample was selected by random sampling method.

### **STATISTICAL ANALYSIS**

<b>Sr. No.</b>	<b>Adolescents</b>	<b>Mean</b>	<b>S. D.</b>
1)	Boys	183.68	27.11
2)	Girls	168.49	22.27

Z – Test

Solution :-                  Mean                  S. D.                  Nos.

M

$\sigma$

N

Boys	$M_1 = 183.68$	$\sigma_1 = 27.11$	$N_1 = 25$
Girls	$M_2 = 168.49$	$\sigma_2 = 22.27$	$N_2 = 25$

Null Hypothesis      -       $H_0$       -       $M_1 = M_2$

Alternative Hypothesis      -       $H_1$       -       $M_1 \neq M_2$

### Test Statistic under $H_0$ -

$$M_1 - M_2$$

$$Z = \frac{M_1 - M_2}{\sigma_D}$$

$$\text{Where } \sigma_D = \sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}}$$

$$= \sqrt{\frac{27.11^2}{25} + \frac{32.27^2}{25}}$$

$$\sigma_D = 7.0168368$$

$$M_1 - M_2$$

$$Z = \frac{M_1 - M_2}{\sigma_D}$$

$$\begin{aligned} & 183.68 - 168.49 \\ & = \frac{15.2}{7.0168368} \\ & = 2.16 \end{aligned}$$

$$\therefore | \text{cal } Z | = 2.16$$

$$\text{Tab } Z \text{ at } 5\% \text{ level of significance} = 1.96$$

$$\text{Since } | \text{cal } Z | > \text{Tab } Z$$

$$2.16 > 1.96$$

Researcher reject  $H_0$  and conclude that there is significant difference between two means.

## **RESULTS AND DISCUSSION :-**

The aim of the study was to make comparison regarding level of neuroticism between adolescent girls and boys. For this study data of 25 adolescent boys 25 adolescent girls was collected from Sangameshwar College, Solapur and Dayanand College, Solapur. Data was collected by using “Neurotic Measurement Scale” (NMS) Dr. M. P. Uniyal and Dr. Abha Rani Bisht. It was a five point rating scale that contained 70 items.

After collecting data statistical analysis was carried out. Mean and S. D. of boys' score was 183.68 respectively and Mean and S. D. of girls' score was 168.49 and 22.27 respectively.

As the data was more than 30 and fit to normal distribution curve parametric statistic "Z test" was used for hypothesis testing. Calculated Z was more than tabulated Z ( $2.16 > 1.96$ ). Hence it was concluded that there was a significant difference between two means so the first hypothesis was accepted. The findings of the study reveals that level of neuroticism is high in adolescent boys than in girls. So the second hypothesis was also accepted.

### **CONCLUSION :-**

- (1) It is proved that there is a significant difference between the adolescent girls and boys regarding level of neuroticism.
- (2) Level of neuroticism is higher in adolescent boys than girls.

### **REFERENCES :-**

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