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## PROBLEMS OF YOUTH: EFFECTIVE INTERVENTION MODELS FROM SOCIAL WORK PROFESSION



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### ABSTRACT :

Social work is an action oriented programme. Social work is a professional activity invented for helping all stake holders of society, and among them specially those who are in need. The main objective of this profession is to assist individuals for their problems by applying various approaches and intervention methods of social work. Women, child, Senior citizens, all socially and economically deprived people, has considered as the major vulnerable groups, but actually 'Youth' was, is and will be an ever vulnerable section of society on several grounds. The very crucial and future of nation (Youth) is unfocused, unseen, and not much considered by all, from family to experts and govt. didn't understand their level of vulnerability. This paper has discusses broadly on nature of youth problems. Special focus is on problems of post-graduate Youth from all faculties of Mumbai colleges. The data has been collected from 250 postgraduate Youth for Ph.D. in (Social Work). It also discussed interlink between these arising problems and youth social development. This paper has suggested various

approaches and intervention methods of social work, to overcome from contemporary Problems of Youth and professional social workers to concentrate on the new upcoming intervention practice in the area of social work especially for Youth Development.

**KEYWORDS :** Problems of Youth, Social Work Intervention Models,

**INTRODUCTION:**

Each period of a human's life has its different features. Childhood is known for its innocence, Adolescence for spurt in growth and for its characteristic enthusiasm of energy, aggressiveness, the will to fight and overcome difficulties and to do brave activities. It is the uncertain period of man's life that is "YOUTH" when enthusiasm is in peak, and man has active and vigorous co-operation of the body to fulfil his dreams, good or bad. Youth are considered as the most productive members of society due to their physical and intellectual capacity. 'Youth' is one of the vulnerable section of society within all major vulnerable groups on several grounds. Youth is an unfocused, unseen, and not much significant for all from family to experts and govt. didn't understand their level of vulnerability (Ladaf & Vaidande, 2016).

The country like India is on the path of becoming a superpower. To achieve these objectives, we need to confirm the reality that we have really done all background work which is the requirement for becoming a superpower. Though we have the world one of the biggest youth resources, its nurture, caring and development is not satisfied. We are not doing up to the mark. Due to that we should not present our self as demographic dividend.

**PROBLEMS FACED BY YOUTH IN FAMILY:**

According (Singh, 1977) (Kapadia, 1966) (Sachdeva, 1995) In India, the institution of joint family has started disintegrating rapidly due to recent changes in social values, social structure and economy resulting from industrialization, urbanisation and consequent mobility. The generation gap is widening. Familial and emotional problems are mainly concerned with neglect and poor upkeep, and give rise to emotional and psychological problems. (Rao, 2001) Has raised a very important point related to the child parent's relationship, parent's role in the upbringing of children. Because of not paying attention, unnecessary habits are getting inculcated in children, which lead to creating uncertainty in the society. From the above mentioned all authors pointed out the kind of alteration that taking place in Indian family system on the basis of favourable and possible reasons that has happened. This is an alarming situation for all.

**PROBLEMS OF MODERN LIFE:**

(Coleman James, 1988) Has reported due to the effect of modern life each person faces the mere complexity and pace of modern living tend to "overload" the human organism; the stress of living under such highly complicated and demanding conditions can play havoc on both biological and psychological levels. This is one of the major kinds of depression youth have in this modern life.

**HIGH DIVORCE RATES AMONG THE NEWLY MARRIED:**

A study conducted by Dr.Sujata Chavan (2011), Marriage Counsellor at the Family Court, Mumbai, revealed that most couples were found from the age group of 25-30 years, which were 27.6% and 30-35 years (24.8%) cases. Some of the common reasons for couples seeking to separate are: infidelity, (Indulging in the extra-marital affair), problems with mother-in-law, inability to adjust

(financially, personally, ego, status etc.), unreasonable expectations, lack of physical intimacy etc (<http://lifestyle.iloveindia.com>).

**REPRODUCTIVE HEALTH:**

(Bharat & Aggletan, 1999) Reported today's youth face new challenges with health issues such as the risk of early pregnancy, HIV/AIDS, substance abuse. As (Audinarayana, 2008) also commented on the same issue that the problems of Youth through the dimension of health, their high-risk behaviours affecting society in a large extend. Parshuraman, S., Kishor, and Vaidhehi (2009) depicted that Sex education, including family planning and reproductive health management, should be the cornerstone of youth programmes. This new challenge requires immediate and effective responses from not only a socially responsible system of education but the other system's like all agents of socialization also.

**EMPLOYMENT:**

Youth are generally unskilled and inexperienced, and they enter into the labour market immediately after completion of their education. It is a transition phase for them. Unemployment creates a sense of vulnerability, a feeling of uselessness and idleness among young people; and consequently heightens the attraction of engaging in illegal activities. Youth unemployment is an obstacle to economic well-being and poverty reduction. Unemployment among youth creates a number of socio-economic issues. The issue of youth unemployment was recognized as an important aspect of 'National Unemployment Issue' (Visaria, 1998).

**MEDIA:**

(Samantroy, 2009) Made comment on Media such as television and especially the internet, which allows for instant communication with any place in the world, play an important part in developing a global identity. Yet, along with this new global identity, people continue to retain and develop their local identity for daily interactions with their family, friends and community. Although developing a bicultural identity means that a local identity is retained alongside a global identity, there is no doubt that local cultures are being modified by globalization.

**PRESENT EDUCATION SYSTEM AND SKILLS DEVELOPMENT:**

(Nair, Vemuri, & Ram, 1989) Commented on the present education system, the present education system only encourages course learning. It does not help the students to progress. In spite of spending so much money and valuable time, they are unable to earn a livelihood. Job opportunities are few and they are not equipped with the required skills. Corruption and nepotism make the task of finding a job more difficult. Even when the young man (or woman) succeeds in finding work, the wages are enough to make ends meet.

**CORRUPTION:**

(Bhosle, 2007) Report how youth are disappointed with the corrupt and discredited authority. Corruption, the craze for power, moral lapses, opportunism, nepotism, discrimination, etc, found among political and social leaders have made the youth have nothing but distrust and contempt for them.

**OBJECTIVE:**

- 1.To Study the problems faced by youth.
- 2.To describe the effective intervention models from Social Work Profession for youth problems.

**METHODOLOGY:**

This study has used primary data collected from the 250 Youth of selected P.G. colleges in Mumbai. Explanatory research design, has been used which helps to explain the more details about the problems of youth from Mumbai and effective intervention models form Social Work Profession. Multistage Stratified accidental sampling method used for data collection for this study.

**FINDINGS AND DISCUSSION:**

The responses of 250 PG Youth students of Mumbai clearly show in table no. 1 that the majority of youth feel that Corruption is one of the major problems, which is a crucial barrier in their development process. This affects them at all stages of their lives.

The youth shared their experiences of corruption: in politics, government, demand for bribes during admission to schools and colleges, for obtaining documents, etc. Considering India’s position in Corruption Perceptions Index of 2012, it’s clear that corruption is a major threat. It destroys lives and communities, and undermines countries and institutions. It also generates popular anger that threatens to further destabilize societies and make conflicts even more violent.

**Table No.1 Problems faced by Youth.**

Sr. No	Problems	Arts	Sci.	Comm.	Tech.	Profess	Total	Rank
1	Corruption	14	20	17	20	8	79	1
2	Unemployment	17	17	8	14	5	61	2
3	Psychological/personal/ Emotional	6	0	9	13	20	48	3
4	Educational problems	3	10	8	4	10	35	4
5	Social Problems	7	5	6	6	11	35	4
6	Women’s problems	3	9	6	7	5	30	5
7	Lack of values	0	10	0	17	0	27	6
8	Lack of value education	1	6	8	0	9	24	7
9	Caste Discrimination	0	6	3	9	2	20	8
10	Economical Problem	1	1	6	3	3	14	9
11	Competition	3	2	3	3	3	14	9
12	Family Problems	4	0	2	1	6	13	10
13	Information explosion	1	2	0	6	0	9	11
14	Refusal of Human and Constitutional Rights.	0	5	2	0	0	7	12
15	Awareness about own responsibility	0	3	0	3	0	6	13
16	Political Problem	0	0	0	2	0	2	14
<b>17</b>	<b>Total</b>	<b>61</b>	<b>96</b>	<b>78</b>	<b>108</b>	<b>82</b>	<b>424</b>	
Multiple Answer question, # is 250 P.G Students.								

Unemployment ranked second. The majority of the Arts Students were worried about remaining unemployed. Students of Science were worried about Job security, underemployment and

unemployment. Engineering (Technical) students felt that opportunities were few, unattractive salaries and lack of appreciation of good work. Commerce students were of the opinion that high illiteracy among youth, not getting jobs that match the qualifications, and insufficient prospects are the major problems. Students of professional courses felt that unemployment, in general, is a major problem. The responsible institutions, governments and administrative departments, must make employment opportunities available to working population so that the demographic dividend benefits Society and Country.

Except youth from Science faculty remaining all faculty respondents felt that the third major problem is Psychological/ emotional / personal. Stress, frustration, search for true love, the stress of studying, guidance, lack of knowledge and direction, etc., take their toll on the bodies and minds of the young people. The lack of a support system, low self-confidence, fear of failure, personal problems, peer pressures, lack of motivation aggravates the condition. Aggressive attitudes and behaviour, extreme emotional behaviour and mental instability are the external manifestations. The absence of proper conditions of socialization is responsible.

**Social Problems:** The youth feels bound to blind beliefs, traditions and customs that have no meaning and relevance in the present time. They are also expected to unquestioningly obey leaders, have no role models to look up to, and an increasingly corrupt, violent, insensitive and uncaring social environment. Such conditions add to their insecurities

**Educational Problem:** Higher education is critical. Education must be made affordable and accessible. Free higher education must be available for young people who are poor. Corruption in education must be eradicated. Investments must be made in providing proper infrastructure. Today the system suffers from poor quality teachers, inequality, corruption and poor facilities. Education must be focused on equipping young people with the necessary skills for being productive citizens.

**Women's Problem:** (Arts) Self security, rape on women. (Professional) Security, girls are being raped, rape, discrimination among sex. (Science) Crime against women are increasing, girls are not safe, killing of girls child, girls freedom, women's safety, eve-teasing. No equality between women and men, no any young girls and boys are safe. (Commerce) Harassment, sexual harassment, girls are not found safe; security gives importance to girls, insecurity. (Engineering) Girls are under pressure while roaming, no safety for girls, mental & physical harassment insecurity, disrespect to women, abuse physical, mental and sexual.

While observing these all comments about the women's problem one common fact comes in front of all that Women/Girl's are not safe. Continuously they are under pressure that something (Mental, Physical Harassment, eve-teasing, rape, discrimination) should not happen with them which is bad, and threaten their whole life, that much security from men in this world and especially in India girls are feeling.

#### **LACK OF VALUES AND LACK OF VALUE EDUCATION:**

**Lack of Values:** (Science) Love, help, lack of respect, Nationalism, lack of freedom, honesty, lack of social awareness, disrespect of their elders and teachers, lack of awareness about every ethical issue, lack of sex education, no proper guidance about sex education. (Engineering) No guidance, enlighten, ideals, not clear meaning and understanding of life, wrong ideas, cheating, backstabbing, moral values, respect, disrespect, braking relationship, dishonesty, no safety, helping nature, lack of communication, lack of system, out of track.

These above mention values now a day's no one would like to practice in the day today life; because of it, youth feels that their life is with the lack of values. The above mentioned all values are

crucial and important in human life. These all values will only get to inculcate and learned through informal way and that is not happening. Because of that youth feels that lack of values is one of the crucial problems among all problems faced by youth forever.

Lack of values in education: (Arts) Degradation of Humanity, (Professional) Less value education, less love, peace, don't know the goal of human life, lost trust in life, honesty, loyalty, hard work, care & share, value learned education. (Science) No moral values, lack of value education, awareness on value education, lack of traditional values, deprived of basic moral value. (Commerce) Bad activity, fast money, safety, respect, not being loyal, can't trust on anyone, morality, manipulated by others, partiality, selfishness. The various comments made by youth that the present education system is lacking in imparting values. For that several comments and examples were also given which shows conformation about the present education system has a lack of values in education.

The next most important problem which plays a great impact on the development of the process of youth is Discrimination. As mentioned by youth, they feel and observed that everywhere in their life a kind of discrimination is happening on the basis of certain facts. They feels discrimination is on these issues religion-based discrimination, discrimination in education, casteism, Recruitment on the basis of caste, Problems of Caste, Reservation, Cast reservation, racism, and no scope for talent.

### **COMPETITION:**

Competition is a natural event; it is a part and parcel of life. Most of the youth reported their comments like (Competitive world, Lack of options, new people must get chance, Lacking behind in competition, Competition in all fields, and Insecurity in job). Competition is there everywhere in the world, and it is placed in all time in all the movement of our life. Most of the time unconsciously we won all the competition, and some time's we lost it, then we consciously realizes that Oh it is the problem and that start competition.

Family problem: Most of them have reported their comments like, (Disturbed joint family system, extended family, Parents is not giving times to children, less attention of parents, parent's opposition and family importance, High expectations from family, marital problems, family pressure, age differences, generation gap, No understanding between youth and old generation, Problems in family culture & superstition, dominant behaviour by elders) due to all these things it seems to be looks like family is the problem for them.

Economical Problem: Most of them have reported Economic Problem and their comments like, (No Money for Higher education, poverty, Low wages, increase in price of health, costly education) though these all are the representative responses from youth on the issue of economic problem. In the present situation how youth are facing these problems with multiple economical issues and because of that they feel in the process of youth development, the above-mentioned comments could be the major hindrances.

Refusal of Human Rights: (Restrictions of freedom, refusal of right to speech, no enjoyment regarding constitutional rights, victim of Indian democracy, freedom of speech, freedom of thought, rights.) Through all these comments it shows, the awareness of own rights in youth. At least, they are speaking on it, how their rights and on what basis it is been getting humiliated, due to that how they are suffering. If the things happened like in same way then there is a possibility of big youth blast for example like in Delhi Ann Hazare Corruption event, Delhi girl rape events, UoH and JNU event and many more.

Awareness about own responsibility: (Family importance, not known about own responsibilities & duties for family and society, tension, because of not completing responsibility, no



realization about own duties) these all comments on the own responsibility like a personal or may not be personal. It depends on individual to individual that in what kind of atmosphere they have nurtured. But it is a kind of a good example of mature and responsible human being.

Political problem: (Politics, challenges in politics.) as it is focused that politics is always a problematic field for the youth. But on the other side, it is must to understand that educated people only feel, politics is a bad game. Wise, nice, intellectual people are not allowed in this field, it is a blame game, it is full of corruption. It is all mythological things, because those who want to do something for the people through politics for them multiple ways are open. Why to depend only on the traditional way of politics.

### **Suggestions with Effective Social Work Intervention Models:**

#### **Model No.1 - Sensitization & Motivation of Youth and family members:**

On the issue of Youth problems and to accomplish these, sensitization & motivation of youth is necessary. This can be done in different ways. Sensitization must be happen on all levels but it need to start from family. Then all agents of socialization need to get involved in the sensitization process. While doing this with parents, the youths' sensitization and motivation also can be done with the help of different activities and programmes.

#### **Model No.2- Youth welfare committees:**

Youth welfare has a vast meaning whose scope is derived from the Indian Constitution that states that the welfare of its citizens is the prime responsibility of government. Youth welfare committees are basically meant for the youth welfare. At times they could be NGO's, governmental institutions comprising groups of people concerned with youth welfare. A youth welfare committee has the task of responding to problems of young people and families; and explore suggestions and make recommendations for further development and promoting and planning local youth welfare services. It includes members from education, social, political fields and citizens experienced in youth welfare, and persons recommended by experts and youth welfare organizations and youth associations.

In India, youth welfare officer are appointed at district level for the welfare of youth. There is SACYP (The State Advisory Committee on Youth Programmes) for guiding in the planning and implementation of youth development programmes in the state in coordination with district employment officer, NYKS, NSS, and NCC etc. These organisations work under the directions of the youth welfare committee for the betterment of youth. Through various activity youth welfare office provides preventative services for young people to resolve their problems.

#### **Model No.3- Social work Methods:**

Social work approach is based on several methods: Case work, Group work, Community organisation, Social action, Social welfare administration, Social work research, etc. are important intervention methods.

**3.1 Case work Method:** Case work method is usually applied to solve individual problems. Here, the concerned individual youth can get his/her problems resolved through personal guidance, counselling etc. Problems (personal, psychological, social, dilemmas) are addressed by arranging sessions in colleges, institutions, work places, etc.

**3.2 Group work Method:** Here, intervention is at group level. This method is applicable at college level, institutions (NGO'S), etc. Workers (trained social workers) who can understand the PG youth problems from all subject streams, can arrange group sessions with youth having common problems. Counselling and guidance can be offered to help find a solution.

**3.3 Community organisation:** Youth can come together like in community-level sports clubs, physical fitness centres, cultural organisations, youth clubs etc. In addition, the community (parents, teachers, elders, etc.) also need to be suitably oriented for understanding the youths' problems. They must organise some intervention activities, through such activities, youth can be organised and appropriately oriented for their desirable goal.

**3.4 Social action:** Social actions must be initiated and sustained till their objectives are achieved. The social problems that youth are facing must be addressed with the participation of youth in the social actions. In this social action/fight the entire community needs to be involved and oriented. The importance of values in life, especially in youth development needs to be understood by everyone.

**3.5 Social welfare administration:** NGO's and Government functionaries need to be involved in this intervention.

**3.6 Social work research:** Social work research is a crucial method of intervention in all development sectors. With the help of this method, the problems of youth can be studied from the point of view of social work and then start working on the different research problems related to youth. The depth of study can lead to possible logical and practical solutions to society.

#### **Model No. 4 - Approaches and Innovations:**

The education of social work imparts and inculcates the various values and skills in the social work professionals. Professional social workers can play various roles in solving youth problems. Considering to this current research study professional social worker as change agents with various capacities should apply approaches that are appropriate to solve the youth problems. Approaches that can apply they are as follows:

4.1 Welfare approach: through conducting various welfare activities we can solve the various problems that youth are facing in today's era. Welfare approach can apply on various levels such as community level, School and college level, NGOs level etc.

4.2 Integrated approach: to solve the today's youth problems all socialization agents must come together for the Nobel cause. In the process of Socialization all agents role and duties are interlinked it is a kind of Integrated approach naturally.

4.3 Other approaches like right based approach, family therapy approach, empowerment approach, strength based approach, intervention based approach, innovation based approach and procedural approach is very important.

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