Short Review Paper

Environment of school going adolescents in India: a Review of literature

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Abstract

Every individual desire harmless environment in society. The school going adolescents also wish a safe school and home environment. Now a days the environment of school going adolescents are not safe in the home, school & community. The present review is to understand the environment of school-going adolescents in India. The environment includes the school, home and social support of school going adolescents. The review retrieved from the online search engines and from Mizoram university library from the past 10 years of articles related to environment of school going adolescents. The review found that there was a dearth of studies in the area of the environment of school going adolescents. The studies which are focused on the basic assessment of adolescents and the environment. There is a proper intervention, guidelines for the multidisciplinary team (School social worker, Psychologist etc.) on the protection of school going adolescents. However, the school authority, teachers, parents are responsible to provide a safe environment for the school going adolescents.

Keywords: Environment, school, home, social support, school going adolescents, review.

Introduction

A safe environment desires every individual in society. Adolescents also desire to live in a safe environment with the support of family school and community. The present study focused on the school, home and social support include the environment of school going adolescents. A school is a place of developing the emotional ability of an individual. The children/adolescents are getting an occasion of social and intellectual development. The school delivers a modest, pure, fascinating and disciplined environment to the children or adolescents. The school environment is favourable in concerned and friendly from teacher to child, inventive inducement, open-mindedness, express views freely, conquer academic intelligence and teacher accept and love their student's[1]. If the school environment is just opposite to the above favourable, then the school going children will be unsafe in school.

Another important environment of adolescents is the home environment. The children or adolescent's informal education from the family and mother is the primary and first educator of every child. Therefore, the family has a wide range of role in the development of the child. The parental support, parent's ability to understand the child, relationship and friendly attitude from the parents helps a positive development of chiding. The emotional, cognitive and social development generates from the family and it continues in school. The parent involvement in the learning activities and understand the difficulties of the child also help a better future for the child. The lack of parental care and support leads to an unsafe environment at the home and also affected the learning environment of the child[2].

Apart from the home and school environment, apparent social support from parents, teachers, peers, and others helps to achieve the academic activities. Helpful societal relationships may affect academic achievement circuitously through motivational and effective mechanisms. The social support may instant positive or negative touching experiences as well as adaptive or maladaptive and task-related motivational views turn influence achievement. The social support has been allied to goal direction, academic ethics, academic efficiency and interests[3].

The environment of school going adolescents is a major focused area for the turning point in the future. The school, home environment and social support need safe and positive support for the school going adolescents. Every parent needs their child to grow a protective environment in the home, school, and community. Due to the various reasons leads the individual into a vulnerable situation and also the individual disturbs society. Therefore, the current review is focused on the prevalence, policies, and programmes focused on the environment of school-going adolescents in India.

Methodology

The literature review is based on the secondary data from PubMed, Science Direct, Google Scholar, Cochrane library, and Psychinfo, journals and unpublished thesis, Mizoram University library. There were around more than 50 articles from the last 10 years were reviewed based on environmental aspects and the terms were used in the search engines are "school environment", "home environment", "perceived social support" among school-going adolescents.

Environment of school going Adolescents in India

The review focused on school, home environment and social support of school going adolescents.

School Environment: The adolescents were facing a lot of difficulties in schools. The school going adolescents faced academic difficulties, bullying, health and mental health issues, lack of teacher's support, emotional and physical abuse, adjustment problems, over the use of social media. A study found that there is a lack of satisfaction and academic performance leads the adolescents to depressive mood[4]. The school is an agent of delivering knowledge and morals, develop and implement the policies related to school activities. Teacher dedication also helps to make positive behaviour and reduce the risk of the student's[5]. But every teacher is not dedicated and not able to handle the disobedient child. The teachers also facing a lot of difficulties from the students and school authority. The School Mental Health Programme (SMHP) implement in the 11th five-year plan and promote life skills education, reduce behavioural problems of school going adolescents[6]. However, SMHP is focused on the mental health aspects of adolescents. The other aspects like teacher-student relationship, teacher-parent relationship, academic performance, need to address the vulnerability of students and also teachers' issues, school disaster management programmes, health issues, physical, verbal and sexual abuse, discipline in school, school administration relationship with students and teachers also should be address and a proper guidance or policy level implementation for the safety of school, teachers and students.

The education programmes need to focus on the role of teachers, handling the adolescents, responsible for guidance, counselling, need to understand the background of each student[7]. Most ofstudies focused on mental health aspects of school-going adolescents in India[8-10]. Therefore, need to focused school-based issues in a holistic way like the school administration with students and teachers, teacher-student-parent relationship and also the difficulties of the teachers also need to address.

Home Environment: The individual born and brought up from the family and the family staying place we called it home. The initial learning of individual from their home, especially from mother, is the person who gives informal education and surroundings. The parents need to understand the issues and difficulties of adolescents and the parenting style is the most important factor particularly with school going adolescents. The adolescents have a close relationship with their friends than parents. The permissive parenting styles among parents are able to manage their children than the other parenting styles[5]. The better understanding between the members and more support will help a better adolescent development[11]. A dysfunctional home environment possible to poor adjustment and coping and are more likely to have psychological problems during adulthood[12]. The parent's difficulties to handle the school going adolescents because of heavy workload, illness, poor socio-economic background, aged, traumatic life event etc. The positive support from the home leads to academic achievement among students[13]. However, the positive home environment is one of the important factors for better development among school-going adolescents.

Social Support: A study revealed that adolescents who had inadequate support lead to more risk of developing depression[14]. Social support vibrates a very positive outcome on a person's psychosocial wellbeing and therefore must be encouraged. A study found that adolescents in rural area have high social support because of a stronger sense of community and familiarity. The female has more social support than male adolescents among friends[15]. The social support grows solid interpersonal bond among the individual will performance a substantial part in real life. The social support of school going adolescents creates from family, friends, teachers, neighbours and community and the positive support helps better psychological wellbeing, ability to develop social competence, ability to cope up with the situations. A recent study indicates that social support influences the life satisfaction of adolescents[16]. However, social support from the parents, teachers, friends and community supports the better development among school going adolescents.

Need for providing a safe environment for school going Adolescents

From the review of the environment of school going adolescents found that there was a dearth of Indian studies in this area. There is a need to develop a comprehensive model for the safe environment of school-going adolescents in the home, school, and community. The communication with the school administrators, teachers and parents should be clear and make a safe environment to the school going adolescents. There is a need to provide a preparedness programme in a safe environment for school going adolescents and their parents & teachers. The positive social support is also making a safe environment for the school going adolescents. There is a need to promote and protect a safe environment for the school going adolescents.

Conclusion

The multidisciplinary team (school authority, social worker, psychologist) need to prepare a safe environment model, necessary to implement and regular evaluation in every school premise. The safe environment for school going adolescents should be expanded to the home and community.

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