

**PSYCHOSOCIAL PROBLEMS AMONG SCHOOL-  
GOING ADOLESCENTS IN POKHARA**

A Dissertation

Submitted to the Faculty of Humanities & Social Sciences

For the Partial Fulfillment of the Requirement of the

Degree in Master of Arts in

Sociology

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August, 2017

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We hereby certify that the thesis entitled, “**Psychosocial Problems among School going Adolescents in Pokhara**”, submitted by **Ms. Ratna Shila Banstola** to the department of sociology, Prithivi Narayan Campus, Pokhara in the partial fulfillment of the requirements for Degree of Masters of Arts in Sociology has been found satisfactory in scope and quality. Therefore, we accept this thesis as a part of mentioned degree.

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## **ACKNOWLEDGEMENT**

I would like to express my gratitude to TU, IOM, Prithivi Narayan campus for providing me an opportunity to conduct this study as a partial fulfillment of Masters in Sociology.

I express my deep sense of gratitude to my research advisor, Lecturer Ms. Shanta Khatri for having made her always available and accessible to me for the diligent guidance, warm support and motivation during this endeavor.

I am extremely grateful to Prof. Dr. Biswo Kallyan Parajuli (HOD, Department of Sociology) and I would like to thank Lecturer Surya Bhakta Sigdel (HOD, Department of Anthropology), I am very much thankful to Associate Professor Dr. Prakash Upadhyaya as well as all the faculty members for their help and support. I extend my thanks to Mr. Mahesh Paneru for providing reference material and all the support I have received. I am thankful to the staffs of Western Regional Library, Prithvi Narayan Campus, Pokhara for providing the reference materials.

I extend my heartfelt thanks to the headmasters and teachers of Kalika Higher Secondary School, Mahendra Higher Secondary School, Amarsingh Higher Secondary School and Navaprabhat Higher Secondary School for their co-operation and help during data collection. This study could not have become a reality without the help I received from the research participants, who generously agreed to participate. Their cooperation and support will always be remembered with gratitude.

Finally, I would like to thank my family and friends, who provided invaluable help and cooperation in the completion of this thesis. Last but not the least I extend my sincere thanks to all those who helped me directly or indirectly during this endeavor.

**Ms. Ratna Shila Banstola**

## ABSTRACT

The adolescence the second decade of life is the crucial period demanding significant adjustment to the physical and social changes. During this transition between childhood to adulthood rapid demand for new social roles takes place. Among varieties of development aspect, psychosocial development is crucial one and is affected by different factors related to family, community and school. Imbalance in those factor lead to development to psychosocial problem. If adequate care and attention is not given adolescents are prone to develop various psychosocial problems with long standing impact. This descriptive cross-sectional study aims to assess the prevalence of psychosocial problem and its associated factors among adolescents studying in public schools of Pokhara Lekhnath Metropolitan City using in sociological perspective. To fulfill the objectives, descriptive cross sectional design and purposive sampling technique were used to select 360 students. Data was collected using self-administered questionnaire and interview schedule. Data was analyzed in Statistical Package for Social Science (SPSS) version 20 applying both descriptive and inferential statistics.

Findings revealed that 21.7 percent of adolescents has psychosocial problem, working children had more problem than the non-working school children. Adolescents more likely to have psychosocial problem were who has less fulfilled basic needs, followed by not feel good about presently residing home environment, have high academic/school related stress, who do not stay with their parents, who were working, increasing work hours, who perceived lower level of social support from their family and friends, had hardly sufficient family income, who were from joint family, whose mothers are illiterate, those from family follow Hindu religion and having disrupted marital status of parents.

Hence, in light of these findings combined efforts of family, school team, social workers and school health service providers is essential to protect adolescents from developing psychosocial problems. Children's engagement in child labor has significant negative impact on their psychosocial status so working hour, basic needs sought for the special concern and need to be addressed. Government, NGOs, INGOs, social workers, employers and the community must share the responsibility and

develop the need based strategy for eliminating psychosocial risk factors faced by the children at work. Teachers should be educated about the warning signs of psychosocial impairment. There is a strong need for the post of counselor in the schools with periodic screening of children and better parent teacher association. Last but not the least the role of sociologist seems imperative to explore why these factors leads to psychosocial problem among adolescents.

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## **LIST OF ABBREVIATION**

ILO:	International Labor Organization
INGO:	International Non-governmental Organization
NGO:	Non-governmental Organization
SPSS:	Statistical Package for Social Sciences
UNICEF:	United Nation International Children's Fund
WHO:	World Health Organization