

A Descriptive Study to Assess the Risk Taking Behaviour among Adolescents in Selected Schools at Bharuch

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Short heading- Risk taking behavior among Adolescents

Abstract: Risk taking among Adolescents is of great concern to health life. Throughout the world, the adolescents are more vulnerable to risk taking behavior. The aim of the study was to assess the risk taking behavior among adolescents of selected school at Bharuch. The study conducted in Welfare higher secondary school at Bharuch. 30 secondary students were selected by simple random sampling method. The study findings showed that majority 36 (60%) of adolescent boys having moderate level of risk taking behavior. Least number of adolescent boys 13 (22%) had mild level of risk taking behavior and few 11 (18%) of adolescent boys had severe level of risk taking behavior. There is a significant association between the level of risk taking behavior and the age of the adolescent boys and religion.

Keywords: Risk behavior, adolescents

1. Introduction

Adolescents period is the major transition period with role confusion about their role in family and society. At the same time the junks of hormones are driven their desires and impulses. The hormonal play is giving them the boost to discover, adventure and tryout new risky things. Try out many new roles during this time as part of the important developmental task of identity formation. The peer group is of utmost importance as adolescents experiment with new roles outside the confines of the family unit.

Risk taking behavior is the participation in potentially health compromising activities with little understanding of (or) in spite of an understanding of, the potential negative consequences. Morgan E (2018) reported that the adolescence period is viewed as a period of stress and storm, because they experiment with a wide range of behaviors, and a life style pattern that involve risk taking behaviors.

This risky behavior will affect their mental and physical health. Early identification will help to control them and divert them in protective way.

Objectives

- 1) To assess the level of risk taking behavior among adolescents in selected school at Bharuch.
- 2) To associate the level of risk taking behavior with selected demographic variables.

2. Material and Methods

Research approach and design:
Descriptive research design was used.

Setting of the Study:

The study was conducted at Welfare Higher Secondary School at Bharuch.

Population:

Higher Secondary school students in Welfare school at Bharuch.

Sample and Sample technique:

60 Secondary school students from boys in Welfare school at Bharuch. Simple random sampling technique due to lesser number of girls.

Description of the tool:

Part I: Demographic variables

Part II: Risk taking behavior scale

Part I demographic data includes age, gender, educational status, birth order, type of family, religion, residing place, learning style of adolescents.

Part II It consists of 33 questions to assess the risk taking behavior of adolescents. The questions included physical behavior, sexual behavior, social behavior and intellectual aspects.

Physical behavior consisting 6 questions

Sexual behavior consisting of 13 questions

Social behavior consisting of 6 questions

Intellectual aspects consisting of 8 questions

Scoring procedure

There are 33 questions regarding risk taking behavior of adolescents. Each question has two responses yes (or) No. Score of 1 was given for each correct response. A score of 0 was given for the incorrect response. The maximum score was 33.

The level of risk taking behavior was interpreted as follows

1-33% -Mild level of risk taking behavior

34-66% -Moderate level of risk taking behavior

67-100%-Severe level of risk taking behavior

Validity and Reliability of the tool

The tool used in the study was validated by five nursing experts and one psychologist. The questions were evaluated for appropriateness, adequacy, relevance, completeness and comprehensiveness. The tool was translated into Gujarati Language based on the need for the study participants.

The content validity of the tool was obtained from experts. Reliability of the tool was elicited by using Split Half method. The statistical analysis Karl Pearson co-efficient was found to be 'r' value was 0.77 which was positively correlated. Therefore the instrument was found to be reliable.

Data Collection procedure

After obtaining proper permission from authority and concern data collection has done.

3. Results

Table 1: Distribution of adolescents based on Demographic data, N=60

Demographic factors	Boys	
	Number	Percentage
1. Age in Years		
16-17	30	50
17-18	30	50
2. Religion		
Muslim	55	92
Christian	5	8
3. Birth order		
First	24	40
Second	23	38
Third	9	15
Fourth	4	6
4. Type of family		
Nuclear	46	77
Joint	14	23
5. Residing place		
Urban	33	55
Rural	27	45
6. Style of Learning		
Self study	24	40
Helping by others	9	15
Not taking any steps	27	45

The above table reveals that among the adolescents studied majority 55 (92%) of boys were Muslim. Majority of boys 33 (55%) were from urban set up. Most of them 24 (40%) boys followed self study.

Table 2: Distribution of risk taking behavior

Level of risk behavior	Adolescent Boys
Low risk	78 %
High risk	22 %
Total	100 %

Table 2 shows that least number 22% of adolescent boys had high level of risk-taking behavior. Majority 78% of the adolescent boys had low-level risk-taking behavior

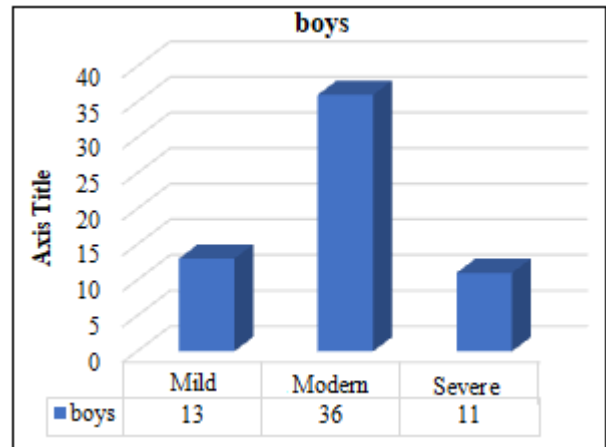


Figure 1: Distribution of adolescents based on their level of risk taking behavior, N= 60

Figure 1 shows that least number 11 (18%) of adolescent boys had severe level of risk taking behavior.

Table 2: Distribution of level of risk taking behavior

Gender	Mean	Standard deviation	't' value
Boys	14.38	8.25	12.1 P<0.05

From the above table it is inferred that the level of risk taking behavior among adolescent boys in higher secondary school mean is 14.38 and Standard deviation is 8.25.

Table 3: Distribution of adolescents boys based on association between selected demographic variables in relation to risk taking behavior

S. No.	Demographic variables	Risk taking behavior		Chi Square
		Below mean	Above mean	
1	Age in Years			$\chi^2=4.8$ not significant
	16-17	14	16	
	17-18	6	24	
2	Birth order			$\chi^2=3.63$ not significant
	First	14	13	
	Second	6	13	
	Third	7	5	
	Fourth	1	1	
3	Type of family			$\chi^2=13.43$ significant
	Nuclear	22	26	
	Joint	6	6	
4	Residing place			$\chi^2=0.73$ not significant
	Urban	20	21	
	Rural	7	12	
5	Religion			$\chi^2=11.25$ significant
	Muslim	22	32	
	Christian	3	3	
6	Learning type			$\chi^2=4.46$ not significant
	Self study	27	26	
	Helping by others	2	3	
	Not taking any steps	1	1	

The chi-square value 13.43 (p<0.05) there is significant association between type of family of the adolescent and risk taking behavior of adolescents.

The chi-square value 11.25 (p<0.05) there is significant association between religion of the adolescent and risk taking behavior of adolescent.

4. Discussion

Adolescence is an important period of development, appropriate support is needed to them because the period they are encountered with different kinds of risk-taking behavior. Due to this interesting convergence of adolescent's participation in risk-taking behaviors it is important to explore several key environmental contexts that adolescents are concurrently exposed to, including family relationships, peer relationships and academic performance. While many studies have examined some of these variables, this study used Bronfenbrenner's bioecological theory (2005) to drive the selection of a unique combination of these variables in an attempt to maximally explain variance in risk-taking behaviors.

The first objective of the study was to assess the level of risk taking behavior among adolescent boys and girls.

The study findings showed that majority 36 (60%) of adolescent boys and moderate level of risk taking behavior. Least number of adolescent boys 13 (22%) had mild level of risk taking behavior and few 11 (18%) of adolescent boys had severe level of risk taking behavior.

The finding of this result consistent with Zhang F, Zhang T, Xiong J, Chen J. done a study in china in 2014 to investigate the gender differences in cluster pattern of health risk behaviors among rural middle school students in Tujia-Miao Autonomous Prefecture of Xiangxi. Among the survey of 896 boys and 1078 girls. The total boys and 92.7% of girls have more than 4 kinds of health-risk behaviors in highest risk group.

The boys having high risk behavior compare than girls. This may be the gender difference, curiosity to discover among boys where as girls' having restriction from parents after puberty. This type of restriction common in India. More production for girls is cultural norms in India.

The second objective of the study was to find out association between risk taking behavior to selected Demographic variables

The study findings showed that association of birth order, type of family, residing place, learning style, on the level of risk taking behavior was analyzed using inferential statistics namely chi-square. The obtained value in each of these variables showed that there was no significant association between these variables and the level of risk taking behavior of adolescent boys. At a Chi-square value $\chi^2=11.12$ ($p<0.05$) shows that there is a significant association between the level of risk taking behavior and the age of the adolescent boys. At a chi-square value $\chi^2=8.96$ ($p<0.05$) there is significant association between religion of the adolescent and risk taking behavior of adolescent boys.

These findings are consistent with the study done by Patel (2001) found that rural boys were more likely to have experienced sexual activity than urban boys (10.3% vs 2.5%). Urban girls were more likely to have experienced any form of sexual abuse than rural girls. The reason could be engaged dangerous risk activities, mass media. Girls had more concerns in the domains of self image, anxiety and relationship with peers.

Sex education and adolescent clinics if promoted can ensure a healthy living among adolescents, cultural norms or barriers for the children to avoid cordial relationship with parents. If parents with children are motivated in a positive aspects risk taking behavior could be reduced.

5. Conclusion

This study concluded that level of risk taking behavior where severe in adolescent and it significantly effects on personal life and society .The parents ,government and school should take specific action to get awareness adolescents risky behaviors and its prevention.

6. Limitations

- The study was limited to one school only due to less sample size and lack of permission .
- Majority of students were from Muslim religion.
- Out of seventy sample only five girls were present so excluded from the study.

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