



A COMPARATIVE STUDY OF MIZO MALE YOUTH ON THEIR PSYCHOLOGICAL ADJUSTMENT

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Abstract

The study examined male youth and compared the two age groups of 15-21 and 22-28 by using the psychological scales of Depression and Aggression. (Heterosexual = 80, two age groups of 15- 21= 40 and 22-28 = 40 years of age). Kinsey heterosexual homosexual rating scales were used to screen out the level of sexual orientation, Depression(Becks), Aggression scale along with the demographic profile were employed. Results showed that Age difference emerged to be positively related to dependent measures and predicted the adjustment problems in the targeted population.

Key words: 1.Heterosexual, 2.depression, 3.Agression scale, 4.Kinsey heterosexual-homosexual rating scale.

Introduction:

Youth is generally the time of life between childhood and adulthood (Macmillan 1981). The age in which a person is considered a "youth", and thus eligible for special treatment under the law and throughout society varies around the world. Age between "15-29" is defined as "Youth" according to the commonwealth (Commonwealth Secretariat, 2011). Youth is the stage of constructing the Self-concept. The self-concept of youth is influenced by several variables such as peers, lifestyle, gender and culture (Thomas, 2003). It is this time that a person's has to make the right choices and if not, it will affect their future. Youth is the period where they can have good or bad well being in their behavior.

The term 'adolescent' is also used to explain the meaning of youth. Adolescence is not a period of "normative disturbance," and accumulating evidence that the majority of teenagers challenges the period without developing significant social, emotional, or behavioural difficulties (Steinberg 1999). Adolescence has long been characterized as a time when individuals begin to explore and examine psychological characteristics of the self in order to discover who they really are, and how they fit in the social world in which they live. Especially since Erikson's (1968) theory of the adolescent identity crisis was introduced and viewed adolescence as a time of self-exploration.

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behavior, feelings, world view, and physical well-being (Salmans & Sandra, 1997) Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or over- eating, have problems concentrating, remembering details, or making decisions, and may contemplate or attempt suicide. Insomnia, excessive sleeping,

fatigue, loss of energy, or aches, pains, or digestive problems that are resistant to treatment may also be presented (nimh.nih.gov 2012).

Aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. The expression of aggression can occur in a number of ways, including verbally, mentally and physically. Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. It may occur either in retaliation or without provocation. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson (Akert et al, 2010).

Statement of the Problem:

Mizoram is one of the North east state in India. In India marriage Law, the legal age for getting married is 18 years for girls and 21 years for boys. Therefore, for male 21 years is regarded as mature in the society and legally permitted to have a family . The age group between 15 -21 and 22-28 is selected for comparison as age seems to influence the psychological adjustment in the society. Age also matters because adolescence and early young adulthood can be a tumultuous and distressing time. The teenage years are generally a period of identity confusion and turmoil (Erikson, 1968).

Adolescence is an important transitional period marked by new social, academic, and vocational challenges in the lives of young people. Recently, experts in the field of adolescent development have begun to recognize that in addition to being a time of high risk for problem behaviors, adolescence is also a time of great opportunity for most young people (Lerner & Galambos, 1998). The degree to which an adolescent is able to succeed at developmental tasks over the course of junior and senior high school is likely to play an important role in their developing =sense of self. Over time, repeated successes in academic, interpersonal, or other important domains are apt to enhance a young person's sense of mastery, self-esteem, and sense of psychological well-being. Conversely, repeated experiences with failure may lead to low self-esteem, poor self-confidence, feelings of hopelessness and distress, and other problems related to psychological adjustment.

Studies have shown that high levels of involvement with delinquent peers can lead aggressive boys to higher levels of serious delinquency during adolescence (O'Donnell, Hawkins, & Abbott, 1995), especially for those boys who were only moderately aggressive to begin with (Vitaro, Tremblay, Kerr, Pagani, & Bukowski, 1997). In some cases, adolescents may increase levels of aggressive behaviors in order to gain approval and acceptance among peers (starting fights over what appear to be trivial issues). Thus, adolescents within delinquent peer groups may observe more impulsive behaviour and angry outbursts, perceive that these behaviors are highly valued, and develop attitudes favourable towards anger expression, risk-taking, and aggression.

Objectives: The objectives of the study are

1. To determine higher depression scores during first age group (15-21) ,then second age group (22-28)
2. It is expected higher scores on verbal aggression and anger during first age group (15-21), then second age group (22-28) follow.
3. To determine higher scores on hostility and physical aggression during the first age group (15- 21) then second age group (22-28).

Methods and Procedures:

Eighty (80) subjects were selected out by employing Kinsey heterosexual-homosexual scale. Only those who have score on extremely heterosexual were selected for the samples. Only 80 mizo heterosexual male youth were selected for the sample with due care of the equal representation of the two age groups (15-21 and 22-28). Selected participants were initiated individually for psychological evaluation through selected psychological scales. To meet the objectives of the present study for the comparison of two age group (15-21) and (22-28) among the Mizo youth, the following psychological measures were incorporated:

1. Kinsey Heterosexual-Homosexual Rating Scale (KRS; Kinsey et al., 1948). The KRS is a 7-point, Likert style scale used to assess sexual orientation along a continuum such as exclusively heterosexual with no homosexual, predominantly heterosexual, only incidentally homosexual, predominantly heterosexual, but more than incidentally homosexual, equally heterosexual and homosexual, predominantly homosexual, but more than incidentally heterosexual, predominantly homosexual, only incidentally heterosexual, exclusively homosexual. Participant has to report their behavioral experiences and sexual arousal from “exclusively heterosexual” to “exclusively homosexual.” The “Kinsey Scale,” was developed by Alfred Kinsey and his colleagues to assess their sexual orientation for psychological evaluation and research purpose.

2. Becks Depression Inventory (BDI-11: Aaron T. Beck, Robert A. Steer and Gregory K. Brown 1996): The BDI-II is scored by summing the ratings for the 21 items. Each item is rated on a 4-point scale ranging from 0 to 3. The maximum total score is 63. Special attention must be paid to the correct scoring of the Changes in Sleeping Pattern (Item 16) and Changes in Appetite (Item 18) items. Each of these items contains seven options rated, in order, 0, 1a, 1b, 2a, 2b, 3a, 3b, to differentiate between increases and decreases in behavior or motivation. If a higher rated option is chosen by the respondent, the presence of an increase or decrease in either symptom should be clinically noted for diagnostic purposes.

3. Aggression Questionnaire (Buss, A. H., & Perry, M. 1992): This 29-item, Likert type scale measures participants' disposition toward physical aggression, verbal aggression, anger, and hostility. Although the full measure will administered, only the physical aggression subscale was analyzed. Participants rate how each item describes them on a scale of 1 (extremely uncharacteristic of me) to 5 (extremely characteristic of me). The AQ has been shown to have high validity and reliability ($\alpha = .80$), which was consistent with the present sample ($\alpha = .83$). It was included in the questionnaire battery to ensure that assignment to various conditions yielded an equal distribution of dispositional physical aggression throughout the experimental conditions.

Results and Interpretation:

Firstly, the descriptive statistics were computed including the mean, standard deviation, Skewness, kurtosis, Alpha, linearity of the Scales/ Sub Scales in checking the normal distribution of scores for the scales and subscales of the behavioral measures (1) Becks Depression Inventory-11 (Beck et al, 1996). (2) Aggression (Bush and Perry)

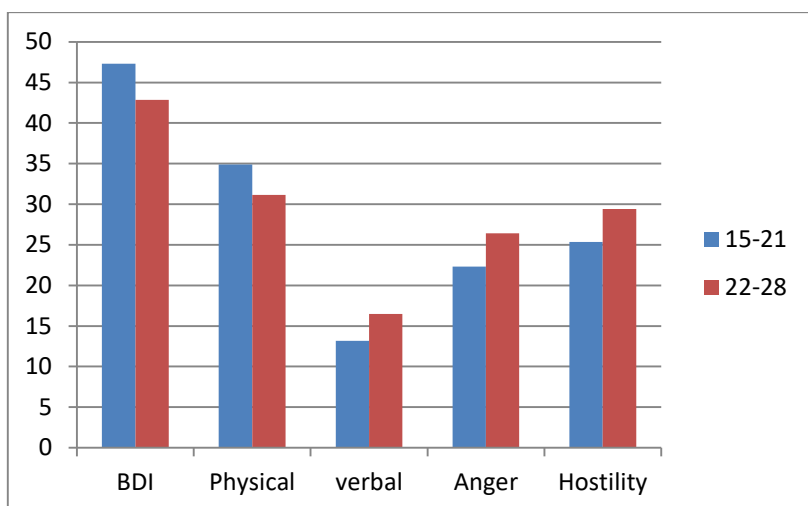
Table 1: Descriptive Statistics of the Scales/Subscales,of the Behavioural measures of Mean, Standard Deviation, Skewness,Kurtosis,Linearity and Alpha (BDI, Physical, verbal, anger and hostility).

Sources of Variables	Mean	Standard Deviation	Skewness	Kurtosis	Linearity	Alpha
BDI	45.36	5.91	.07	.66	.42	.72
Physical	29.12	6.01	.02	.58	.56	.87
Verbal	16.78	4.47	.16	.75	.55	.87
Anger	22.48	5.11	.04	.94	.47	.86
Hostility	25.50	5.09	.09	.82	.86	.84

Reliability indices emerged to be robust at each level of analysis and that determined applicability of the scales of the behavioral measures for the present study. The reliability coefficients emerged to be robust signifying the trustworthiness of the test scale for measurement purposes in the project population of the heterosexual male youth.

Table -2: Mean and Standard Deviation values for 'Age' on the behavioral measures for the whole samples.

Age Group			BDI	Physical	Verbal	Anger	Hostility
Youth	15-21	Mean	47.30	34.89	13.19	22.33	25.36
		SD	7.06	4.94	4.46	3.84	4.21
	22-28	Mean	42.87	31.13	16.49	26.42	29.40
		SD	4.428	3.69	3.15	4.53	4.33
Total			45.09	33.01	14.84	24.38	27.38

Fig 1: Mean scores of Age Group of the whole samples on the dependent measures.

The result (Table 2) revealed that 1st age group scores (M= 47.30) higher in Depression scale as compared to the 2nd age group (M =42.87). In physical aggression score, the 1st age group (15-21) score higher (M= 34.89) than 2nd age group (M=31.13). In verbal aggression score the 2nd age group score higher (M= 16.49) as compared to 1st age group (M= 13.19). The results also shows that 2nd age group score higher in anger aggression (M =26.42) than 1st age group (M=22.33), In hostility score the 2nd age group(M=29.40) score higher than 1st age group(M =25.36).

Table – 3: Bivariate Correlation between the scores of the scales / Sub scales (BDI,physical, verbal, anger and hostility for the whole samples.

Variables	BDI	Physical	Verbal	Anger	Hostility
BDI	1	.14*	.19	-.18**	-.15**
Physical		1	-.22**	.17**	.16**
Verbal			1	-.14*	-.19**
Anger				1	.84**
Hostility					1

** Correlation is significant at the 0.01 level (2- tailed)

*Correlation is significant at the 0.05 level (2- tailed)

The behavioral measures between the scales/subscales were significantly correlated with each other. The result Table-3 clearly revealed that depression indicated positive relationship at .01 level with physical and verbal aggression at the same time wherein emerge negative relationship with anger and hostility, physical aggression shows negative correlation with verbal aggression whereas positive relationship with anger and hostility, while verbal aggression have a negative relationship with anger and hostility. The result reveal that hostility also shows positive relationship with anger.

Conclusion: In this study, the male youth of mizo 1st age group (15-21) shows slightly higher in depression score than the 2nd age group (22-28). As adolescence is an important transitional period marked by new social, academic, and vocational challenges in the lives of young people. The results also indicate that the 2nd age group (22-28) are more aggressive in the sub scales of verbal, anger and hostility. This might be caused by the burden and responsibility they grasp in the society. This study shows that Age difference emerged to be positively related to different measured and predicted the adjustment problems in the targeted population.

