PERSONAL PROBLEMS

UNIT II
Personal Problems means that the individual is out of adjustment with society as a whole. Personal disorganization may stem from the fact that society itself is in a state of disorganization.

Personal problems generally includes the following problems:

- Adolescence
- Alcoholism
- Drug addiction
- Suicide
Problems faced by adolescents: In family

- The problems faced by the adolescents in family are:
- Independence
- Personal identity
- Less importance of kinship
- Peer groups adolescents subculture
PROBLEMS OF ADOLESCENCE

- Adolescence in the sociological sense refers to the experience of passing through the unstructured and ill-defined phase.
- It lies between childhood and adulthood.
- Adolescence refers to the crisis of discontinuity of statuses, which create a social environment with uncertain and diffused guidelines.
Problems of sexuality among adolescents

- Change—the norms, attitude and patterns concerning sex are never static. These are dynamic and ever changing elements in the social system.

- Age at marriage—increase in age at marriage for women and higher education qualifications of women have reinforced the female’s equal standing.
Conti…….

- Early onset of puberty—during these years, the youth is physiologically matures and characterized by fully developed sexual needs.
- Value shift— the emphasis on sex and intense physical expression of love makes it difficult for teenagers to handle sexual arousals.
Drug addiction and adolescents

- the scope of the adolescents’ involvement with drugs includes a quantitative as well as qualitative aspect i.e. how many of them use the various drugs and to what degree?
Conclusion

- It can be said that adolescents is a very important part of contemporary society.
- Adolescents are expected to make career decisions about that were not even in existence in their parents youth.
- The requirement of the independent decision making, separate identity and individual responsibility have shifted over the last few generations and may continue to change.
ALCOHOLISM

- Alcoholism is a depressant.
- An alcoholic is anyone whose drinking interferes frequently or continuously with any of his life adjustments and interpersonal relations.
- Alcoholism is a condition in which the individual has lost control over his alcohol intake.
PHASES OF ALCOHOLISM

According to E.M Jellinek there are four phases of alcoholism:

Pre-alcoholic—it’s a stage where potential alcoholic drinks to relieve tensions

Relief drinking— In second stage he starts drinking often and alcohol begun to affect physical and mental health.

Acute phase— It’s a stage when individual begins to lose control over his drinks.

Chronic phase— It’s a stage when individual has no more apologies about his drinking and he becomes disorganized.
According to Dr. Ruth Fox there are three types of alcoholics:

- Situational drinker— who drinks in catastrophe
- Secondary addicts— they are pathological drinkers
- Primary drinkers— in such conditions the emotional maladjustment has forced them to take to drinking to resolve social and psychological problems.
The consequences result in family disorganization, loss of productivity and danger to health and safety as well.

On the family: the alcoholic individuals ability to play social roles become very much impaired.

On work: during this period, the employee is reprimanded more and more frequently by superiors. More over there are no longer advances in pay or position.

On health and safely:
- Inhibits the storage of glucose in the body
- Injure the lining of the stomach
- Inflammation of the liver
- Lowers the production of the males sex hormone
SOCIAL PROBLEMS

- It may also result in the involvement in antisocial activities
- Murder
- Rape
- Suicide
- Gambling
CAUSES

- Causes of alcoholism are given below:
- Company
- Occupation
- Ignorance
- Social isolation
- Physiological defects
- Social inadequacy
- Attention seekers
- Misery drinkers
TREATMENT

- Alcoholic is a serious social problem thus receptive to therapy:
  - Medical Therapy
  - Psychotherapy
  - Public awareness
  - Others are:
    - Check the availability of liquor
    - Strict prohibition laws should be implemented
Drug abuse is defined as the regular, excessive use of a drug so that it is damaging to the user’s job, health or social status to a society in general.

Drug abuse refers to the use of a substance in such a way that it leads to such personal or social consequences as impair physical or mental health.

It impairs maturation and leads to loss of productivity, and involvement in socially disruptive or illegal activities.
Characteristics of a drug addiction

- Physical dependence – it is a state when individual has over powering desire or need to continue taking drug
- Psychological dependence – It refers to a craving for the pleasurable effect produced by a drug
- Tolerance – when the influence of a regular dose declines upon the individual, he is forced to increase the dose to regain the desired effect.
- Euphoria
- Withdrawal – it leads to extreme uneasiness, discomfort and can have fatal consequences.
- Behaviour – It is the behaviour acquired within a social context
Types of Drugs

- Drugs can be classified into the following types:
- Sedaratives or depressants—these drugs relax the central nervous system and induce sleep.
- Stimulants—these drugs activate the central nervous system and increase alertness.
- Narcotics—these drugs acts as depressants, relieve anxiety and tension, reduce sex, hunger and other primary drives.
- Hallucinogens—these produces marked change in the mood, sensory perception, thinking and emotions.
- Tranquillizers—it is a class of drugs which includes Librium, calmpose etc.
CAUSES

- There are a large number of determinants and correlates of drug abuse
- Personality factors – it includes sense of failure and personality inadequacy.
- Familial factors it includes poor parent–parent relationship, instability in familial relationship
- Social situations – it includes slum dwellers, doctors, nurses etc
- Peer– group influences – peer group. Peer affiliation, peer identification, peer pressures are associated with drug abuse.
Treatment

- Initial counseling.
- Detoxification
- Socio– psychological treatment:
  - Counseling to the patient
  - Counseling to the family.
Durkheim (1897) defined suicide as the death caused by an action initiated by a person with the intention of causing his own death. Suicide is an individual phenomenon in terms of processes occurring within the psychic of the person.
Definitions:

According to David Hume (1776), he viewed suicidal people somewhat deranged mentally, otherwise they would not violate the instinct for self preservation.

According to John Mill (1873), he declared if a man believed his suicide would increase the happiness of others, this would give him the right to end his life.
Emile Durkheim was the first to theorize about the causes of suicide, he described three basic types of suicide:

1. **Egoistic:** It is committed by a person who is not adequately adjusted to the society. It is a secret and selfish act.
2. **Altruistic Suicide:** It occurs when the individual is well integrated into a society which expects him in case of certain crises to give up his life. For e.g. Soldier
3. **Anomic Suicide:** It occurs when the familiar relationship between an individual and society ends and changes abruptly. It can be the loss of a loved one, loss of a job and a discovery of a major health problem.
Psychological Theories for Explanation of Suicide:

1. Sigmund Freud (1856–1939) said that suicide is essentially a basic concept of the human mind and every one in some measure is vulnerable to suicide.

2. Adler (1937) described suicidal person as inferiority ridden person who hurts others by injuring the self.

3. Karl Menninger (1938) perceived three components of suicide:
   - The wish to be killed.
   - The wish to die.
   - The wish to kill.
Causes of Suicide

1. Physical Causes: It includes physical dreadful diseases etc.
2. Social Causes:
   1. Marital Status: Single, widowed and divorced are more prone to suicidal tendencies.
   2. Broken homes
3. Emotional Problems: jealousy, anger etc. can have a serious social consequences when acted out.
4. Bereavement: The death of a close person is also a reason for suicide.
5. Economic Causes: Poverty, dispute over property, employment problems, sudden economic changes etc are responsible for the society.
6. Psychological Causes: Loneliness, isolation, abnormal personalities, mental disorders etc can be the causes of suicide.
1. Primary Prevention: Efforts may be made to resolve the problems of those are at higher risk and provide them congenial atmosphere.

2. Secondary Prevention: From the study of these individuals, we can glean information which may in the first instance help us prevent further incidents on their part.

3. Tertiary prevention: It aims to prevent acts from having fatal outcomes.