Vinita Verma
ICSSR-Research Scholar
Department of Education
Bangalore University
Bangalore-560056, India.

Dr. MS Talawar
Prof. & Dean, Department of
Education Bangalore
University Bangalore-560056,
India.

Value pattern among adolescents: Trends and possibilities

Vinita Verma and Dr. MS Talawar

Abstract
India is a nation where the population of youth is the highest compare to other countries in the world. Being china the first in the total population, India is having more youth population in the world. India consists of 356 million of youth (10-24 years) i.e. 28% of total population of India. Among that the population of adolescent is 253 million (10-19 years) i.e. 21% of total population of India. Why this age group is very important? Adolescence is a journey from childhood to adulthood. This journey has many ups and downs in an individual's life. It is a transitional period, in which an individual undergoes many changes like biological, psychological, social, cultural, cognitive, emotional etc. This is a period where the child should be surrounded by the positive thoughts and positive energy. Are we able to give this positivity to the child in today's world? Every day when we open the newspaper or watch the television we see many people are killed by other people and terrorists, brazenly shoot, women and girls raped. The moral deterioration of young generation is at present a blazing issue. What is the role of parents, school and society in developing positive attitude and beliefs in youngsters of today's society? The present paper is focused on the present trends of values present in adolescents. A sample of 150 secondary school students was selected by using simple random technique. The findings of study show that the adolescents are giving least priority to health value, which is an alarming sign. Researcher tried to find out the gaps and tried to suggest some possible measures to fill these gaps in context to inculcate the values in adolescents.

Keywords: Adolescents, Value Pattern

Introduction
Current Population of India: India is a second most populous country with 1.29 million people, while china is the first with 1.40 billion people. The growth rate of Indian population is 1.58% so, India is predicted to have approximately 1.53 billion people by 2030. In India more than 50% of population is below the age of 25 and over 65% below the age of 35. India is having more youth population in the world. India consists of 356 million of youth (10-24 years) i.e. 28% of total population of India. Among that the population of adolescent is 253 million (10-19 years) i.e. 21% of total population of India.

Adolescents: Adolescence is a word derived from a Latin word which means "to grow up". Adolescence is a journey from childhood to adulthood. This journey has many ups and downs in an individual's life. It is a transitional period, in which an individual undergoes many changes like biological, psychological, social, cultural, cognitive, emotional etc.

Values
"Civilization is not built with brick and mortar, steel and machinery,
It is built with men and women, their spiritual quality and moral character"
What are values? In words of Albert Einstein "*not everything that can be counted counts, and not everything that counts can be counted*". The word value is derived from the Latin word "Valerie" which means to be strong or worth.
According to R.K. Mukerjee (1949) [6] (a pioneer Indian sociologist who initiated the study of social values), "values are socially approved desires and goals that are internalized through the process of conditioning, learning or socialization and that become subjective preferences, standards and aspirations".

Correspondence
Vinita Verma
ICSSR-Research Scholar
Department of Education
Bangalore University
Bangalore-560056, India.

Values can be classified in various types as personal values, social values, behavioural values, religious values, moral values etc. each has its own significance in the life of an individual. All are equally important for the development of balanced personality. Lack of any one also influence the development of individual's personality.

Sources of value
During one's life time an individual is surrounded by different people, different environment, face many situations, which leaves an impressive remark on the individual. Each and every remark has its own significance, some are positive and some are negative. The values can be acquired through many sources like:
1. Home
2. School
3. Peer group
4. Neighbourhood
5. Community
6. Religious organization

Social learning theory of Albert Bandura (1977) [3] states that behaviour is learned from the environment through the process of observational learning. Children observe the people around them behaving in various ways. Individuals that are observed are called models. In society, children are surrounded by many influential models, such as parents within the family, characters on children's TV, friends within their peer group and teachers at school. Children pay attention to some of these people (models) and encode their behaviour. At a later time they may imitate (i.e. copy) the behaviour they have observed.

Value pattern in adolescents
According to a report by Hindustan times, Mumbai on 17th august 2014, Juvenile criminals between 16 and 18 years accounted for more than 60% of the crimes in India last year. According to NCRB statistics in 2013, the rise in crimes against women committed by juveniles was highest in cases where the modesty of a woman was outraged (132.3%) followed by word, gesture or act intended to insult the modesty of a woman (70.5%) and rape (60.3%). Juvenile crime in urban areas in India rose by 40% between 2001-10, says a new report. Morals and ethics are going down, which can be seen in every walk of life. Youngsters are least bother about their health. Taking drinks, tobacco, drugs has become a fashion. Junk food has become preference of youngsters. In today's world values are degraded in youth. There can be many reasons for these problems like mass media influence on young generation, attraction towards a colourful life, independency in early stage of life, desire to show-off, comparison with their peer group in terms of money and status etc. Young generation is more attracted towards modern things, doing cyber crimes, and wants to earn more money by easy means to fulfil their desires. This all shows the steady deterioration of values among Indian youths. The education is important to them and expected to be sources of enlightenment, enrichment and protecting ability for the good values, but unfortunately education does not perform so well in this regard. Therefore, the present study tries to find out the values among young generation.

Objectives of the study
1. To determine the value pattern of adolescents
2. To find out the significant difference in value pattern of adolescents boys and girls.

Hypothesis of the study
There is no significant difference in value pattern of adolescent boys and girls.

Sample of the study
150 secondary school students studying in state and CBSE schools in Bangalore involved in the study by using simple random sampling.

Tool used for the data collection
Personal value inventory (PVI) constructed and standardized by the researcher. It is based on 6 dimensions of personal value i.e. self, democratic, socio-religious, education, family, and health.

Statistical technique used
1. Mean,
2. standard deviation
3. t-test

Analysis and interpretation of data
The responses of secondary school students to personal value inventory (PVI) have been constituted raw data for the present study. This data was subjected to scoring, analysis and application of suitable statistical techniques to arrive for logical conclusions.

Table 1: Value Pattern of Adolescents

Values	Mean
Self	35.80
Democratic	32.61
Socio-Religious	50.31
Education	33.15
Family	40.8
Health	27.09

Table 1 shows mean scores of adolescence on six dimensions of personal values. The table reveal that adolescents gave first preference to socio-religious value. The second preference for them is family. The mean scores of other dimensions are almost same i.e. democratic, self and education. While there is a large difference in mean score of health value i.e. the least preferred value of the adolescents.

Table 2: Value Pattern among Adolescent Boys and Girls

Values	Boys (Mean)	Girls (Mean)	t-value
Self	36.20	35.42	1.11
Democratic	32.85	32.42	0.73
Socio-religious	50	50.62	-0.67
Education	33.59	32.74	1.24
Family	40.82	40.77	0.06
Health	28.63	25.62	4.27**

**Significant at 0.05 level

Table 2 reveals that the obtained t-value (4.27) with regard to health value is more than the tabled value (1.96) at 148 degree of freedom, at 0.05 level of significance. Thus the null hypothesis that there is a no significant difference in mean scores of boys and girls with respect to health value is rejected and can be concluded that boys and girls significantly differ in their health values.
While in case of other i.e. self, democratic, socio-religious, education and family the t-value is lesser than the tabled value (1.96) at 148 degree of freedom, at 0.05 level of significance.

Thus the null hypothesis that there is a no significant difference in mean scores of boys and girls with respect to self, democratic, socio-religious, education and family is accepted and can be concluded that boys and girls do not differ significantly in above mentioned values.
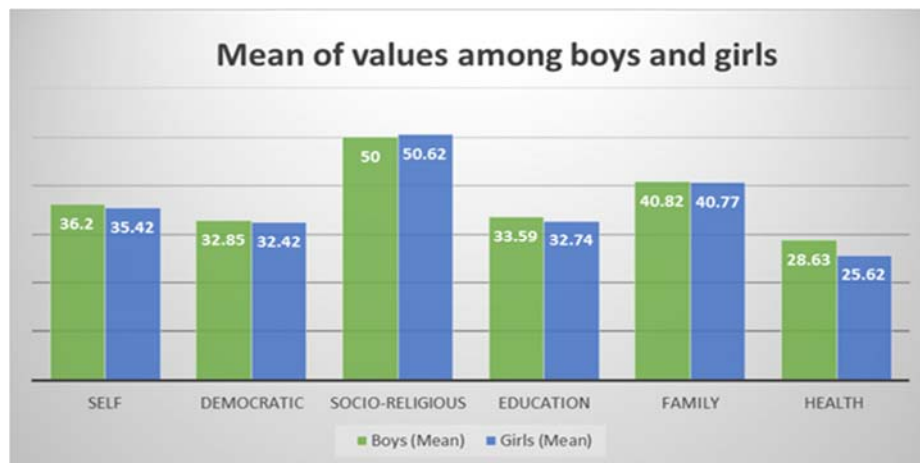

Figure shows the difference in mean values of boys and girls with respect to personal values

Results and Discussion
The results of the study reveal that the children in modern time are giving preference to social values with a mean of 50.31 more than any other value. The other values except than the health value are almost having the nearby mean value. The health value is having the least mean (27.09) and is on the last place of the personal value continuum.

What exactly it shows? It clearly shows that the adolescents are not giving importance to the health. Adolescent is an age when the boys and girls should be maximum aware about their health. It is an age when many physical changes takes place and if the monitoring and care for the physical body will not be taken, it can lead to harm and can be big issues in the future.

Again if we go further and see the difference in the mean values of boys and girls again on health value differ significantly. Boys have higher mean than girls. That again is an alarming sign. In adolescent stage many physiological changes occur in girl's body. If girls are not aware about their health and hygiene then again it can cause severe health problems in their future.

Educational Implications
- The study found out that social values are preferred by the present younger generation. It clearly shows that societal concern is a prime preference to the adolescence. This is definitely a healthy sign that should be tapped for positive results for promoting healthy social environment. A series of programmes like social service, NSS and NCC activities, work experience programmes like SUPW, Health camp, literacy camp etc. shall be given priority in the selection of social activities.
- The study found out an alarming finding that health value has been regarded as least preferred value. WHO repeatedly brought out through its several publications that large percentage of adolescents in the world affected by severe health problems like HIV/AIDS, tobacco use, drug addiction and other diseases. This clearly shows that health value is not a top in the value preferences of present youth. Therefore, school, colleges need to arrange for experts talk on health issues, tips for healthy practices like maintenance of healthy food habits, cleanliness and other health related practices. Introduction of age appropriate sex education at schools, colleges and also in the community will bridge the knowledge gap in adolescent.
- Schools can arrange a group talk on health practices and there can be an individual counseling program for boys and girls about their hygiene, changes taking place in the body, so they will able to cope up with their physical changes and will adopt it as a natural procedure. They should know how the unhealthy practices in present can have an irreversible bad effect on their health and can spoil their future.
- Educate parents and adolescents about the nutritional requirements and to adapt nutritional diet according to the requirements. Parents should realise that they have a larger responsibility to make aware their wards about the health issues and should follow healthy practices at home.
- There is an urgent need of prohibiting sale of tobacco, alcohol and other substance to minors.

Thus it can be concluded that there is an urgent need to have a planned and coordinated efforts of bringing all the youth on good and right healthy practices as it is well said sound mind stays in a sound body.

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