

A Study on Negative Risk Taking Behaviors of Adolescence

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Abstract

Adolescence is the period that occurs in everyone's life. The habits that we learned and practiced will follow us throughout our lives. This study aims at finding the negative and risk-taking behaviors followed by the school students especially those who are studying 10th, 11th, and 12th are taken into consideration for this study. The specific objective of this research paper is to find out the negative practices of adolescents and try to remove them through advice or proper counseling by their teacher or the researcher.

The researcher has chosen ten schools within Trichirappalli, Tamilnadu, and collected responses from the students. The questionnaire is used as a tool for this research. Questions were designed as simple and understandable by the students.

The analysis was made by the collected responses and findings and suggestions were also given by the researcher. Various factors are there to destroy the lifestyle of the adolescence such as personal, family situation, society and school life, etc. Through this analysis, the researcher helps the schools and the teachers to know about the mindset of their students in all these factors.

This research pointed out the negative risk-taking behavior of the adolescence and changes that into a positive way by interacting with students.

Keywords: *Negative, Risk-Taking, Adolescence, School life and behaviors*

1. Introduction

The modern school system was dropped in India, as well as the English language, originally by Lord Thomas Babington Macaulay within the 1830s. The course of study was confined to "modern" subjects and teaching was confined to classrooms. The teacher-student relationship was slightly decreased. The Uttar Pradesh (a state in India) Board of high school and Intermediate Education was the primary Board created in India within the year 1921 with jurisdiction over Rajputana, Central India, and Gwalior.

Department of school education & Literacy of India has planned equal opportunities for schooling and equitable learning outcomes. They released three schemes of Sarva Shiksha Abhiyan (SSA), Rashtriya Madhyamik Shiksha

Abhiyan (RMSA), and Teacher Education (TE) to measure the effectiveness of learning.

Adolescence is the period of transition between childhood and adulthood. It includes some massive changes—to the body, and to the approach a juvenile person relates to the world. The many physical, sexual, cognitive, social, and emotional changes that happen throughout this time will bring anticipation and anxiety for each youngster and their families. Understanding what to expect at different stages will promote healthy development throughout adolescence and into early adulthood.

2. Review Of Literature

2.1 Risk-taking behaviors (RTB)

Yousuf (1974)⁽¹⁾ expressed his views by defining ‘Risk’ as a part of the broader aspect of decision making

2.2 Related to safety (RTS)

Hofmann and Sherman (2002)⁽²⁾ examined cheating among high school students within a context of competitive goal structures. Results explored that students show a general lack of approval for rationalizing cheating but do not approve intolerance for cheating. The above findings were conferred within the context of a competitive goal structure. It was concluded that attitude and tolerance for cheating (on homework as well as on tests) was socially constructed and is not associated with general honesty or dishonesty – rather it is moderated by goal structure.

2.3 Related to Violence (RTV)

Ortiz, Richards, Kohl & Zaddach (2008)⁽³⁾ observed that even when children do not meet the full criteria for post-traumatic stress disorder (PTSD), youth may demonstrate other negative responses related to their trauma that have deleterious effects on their social-emotional development.

Razali (2013)⁽⁴⁾ examined the conflict between child and parent that affect the adolescent's self-development in the Malay people in Malaysia. The article discusses types of conflict, the impact of the conflict on children, and the challenges that most face both the children and parents. The discussion included types of conflict, the impact of conflict, and conflict resolution between parents and children. Conflict resolution has been claimed to equip young people with the opportunity to adapt to the development of learning negotiation skills. Direct evidence that improved parent-child relationships can counteract some harmful effects of parent conflict is available and parent-child relationships can be improved in the high conflict in the family. The conclusion states innovative strategy as a way forward that aims to address the challenges that face both the child and the parent. And the need for urgent affirmative action to overcome these

challenges that might improve parent-child relationships and counteract some harmful effects of parent's conflict with their child.

2.4 Related to Unhealthy Physical Activity (RTP)

Sugata Mitra & Vivek Rana (2001)⁽⁵⁾ had planned to investigate the learning dependency with the availability of technology. Initially, researchers offered internet access to children in New Delhi slum. The methodology adopted for the study was a set of observations regarding the changes in a societal group caused due to the introduction of the internet in the environment. Initially, Language was considered as a barrier among Children as they had minimal understanding of the English alphabets. But within a few days, they learned basic operations for browsing and drawing. Adults, both gendered did not attempt to learn the basic operations. Children frequently used MS paint and Internet explorer they taught each other and also invented their vocabulary for difficult terms. Tremendous growth was observed in their skills of using a computer within a month. Parents thought they could not learn the operation and felt they don't need it. Yet they felt their children would need it. The researchers had concluded that children were very adaptive as they understood and used the computer with ease and felt comfortable.

Ellen Seither (1993)⁽⁶⁾ argues that television is the least legitimate of media forms while reading any other form of material is usually granted as higher status. Ethnographic studies have pointed out how such hierarchies produce defensiveness about certain forms of media consumption. This defensiveness according to the author is called 'halo effect'. The author describes the effect as the underestimation of some forms of media consumption (Such as TV reviews) and the overestimation of other forms of media consumption (such as books, newspapers, or computer usage). The author suggests understanding each media with the population which offers taste in their cultural hierarchy. She also explores TV consumption in the content of the home and the classroom as mediated by family relationships and the relationship between teachers and children. The author suggests the use of an ethnographic, longitudinal method for the study of media consumption and computer use at home as well as in the workplace.

Elisheva, F. Gross (2004)⁽⁷⁾ had wanted to see the gaps between the expectations of parents about adolescents' internet usage. He sampled 261 students from California public schools. Participants had provided daily reports on three types of variables: "overall after-school activity, specific online activity, and psychological adjustment." along with demographic specification. Regression and correlation had been performed on the data. The researcher had generalized the gender –usage expectations from various studies as follows: boys spent more time on various internet activities like playgirls 'same and surfing but girls activities are monotonous and mostly preferred chatting. Adolescents have engaged in the entity

experiments in internet. Observing highly detailed daily reports of adolescents' Internet activities at home, the researcher identifies depression and isolation among frequent internet users.

Belanger and Mathien (2009)⁽⁸⁾ found that the majority of people worldwide, including 90% of Canadian adolescents, do not meet recommendations on physical activity to a better understanding of how, when, and why physical activity is needed. Among adolescents, (1) document how weather condition affects physical activity; (2) determine whether participants enrolled in gained physical activities maintain healthier activity levels; (3) identified periods of the marked decline in participation in specific physical activities and (4) describe patterns of physical activity participation over five years. A 7-day physical activity recall was completed by 1293 adolescents, initially aged 12-13 years, and every three months over 5 years. The relationship between the number of physical activity sessions daily and each season and weather conditions was assessed in the Poisson regression model with random effects. We survival analyses to ascent when discontinuation of specific activities occurred among adolescents were reported the activity at baseline. Finally, the latent class growth curve made were used to identify classes of participants with similar physical activity trajectories during adolescence. Adolescents who participated in organized physical activity in girls 7 reported 42% more activities on average than other active adolescents. However, organized activities did not protect against declines in physical activity. The most sustainable activities included that are done individually, and activities of light or moderate interest. Four and three trajectory classes were identified in girls and boys respectively. These findings provide directions to increase physical activity throughout adolescence and beyond.

2.5 Related to Unhealthy Dietary Habits (RTD)

Bruening M, et al (2012)⁽⁹⁾ conducted a research study to identify predictors of breakfast consumption among adolescents. And the result obtained was that frequency of breakfast consumption at follow-up was positively associated with baseline breakfast consumption and inversely associated with baseline weight concerns ($P < .01$). Perceptions of being too rushed in the morning to eat a healthful breakfast were associated with lower breakfast frequency 5 years later among girls ($P < .01$). After adjusting for baseline breakfast consumption, none of the associations with predictor variables remained statistically significant. Finally, it was concluded that early adolescence is an important time to establish regular breakfast consumption. Interventions aimed at increasing breakfast consumption should include messages about healthful weight management and ideas for quick, healthful breakfasts.

Canoy and Buchan, 2007; Rolls, 2007; Jebb, 2007(10). The dietary pattern also plays an important role in increasing obesity. The plenty and variety of manufactured food with different palatable tastes, highly rich in fat, sugar, salt all

the time, in addition to the spread of restaurants, have changed people's trend to food. There has also been a consumption increase as these high dense fat-sugar foods affect satiety signals to become weak and give pleasurable mouth feel so the individual has the appetite to eat and drink more.

2.6 Related to Sad Feelings (RTA)

Seligman and Csikszentmihalyi (2000)⁽¹¹⁾ in their study on happiness orientations found that many of the individuals who simultaneously scored low on all three orientations were likely depressed, anxious, or otherwise distressed. These are the people that clinical psychology has studied for 50 years, grouping everyone else together as "normal".

Harvey and Byrd (2000)⁽¹²⁾ examined the relationship between 95 university students' (mean age 19.6 years) perceptions of their familial attachment and how their families cope with life's difficulties. It was hypothesized that individuals with high levels of attachment would perceive their families as using more active coping strategies (e.g., mobilizing the family to deal with a problem and making efforts to acquire social support). The results supported this hypothesis. Further, individuals with high levels of anxious/ambivalent attachment perceived their families as using a passive appraisal coping strategy. It is suggested that this is because of a desire to avoid confrontation for fear of disturbing family accord.

2.7 Related to Substance Use (RTU)

Galen et al., (1997)⁽¹³⁾ many studies have recognized one psychological aspect that is constantly connected to an increased danger of substance abuse a character pattern of high innovation looking for, low damage escaping, and high return dependence).

Swadi, 1999 and Reinherz et al., (2000)⁽¹⁴⁾ Another psychological factor that has been given to be predictive of both the beginning and persistence of substance abuse is high aggressiveness. The researcher founds that both teacher-rated and self-rated forcefulness at age 9 were predictive of substance abuse disorders at age 21.

2.8 Motivation

Ginsburg and Bronstein (1993)⁽¹⁵⁾ conducted a comparative study of family factors about children's intrinsic and extrinsic motivational orientation and academic performance. Ninety-three fifth grade students and their parents from Florida were selected for data collection. Achievement scores were obtained from their school records. The study revealed, —Extrinsic rewards and over-and-under controlling family styles were found to be related to extrinsic motivation and lower academic achievement of the students whereas parental encouragement was associated with intrinsic motivation of the students.

2.9 Negative Motivation

Duell, Natasha & Steinberg, Laurence.(2020)⁽¹⁶⁾ studied 223 adolescents to know about the risk-taking behaviors involved in this phase of human life. The researcher compared positive as well as negative risk-taking behaviors to find out the best output. It confirmed that negative risk-taking behaviors should not be suitable for adolescents in school management.

Igra, Vivien & Irwin, Charles. (1996)⁽¹⁷⁾ This study pointed out using the vehicle in high speed, drug usage, over maturity, irregular eating habits, homicidal and suicidal thoughts, and minor crimes that an adolescent can perform as risk-taking behaviors. These are all completely negative risk-taking behaviors. The author here compared these behaviors with the health of adolescents. It concluded that these negative risk-taking behaviors are damage to the health of adolescents.

3. Model

The proposed model considers RTB as Independent Variables (IV) and NEM as the Dependent Variable for the relationship between RTB and NEM. Theoretically, there is a correlation between RTB & NEM. This thesis carries exact literature view to support this view. Hence RTS, RTV, RTP, RTD, RTA, RTU are jointly termed as RTB. This research tells the relationship between RTB & NEM.

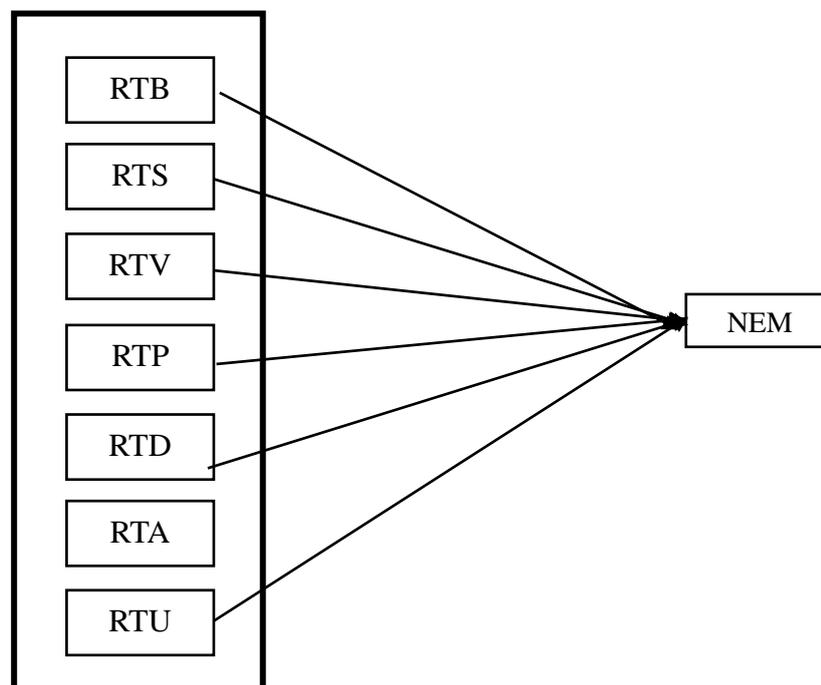


Figure 1. Conceptual Model

4. Methods

Predicated on the review of literature, a detailed questionnaire (Appendix) was developed. The questionnaire has seven sections – RTS, RTV, RTP, RTD, RTA, RTU & NEM.

5. Measurements

H1: There is a positive significant relationship between RTB and NEM.

In Alternative solutions, NEM is dependent variable; RTB independent variables. The dependent variables are conceptualized by the individual's posture towards NEM and its operations by utilizing a set of 5-point Likert scale verbalization to quantify NEM. It is quantified by utilizing verbal expressions. The independent variable is conceptualized by RTS, RTV, RTP, RTD, RTA, and RTV.

6. Reliability Analysis

Predicated on the review of literature, a detailed questionnaire (Appendix) was developed. The questionnaire has seven sections – RTS, RTV, RTP, RTD, RTA, RTU & NEM.

Table 1. Reliability of the Instruments

S.NO	VARIABLE
1.	RTS
2.	RTV
3.	RTP
4.	RTD
5.	RTA
6.	RTU
7.	NEM
Reliability Coefficients	
No. of cases = 402.0	
No. of items = 7	
Alpha = 0.854	

7. Data and Samples

In this study, the researcher focused on ten schools within tiruchirappalli, Tamilnadu. Grade 10th, grade 11th and grade 12th students were taken into consideration for collecting responses. Population and samples in number

8. Statistical Implements

The data was analyzed using correlation and regression analyses to test the hypotheses. Statistical Package for Social Science (SPSS version 18.0) was acclimated to analyze and interpret the data.

9. Results and Discussion

In order to examine the relationship between RTS, RTV, RTP, RTD, RTA, RTV and NEM we perform correlation and regression analyses.

H₁: In order to find out the influence of RTS, RTV, RTP, RTD, RTA, RTV to NEM, a multiple linear regression model was utilized by considering RTS, RTV, RTP, RTD, RTA, RTV as the explanatory variable and NEM as the dependent variable. From the regression model, it is inferred that RTS, RTV, RTP, RTD, RTA, RTV have significant relationship and influence on NEM. This can be inferred from the t-value (4.220) and its associated p-value (0.000). The RTS, RTV, RTP, RTD, RTA, RTV expound 0.123 of variations in NEM (refer R² value in Table 2). By referring to the F-value and its p-value, it can be inferred that the model is found to be valid. There is a correlation between RTS, RTV, RTP, RTD, RTA, RTV to NEM (Table 3). To verify the use of multi- co linearity, a test was carried out.

RTB as a Predictor of NEM: A Study Amongst Higher secondary students

Table 2. Results of Multiple linear Regression Model for RTB

Model	Unstandardized Coefficient	Standardized Coefficient (Beta)	t-value	p-value (Two-Tailed)	VIF: 1.000 R ² = 0.154	Results
RTB	0.073	0.416	4.220	0		Significant
F-Value= 10.152, p-value=0						

Table 3: Results of correlation between RTB

RTB and NEM	Correlation	<i>p</i> -value (Two- Tailed)	Results
	0.421	0	Significant

The results show that the VIF factor in this model is 1.000, indicating the multi-co linearity problem. The study reveals the following relationship for NEM:

$$= 0.073 \text{ RTB} + \text{Error Term}$$

10. Conclusion

This study confirms that negative risk-taking behaviors were existing in the adolescent stage. The responses from the school's students tell that negative risk-taking behaviors are creating a tremendous impact than positive risk-taking behaviors. Students belong to this stage attractive towards negative behaviors only.

In this study, the researcher confirmed that negative risk-taking behaviors are there in the adolescent lifestyle and they loved to do that also. Through proper counseling and caring, we can surely change all the negative behaviors into positive behaviors. This study highly recommends caring and interacting with students as change tools.

10.1 Theoretical implementation of the study

This study is dealing with the adolescent phase of human beings and the risk-taking behaviors which they used to do in this specific stage. Mostly human beings are studying high schooling or higher secondary when they are in this adolescent phase. We know that many risk-taking behaviors exist among students. In the Adolescent phase, students dare to do any risk-taking without the knowledge of their parents. They know how to hide the impacts of risk-taking from their surroundings.

In this study, the researcher tries to find risk-taking behaviors among 10th, 11th and 12th students who belong to the Tiruchirappalli region. This research made an analysis based on the findings and tries to remove all the negative risk-taking behaviors from student life.

Pragmatic implementation of the study

This study analyses all the negative risk-taking behaviors of adolescents. The researcher cannot able to provide counseling one by one. So the researcher telecasts the awareness videos in between the response collection to the students.

That awareness videos are based on the perfect age to handling bike, the effectiveness of Parent-children interaction, types of friendships, and good friendship vs bad friendship. This made all the students to be attentive and to give possible responses to the questions.

The researcher tells the school in-charges about the mindset of their students and provides the collected responses based on the need of the school administration.

10.2 Limitations of the study

- Whatever negative behaviors which the researcher thought exists in the adolescent stage is only presented in the questionnaire. The research is not covering all the negative behaviors.

- This research is an attempt to analyze the behavior pattern of the students and tries to answer all the queries of the students who were considered as respondents.

10.3 Scope for further research

This research provides all the basic details about the negative behaviors that occur in the adolescent phase. The world is full of technologies nowadays. This technological world leads to take more risk-taking phases. So this research will help in the future to answer updated risk-taking issues.

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