

Original Research Article

Military Discipline Vs Urban Civilization: Effect on Adolescent Mental Health

Amruta Gokhale-Bhuskute

Assistant Professor, Department of Psychology, Smt. Binzani Mahila Mahavidyalaya, Nagpur, Maharashtra, India-440022

ABSTRACT

Mental Health of young adolescents is of major concern worldwide, today. It is accounted for burden of various diseases in grown up adults, in later age. Hence, it is not permissible to leave any issue or aspect of adolescent mental health unaddressed or unidentified. This research work is an attempt to access various psychopathologies in early adolescents in the perspective of familial and neighboring environment. Total 240 adolescent students (Mean Age - 15 years 03 months) who reside either in Military Cantonment Area and Urban Civil Area were chosen for this study. They have been assessed on various 12 psychopathologies along with related behavioral and mental problems with the help of Raymond's Adolescent Psychopathology Scale (APS-SF). To investigator's surprise, this study concludes that each kind of familial and neighboring environment contributes in the development of different psychopathologies and other problems as psychopathologies such as Conduct Disorder & Academic Problems are observed in higher number of adolescent students from Military Cantonment Area and psychopathologies such as Anger & Violence Proneness, Generalized Anxiety Disorder, Major Depression & Interpersonal Problems are observed in higher number of adolescent students from Urban Civil Area. Conclusion of the study highlights the need of moderately disciplined familial environment and structured, chaos free, safe and secluded neighborhood for the sound development of children and adolescents.

Keywords: Psychopathology, Adolescents, Mental Health, Urban Area, Military Area

INTRODUCTION

Every child grows with his/her own predispositions. Along with these basic birth traits and structure, another most influential category of factors is related to the outer world the child enters and encounter with for his lifetime. A realistic view of social development requires an awareness not only of the fact that the individual undergoes constant physical, intellectual, and personality growth but also that these influences change from time to time to and vary from culture to culture. Many a times child crudely coerced by his family and society to behave in approved ways as socialization is a process in which curiosity, imitation, identification, and reinforcement

play subtle roles. As a consequence, the child acquires values and belief and social attitudes that in some instances are conventional and in other peculiar (Sarason, 1972).

There are many environmental factors that affect the overall development of the child. As the child grows, his or her personal world enlarges. The family, the school, the peers, the community at a large, social-environmental-economical-national status and surroundings are surely very important factors in the development of the child. It would not be an exaggeration, if it is said that these factors develop an individual in a atypical manner.

Psycho-social Development and Social Systems:

Each person lives not only in a single social system but in number of social molds and structures. Every individual encounters typically with family, school, peers, workplace and community. Every sphere of society is different in unique manner. The individual, his family, and his educational and vocational experiences can be viewed realistically only if we remember that all these small systems are rooted in community. The community has its own values, beliefs and even psychological spirit. Hence, research related to personality is also aimed at dealing with communities, urban-rural, a slum or shanty town, a reputed colony or a single institution as a school, hospital, a factory etc.

Adolescents, to a large extent depend on all these social systems for their psycho-social-moral development, adjustment, adaptation and to strengthen their personality. There are various research evidences have found highlighting the importance of these social systems and related surroundings in the development of sound personality or malformation of personality (Bornstein & Bornstein, 2014, Usoroh, Akpan, Amadi, & Ezenwa, 2014, Rehman & Singh, 2015, Han, S. C., & G., 2016).

Adolescent Psychopathology & Surrounding Influence:

Behavioural and psycho-social problems in adolescents are ranging from mild behavioural deviation such as low in academic performance, low self esteem, frustration, confusion and quarrelsome, being squabble to sever problems like depression, eating disturbances, conduct problems, suicidal thoughts, emotional vulnerability etc. Family structure, parental style, socio-economic status of the family, social environment, personality factors is largely accounted for the development of adolescent psychopathologies. Various research studies have highlighted the same (Draguns & J. G., 2003, Lopez & Gurnaccia, 2000, Cichetti & Rogosch,

2002, Kumar & Tiwari, 2008, Ivanova & Israel, 2006). Nonetheless, School environment and culture is also studied to examine the kind of effect it posed on students' development (Ruuter, 2005, McNeely & Falci, 2004).

Moreover, it is important to note that development of children's psyche and personality also gets modified through the experiences and the effect of surrounding environment and societal system (a local area one resides in). Few research evidences are available with this respect to the effect of urban or rural environment on mental health of human beings (Towards an Urban Psychology: Research, Action, and Policy, 2004, Srivastava, 2009, Melis, Gelormino, Marra, Ferracin, & Costa, 2015, Litman, 2017), but, extensive research is expected to examine how local area surrounding, environmental forces working upon one's residence and system-infrastructure vacuum or facilities affect one's development.

Military Cantonment Vs Urban Civil Residence:

Military Cantonments refer to military residential areas, which are primarily established for the Defence and Army personnel, although kept in separate boundaries; they are intermixed with civil population areas, offering peaceful and insulated living in urban areas for the military personnel. While jobs relating to basic infrastructure maintenance are managed by the Cantonment boards, like road laying, sewerage maintenance, etc besides Electricity and water supply management, most of the Cantonment Boards, operate Social clubs and canteens, to supply provisions and essential goods, apart from offering recreational facilities and entertainment. Thus, it is these area are found to be well organised, spacious, neatly planned, adequate with resources and sanitation, safe, sound and poised for living peacefully, secluded with minimal requirement of commenting with vehicles. Hence, residing population does not experience day to day stress and anxiety of managing things on their own. A

cantonment is a separate township under a cantonment board which is like a town committee or municipal board. It has some elected civilian members and others nominated by the station HQ. The cantonment board runs all the civic services like a municipal board. Most cantonments have normal bazaars and civil population like any small town or locality. The rules and regulations in a cantonment are however strictly enforced (Varma, 2016).

The total urban population in the country as per Census 2011 is more than 377 million constituting 31.16% of the total population. The latest population figures are based on data from the 2011 census of India. India has 641,000 inhabited villages and 72.2 percent of the total population reside in these rural areas. Of them 145,000 villages have population size of 500–999 persons; 130,000 villages have population size of 1000–1999 and 128,000 villages have population size of 200–499. There are 396 villages that have a population of 10,000 persons or more. India's 27.8 percent urban population lives in more than 5,100 towns and over 380 urban agglomerations. In the decade of 1991–2001, migration to major cities caused rapid increase in urban population. The number of Indians living in urban areas has grown by 31.2% between 1991 and 2001. Yet, in 2001, over 70% lived in rural areas (Chandramoulli, 2011). In the last decade, the staggering decline in the quality of life in the Indian city has pushed everything to the brink of failure. Streets saturated with cars; fierce and endless fights over parking; a chronic shortage of water; increases in load shedding; dismal quality of housing space; rapid decrease of tree cover; the complete absence of public life; eroding morality; rise of sex crimes, theft and violence. On the other hand, urban civil area of living is free to live and roan around, no time restrictions or moving limitations. Thus, residents of civil area enjoy more liberty and freedom.

Problems of the Study: Do adolescents from Military Cantonment Area and Urban

Civil Area differ from one another on Psychopathology?

Hypothesis: Adolescents from Military Cantonment Area and Urban Civil Area differ from one another on Psychopathology?

METHOD

- **Sample:** Purposive sample is undertaken for present study. Total 240 adolescent students were randomly chosen as a sample out of a pool of data collected. Each 120 students, both boys and girls, were from Military Cantonment Area and Urban Civil Area.

- **Participant's Characteristics:** Participants chosen for this study are:

- **Age:** Adolescent students from age range of 12 years 01 month to 17 years 07 months (Mean Age – 15 years 03 months)

- **Residing Area:** Sample is divided into two groups under study. 120 participants were chosen from Urban Civil Area and 120 participants were from Military Cantonment Area adjacent to the city.

- **Gender:** Sample includes 70 boys and girls 54 girls.

- **Research Design:** Between Group Design.

- **Tool Used:**

1. **Rynold's Adolescent Psychopathology Scale (SF):** This test assess the psychopathology of the adolescents (Age Range -12 to 19 years) on the 12 clinical scales, out of them 6 scales are consistent with the DSM-IV symptoms specification and remaining 6 evaluate related and important domains of adolescent psychological problems and competencies. These scales are Conduct Disorder (CND), Oppositional Defiant Disorder (OPD), Major Depression (DEP), and Generalized Anxiety Disorder (GAD), Post traumatic stress disorder (PTS), Substance Abuse Disorder (SUB), Eating Disturbances (EAT), Suicide (SUI), Academic Problems (ADP), Anger / violence proneness (AVP),

Self Concept (SCP), and Interpersonal Problems (IPP).

- **Statistical Analysis:** Computerized scoring of the tool used provides *T* score for each psychopathology. Test norms also categorize psychopathologies found in i. Subclinical Symptom Range, ii. Mild Symptom Range, iii. Moderate

Symptom Range, iv. Severe Symptom Range. Also, number of adolescents with and without any observed psychopathology is calculated and accordingly, comparison between two groups is made on the basis of percentage.

RESULT & DISCUSSION

Table no. 01 shows the number and percentage of subjects from both the groups in which respective psychopathologies are observed:

Psychopathologies & Its categories		Adolescents from			
		Military Cantonment Area		Civil Area	
		Number	%	Number	%
Conduct Disorder (CND)	Evidence of Psychopathology	25	20.83	14	11.66
	No Evidence of Psychopathology	95	79.16	106	88.33
Oppositional Defiant Behavior Disorder(OBDD)	Evidence of Psychopathology	17	15.10	15	12.5
	No Evidence of Psychopathology	103	84.17	105	87.5
Substance Abuse (SUB)	Evidence of Psychopathology	05	4.16	03	2.5
	No Evidence of Psychopathology	115	95.83	117	97.5
Aggression & Violence Proneness(AVP)	Evidence of Psychopathology	21	17.5	32	26.66
	No Evidence of Psychopathology	99	82.5	88	73.33
Academic Problems(ADP)	Evidence of Psychopathology	31	25.83	24	20
	No Evidence of Psychopathology	89	74.16	96	80
Generalized Anxiety Disorder(GAD)	Evidence of Psychopathology	26	21.66	52	43.33
	No Evidence of Psychopathology	94	78.33	68	56.66
Post Traumatic Stress Disorder(PTTS)	Evidence of Psychopathology	12	10	10	8.33
	No Evidence of Psychopathology	88	90	110	91.66
Major Depression (DEP)	Evidence of Psychopathology	23	19.16	42	35
	No Evidence of Psychopathology	97	80.83	78	65
Eating Disorder (EAT)	Evidence of Psychopathology	12	10	10	8.33
	No Evidence of Psychopathology	88	90	110	91.66
Suicide (SUI)	Evidence of Psychopathology	12	10	13	10.83
	No Evidence of Psychopathology	108	90	107	89.16
Self Concept Problems (SCP)	Evidence of Psychopathology	32	26.66	40	33.33
	No Evidence of Psychopathology	88	73.33	80	66.66
Interpersonal Problems (IPP)	Evidence of Psychopathology	24	20	52	43.33
	No Evidence of Psychopathology	96	80	68	56.66

(Figures shown in gray shade indicates the higher percentage than the other group)

PSYCHOPATHOLOGIES OBSERVED IN MILITARY CANTONMENT AREA:

Conduct Disorder & Academic Problems are two psychopathologies which are found in higher number of subjects from Military Cantonment Area. Conduct Disorder is mostly observed, though low in intensity, psychopathology in adolescent age group. Antisocial behaviours such as stealing, fighting, lying, cruelty to animals, use of weapon, destruction of property, fire setting, non-compliance with rules at home & at school, trouble with school authorities and other behavioural problems comes under this psychopathology. It is known to all of us that military culture and setting around is full of discipline and authoritative exercise. This indicates the detrimental

effect of authoritative school culture. Research findings have indicated the cause and effect relation between high discipline and conduct problems. Exercising forceful authority instigates hostile and disobeying behaviour in adolescents and makes them more externalised and rebellious (Baumrind, 1968, (Oustan, Mawghan, & Martimore, 1980).

Secondly, Academic Problems are associated with academic area of the subjects. It indicates problems such as of not paying attention, getting distracted, being fancy, and trouble getting involved in classroom activities and less concentration. This could be the result of high authority, too. There is a scope to state that high expectations about discipline, performance,

academics in strict environment of an army public school imposes extra burden on the subjects which is resulting in academic problems. Previous research findings support this finding (Kohli, Malik, & Mamta, 2013, Bihari, S., 2014)

PSYCHOPATHOLOGIES OBSERVED IN URBAN CIVIL AREA:

Psychopathologies such as Anger & Violence Proneness, Generalized Anxiety Disorder, Major Depression, Suicide, and Inter-Personal Problems are observed in higher number of subjects from Civil Area in comparison to subjects from Military Cantonment Area. Anger & Violence Proneness has detrimental effect on the entire personality of the individual. Loss of temper, excessive anger, easily getting angry, lack of control over one's behaviour, physical harming to others, and physical retribution is the symptoms of this psychopathology. Anger & Violence Proneness may lead to aggressive and destructive behaviour. This kind of behaviour is found closely associated with high amount of stress in modern lifestyle and lack of life skills in adolescents to cope with the stressors (Dey, Rahman, Bairagi, & Rao, 2014).

Generalised Anxiety Disorder can be defined as feeling of excessive anxiety & worry, restlessness, fatigue, difficulty while concentrating, irritability, body aches, dizziness, and difficulty falling asleep. Anxiety and stress is closely related. Urbanisation has added lot of anarchy to human life. Major Depression is known as depressed & irritable mood, diminished pleasure in activities, and decreased appetite, insomnia, fatigue and loss of energy, feeling of worthlessness, difficulty concentrating or thinking. We are well versed with the fact that depression is rapidly increasing in number and becoming highest rated cause of mental illness and physical problems, too. This result finding is very eye opening to this fact. 'Anger - Anxiety - Frustration - Depression' is a frequently observed sequential relationship and the most despondent one. This finding

is in line with previous research findings by (Therese & Qu Jian, 2005, Singhal M., 2016, Singh, Junnarkar, & Sharma, 2015).

Inter-Personal Problems covers feeling of loneliness, lack of friends, social introversion, and problems adjusting with others, social withdrawal, shyness, feeling mad, losing one's temper and difficulty controlling one's behaviour. Inter-personal problems are reported very frequently these days. Man is a social animal and it is very sad if one is not able to adapt to personal and social relationships and living and enjoying being social. Loss of peace of mind and inability to keep oneself calm and composed while dealing with multiple and distressful life situations are a common picture all around. Research says, it adds to interpersonal problems (Rishi & Khuntia, 2012).

CONCLUSION

It is concluded that detrimental effect of chaotic conditions and stressful urban living results in development of psychopathologies such as Anger & Violence Proneness, Generalized Anxiety Disorder, Major Depression and Inter-Personal Problems. On the other hand, excessive discipline, authority and formal living in Military Cantonment Area indirectly reinforce the development of Conduct Disorder and Academic Problems in adolescents. Both the living conditions have no major effect on adolescent psychopathologies such as Suicide Ideation, Post-traumatic Stress Disorder, Oppositional Defiant Behavior Disorder, and Self Concept Problems.

SCOPE:

Mental health of growing children is a matter of concern worldwide. Many factors have broadly been studied by researchers, NGOs, Govt. agencies to investigate the effect of various factors related to heredity, upbringing, family, school, culture, society have on the total development of children and adolescents. Investigator believes that less explored factors affecting psychosocial development of children such as local surrounding, civic facilities available or not available, living comfort;

peaceful transport has a wide scope for study. Though urban living is appreciated by most of the population in developing countries, lack of sufficient natural and manmade resources and infrastructure have put in excess burden on the living ones. On the other hand, other forms of residents such as rural living or military residence have their own falls. Hence, it is foreseen that comparing the dynamics and consequences of these different patterns and prototype will come up with some consensus with structural solution for better habitation in future.

LIMITATIONS:

1. Gender effect on psychopathology is not studied.
2. Only adolescent population is employed in the study.

REFERENCES

- Baumrind, D. (1968). Authoritarian vs. authoritative parental control. *Adolescence*, 3, 255-272.
- Bihari, S. (2014). Academic Anxiety among Secondary School Students with reference to Gender, Habitat and Types of School. *International Journal of Education and Psychological Research*, 3 (4).
- Chandramoulli, D. (2011). *Rural Urban Distribution of Population Census of India 2011*. New Delhi: Ministry of Home Affairs, Govt. of India.
- Dey, B. K., Rahman, A., Bairagi, A., & Rao, K. (2014). Stress and Anger of Rural and Urban Adolescents. *Scientific Research* (5), 177-184.
- Kohli, S., Malik, A., & Mamta. (2013). Academic anxiety and wellbeing amongst rural and urban adolescents. *Indian Journal of Positive Psychology*, 4 (1), 148-152.
- Litman, T. (2017). *Urban Sanity*. Victoria, U.A.S.: Victoria Transport Policy Institute.
- McNeely, C., & Falci, C. (2004). School Connectedness and the Transition Into and Out of Health-Risk Behavior Among Adolescents: A Comparison of Social Belonging and Teacher Support. *Journal of School Health*, 74 (7), 284-892.
- Melis, G., Gelormino, E., Marra, G., Ferracin, E., & Costa, G. (2015). The Effects of the Urban Built Environment on Mental Health: A Cohort study in a Large Northern Italian State. *International Journal of Environmental Research and Public Health*, 14898 - 14915.
- Oustan, J., Mawghan, B., & Martimore, P. (1980). *School Influences*. In M. Rutter, & M. Rutter (Ed.), *Scientific Foundation of developmental Psychiatry*. London: Medical Books Limited.
- Rishi, P., & Khuntia, G. (2012). Urban Environmental Stress and Behavioral Adaptation in Bhopal City of India. *Urban Studies Research*.
- Ruuter, M. (2005). How the environment affects mental health. *British Journal of Psychiatry*, 186, 4-6.
- Singh, K., Junnarkar, M., & Sharma, S. (2015). Anxiety, stress, depression, and psychosocial functioning of Indian adolescents. *Indian Journal of Psychiatry*, 57 (4), 367-374.
- Singhal M, M. M. (2016). Subclinical depression in Urban Indian adolescents: Prevalence, felt needs, and correlates. *Indian Journal of Psychiatry*, 58, 394-402.
- Srivastava, K. (2009). Urbanization and mental health. *Indian Journal of Psychiatry*, 18 (2), 75-76.
- Therese, H., & Qu Jian, D. (2005). Anxiety and Depression in Adolescents in Urban and Rural China. *Psychological Reports*, 96 (2).
- *Towards an Urban Psychology: Research, Action, and Policy* (2004). Washington DC: American Psychological Association.
- Varma, B. (2016, March 25). *A Glimpse of Life in the Army*. Retrieved March 15, 2017, from Indian Defence Review: <http://www.indiandefencereview.com>

How to cite this article: Bhuskute AG. Military discipline Vs urban civilization: effect on adolescent mental health. *Int J Health Sci Res.* 2017; 7(5):326-331.
