Impact of Irresponsible Teenage Behavior in Modern Society

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Abstract

This research has been focused on exploring the impact of irresponsible teenage behaviour on modern society. Teenage children suffer from continuous changes in their bodies and mind, which increases their enthusiasm toward risky activities and behaviours. Irresponsible teenage behaviour involves several types of risky behaviour and activities that teenagers are habituated to, including drug and alcohol consumption, illegitimate intercourse, risky driving, theft, cyber crimes and fighting. A secondary qualitative data collection method has been used and relevant information has been collected from journals, newspaper articles and reliable websites. Thematic analysis has been conducted and the results indicate that ITB poses a major impact on the emotional, mental and physical development of youths as well as on modern society. The prevalence of drug consumption has increased rapidly among school-going teenagers and overdoses of drug consumption have been identified to be a major cause of untimely death of teenagers. In addition, effective solutions have been proposed including guidelines for parents for increasing connection with children and enhancing engagement to monitor their behaviour and habits. Optimising the behaviour of peers and friends of the child is another effective solution proposed for preventing this behaviour and its associated impact on society. In addition, parents have to ensure proper parenting and involvement with their child for gaining knowledge about their behaviour and habits. Considering these practices and improving parental guidance can improve the mental and emotional perception of a teenager and reduce their impact on society.

Keywords

Alcohol Consumption, Drug Use, Irresponsible Teenage Behavior, Pre-Marital Sex, Risky Behaviour

INTRODUCTION

Background of the Research

Teenagers are among the most vulnerable groups due to severe emotional, mental, social and physical changes. Additionally, a teenage period or adolescence generally refers to the time span of 15-17 years of age and changes everything along with developing several kinds of unhealthy habits [1]. Children, who are passing through this period, experience changes and have a high enthusiasm for everything, which often leads them to develop several types of irresponsible behaviour. Teenagers are more likely to engage in risky behaviour and activities, such as dangerous driving, fighting with peers as well as unknown persons, unprotected sex and drug and alcohol consumption. It has been observed that teenagers from secondary schools are more engaged in drug consumption and on average, 50% of teenagers have consumed drugs once or more [2]. On the other hand, increased use of social media, consuming illegal substances and other types of illicit activities are more common among teenagers.

Teenagers are more involved in seeking experiences and enjoying new activities, which most of the time, influences them to involve in irresponsible behaviours and activities. In addition, the physical and emotional changes they experience in this period can also push them toward becoming anti-social beings. Teenagers are more likely to become independent in this period and seek a formal social identity. In 2016, approximately 38,455 cases have been reported against youths in India and the majority of these cases were theft and in the second place was rape [3]. Thus, it can be stated that teenagers are more engaged in irresponsible behaviours and activities than other age groups and the prevalence of these activities can have a high impact on society as teenagers are regarded as a significant part of society.
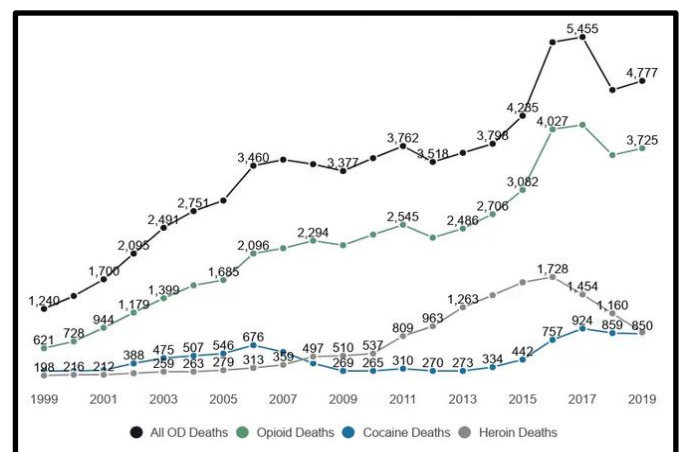

Figure 1: Deaths of teenagers due to overdose of drugs[2]

Aim and objectives

The following study has been carried out to elaborate on the impact of irresponsible teenage behaviour in modern society and identify associated challenges and solutions.

Objectives

- To identify the factors associated with irresponsible teenage behaviour

- To evaluate the negative impacts of irresponsible teenage behaviour on modern society
- To recommend potential solutions to prevent irresponsible teenage behaviour and improve the negative impacts

Scope of the study

This study has explored "irresponsible teenage behaviour" or ITB and its impact on modern society and has also provided effective insights associated with this phenomenon. The risky and irresponsible behavioural and activities common for teenagers have been identified and assessed. On the other hand, the potential impact of these behaviours on society and the health and well-being of teenagers has been evaluated and this study has provided effective insights into the main causes of ITB and potential solutions for preventing these behaviours. Thus, this research has opened a new dimension for understanding the impact of the changes children face during the teenage period on their physical and mental health as well as on society.

MATERIAL AND METHODS

Research Design

Research design is the overall strategy that researchers have to follow during the research study to get optimum results from the research [4]. Research design helps to perform research work in a systematic order. This research follows the explanatory research design to understand the impact of irresponsible teenage behaviour in modern society. This research also follows the interpretivism research philosophy and which is most suited to evaluate the issue. This philosophy provides researchers with a positive strategic approach and helps to evaluate the issue properly. This research also follows the inductive research approach to effectively understand the issue and it also helps to analyse the issue prominently [5].

Research type

There are different types of research that are classified according to the objective and depth of the research study [6]. This research study follows the secondary qualitative data collection method. Primary and secondary data collections are the two types of the data collection method. Both of these methods are capable of collecting relevant data but primary data collection is time-consuming. Secondary Data collection is based on the data that are available in previous articles and research papers. The secondary methods are used for gathering some qualitative data related to the following research topics. Secondary data collection methods are easier and it is time efficient in collecting data. Therefore, secondary quantitative data collection methods are chosen for this research.

Inclusion/Exclusion criteria

Inclusion Criteria

- Authentic articles, journals, websites and newspapers

will be considered for collecting the datasets.
- Only the journal articles published after 2018 will be included for collecting the datasets.
- Journal articles which are written in English are only included in the data collection.

Exclusion criteria

- doctoral dissertations and Conference papers will be excluded from collecting data regarding the specific research
- Journal articles published before 2018 will be excluded from the data collection
- All languages other than English are excluded from selecting journal articles that are used in data collection.

Data analysis technique

Data collection and analysis techniques are referred to the methods which are used to collect data to perform the research study. The data analysis method is useful to understand the issue more prominently [7]. There are two types of data analysis methods that are qualitative and quantitative. Qualitative data refers to the data that describes the characteristics, qualities and non-quantifiable factors. Qualitative data include the personal opinion of an individual which helps to analyse the issues effectively. This research follows the qualitative data collection method. Therefore, the data analysis method is also based on the qualitative analysis method. This research follows qualitative data analysis as qualitative data analysis is more time efficient and effective other than quantitative data analysis. The following research is also based on thematic analysis that helps to evaluate the respective social issue more prominently and it makes decision-making easier for the researchers.

RESULTS

Factors leading to irresponsible teenage behaviour

Children face various types of changes during the teenage period, including physical, mental, emotional and social and eventually shift their way of thinking or interacting. It has been observed that teenage children are more enthusiastic and engaged to learn and develop new experiences and often involve themselves in risky activities. Several factors can cause this behaviour, such as emotional changes, changes in social perception, feelings of isolation, rejection from parents and most influentially, the negative influence of peers [8]. On the other hand, it has been identified that teenage girls are more likely to fall into traps than boys as it is easy to lure adolescent girls by offering them expensive goods which their family cannot provide or has refused to provide. Thus, girls are more often to be exposed to and exploited which ultimately poses a comprehensive impact on their health, mental health, emotional well-being and social status.

Negative influence from peers is another major reason for indulging in ITB and it can eventually push teenage children toward involvement in several kinds of addictions, including alcohol consumption, drug usage, smoking or gambling. On

the other hand, for girls, the influence of peers or intimate partners can push them toward "pre-marital sex" or even prostitution. In addition, several other factors have been identified that influence children and teenagers to indulge in irresponsible behaviour. These factors include a lack of maintenance or discipline from guardians and parents, the high influence of social media and bullying [9]. The irresponsible media, community norms, social status, culture and human rights groups are also responsible for influencing adolescent children towards irresponsible and risky activities. The adventurous nature and extreme enthusiasm of youths are other factors that influence them to attain new experiences. Thus, these factors play a comprehensive role and influence teenagers to indulge in irresponsible behaviours.

Impact of irresponsible teenage behaviour on the health and emotional well-being of children

"Irresponsible teenage behaviour" or ITB poses a crucial impact on the physical and mental health of teenagers and can cause significant disruptions. Indulging in this kind of behaviour and associated activities can influence boys to involve in drug addictions, alcohol addictions, abusing elders, fighting, theft, risky driving and other illegal activities. On the other hand, for girls, the impact is far more pathetic and can push them toward early pregnancy or indulging in prostitution due to pre-marital sex and related fraud. It has been observed that school-going teenage girls are more often to end their education than boys due to "pre-marital sex" which pushes them toward unexpected pregnancy [10]. The emergence of digital media has caused another vulnerable impact on the emotional and mental well-being of teenagers. Excessive use of social media can lead children toward indulging in different types of biases and can increase anxiety and depression among them [11]. Social media not only influences teenagers to indulge in ITB but also increases their loneliness and impacts their emotional as well as physical health.

A major negative impact caused by ITB is addiction and this addiction can include various things, such as alcohol, drug or other unhealthy substances. Indulging in these addictions can cause cancer, stomach ulcers, heart and cardiac diseases and malnutrition. Teenagers are more efficient to make quicker decisions than adults and this can lead them to take wrong decisions [12]. Drug addiction increases physical and mental complexities and overdoses can even cause death. On the other hand, various drugs are banned and harmful to health which can lead teenagers toward penalties and punishments. Enticing girls are easier and the inability or refusal of parents poses a deep impact on their mind, hence, it becomes quite easy to encourage them for "pre-marital sex"

The consequences of "pre-marital sex" cause several types of physical and mental distress, including "unwanted pregnancy", health issues, illegal abortion, the impact of the social stigma and even death. Teenagers face several types of physical and emotional changes in this period and they become more enthusiastic to learn and gain new experiences. These practices often influence teenagers to involve in risky driving and fighting along with truancy and other illegal activities. On the other hand, in 2020, more than 1.5 million teenagers died which indicates an average rate of 5000 deaths per day [13]. Hence, it can be stated that indulging in ITB has a crucial impact on the physical, mental and emotional health and well-being of teenagers and even can lead them toward death. Involving in these practices also has the potential to encourage teenagers to become anti-social.

Challenges to modern society regarding Irresponsible teenage behaviour

Teenagers involved in ITB not only create disruptions for them but also causes a high risk for modern society. During the adolescence period, children face a crisis of identity and their perception of society also changes, which increases problems and conflicts [14]. The context of irresponsible behaviour and activities varies across countries and areas and it has been observed that society plays an important role in influencing teenagers. Violence and risky behaviour cause death to a significant number of males in "low-to-middle income countries", while in low-income countries, these activities can cause severe mental disorders and physical issues. It has been observed that ITB can have numerous types of negative impacts on the mental and emotional well-being of teenagers and these issues can eventually have a crucial economic impact on modern society [15]. The most common impacts of ITB are infectious diseases, including HIV/AIDS and several other types of physical issues such as "early pregnancy and childbirth".

These issues can cause death or severe physical damage and harm the development and growth of society as teenagers are regarded to be the future of society. A high prevalence of ITB can increase infectious diseases in society and also increase the death rate as well as a violation and sexual, physical and mental exploitation. It has been observed that around the world, the prevalence of HIV and other "sexually transmitted infections" is high among adolescents, which has created a vital challenge for society [16]. On the other hand, the prevalence of indulging in risky behaviours and especially in "pre-marital sex" can shake the societal root and cause severe damage to the progress of society. These practices can also affect the economic and cultural progress of society and enhance conflicts and challenges.

Potential solutions for preventing irresponsible teenage behaviour

Educational organisations should include "reproductive health care" and associated knowledge in their syllabus as teenage girls lack proper knowledge of the reproductive system and care and hence, indulges in "early pregnancy" [10]. Talking to the child properly, optimising their habits and behaviours and maintaining discipline can improve their behaviour and perceptions. In addition, optimising the independence of the child is another solution for preventing them from being irresponsible and conducting misbehaviour.

The reason for these behaviours is that the brain does not develop with its full potential to control emotions and enthusiasm. Managing the disciplines from early childhood can prevent children from misbehaving and indulging in ITB.

In order to prevent children from being indulged in risky activities due to the bad influences of peers, parents should create prominent rules and norms. In addition, they have to ensure a proper understanding of the consequences of breaking the norms [17]. Parents are responsible for maintaining and guiding their children's behaviour, hence, it is mainly their responsibility to teach teenagers what to do and what not. Regarding this, they have to ensure proper maintenance of parenting and have to teach responsibility to children. On the other hand, developing strict rules regarding drug consumption and sales can reduce the prevalence of addiction among teenagers.

Optimisation of the behaviour of peers and friends is required to prevent the irresponsible behaviour of teenagers in society. Peer pressure and the behaviour of friends and classmates play an important role in the irresponsible behaviour of teenagers [18]. Peer influence can be negative or positive. Positive peers are important for any teenager to grow their values and ideas and on the other hand, negative peer groups influence teenagers to grow an irresponsible attitude in them. Therefore, peer and friend behaviours need to be optimised to prevent irresponsible attitudes in teenagers. Moral education is also required in teenagers to prevent irresponsible behaviours in adolescents. Parents can give their children good moral education, the moral education improves moral discipline in teenagers which helps them to be responsible [19]. Moral education makes teenagers law-abiding and resists the urge to indulge in vice. Guiding and counselling are other ways to prevent irresponsible attitudes in teenagers. Adolescent children must be given guidance and they also need counselling from time to time basis. It helps to understand their mental state and also helps to give them positive advice that will make them responsible in life.

DISCUSSION

Teenagers are by nature irresponsible and it is common in society but sometimes these irresponsible attitudes are harmful to them and to society as well. The irresponsible attitudes in teenagers can make them more irresponsible in future and that is not good for them and for society. Different factors are the cause of irresponsible behaviour in teenagers. Children face different changes during their teenage period that includes physical, mental, emotional and social and it eventually changes their way of thinking. It may turn into their responsible or it may be negative sometimes. Teenagers are more enthusiastic and are more capable to learn new skills and experiences and they also involve themselves in risky attitudes [20]. Different factors change teenage behaviours that include emotional changes and perceptions about society. Feeling of isolation is also a major factor which influences the behaviour of teenagers.

It has been identified that teenage girls are more likely to fall into traps as compared to boys. Influencing adolescent girls is easier by offering expensive gifts which their family is not able to provide or refuse to provide. Adolescent girls are most exploited in society and that affects their mental and emotional stability and influences them to grow an irresponsible attitude towards society [21]. Negative influence from peer groups and from friends is the major cause for increasing irresponsible behaviour among teenagers. Teenagers follow their peer groups and friends more. Some activities teenagers can adopt in them from their peer groups and that include alcohol consumption, smoking ad gambling. Besides, these teenage girls are influenced by their peer groups and intimate partners to involve in a pre-marital sec or even prostitution. These factors are more influenced by the irresponsible attitude of guardians and parents.

Irresponsible behaviour affects the emotional well-being of teenagers badly and it affects their physical and mental health as well. Indulging in these behaviours can lead teenage boys to become involved in drug and alcohol addiction. On the other hand, the impact on girls is more pathetic and pushes them to early pregnancy and even prostitution. It affects their physical health and their mental health. The influence of digital media is also a major cause of the vulnerable impact on the mental and emotional health of teenagers [22]. Teenagers of modern days are addicted to social media. They use social media excessively and this excessive usage of social media increases anxiety and depression among them. These affect their education along with their emotional health. Addiction to social media reduces other activities among teenagers, it makes them lonely and increases their depression even more.

Drug addiction in teenagers increases physical complexities among teenagers and this is the major cause of their physical and mental illness. Teenagers face different mental and emotional changes in their adolescence and it makes them involved in various illegal activities and even they are facing death due to the illegal activities [23]. In 2020 more than 1.5 million teenagers died and that indicates teenagers are not safe in India due to their irresponsible attitude among them [13]. Modern society faces different challenges due to irresponsible attitudes among teenagers. While adolescent children are facing different changes in their life, they face a crisis of identity. In some cases, it increases the problems in the family and makes problems for society. The increasing violence among children is also a major cause of disturbance in a healthy society.

Drug and alcohol-addicted teenagers are more influential than other teenagers and that is harmful to society. Early marital sex and prostitution in teenagers are not good for society. It increases the HIV and other sexually transmitted diseases in society that are harmful to society [24]. Irresponsible behaviours have a major impact on society but there also have some potential solutions that can help to improve the situation. Educational organisations can include

reproductive health care and knowledge in the syllabus to aware teenagers of premarital sex and early marriage problems. Optimisation of peer group behaviour also can be beneficial in reducing teenage behaviour. The problems associated with irresponsible attitudes also can be mitigated by introducing counselling among adolescents. It helps to understand the problems of teenagers and also helps to improve teenage attitudes.

CONCLUSION

Teenagers are generally irresponsible by nature but sometimes it can be problematic for them and for society. From the discussion, it can be stated that irresponsible behaviour in teenagers is increased by the influence of different factors. Different changes in the adolescent including physical, mental and emotional changes are the major cause of irresponsible behaviour in teenagers. Teenagers developed different perceptions and feel isolated from their families and society is one of them. It influences them to do whatever they want and also involves them in various illegal activities. The discussion also stated that peer groups are the most influential in increasing irresponsible attitudes among teenagers. Teenage boys are influenced to take drugs and alcohol by the influence of their peer group and friends. On the other hand, teenage girls are sometimes influenced to involve themselves in pre-marital sex and even prostitution.

The discussion also focuses on the different social challenges that are generated by the irresponsible attitude of teenagers. The irresponsible attitude increases violence in society and is also the cause of losing the peace in society. Irresponsible attitudes among adolescent girls are increasing in early marriage and premarital pregnancy which is not good for society. The pre-marital sex is also a cause of the increasing HIV and other sexually transmitted diseases. This discussion also suggests different solutions to prevent irresponsible attitude among teenagers that helps to keep social peace and harmony. Educational institutes can add reproductive health-related subjects into the curriculum to educate teenagers about their sexual health. Behavioural optimization is also helpful to reduce irresponsible attitudes among teenagers. Apart from these, a more effective way of mitigating this issue is organising counselling among teenagers. It can help parents to where they need to focus to modify their child's attitude and reduce the prevalence of risky behaviour. Thus, adopting these practices will prevent the negative impact of adolescent behaviour from modern society.

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