



## EXPLOITATION AND CHALLENGES OF ADOLESCENCE

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**ABSTRACT-** The abstract is made to study and understand the exploitation and challenges face by the adolescence may be in their families, schools, friends, health, economic status, business organizations, climate change and environment, academic, poverty, unemployment and globalization, etc. It tells about the all the possible challenges and exploitation of the adolescence which ruined their life's. The main aspects for studying in this field is to understand the problems or challenges which leads to the exploitation of every individuals adolescence in the society to solve the problem and adjust and save the life of the adolescence. Thus, through this study will understand about the challenges and its exploitations for the adolescence life which will help the people say, parents, family, friends, etc. to create adjustment of the adolescence.

**Keywords:** adolescence, challenges, stress, exploitation, students, violence

### I. INTRODUCTION:

In the life of human, there were many stages which are crossed over from birth to death. During this journey of life the most important stage of life is the adolescence stage which is the transition period from child to adult. In this journey the life long journey of the one individual person is to be decided. So, this adolescence period is the most important period of life which need proper care and attention. In today's global world the development process is reaching upto sky high with various latest inventions of science and technology along with this development taking places challenges or stress were taking place in the place of adolescence. The exploitation and challenges of the adolescences individual were arise from family, school, colleges, friends, business organisation, climate and environment changes, gender bias, health, etc.. Challenges is something that puts you to the test. It is an objection to something or not being true, genuine, correct or proper or to a person as not being correct, qualified, approved & call or dare for someone to compete in a contest task. Stress is of physiological, sociological and psychological disturbances in balancing the action or situations. Adolescence as the child grows and reaches puberty psychological metamorphosis takes places and this is the adolescence stage. Adjustment as psychological survival in the same way as a biologist used termed "Adaptation" to describe psychological survival. Exploitation is the certain action which treats someone unfairly in order to benefit from their work. Academic stress - Lack of facility and infrastructure, lack of teacher, boring lecture, single method of teaching, lack of motivation, family pressure, hatred of teacher, low attendance, poor health, etc. Climate change and the environment - Climate related destructions can have long term deleterious consequences for the lives and prospects of adolescence. Environmental degradation, loss of vital natural resources and greater food and water in-security and which tends to lack the system and resources to rapidly restored normality from the natural disaster. Poverty, Unemployment and Globalisation - Adolescence struggle to find decent work guaranteeing them foothold above the poverty line. Gender based violence mainly targeted to females. This creates a lots of health problems. Adolescence have effect on health due to the challenges and exploitation.

### CONCEPTS:-

**i) Challenges:** It is something that puts you to the test. It is an objection to something or not being true, genuine, correct or proper or to a person as not being correct, qualified, approved & call or dare for someone to compete in a contest task.

Challenges is a difficult task or problem or stress, challenges are divided into two types external circumstances and internal struggle. Stress is also has two types positive and negative stress.

Positive stress which provides opportunity of a person to achieve something. It acts as motivator for good performance.

Negative stress - person suffer physical, social, emotional, organisational problems.

There are two types of challenges that being a person to a therapist office. Problem of external circumstances and problems of internal struggle.

Life puts some problems before us, while others we essentially create for ourselves.

Many inherently difficult situations are just part of life. These come in all shapes and sizes, injury, illness, losses, betrayal, defeat, adversity, poverty. Just because they are inevitable does not make them any less painful.

Interior challenges include depression, anxiety, addiction and all the other ways people distort, magnify, numb, deny, repress, project or in some other way respond in an unhealthy manner to life stress.

These two fundamental sources of suffering and woe interact in infinite ways. Difficult life events lead a person to respond in a manner that makes matters worse. This creates even more challenging situations which can result in yet another round of unhealthy and unproductive reactions. All of this mutual influence spirals into a terrible dance of destruction.

**ii) Adolescence:** It is a growing up stage from childhood to adulthood means a transition period where the puberty period is reached and the structure of the body begins to change.

This stage is the most critical stage as well as a confusing stage. It is the stage of stress and storm. This stage is divided into pre-adolescence stage and post-adolescence stage. Up to the second stage is the pre-adolescence stage and higher secondary level is the post-adolescence stage. It is a period when rapid physiological and psychological changes demand for new social roles to take place. It is a period from dependency to autonomy. This stage faces a lot of challenges.

The normal healthy life of a person depends on the adolescence stage of each individual as well as unhealthy and problem life also depend on its adolescence period. Physical change in the body is seen in these stages for both boys and girls. It is the stage of puberty.

**iii) Exploitation:** The action or fact of treating someone unfairly in order to benefit from their work or the action of making use of and benefiting resources. Exploitation can be in many fields according to the adolescence case like slavery, prostitution, early marriage, sexual abuse, drug abuse, suicide, etc.

Many adolescents were forced to discontinue their education, leading to disruption, economic support or extra care duties because of the conflicts and emergencies. It increases the risk for the adolescent.

**iv) Adjustment:** As psychological survival in the same way as a biologist used the term "Adaptation" to describe psychological survival. It is the process by which a living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs. It became the mind-set to adjust themselves to cope up with the stress. It can be good or bad. So, if the proper care is taken to adolescence adjustment can be of good to all.

## THE CHALLENGES RESPONSIBLE FOR EXPLOITATION OF THE ADOLESCENCE:-

**I) Stress and Depression:** Stress and Depression are the main problems for any teenagers. Stress is characterised by feelings of tension, worry, sadness, frustration, and Depression is the risk factor for suicide. The cause and responses to stress were:

- Breakup with boy/girlfriend.
- Increase argument with parents
- Change in parents' financial status
- Serious illness or injury of family member
- Trouble with classmates, parents.

The cause factors that make a person depressed are:-

- History of depression or suicide in family
- Alcoholism/ Drug use in the family
- Sexual or physical abuse in the family
- Chronic illness in family
- Psychiatric disorder in family like eating disorder, schizophrenia, manic-depressive

disorder etc

- Death or serious loss in the family
- Learning disabilities or mental/ physical disabilities
- Absent or divorced parents, inadequate bonding in family
- Family conflict

**II) Anxiety:** It is the normal part of every child and goes through this phase. This phase is temporary and harmless. But when it came to anxiety disorder it experiences fear, nervousness, shyness, try to avoid places and activities. Warning sign are intense anger, frequent loss of temper or blow-ups, extreme irritability, extreme impulsiveness, becoming easily frustrated.

**Risk factor of anxiety problems—**

1. Genetic factors – that is family history of mental health problems.
2. Personality factor such as being very sensitive.
3. Environmental factors.
4. Physical illness and injury.

**III) Aggression in adolescents:** The negative outcome in the adolescents come out from these aggressions including delinquency, substance use, conduct problems, poor adjustment and academic difficulties. There are certain various characteristics such as arguing, bullying, threatening, starting rumours, striking back in anger, (use of strong arms tactics) to get something they want, engaging in physical fights. **Risk factor of violence behaviour-**

1. Previous aggressive and violent behaviours
2. Being the victims of physical/sexual abuse.
3. Exposer to the violence in the home/ community
4. Genetic factors
5. Use of drugs / alcohol
6. Presence of firearms in home
7. Combination of stress-full family socioeconomics factors (single parenting, unemployment, loss of support from family, poverty, marital breakup).
8. Brain damage from head injury.

**IV) Related to Body Image:-** (Smolak & Thompson 2009) define body image as the subjective evaluation of one's body appearance, and comprises thought like " I think I look bad in photograph , I'm too fat , I hate the way I look related to one's body and appearance. In research body image is referred as the level of body esteem to body and appearance or dissatisfaction of body referred to negative feeling and thoughts about one's body and appearance he/she is experiencing. The body image is influenced by physical factor that is body composition, and socio-cultural factor that impact the way that young people perceive their bodies and that often influence them to develop negative body image. The most influential factor in socio cultural factor are macro social factors, media, toys, peers and family. BMI Body Mass Index is high in factor to influence because of stigmatisation to overweight in societies and about the beauty in girl that thin is good and fat is bad in the beauty that learn from societal influence. Leading to nutritional deficiency and disease like Anorexia nervosa – a chronic neurotic disorder occurring mostly in adolescence especially girls. It happens when they are desperate attempts to lose weight to make their body as celebrities' slim body. It's of psychological reason and malnutrition.

**V) Gender based violence (GBV):** - It involves male and female gender, usually victim is female, derived from unequal power relationships within male and female. GBV is the form of psychological, sexual, physical harm or threat against a person on the basis of gender but it mainly directed to females, they suffer the most. It is the violation of fundamental human rights.

Types of gender-based violence: -

MENTAL	PHYSICAL	SEXUAL
<ul style="list-style-type: none"> <li>• Insulting</li> <li>• Yelling</li> <li>• Recalling past mistakes</li> <li>• Constant criticism</li> <li>• Expressing negative expectations</li> <li>• Humiliation</li> <li>• Denying</li> <li>• Opportunities discriminating</li> </ul>	<ul style="list-style-type: none"> <li>• Beating</li> <li>• Biting</li> <li>• Kicking</li> <li>• Pertaining</li> <li>• Pulling hair</li> <li>• Choking</li> <li>• Throwing objects</li> <li>• Sing weapons</li> </ul>	<ul style="list-style-type: none"> <li>• Harassment (any type of unwanted sexual attention)</li> <li>• Touching sexual parts of girl/women's body</li> <li>• Touching is a sexual manner against the will of the girl/women (eg. Kissing, grabbing, fondling).</li> <li>• Rape (forced sexual intercourse)</li> <li>• Use of a weapon to force into a sexual act</li> <li>• Forced prostitution</li> <li>• Sexual trafficking.</li> </ul>

Sexual violence contributed to the spreads of STIs. GBV – related health consequences for adolescence.

Table: - GBV related health consequences for adolescence (Adapted from Heise et.al, 1999)

FATAL OUTCOMES	NON FATAL OUTCOMES		
	PHYSICAL	SEXUAL REPRODUCTIVE AND	PSYCHOLOGICAL AND BEHAVIOURAL
<ul style="list-style-type: none"> <li>• Femicide</li> <li>• Suicide</li> <li>• AIDs - related mortality</li> <li>• Maternal mortality</li> </ul>	<ul style="list-style-type: none"> <li>• Fractures</li> <li>• Chronic pain syndromes</li> <li>• Fibromyalgia</li> <li>• Permanent disability</li> <li>• Gastro intestinal disorders.</li> </ul>	<ul style="list-style-type: none"> <li>• Sexually transmitted infections, including HIV</li> <li>• Unintended pregnancy</li> <li>• Pregnancy complications</li> <li>• Traumatic gynaecologic</li> <li>• Fistula</li> <li>• Abortion complications</li> </ul>	<ul style="list-style-type: none"> <li>• Depression and anxiety</li> <li>• Eating and sleep disorders</li> <li>• drug and alcohol abuse</li> <li>• Poor self-esteem.</li> <li>• Post-traumatic stress disorder</li> <li>• Self-harm</li> </ul>

**vi) Families:** - first of all the starting point of the adolescence to face a challenge is their families type in which he/she belongs. The families can be of poverty, uneducated, parent's divorcee, family breakdown, single raised parents, step mother problem, alcoholic and drug abuse parents, irresponsible parents, etc.

In which the adolescence face a number of stress or problem. So in order to free themselves from these

stress they can face lots of challenges in which they get hurt and exploit themselves.

That's why the adolescence may commit suicide, drug and alcoholic abuse, become robbery, and engage conflict with the law.

Because family is most sensitive area of the adolescence in which the attachment of love of family is with the adolescence. So, when these family get disturb the adolescence life also become a stressful life. But when the family is also get free from the stressful life and became committed to become the social responsible person.

**vii) Academic challenges:** Nowadays is the sky-high competitive spirit is in the field of academic. With the latest invention of the science and technology and all the facilities available made the academic system more competitive. But all the facility and availability of new technologies are not yet get by the every individual. Here also face lots of challenges for the adolescence. The adolescence face lack of facility and infrastructure, bored teacher, lack of teacher, single or monotony method of teaching, lack of motivation, poor health, poverty, family pressure, affairs relationship etc. in which the adolescence find difficult to adjust them, so at the last they face lots of stress in the field of academic as they could not be part of competitive spirit in academic. E.g. An adolescence of a poor family could not get the facility available for academic and because of the poverty they drop out from the school and try to earn money instead of having proper education in order to help the family. And when the challenges face by them became hopeless they used to exhibit themselves in the field of crimes, victims, sexual abuse, prostitution, etc. They exploit themselves and their journey of life is set for the future during these periods.

Family pressure in the academic also creates lots of stress to the adolescence as they became far away from the real himself. Because in most of our Indian society the parents take the decision of what to be study for the career, the wants of the adolescence students became far away and almost remain hidden due to the love and sympathy of the parents. And of also of fear to the parents. So, they could not get satisfaction of what he/she is learning and these became the hindrance in the academic field of the adolescence which loss themselves and face a problem to bear with it. So, these also creates exploitation is the life of the adolescence as they drop out from their study and became failure. And because of the fear from failure the adolescence commit suicide.

Affairs relationship between the boys and girls which they commit many mistakes like sex, fantasy, day dreaming, due to love affair and when the relations breakdown they even commit to suicide likewise in academic performance they use to become poor and failure. The most adolescence suicide case is found in the field of academic challenges and its related stress. The adolescence became frustrated and in order to free themselves from the stress they try to commit suicide use drug and alcohol and became abuse. Likewise, they exploit their lives.

**viii) Major Health area:** - Health is one of the most important factors of one lifestyle to live in peace and prosperity with wellness all over. But when it is faced with the certain challenges it tends to exploit in the life of the individual as in adolescence because these is the journey of life to decide the future of the person.

In these case of major health concerns of the adolescence there were various problems faced by the adolescence and which is unavoidable to consider also: -

**a) Sexual transmitted Disease/AIDS to adolescents: -**

The lifestyle of the adolescence which they are adopting will decide the risk of these disease STDs and HIV infection the adolescence stage is the most vulnerable stage to get infected with the dreadful disease. As they could not understand fully and of being one of the most confusing periods of life. And these periods do not have fear from the fire, rain and storm, etc. In these periods whether boys or girls are receptive to various different trends depended on the influenced from various factor like social, economic, religious, cultural, technological, fundamentalist or even extremist. Sexual trafficking, sexual abuse, rape etc. leads to these dreadful diseases.

These confusing periods made them more enthusiastic, more adventurous and wanted to take risk so they are more vulnerable to these susceptible to diseases such as AIDs and STDs.

Thus, not only themselves they exploit their life but also exploit the whole society whole nation as they were the future pillar of the country. Mostly 2/3 of all AIDS cases occur before the age of 25.

**b) Smoking, Drugs and Alcohol abuse: -**

In the life of adolescents smoking became fashion mainly in the boys but nowadays girls are also take part in smoking. As they were started smoking in very early stage of life mostly in their transition period where they like to test all the available and do not have fear too these smoking creates lungs cancer, throat cancer or cancer of the pharynx, cardiovascular diseases and other smoking related diseases. These makes the life of the adolescence more exploited. In order to get free from the stress and even for enjoyment the

adolescence try to test the alcohol and drug and later became abuse in which they exploit and create problem in their life as well as a leading public health problem in the country. The drug or narcotics contains a substance like dope, drug or veil the mind of man that destroy it temporarily or permanently (Hashish, heroine, morphine, etc.)

#### **Global challenges like -**

##### **a) Climate change and environment: -**

The adolescents for these generation posed the threats of climate change have an immediacy but the elders were not able to come cross over these changes in climate to see as they were no more.

Out of ten, living in the developing countries only nine are expected to bear the burnt of the effect of environmental degradation, loss of vital natural resources and greater food and water insecurity which lack the systems and resources to restore normality from natural disasters.

Climate disruption can have long term problems and its consequences for the lives and prospects of adolescents, potentially compromising their health and nutrition and interrupted in education. The families which became victims in their climate can environment destruction, who lost their livelihood and displaced their home could not send their children to school for getting education or pay for health care. They will be saddled with the cost and burden of mitigating and adapting to climate change many adolescents are passionately advocating for doing something about it.

The United Nation framework convention on climate change (UNFCCC) has vibrant dialogue among young people across the globe, in 2009, youth were officially recognised as civil society actors in the UNFCCC negotiating process. Incorporating adolescents and encouraging participation in disaster risk reduction and climate change adaptation at the national and international level is not just a matter of principle. It is imperative, as adolescents is working with adults as an integral part in decision making.

##### **b) Poverty, unemployment and Globalisation: -**

As we know the nation futures social and economic development depend on the future pillar i.e. the young people skills and their talents and capacity. It is the adolescent's stage where they experience their first work whether formal or informal and help in supporting their families need. The work provided them were to be appropriate because if they get their appropriate work, they are benefitted as long as it does not interfere in the fulfilment of their rights.

Through finding 81 million young people out of work, unemployment in the life of the youth became the main concern now in every country. In these areas the adolescence faces many struggles to find their appropriate job and guaranteeing to come up forward from the poverty line.

The pause in the opportunity for productive full-time employment leads to the first experience of work for adolescents is often one of the wasted talents, disillusionment, underemployment and continuity in poverty line. Even though there is the development and advancement in technology, health and education system in these globalization trends.

As mention earlier too in spite of latest invention of science and technology, health and education system, many of the school going student could not get the emerging and sufficient skill as they were lack from getting all the facility and infrastructure in which they should get in this interconnected world.

The lack in skills and talents can hold economic system entirely back, it became the significant obstacles to investment and faster economic growth for higher level. The potential to remove the barrier between the education and literacy is the advancement in the Information Technology, which can unlock many of the benefits of globalization. But for most of the student remain out of reach of this magic key i.e. the Information Technology: a vast digital divide in access and skills persists, not only between the industrialised and developing world, particularly the least developed nations, but also between rich and poor within countries.

Skills and access training are hard to obtain for the disabled adolescents, from the marginalized communities or minorities and in adolescents' girl for some society in which the girl remain hindrance not gave the permission to take part in any of the development and advantages of their life.

##### **c) Adolescents in conflict with the law :-**

The threats to the community peace and security is often portrayed to the adolescents. In spite of difficulty, they grow up and they peacefully accept their society's code of "conduct". The youthful sincerity remains temporary against the societal norms and that disappear spontaneously with the transition to adulthood. There were some juvenile problems with the law such as running away from home, are simply status of offences, outlawed on the basis of age. Majority of the crisis and crimes comes up from the



adolescents who involve in the gangs. Gang culture reject many adult values, it imports traditional gender roles. Most of the adolescents who are in conflict with the laws are children.

Across the world the children and young people are frequently expelled the right to education, medical care and opportunity for individual development in prisons and institutions. Serious forms of violence and abuse exposes by detention too. Young children are more vulnerable to death and diseases as a result of conflicts, they are at greater risk in other ways than the adolescents.

Adolescents were targeted for recruitment by armed groups, participate in cruel act, involving physical violence or injury or else held as sexual or other types of slaves and force to carry weapons. Many adolescents were force to discontinue their education leading to the disruption, economic supportive or extra care duties because of the conflicts and emergencies. It increases the risk of becoming poor, loss of wealth and vulnerable to criminal, violence and various exploitation activity for the adolescents.

## II. CONCLUSION

The period of the transition stage from childhood to adulthood is the period of adolescents. The certain challenges face by the adolescence creates an exploiting factor of them. To conclude the challenges is minutely observed and understand in which the problems in the life of the adolescents is created in order to get their benefit and to adjust in the society. The academic stress or challenges affect the life of student adolescents as they are drop out from study, commit suicide for being fear to failure etc. The gender-based violence is considered to be more in the female than the male. The global challenges reveal and understand the need and holes of the life of adolescents which they were force to be in the wrong path of their life as they cannot bear the attack by the challenges. Every parent, teachers, friends, families should understand every corner of challenges and exploitation to protect them and to lead a good adjustment in life. All the factors which create stress, anxiety and aggressive behaviour is needed for everyone to understood in order to diagnose in time to save them from exploitation. The opportunity should be provided, encouragement and investment towards the health, education, nutrition, hygiene in every sector to help adolescence to be provided in order to help the adolescence to be free from exploitation. At last, would like to conclude that the journey of one's life is set in the time of adolescence period for the future, in which who exploit and ruined their life with miserable and the life with well settle and occupy their respective space in the society who contribute for the betterment of the society and gained their self-respect, self-esteem etc. from the society is according to the challenges face by them who can control and cannot control their adjustment factor to the society.

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