

# Children with Behavioural Problems: An Array of Case Analysis

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## Abstract

A child is the most helpless mammal in the world when it is born from the womb of a mother. As the child grows it acquires the abilities and capacities to acquire the social skills to cope with the existing demands of the family, community and society. And likewise, the child has to pass through different stages in his or her life. Such type of one of the periods is adolescence and it is the period of life with specific needs and rights. It is the time they search for identity. It is the time when they get more knowledge about worldly things and worldly pleasures and more specifically they come to understand about morality of the human person. Due to environmental and family circumstances, one turns their attitude and behaviour either positively or negatively.

Here the researchers wanted to put forward a series of case studies on defective children who were having any type of defects of economical, social, physical, psychological, and behavioural in their life. All these problems complement each other in order to keep the child in the bondage of misery, preventing overall growth and development of the child. Here the researchers have taken four case studies to show forth the intervention aspect that have played a vital role in order to bring back the children into normal, peaceful and enjoyable life. This Intervention study was done in one of the children's homes in Kerala. The Researchers tried to do an intervention package for each child. The intervention lasted for all together eighteen months. The result revealed that there was a drastic improvement in their overall development of life.

**Key words:** *Children, Intervention, Defects, Counseling and Children's Home.*

## INTRODUCTION

Adolescence is a transitional period consisting of stress and storm and that one cannot wholly depend on parents and nor mature so as to able to live independently. **Shrimali, S., (2008)**. Peer pressure is one of the characteristics of this period. Withdrawal from the family and attachment to the peer group friendship are more seen in this period. **Kumar, R., (1988)**. Friendship will take on a new significance in adolescence and will be centered on intimacy and self-disclosure. **Keeran, T. and Evans S., (2010)**. The term behavior problem is used to designate a deviation in behavior from the one expected or approved by the society. Problem behavior is that behavior which makes life difficult and unsatisfactory for the child and his parents. **Devadas, P., and Jaya, N., (1996)**.

## REVIEW OF LITERATURE

A study done by **Reddy, (1989)** on behavioral problems of orphans revealed that one third of institutionalized children manifested one or other behavior disorders. The Most prevalent problems were aggressive, conduct disorder, adolescent adjustmental problems, stealing, lying and taunting. The Features of depression, affectionless character and anxiety feature were noticed among quite a few.

**P.Vibi, (2012)** did a study on the family dynamics of children with conduct disorder in Calicut district. The Research design used was descriptive in nature. The Population was the children having conduct disorder of age between 10 to 15 years and under the treatment of Child Development Services IMHANS, Calicut district. They used simple random technique for the selection of respondents. They used only structured interview schedule. The Findings of the study revealed that they could not find at least one family without any violence. All the families of the children with conduct disorder have violence. The Mothers of these children are physically or emotionally tortured. It affected the education of the children and children felt depression. The Cohesiveness among the family members was very poor. Sharing between the members in the family was less. Majority of the children of these families did not share anything to their friends. The Undesirable behavior of fathers negatively affected the communication between the father and members of the family.

**Karacan and Guneri, (2010)** conducted an experimental study on the effect of self-esteem enrichment biliocounselling programme on the self esteem of sixth grade

students. The Respondents were comprised of 24 sixth grade students, which were 13 females and 11 males, selected from 166 sixth grade students. Within this 24, they were divided into control group and experimental group. Students were given an eight week-long self-esteem enrichment bibliocounseling programme. Pre and post test measure was done by using the cooper smith self-esteem inventory (CSEI), a self report scale consisting of 58 items. ANOVA test was widely used. The Result showed that there were significant differences between the pre and post test self-esteem score of control group and experimental group. Hence the self-esteem enrichment bibliocounseling programme was highly effective in enriching the self esteem of 6<sup>th</sup> grade students.

## **METHODOLOGY**

The Methodology used in this research was qualitative research method. That is to say the Researchers did case study of four children who were residing in one of the children's homes in Kerala.

### **Objectives**

1. To do a holistic intervention package for the children.

### **Research Design**

The Research design used in this research was case study Research Design in nature. The Researchers used this design in order to do an in-depth analysis of the children.

### **Tools of Data collection**

The Researchers did an in-depth interview using an interview schedule comprising all the details of the client. The idea was to explore the children fully so that they would open their inner mind completely. So many sessions of counseling were intended.

## **CASE I**

### **Introduction**

Mr. A is hailing from Karunagappally. He is studying in Plus one standard. The Occupation of his father is fish selling. His mother is house wife. They are two children in the family. He is the younger one. He has one elder brother. His elder brother is doing mobile mechanic work. Meanwhile, he went for diploma after stopping plus one. He is a seventeen years old boy. At present he is not studying or doing anything. He is from a middle class family.

## Case Presentation

Mr. A is a very tall person and very big in size. He is very fat and looks like a huge person. From the appearance itself, we can see that something is wrong with somewhere else. He was brought into the children's home because he had committed crime. In his early life onwards he had some bad habits. Since he is big in size, everybody will see him as an adult person. He had the habit of stealing the money from other persons and places. Moreover, he had the habits of smoking and drinking alcohol. His parents were so much loving him. But all the time he feels inferiority complex and much frustrated. Socially, his condition is not fit in the society. He used to commit so much social evils and all those things were settled by his parents. For that their earnings were fully utilized for this son. Because of him, his family had to suffer a lot. He had shown criminal tendencies in early years onwards. He had the will power to commit crime related activities.

Mr. A had the psychological imbalances and seemed to be always disturbed. He was always gloomy and appeared to be melancholic. His behavior was unpredictable. He will not obey anyone and goes his own way. He has got the attacking nature towards others. His mother was beaten by him several times. Since he is a huge size, other persons and children will not approach him. So with this background he is living in children's home. His parents are much relieved their tension when he is in children's home. Because when he is out he will be committing some kind of grave mischief in the society and as a result the parents will be in great dilemma. So they always want their child to be in a secure place and he should not be sent to the outside wall of children's home and that is their wish.

## Outcome

The counselor drew every piece of information from him as well as his family members. The counselor had interaction with his parents always that helped the counselor to understand the client's social and psychological background in a well manner. Mr. A did not speak with his mother for a long time period. So the counselor drew his consciousness towards his mother to love unconditionally. The counselor made so many chances to speak with mother. In all that circumstances, he showed a positive reply and completely abided by the decisions of the counselor.

We used to take him for manual work and thereby he got much relaxation and he showed so much enthusiasm to work in the land of the children's home. We gave so many

chances to involve in the play games and made him friendly with other children of the home. We could slowly change his attitude towards others and society to certain extent. We gave him all the facilities all that which we could give him. We showed so much love and concern for him and therefore we could perceive a real change in his life during the stay in this home.

### **Discussion**

From the intervention the researcher could understand that he is a psychiatric patient. He is not a sound person. Psychiatrically he has some mental problems. In appearance, he is a huge person. So, that itself shows physically his intellect and body type is not in combination. Whatsoever, he showed the mentality to become a good person and live as a gentleman. Now he cannot go for school. He is not at all interested in going to school and moreover at present he cannot complete his plus two studies. He needs to get any psychiatric occupation. So that his mental status will be in equilibrium and he will be automatically prohibited from committing crime related activities. Hence, he should be consulted with a psychiatric doctor, so that medication can be effectively given. Without medication to remain his mind in equilibrium, is impossible. All the other environment modification is secondary for him since he is required of medication.

## **CASE II**

### **Introduction**

Mr. A is coming from Vizhaijam and he is studying in 12<sup>th</sup> standard. His father died recently. Now he has two brothers and one sister. His mother is alive and she is a house wife. They are only four children for their parents. His mother is selling fish for their livelihood. The name of his religion is Christian and he belongs to Latin Catholics. He joined children's home 5<sup>th</sup> standard onwards. He is from very poor family.

### **Case Presentation**

As we said above his family had six members. His father was a drunkard. Every day his father will come to the home only with highly intoxicated alcohol. After coming to the home he will beat his mother and the siblings. This man will eat the food and the rest of it he will throw to outside and he will not give them anything. In such situation, they were living with so much fear and frustration. Because of his atrocities and tortures, one day the mother took all children and went for committing family suicide. On the way, there came a sister

(Nun) in front of them. She was going to the church. They met the sister. When the sister enquired, they said all the truth that they are going to commit suicide. Sister prevented them from doing that. So the sister took the mother and children to the monastery. Later the two boys were given to the orphanage and the girl was taken to another Girl's home. Only Mr. A was with his mother. After sometime he was sent to one of the children's home in Kerala. There he joined fifth standard. Up to Plus two, he was studying in this children's home.

After the schooling, the eldest brother came back to his house and along with him he brought a girl to the house. Later they were given in marriage at their church. After that the second brother also came to house and he started to drive auto. These two brothers are not even talking to him and his mother and sister. When their father died, their mother did not go to see his body. Only the children went to see their father. The mother had taken divorce legally from the church. Now he is telling that he will go to house after plus two and look after the mother and sister. After 10<sup>th</sup> class the sister came back to house and now she is studying for fashion designing.

### **Outcome**

Mr. A had used alcohol highly in his life. His father compelled him to drink alcohol at an early age in his life. He has used tobacco frequently. He was highly addicted to drugs. He used Corus and other types of gums and pharmaceutical things as drugs. This actually in a way destroyed him. And ultimately that lead to the path of his father. So, the counselor did psycho-social therapy for him. Through this the counselor made awareness on him that how poisonous these things in his life and how he can get rid of from this worst things. It destroys his precious life. Through frequent counseling session he was made aware that in order to reach a good position in life you have to leave out these things from your life. Only then you can achieve something. Otherwise like your father you will also end up in tragedy. And your life will not have any value. Through this intervention he changed a lot. The counselor could generate an ambition in his mind that he can reach into a good position whereby his family can be raised into a new good life status.

The child had suppressed all his sadness in his inner mind. All those things were put out by the counselor. The counselor made ego strengthening so that he felt himself worthy in the society. The child has a lot of talents like singing and dancing. He always seemed to be an exceptional child. He has very high intelligence. He is very good at drawing. Whenever there are competitions in the home, he used to get first in many of the items. That itself showed

how much talented this child is. So it was great task for the counselor to get rid of him all his traumatic experiences and leads him into a good path.

### **Discussion**

Mr. A believes in God and therefore we could inculcate so many values in his life. In earlier times he valued life negatively. But after a long intervention, we could bring back him its real life. He has highly addicted to drugs. He had used different types of drugs within the children's home. Nobody could find out that he was using these kinds of stuff. The counselor found out these things and saw directly that when he was using this. So an intervention plan was prepared thoroughly for him in order to redeem him from the clutches of these sinful activities.

Through psycho-social therapy techniques he withdrew from this bad habits and made a spark in his life and mind that how precious his life. We punctuated that life has a purpose and a goal. In order to achieve that you need to strive hard. And for that you have all the abilities and capacities. Only thing is you should not go astray from the right track. These words he has absorbed fully in his life. The case worker was successful in reintegrating the personality of the child into the main stream society. That is to say he valued his life in a positive way in later times. Through this research, the researcher could understand that through environment modification, even a worst child can be brought to life. Every person is born as amoral and asocial. Only circumstances lead him into good or bad condition. Through proper intervention every child can become light of the world.

### **CASE III**

#### **Introduction**

Mr. A is hailing from Karipra, Kollam district. He is studying in 8<sup>th</sup> standard. He lost his parents at an early age. They are two children in their family. His father committed suicide unknowingly. He was a drunkard and he had the criminal activities like stealing the wealth of other people. His father used to take alcohol from the shops by stealing. One day his father took alcohol from the shop in the midnight and in that liquor the staffs had poured poison in it. Why because they knew it that the thief will come and take this alcohol. So his father drank it and died on the spot. Likewise his mother also committed suicide when he was 5 years of age. At a tender age he lost his mother. He has no remembrance of his parents at

present. As we said they are two children. His elder brother is driving an auto for his livelihood. His religion is Hindu and belongs to Ezhava community.

### **Case Presentation**

Mr. A is from very poor family. Since he lost his parents at an early age he had depression and it came out as a defective behavior. When he was admitted to the children's home he was not sent to the school for one year. He was living within the walls of this home alone. Here he was entertained well. Later he was sent to the school and from there he jumped and he went his own way. He was a wandering child for his livelihood in his early days of life. He wandered in Ernakulam district. At that time, some of the staffs of Jenaseva Sishubhavan rescued this child and brought to Jenaseva Boy's Home, Madhurappuram, Angamaly.

In Ernakulam he was caught by police and produced before CJM and his caretaking were given to Jenaseva Boy's Home where there are more than hundred children are living. By the grace of God, the counselor was working in that home at that time and happened to see him and took care of him. There he stayed for one year. According to his desire to go to his native home, the CWC (Child Welfare Committee) gave permission to go to his home. But in his home the things were not that much easy. So they brought him again into children's home Kollam. Mr. A has used tobacco frequently. In the same way he used to take drugs to stimulate frequently. He has the habit of drinking alcohol. Puberty is normal for him. He started masturbatory practices when he was 13 years old. He has a sexual urge for homosexuality. He does not have enough knowledge regarding sex. In appearance and in his inner mind he does not believe in God. He does not uphold any moral and religious values. He has a behavioral disorder. A few care takers are not at all interested in him because of his arrogant behavior. He always goes against the rules and regulations of the home institution. He quarrels with other children and he always does all types of mischief and hence he became a real headache to some of the care takers. Stealing, quarrelling, and other crime related activities are the common behavior problems in his life.

### **Outcome**

The Case worker made behavioral therapy with this child. The child had very low level of self-esteem and the case worker did ego strengthening. At his early age he lost his precious parents. That made a big impact in his life. Nobody was there to love him, console

him and look after him. All these things remained as a wound in his mind. So he could not show or see a loving relationship with anyone in the society. He felt that everybody is looking at him as strange and unusual. That is why he was deprived of all human qualities. However, through a series of session of counseling the case worker made him to change his attitude towards society a lot. He was made aware that the care takers are for his better future and therefore, you should obey them. They are your immediate father and mother and only through them you can form a better personality and better future. You should not at any cost go astray from their hands.

The Child could make understand the limitations and his drawbacks in a better way. Hence he felt the need of changing his behavior pattern and thereby to become a good person in the home and society. His sexual fantasies and disorders could reduce into a minimum level through a proper health education classes.

### **Discussion**

Mr. A is an open minded child. His circumstances of life made him to devalue human existence. And therefore we cannot accuse him of his present situation. He did not get all the privileges as a normal child who should get in the early childhood. So the researcher feels that it is we, the each person in the society, are responsible for this dilemma which caused in the child. Every child has the worth and dignity and has the right to live on this earth in its full potentials. But unfortunately every child becomes the victims of fate in the society. If the child guided properly, he can become a good person forming a good character. He needs love and support from all angles. Only then the intervention which we did now will have aftermath in the long run. However, through this intervention, we could bring back this child into proper life situation and made useful for the society and the children's home. The researcher felt happy that the child's behavior pattern changed a lot. We should take precaution and be aware that in future, he is not going to involve in any of the antisocial behavior and make him free from all sinful situations. A real and good environment should be given to him in order to keep him in a good condition.

### **CASE IV**

#### **Introduction**

Mr. A is hailing from Kottayam. He has parents. He is the only son of their parents. He is 15 years old boy. He has studied up to 10<sup>th</sup> class. His mother is working in Angaanwadi

where small children are being looked after. His father is a kooliworker. The child was not at all obeying their parents and was doing all kinds of mischief in the home. Therefore, finally they decided to put the child in the children's home. This is how Mr. A came to the children's home.

### **Case Presentation**

While Mr. A was studying in 7<sup>th</sup> standard he had the habit of running away from home and going to faraway places. He had very bad friendship with other types of children. His parents suffered a lot because of him. So they produced him in front of CWC and requested them to admit in the children's home. Thus he became an inmate of children's home. Here also the things were not different. He was not at all obeying the care takers and the authorities. He always argued with the care takers and did all kinds of mischief in the home. He was a disturbance to other children too. Many a times he jumped from this children' home and went his own way. Because of his this type of activities the care takers also faced suspension and other disciplinary actions.

When he was caught he was brought in to the children's home again and again. Hence the authority decided to look after the child always with one care taker fully leaving the other children to other care takers. That means at a time there will be three care takers to look after the whole children. In this case, one care taker will look after Mr. A and the rest two care takers will look after all other children. So for this child, special duty was assigned to the care taker.

Mr. A is very tall person. He was not sent to the school. He was admitted in the home school. Those children who are not going to school are given education within the compound of this home itself. For that government has assigned one teacher from the school to come every day to children's home and teach them. Thus Mr. A was daily attending the classes of the teacher. He was very poor in studies. He is not that much attentive in classes. The authorities have limited the freedom of this child and have made a lot of restrictions including in his play games. The child has behavioral disorder. In his early childhood onwards he was involved in unhealthy sexual practices and therefore he always shows sexual deviations in his behavior. He always quarreled with other children and became a real headache to care takers. He had taken to General psychiatric hospital and the doctor was giving psychiatric medicine to him. So every day he was taking the medication. Sometimes he took this medicine and hide it in the pocket and gave to other children. Because it is used as drugs by some other

senior children. Such types of bad behavior are exposed from him many a times. He always showed a criminal tendency in his behavior towards others.

### **Outcome**

The Counselor did a number of sessions of counseling with the child. Since the child has sexual disorder it was time consuming to change or minimize his sexual disorder. He needs psychiatric treatment first and that is why we gave psychiatric medicines first. His attitude towards others was pessimistic and he did not trust anyone else. Through behavioral modification therapy his attitude slowly started changing and his aggressiveness we could reduce to a minimum level. He always was showing his mighty power in front of other children and staffs. That we could control to a certain extend through an occupational therapy. Because of his improper behavior, nobody was there to make friendship with him. That aspect he was made aware and slowly he was able to make intimacy with others. He was not much interested to manual work and we made to involve manual work slowly. He had the behavior of stealing things. He used to steal the belongings of care takers and hide it somewhere else. Through this intervention we could make him an obedient child to our maximum capacity. His attitude towards woman was negative and that also we could modify to a certain extend. We taught him how to respect woman and elders. Since he was in constant observation his activities were limited.

### **Discussion**

Mr. A is always seems to be a lonely person. He has got a criminal mind. He will attack other staffs and the children at any time. That is what his behavior. His behavior is unpredictable. Still, through this intervention the researcher could mould him into a good personality. His arrogance and unacceptable nature was reduced to a certain extend. He had the habit of breaking the rules of the institution always. That also was controlled through a series of sessions of counseling. Sex education classes were taken for him separately. Through that proper health tips were given and healthy sexual attitude was created to a maximum level. Still he needs improvements in many areas. Whenever he gets chances outside the home, there are all the possibilities that he may involve in antisocial behavior. So environment modification is must for him. So that he will be within the reach of elders all the time.

His basic character can be modified and cannot be changed. His behavior can be molded and alternated into minimum or maximum level, but cannot be changed fully and that is what we discovered through this intervention. Medication is already given to this child. So that is why we could control him up to this level. Once he gets out of the home after 18 years what will be his situations is unpredictable. And that is why the researcher recommends he must be within the reach of elders wherever he goes and whatever he does. However the researchers feel happy that his negative attitude towards the other and society were reduced to an acceptable manner for others.

### **Conclusion**

All these four cases are different in outlook. But the underlying problems are one and the same. In order to bring a real change among these children, the case worker had to work hard to mould them, to form them and to make them aware that they have dignity and worthiness in the society. Through this series of studies the researchers want to put up real problems behind the curtain. Today the problems of the children are taken care of far better than earlier period. However, there is a need to still improve the mental health of the children. Through this intervention, the researchers proved that any child can be brought into the main stream par excellence with that of normal children in spite of any defects the child is possessing.

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