

A Study to Assess the Belligerent Behaviour Among the Adolescent Girls Studying in Selected Private Institutions of Distt. Shimla (H.P)

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Abstract: Adolescence is a crucial developmental phase characterized by rapid physical, emotional, and psychological changes. During this period, individuals may experience heightened stress, confusion, and emotional turmoil, which can manifest as aggressive or belligerent behaviour. Belligerent behaviour includes actions that cause physical or emotional harm and often violate social norms and boundaries. The present study was conducted to assess the level of belligerent behaviour among adolescent girls studying in selected private institutions of District Shimla, Himachal Pradesh. A quantitative, non-experimental research design was adopted, and 157 adolescent girls were selected through a random sampling technique. Data was collected using standardized questionnaires and analyzed using SPSS software. The findings revealed that the majority of adolescent girls exhibited low levels of belligerent behaviour. Among the dimensions assessed, verbal belligerence was more commonly observed, while hostility remained low in most participants. The study highlights the need for timely psychological interventions and preventive strategies to manage emotional and behavioural issues among adolescents.

1. Introduction

Adolescence, defined by the World Health Organization (WHO) as the period between 10 to 19 years of age, is often marked by a heightened state of emotional sensitivity and behavioural change. During this transitional stage from childhood to adulthood, adolescents face numerous challenges that impact their physical, mental, and social well-being. Inability to cope effectively with these changes can result in behavioural issues, including belligerent behaviour. Belligerent behaviour refers to actions intended to cause harm—either physical or emotional—to others. Such behaviour is often impulsive and reactive, stemming from unresolved internal conflicts, peer pressure, academic stress, or family-related issues. It not only violates societal norms but also leads to adverse consequences for both the victim and the perpetrator. The increasing incidence of stress-related issues among adolescents—such as anxiety, depression, and aggressive outbursts—has become a concern globally. According to WHO, about 20% of children and adolescents worldwide suffer from disabling mental illnesses. In India, contributing factors such as illiteracy, financial instability, lack of recreational opportunities, and poor emotional support often go unnoticed, further intensifying these problems. Given the socio-cultural and environmental pressures faced by adolescents today, this study aims to assess the prevalence and levels of belligerent behaviour among adolescent girls in selected private institutions of District Shimla. It also seeks to understand the association between such behaviour and various demographic factors.

2.Objectives

- To assess the level of Belligerent behaviour among adolescent.
- To find out the association between level of Belligerent behaviour among the adolescent girls with their selected demographic variables.

3.Assumption:

Material and Methods: Quantitative research approach and non-experimental design was used to assess the Belligerent Behaviour among 157 adolescent girls(17-19yrs) who were selected through random sampling technique in selected Private Institutions of Distt. Shimla.(H.P) Ethical committee permission was obtained before conducting the study. Consent was taken prior to data collection. Confidentiality of the participants and data was ensured. Data was collected using Social demographic data sheet developed under supervision of research guide and standardized questionnaire to assess the level of Belligerent Behaviour. Content validity was obtained from experts of Medical Surgical Nursing, Obstetrics and Gynaecology, Community Health Nursing, Mental Health Nursing. Data was analysed by using SPSS. The descriptive and inferential statistics such as percentage, Standard Deviation, Chi-square was used. Data was analysed by Spss.

4. Results and Discussion:

SECTION 1:Description of Socio-demographic characteristics of the subjects

With respect to the age, majority 122(77.7%)were of age group of 18-19 yrs. Majority 116(73.9%) of adolescent girls were Hindu. Most of them 100(63.7%)were living in residential area. Majority 90(57.3%) of girls were from nuclear family. Majority 83(52.9%) of girls were having 1stbirth order. Majority 67(42.7%) girl's father were graduate. Most of them 48(30.6%) of girl's mother education were senior secondary. Most of 56(35.7%)of fathers occupation was private employee. Majority 134(85.4%) mothers were home maker. Majority 63(40.1%) of family income were above 30,000. Major of participants 57(36.3%) were from agriculture field.

Table :1.1-Frequency and Percentage Distribution of demographic variables of Adolescent girls N=157

Percentage(%)	Frequency(n)	Demographic Variables	S.No
		Age(inyrs)	1
22.3%	35	a.16-17	
77.7%	122	B.18-19	
		Religion	2
73.9%	116	a.Hindu	
24.2%	38	b.Sikh	
1.9%	3	c.Muslim	
		Areas Of Residence	3
63.7%	100	a.Rural	
36.3%	57	b.Urban	
		Type of family	4
57.3%	90	a.Nuclear family	
42.0%	66	b.Joint family	
0.6%	1	c.Extented family	
		Birth Order	5
52.9%	83	a. 1 st	
36.3%	57	b. 2 nd	
8.9%	14	c. 3 rd	
0.6%	1	d. 4 th	
1.3%	2	e. >4 th	
		Education status of father	6
10.8%	17	a. No formal education	
7.0%	11	b. Primary	



16.6%	26	c. Middle	
22.9%	36	d. Secondary	
42.7%	67	e.Senior Secondary	
		Education status of mother	7
13.4%	22	a.No formal education	
14.6%	51	b.Primary	
15.3%	26	c.Middle	
30.6%	56	d. Secondary	
26.1%	2	e.Senior Secondary	
		Occupation of Father	8
14.0%	22	a. Labourer	
32.5%	51	b. Agriculture	
16.6%	26	c. Self employee	
35.7%	56	d. Private employee	
1.3%	2	e. Govt.employee	
		Occupation of Mother	9
85.4%	134	a. Home Maker	
24.2%	1	b. Labourer	
16.6%	10	c. Self-Employed	
40.1%	12	d. Private Employee	
\		Family Income	10
19.1%	30	a. <10,000	
24.2%	38	b. 10,001-20,001	
16.6%	26	c. 20,001-30,000	
40.1%	63	d. Above30,000	
		Stream of Participants	11
30.6%	48	a. Nursing	
36.3%	57	b. Agriculture	
11.5%	18	c. Education	
10.2%	16	d. Basic Science	
11.5%	18	e. Engineering	

**Table :1.2-Frequency and Percentage Distribution of Psychological Determinants of Adolescent girls
N=157**

Percentage(%)	Frequency(n)	Psychological Determinants	SNo
15.9%	25	Traumatic Event	1
6.36%	10	A. Yes	
1.91%	3	B. Accident	
7.64%	12	C. Relationship breakup	
84.1%	132	D. Death of loved one	
		E. No	
1.9%	3	History of Psychiatric Illness	2
98.1%	154	A. Yes	
		B. No	
5.7%	9	History of Significant Stress	3
94.3%	148	A. Yes	
		B. No	
3.2%	5	History of Belligerent Behaviour	4
96.8%	152	A. Yes	
		B. No	

According to selected psychological determinants majority 132(84.1%)faced no traumatic event and others 25(15.9%)faced among them 12(7.64%) faced death of loved one. Majority 154(98.1%)had no psychiatric illness.Major part 152(96.8%)had no history of belligerent behaviour.

SECTION 2: To assess the level of Belligerent behaviour among adolescent girls.

Table:2.1-Frequency and Percentage Distribution of different dimension of Belligerent behaviour among adolescent girls. N=157

Percentage(%)	Frequency(n)	Questions related to Belligerent	S No
8.3%	13	Physical Belligerent	1
47.1%	74	a.High(36-45)	
44.6%	70	b.Moderate(27-35)	
		c.Low(<27)	
7.0%	11	Verbal Belligerent	2
38.9%	61	a. High(20-25)	
54.1%	85	b. Moderate(15-19)	
		c. Low(<15)	
1.3%	2	Hostility	3
26.1%	41	a. High(32-40)	
72.6%	114	b. Moderate(24-31)	
		c. Low(<24)	
17.2%	27	Anger	4
42.0%	66	a. High(28-35)	
40.8%	64	b. Moderate(21-27)	
		c. Low(<20)	

Among belligerent behaviour majority 74(47.1%) adolescent girls had moderate level of physical belligerent. In verbal belligerent 85(54.1%) of them had low level of belligerent. Among all, 114(72.6%) were having low hostile behaviour. In anger, 66(42.0%) having moderate level of anger.

Table :2.2-Frequency and Percentage Distribution Belligerent behaviour among adolescent girls. N=157

(%)	(n)	Levels of Belligerent Behaviour	SNo
6.3%	10	High(112-140)	1
45.3%	72	Moderate(84-111)	2
47.2%	75	Low(<83)	3

Majority 75(47.2%) of adolescent girls having low Belligerent behaviour.



SECTION 5. To assess the association between the level of Belligerent Behaviour among adolescent girls with their selected demographic variables.

5. Recommendations:

- An Experimental or interventional study to assess the effectiveness of coping strategies of belligerent behaviour among adolescent girls can be done.
- A Comparative study can be conducted to assess the Belligerent Behaviour among adolescent girls and boys.
- A Qualitative study can be conducted to assess the factors affecting Belligerent Behaviour among adolescents.

6. Conclusion:

The present study concludes that the majority of adolescent girls studying in selected private institutions of District Shimla exhibit low levels of belligerent behaviour. Among the various dimensions of belligerence, verbal expressions of aggression were more common compared to physical aggression, hostility, or anger. This finding suggests that while the outward expression of violence may be limited, internal emotional conflicts might still exist among adolescents. These results highlight the importance of early identification and intervention to address the emotional and behavioural needs of adolescents. Educators, parents, and mental health professionals must work collaboratively to provide supportive environments, coping mechanisms, and recreational activities that help adolescents manage stress effectively. Furthermore, integrating mental health education into school curricula and promoting open communication can play a significant role in preventing aggressive tendencies. Overall, the study underscores the necessity for comprehensive strategies that foster emotional resilience and psychological well-being among adolescent girls.

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