



## **SCHIZOPHRENIA---A BIG CHALLENGE OF SOME STUDENTS DURING LATE ADOLESCENCE AND EARLY ADULTHOOD**

**Pradip Debnath, Ph. D.**

*Assistant Professor, Department of Education, UGB, W.B.-732103,*

*E-mail-ugbpdn@gmail.com*

### **Abstract**

*Schizophrenia is a psychotic disorder which is a matter of high concern because of its rising prevalence in the society. The duration of the age of onset of the problem is 15-25 years, though there are some exceptions beyond this age-group. A kind of aloofness from the society is found in the person suffering from schizophrenia. It is a global problem about which awareness is very less. So the need of the study was felt by the author. The secondary sources of data were used for the study, and analytical method of treating the data was applied. As per the findings of the study, early intervention is extremely essential for the effective management of schizophrenia. Special class-care, individualized curriculum and method, parental affection, etc. help a lot to mainstream and rehabilitate the schizophrenic students. The symptoms of schizophrenic students help in identification of the problem. Taking preventive measure is the only safe way for schizophrenia.*

**Key Words:** *Schizophrenia, psychotic disorder, symptoms, intervention, prevention, care.*



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### **Introduction**

Schizophrenia is a psychotic disorder which is of much concern due to its high prevalence in the society. A kind of alienation from the real world is there in the person having schizophrenia. The term 'schizophrenia' was coined by Professor Eugen Bleuler, a Swiss psychologist and humanist on 24 April, 1908. The term consists of two words—'schizo' and 'phrenia'. The former means 'to break' and the latter means 'personality'. So, in that sense, schizophrenia means broken personality. No consistency is found in the mental activities of the person suffering from schizophrenia. This disorder may be evident during, and even after adolescence. Dementia is also associated with it. A sort of lifelessness is there in the

schizophrenic person. A large number of patients suffering from schizophrenia are admitted to mental hospitals each year worldwide. In our country, the number of schizophrenic patients is alarming.

### **Related studies**

The relevant studies consulted in preparation of the base of the present study are presented below-----

Marwaha and Johnson (2004) conducted a literature search with the goal of knowing more about a) employment rates in schizophrenia and first episode psychosis, as well as how they have changed over time; b) barriers to employment, c) factors associated with employment among people with schizophrenia, d) whether employment influences other outcomes in schizophrenia. In schizophrenia, there is a wide range of reported employment rates. The majority of recent European research report rates between 10% and 20%, but the rate in the United States is less apparent. Patients in the first episode have a greater rate of employment. In the United Kingdom, the employment rate for people with schizophrenia appears to have decreased during the last 50 years. Stigma, prejudice, fear of losing benefits, and a lack of skills are all barriers to employment. Previous work experience is the most reliable predictor of employment. Working is associated with improved social functioning, symptom levels, quality of life, and self-esteem, although there is no obvious causative association.

Insel (2010) deals with the question about how schizophrenia will be regarded in 2030. Schizophrenia is a persistent, often disabling mental illness that affects around 1% of the world's population today. After a century of research, the cause of schizophrenia is still unknown. Despite the facts that treatments, particularly pharmaceutical treatments, have been widely used for nearly half a century, there is little evidence that they have significantly improved outcomes for the majority of people with schizophrenia. As they approach schizophrenia as a neurodevelopmental disorder with psychosis as a late, potentially avoidable stage of the illness, these current dismal outcomes may alter. This 'rethinking' of schizophrenia as a neurodevelopmental problem, which is very different from how they have thought about it for the past century, gives us new hope for prevention and treatment next over the next twenty years.

Os, Kenis and Rutten (2010) put forward that psychotic syndromes might be thought of as social context adaptation disorders. Although heritability is frequently emphasized, onset is linked to environmental factors such as early life adversity, growing up in an urban environment, being a member of a minority group, and cannabis use, suggesting that

exposure may have an impact on the developing social brain during vulnerable periods. As a result, unless considered in the context of interaction with social influences, heredity as a measure of genetic influence may have limited explanatory power. Longitudinal study is required to identify the gene-environment interaction that dictates how vulnerability expression in the general population can lead to more severe psychopathology.

### **Rationale of the study**

Schizophrenia is a big problem among some students during late adolescence and early adulthood. When some ego-needs of the children are not fulfilled, the children become prone to the problem. Some environmental and genetic issues also are responsible to give birth to the problem. Lack of parental care and teacher's indifference to the primary symptoms of the problem aggravate the situation. Approximately 1% of the global population is afflicted with the problem, and it is observed in both men and men. Though there are many students around us with schizophrenia, owing to the lack of awareness, most of the parents cannot understand the symptoms of this problem. The fact is that schizophrenia can be minimized or kept under control only if early intervention is taken. Hence, in order to minimize the problem, timely intervention of the same is a must. At this backdrop the urgency of the present study was felt.

### **Objectives of the study**

The present study was conducted keeping ahead the following objectives-----

- (i) To identify the symptoms of schizophrenic students,
- (ii) To ensure treatment and education of students with schizophrenia, and
- (iii) To find out the ways of prevention for schizophrenia.

### **Causes of schizophrenia**

The major cause of schizophrenia is personality disturbances arising from the individual's inability to satisfy his ego-needs and to cope successfully with his environment. As per some studies, the hereditary factors are the basis of schizophrenia, while some other studies show that hereditary factors are not essential in the etiology of schizophrenia. Most researches in the field of schizophrenia show that psychological factors like frustration, conflict, unhealthy thought and feeling, etc. primarily cause the disorder. Again it should be mentioned here that there are some studies which show that both the hereditary and psychological factors are responsible for causing schizophrenia among pupils. There are some studies again which show that environmental factors like malnutrition, viral infection, intake of certain drugs brain injury, etc. also may contribute towards schizophrenia. A chemical imbalance in the brain also may cause the problem.

## **Symptoms of schizophrenia**

There are some symptoms of schizophrenia that actually help to identify it-----

- 1) Schizophrenia is a mental health condition.
- 2) It usually appears during late adolescence or early adulthood.
- 3) Hallucination is an important characteristic of schizophrenia.
- 4) Delusion is another important characteristic of schizophrenia.
- 5) Indifference to the happenings around is still another characteristic.
- 6) A kind of withdrawal from reality is there in schizophrenia.
- 7) A kind of incoherence in speech-patterns is there in schizophrenia.
- 8) A kind of eccentricity in action is another characteristic of schizophrenia.
- 9) Disorganization in thinking and feeling is still another characteristic.
- 10) Schizophrenia may be of four types—simple, hebephrenic, catatonic and paranoid.
- 11) It is essentially caused by personality disturbances.
- 12) Neglect of conduct and personal habit is a major characteristic.
- 13) Apathy to food and hygienic matters is still another characteristic.
- 14) Introversion is another important characteristic of schizophrenia.
- 15) Emotional coldness is another major characteristic of schizophrenia.
- 16) Schizophrenia gives a no sharing attitude of any personal matter.
- 17) It gives no joy or sorrow at praise or criticism, respectively.

## **Treatment and education**

There are some psychologists who think that there is no need for treatment of this problem, but others focus on family-based treatment. Antipsychotic drugs are there for the treatment of schizophrenia. Treatment should not be common for all types of patients suffering from schizophrenia. Rather, doctors will give individualized treatment for the patients having schizophrenia. Counseling helps a lot in such problem. It helps to develop coping skills and pursue the life-goals. Integrated medication is very much essential for the people suffering from schizophrenia. It should be kept in mind that some of the medicines have many side effects. So, frequent consultation with doctors is essential. Family involvement is a must for schizophrenic case. Medication will not cure schizophrenia, so it should be continued to keep the symptoms under control. Electro-convulsive therapy, psychotherapy, occupational therapy, etc. work for schizophrenia. Family members do have a positive role to play for the person suffering from schizophrenia so that the challenge may be faced. Education should be used as the powerful instrument for the improvement schizophrenic students, their

mainstreaming and rehabilitation. Teachers should be very much careful in dealing with children in the class having schizophrenia.

### **Prevention of schizophrenia**

As schizophrenia is not completely cured, prevention of it should be given utmost importance. A sense of security must be developed among children. A conducive environment should be ensured for them so that they can avoid undesirable habits and behavior. Parents must maintain a warm relationship with their children. They should always be affectionate towards their sons and daughters. Unhealthy competition and comparison and criticism must be avoided. A positive home environment in the family must be ensured. Parents themselves should avoid any kind of strife in the family. Teachers also should be careful in dealing with schizophrenic children from the beginning. Corporal punishment and harsh criticism must be avoided. Interpersonal relationship must be ensured in the class so that all can adjust to the environment properly. If anything wrong or negative comes into their notice, it should be handled properly in consultation with his/her parents.

### **Educational implication**

From an educational standpoint, the present study is undeniably significant. The reason is that it may open up some of the avenues for the beneficiary groups. The concerned teachers, parents, guardians, and other family members will be able to learn more about schizophrenia, which will considerably aid them in providing appropriate care for their pupils and children. Policy-makers and curriculum developers may benefit from the findings. Furthermore, the study will provide some guiding principles for Non-Governmental Organizations and Voluntary Organizations that work with students with schizophrenia. These concepts will help them do a better job in the field. The findings will go a long way toward raising awareness about the problem and boosting the morale of those who work with students with schizophrenia.

### **Conclusion**

Schizophrenia is a lifelong illness, but treatment can help manage symptoms, prevent relapses, and keep the patient out of the hospital. Early intervention is vital in this case because success is dependent on it. As soon as it is detected, it will be managed as soon as possible. It is a collaborative endeavour in which teachers, parents, and psychologists collaborate to mainstream and rehabilitate a schizophrenic child. The most crucial factor is awareness. It's not easy to look after schizophrenic students. As a result, parents and other family members should obtain as much information as possible regarding schizophrenia.

Because of their distinct style of thinking, schizophrenic students require more attention and love. Teachers at schools and guardians at home must try to build a positive and intimate relationship with the schizophrenic students so that they can feel that somebody is there on whom he or she can rely and share some of his or her thoughts.

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