

Quadrant-I E-Text
Details of Module and its structure

Module Detail	
Subject Name	Education
Course Name	Understanding the Learner
Course Code	EDU502
Module Name/Title	<i>Behavior Problem: truancy, lying, stealing, tantrum; Drug addiction: meaning, causes and remedial measures.</i>
Module Code	UTL016
Pre-requisites
Learning Outcome	<p>After going through this lesson, the learners will be able to understand the following:</p> <ol style="list-style-type: none"> 1. Define behavioural problems (Knowledge level) 2. Define truancy (Knowledge level) 3. Enlist the causes of truancy (Knowledge level) 4. Tell the remedies of truancy (Synthesis level) 5. Define stealing (Knowledge level) 6. Enlist the causes of stealing (Knowledge level) 7. Tell remedies for stealing (Synthesis level) 8. Define tantrums (Knowledge level) 9. Enlist causes of tantrums (Knowledge level) 10. Enlist remedies for tantrums (Knowledge level) 11. Define lying (Knowledge level) 12. Enlist types of lying and measures to stop lying (Knowledge level) 13. Define drug addiction (Knowledge level) 14. Enlist major types of drugs (Knowledge level) 15. Tell the causes of drug addiction (Synthesis level) 16. Infer the treatment of drug addiction (Comprehension level)
Keywords

Development Team

Role	Name	Affiliation
Principal Investigator (PI)	Dr S K Bawa	Central University of Punjab, Bathinda
Subject Matter Expert (SME)	Dr Pooja Bhardwaj	M.G.N. College of Education, Jalandhar

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Introduction

During the process of growth and development everyone passes through various stages. Behavioural problems are found in all the stages of a person's life. Each stage has its own challenging behavioural patterns. All the children have moments when they fail to behave properly. Occasionally, the child shows tantrum, becomes aggressive and shows mood swings. If these occasional moments become general, then the problem is referred to as behavioural problems. For example, the child displaying destructive behaviour like screaming, throwing objects, hitting etc. May be considered as behavioral problem. Let's look upon the definitions of behavioural problems:

According to Merrimu- Webster's Dictionary, behavior problem is a "symptomatic expression of emotional or interpersonal maladjustment especially in children (as by nail-biting, enuresis, negativism, or by overt hostile or antisocial acts)."

IDEA defines behavioural/emotional disturbance as follows:

"...a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree that adversely affects a child's educational performance:

(A) An inability to learn that cannot be explained by intellectual, sensory, or health factors.

(B) An inability to build or maintain satisfactory interpersonal relationships with peers and teachers.

(C) Inappropriate types of behavior or feelings under normal circumstances.

(D) A general pervasive mood of unhappiness or depression.

(E) A tendency to develop physical symptoms or fears associated with personal or school problems."

Here are discussed some of the common but considerable behavioural problems.

TRUANCY

Introduction

Severe absence from school is considered as a serious behavioral problem. Truancy means missing full day in the school or skipping certain classes during the school hours. This act of chronic absenteeism from school indicates serious rebellion on the part of the student and is a big concern for the educators, psychologists, school authorities and parents. Moreover this also indicates the fear of child's indulgence in anti social activities like stealing, criminal offences, drug addiction and finally a drop out. So it becomes necessary for any nation to address this problem with deep thoughts and concern. Now, let us understand the term Truancy first:

Cambridge Dictionary defines truancy as "the problem or situation of children being absent from school regularly without permission",

According to Collins English dictionary, “Truancy is when children stay away from school without permission.”

Factors Contributing Truancy

No single factor is responsible for students to become truants. There are so many reasons that lead the child to skip the school related to his personal life, family or school. Some of the School-related factors are:

- Poor supervision on the part of the school authorities
- Lack of facilities in the school
- Inability of teachers in addressing behavioral difficulties of the students
- Over discipline in the school creates phobia for attending school.
- Poor academic performance or achievement.
- Lack of notification when a child is not performing as expected or not attending the school to parents.

Similarly, there are many factors associated to home that may cause the students to skip the school which are:

- Broken family/Single parenting
- Authoritative or over disciplined parenting
- Neglecting parents
- Abusive family
- Parental disinterest in education
- Financial crises in the family

Also, a child may be struggling with certain personal issues which may cause

- Poor self-esteem and confidence
- Low achievement- motivation and poor grades
- Health problems or undiagnosed learning difficulties
- Lack of motivation
- Lack of clarity or clear cut goals of life

Strategies

Most truancy prevention programs include:

- Guiding parents about parenting: it is necessary to guide the parents regarding the correct way of parenting. Both authoritative and neglecting kind of parenting can spoil the personality of the ward.
- Training to teachers: Time to time training to teachers should be organized to make them proficient in dealing with the diverse students of the class. It is also required to observe the behavioral patterns of the students in school and consulting them with right authorities.
- Knowledge of child Psychology: knowledge of child psychology is necessary for both parents and teachers to understand the feelings and behavior of the child. It also helps us to deal with child as per the requirements of his age,
- Organizing Co-curricular activities: varied students have varied interests and in order to make learning a worthwhile activity, activities related to their interests should be organized in the school. Parents should also pay attention towards the hobbies of their child and arrange them hobby classes.
- Individual attention: Attention to each and every child should be provided so that the child considers him important. It will motivate him to be part of the school and will also provide him to share up his head and heart,
- Constructivist learning: The idea of constructivist learning indicates learning by and for the learner according to learner’s pace. Teacher as a facilitator helps the

child to attain the learning outcomes. This kind of learning makes the learning worthwhile activity for the child and prevents him to be a truant.

- Consulting counselors: in case of observing signs of truancy immediate consultation to counselors is must for preventing the bigger disaster.
- Providing social models: real life social examples should be provided to the truants to motivate them to follow their footprints. By conducting sdifferent seminar such motivational speakers should be invited.

STEALING

Introduction

Stealing is an act of taking something from someone without permission. When a child steals it is a big concern for the parents and the causes of stealing needs to be pondered over. Stealing amongst toddlers is common but stealing amongst adolescents and adult is a big concern. The early intervention in this regard is required. According to the Law Dictionary, stealing is “a word used to describe the actions of a person who takes something that is not his to take.”

Causes of Stealing: -

Some children know that stealing is not right but still they steal. Following are the causes of stealing:

- Kleptomania: Kleptomania or compulsive stealing is a common cause of stealing. It is a behavioral disorder which urges the individual to steal.
- To impress peers: Youngsters want to look and feel different as it gives them a feeling of superiority. So in order to impress their friends and peers they steal.
- Financial dependence: Youngsters need financial support from their parents to fulfill their desires, in absence of financial support from their parents' child steals.
- Bad company: Many a times youngsters become part of a peer group which is indulged in stealing and under the influence of friends the chid starts stealing.
- To show anger: Many a times, unattended kids in order to get attention force them into the compulsive act of stealing.
- Environmental causes: Sometimes the child brought up in an environment where stealing is not considered wrong.

Suggestions for Parents

If parents give proper attention, in most of the cases the stealing stops as the child grows older. The psychologists and psychiatrists suggest parents that:

- They need to teach the child that stealing is wrong.
- They should help the youngster to pay for or return the stolen object
- They should make sure that the child in any way does not benefit from the theft
- They should avoid lecturing or saying that they now consider the child to be a thief or a bad person
- They should make clear that this behavior is totally unacceptable within the family tradition and the community.
- Check the link for more suggestions:

TANTRUM

Through the process of growth and development, human behavior attains maturity. With this maturity child learns to control his emotions and this emotional balance help him to be an adjusted social being. But many a times, weather mild or severe child struggles to control his emotions and throws tantrum. A tantrum is way in which the child deals a particular situation. Instead of controlling his emotions, he expresses his feelings in a dramatic way like crying, punching the wall, kicking the floor, yelling or hitting.



But it doesn't mean that tantrums are willful or conscious. But it also suggests that these are learned responses and the child need some help. now look at the definitions of tantrum first.

According to Cambridge Dictionary, tantrum is “a sudden period of uncontrolled anger like a young child's”.

Merriam Webster's dictionary defines tantrum as “a fit of bad temper”.

Oxford dictionary defines tantrum as “An uncontrolled outburst of anger and frustration, typically in a young child.”

Causes of Tantrum

First step to solve the problem of tantrum is to investigate the causes of it. Some of the common causes of frequent tantrums are:

- **Anxiety:** Even if kids don't have a full-blown anxiety disorder, they may still be over reactive to anxiety-provoking situations and melt down when they are stressed. Kids who have non diagnosed learning disabilities or who have suffered trauma or neglect may react this way when confronted with an uncomfortable or painful situation.
- **Learning problems:** the child may have an non diagnosed learning disorder. Say he has a lot of trouble with math, and math problems make him very frustrated and irritable. Rather than ask for help, he may rip up an assignment or start something with another child to create a diversion from his real issues.
- **Depression and irritability:** Depression and irritability also occur in a subset of kids who have severe and frequent temper tantrums.
- **Autism:** These children tend to be rigid—dependent on consistent routine for their emotional comfort—and any unexpected change can set them off. And they may lack the language and communication skills to express what they want or need.
- **Sensory processing issues:** Sensory processing challenges, often seen in autistic children and teens as well as many with ADHD, may cause kids to be overwhelmed by stimulation, and short-circuit in inconsolable meltdowns.

Suggestions to deal with Tantrums

Try to prevent tantrums from happening in the first place, whenever possible. Here are some ideas that may help:

- **Give attention:** For parents spending time with their ward, praising them and also giving them due rewards are the key factors to check their tantrums
- **Give them independence:** As parents we are protective but over-protective nature makes them dependent. They do not feel free to explore the world around us and get frustrated. So as parents we need to give some space and freedom to know their surroundings and do little tasks independently.
- **Distract your child.** Take advantage of your little one's short attention span by offering something else in place of what they can't have. Start a new activity to replace the frustrating or forbidden one. Or simply change the environment. Take your toddler outside or inside or move to a different room.
- **Help kids learn new skills and succeed.** Help kids learn to do things. Praise them to help them feel proud of what they can do. Also, start with something simple before moving on to more challenging tasks.
- **Listen to him.** Show patience while dealing with the child. Listen to him carefully.
- **Avoid comparison.** Every child has limit. Do not compare him with others as they have their own way to do and learn things.
- Click the link below to watch the video for knowing better about tantrums <https://www.youtube.com/watch?v=CqTqPMpnXrU>

LYING

Introduction

Lying is another form of dishonesty. When a child lies to the teacher or parents his behavior is considered disappointing. But instead of over-reacting we need to know the reasons behind the child's lie. There is a lot to know about lie but first thing is to get a definition of lie. In a layman's terms it is intentional falsehood. According to Merriam-Webster's dictionary, lying is "marked by or containing untrue statements".

Types of Lying

There are several kinds of lying:

1. Instrumental lying: these are intentional lies to get some reward or avoid some punishments
2. Non-instrumental lying: these are further of two types: a. Wishful lies are quite common in younger children, is motivated by a child's desire that things be different. For example a girl with no friends tells her classmates that she has a very good friend in nearby town and they do fun things together, and b. compulsive lying in which a child knows that he is lying but not of his motive and he lies all the time about everything.
3. Prosocial lying: these are intentional lies as well but have some positive motive behind them like not hurting the feelings of others. For example, a girl praises her friend's dress, which actually she doesn't like, just not to hurt her friend's feelings.

4. Unintentional lying: There are three types of unintentional lying: a. Fantasy. Where child does not differentiate between reality and fantasy b. Unconscious defense, in which child covers himself from admitting his mistake, and c. Accidental falsehood, in which child makes a statement which he considers true but actually it is not.

Suggestions to address the problem of Lying

Following are some of the suggestions to deal with the problem of lying:

1. Using praise and blame to get rid from the problem of lying behavior.
2. Providing certain privileges for truthfulness.
3. Teachers and parents should act as role models and practice truthfulness.
4. Psychological counseling will be of great help in order to get rid of this behavior.
5. Teaching them social skills in real life situations to emphasize the worth of truth in society.
6. Telling those stories and giving social model that got fame after following the path of truth.
7. Repeating the value of honesty time and again.

Behavioural problems need immediate attention. With patience, love, affection and expert's guidance any behavioural problem can be cured. Also click the link to know more causes of lying <https://www.youtube.com/watch?v=zRFpMX8RlvA>

DRUG ADDICTION

Introduction

The era of technology and computers has opened the multiple windows for knowledge acquisition. This era helped the youngsters to exhibit their views thoughts and creative ideas before the world and with the world. But this platform also raises the level of competition very high. This cut throat competition and will to taste success at an early stage put enormous pressure on the budding mind of youth. So at an age where earlier one used to be stress free now has massive strain which leads the youth to follow the ways like drug addiction and alcoholism which provides them instant relief but have long term hazards.

Meaning of Drug Addiction

Almost all the nations of the globe are penetrating on the issue of drug abuse as the trend of addiction to drugs among the future generation is increasing. Social expectations and peer pressure exaggerate this dependence on drugs. No doubt that now a day the problem of drug addiction has emerged as one of the biggest social problems among the educators, psychologists and social workers. For youngsters taking drugs is not a onetime fun rather it has become their compulsive behaviour. This household problem is emerging as a biggest social concern. Now let's learn the meaning of drug addiction by various definitions:

The National Institute on Drug Abuse (NIDA) provides a comprehensive definition of drug addiction, stating, "addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences."

According to Mosby's medical dictionary (2009), drug addiction is a condition characterized by an overwhelming desire to continue taking a drug to which one has become habituated

edthrough repeated consumption because it produces a particular effect, usually a n alteration of mental status. Addiction is usually accompanied by a compulsion to obtain the drug, a tendency to increase the dose, a psychological or physical dependence, and detrimental consequences for the individual and society. Common addictive drugs are barbiturates, alcohol, and morphine and other opioids, especially heroin, which has slightly greater euphorogenic properties than other opium derivatives.”

DRUGS- TYPES AND EFFECTS

Following drug types are commonly associated with drug addiction:

1. Stimulant drugs: Drugs like nicotine, caffeine, cocaine and amphetamines like Benzedrine, Dexedrine and methedrine which stimulate the nervous system and increase alertness and motor activity falls under the category of stimulant drugs. Long term usage of these drugs can result in loss of appetite, sleep deprivation and impairment of intellectual functioning.

Types of Stimulant Drugs									
<ul style="list-style-type: none"> • Legal • Caffeine • Nicotine • Weight Loss pills • Energy drinks • Prescription Amphetamines used to treat ADD or ADHD (Adderall) 					<ul style="list-style-type: none"> • Illegal • Cocaine • Crack Cocaine • Methamphetaines • Crystal Meth • Ecstasy 				

2. Sedative drugs: These include narcotic drugs (opium, morpheme, heroin, codeine, Demerol and methadone) and psychotic drugs (barbiturates like amytal, Nembutal, seconal and non-barbiturates like bromides, paraldehyde chloral hydrate). The addiction of narcotics can cause weight loss and appetite loss, constipation and lack of sexual desires. The addiction of psychotics leads to intellectual impairment and disfunctioning of motor activities.

3. Deliriant drugs: These drugs are also known as mind blowing drugs, include Marijuana, LSD and methamphetamine. Prlonged usage of these drugs can lead towards distortion of senses, brain damage and dangerous impulsive behavior.

CAUSES OF DRUG ADDICTION

There are numerous reasons why youngsters become pray to the destructive practice of drug addiction. Some of the prominent causes are given below:

1. Social Causes: Social causes include the influence of parents, relatives, siblings and friends who use drugs. No one is born as a drug addict but the social members models to push one to lead towards the persuasion of such menace. Many a times unstable family situations such as broken families, conflicting parents etc lead to the compulsive act of drugs usage. Peer pressure is one of the biggest social causes that forces youngsters to use drugs.

2. Psychological Causes: dependence on drugs is caused due to certain psychological factors, such as:

- Poor self-esteem
- Lower self-confidence
- High need for social approval from peers or friends
- Higher levels of anxiety and stress
- Tendency to be rebellious or impulsive.

Drugs provide the youngsters an easy escape from anxiety, temporary relief from stress, pleasant reverie and short lived state of euphoria which psychologically reward the drug users to retake the drugs.

3. Behavioural causes: the era of competition and success oriented lifestyle have led the youngsters towards character deformation and deterioration in values. Due to the increasing pressure of getting easy success, they are losing interest in co-curricular activities and simultaneously they are also scoring low in grades. So to prevent oneself from guilt, shame and disappointment in life, drugs are the easiest escape.

TREATMENT

The following measures are useful for the treatment of drug addict:

1. Hospitalization: hospitalization is the major step in the treatment of drug addict.

Although the patient does not want to get admitted in the hospital but hospitalization may cover the following risks:

- Rejection from family and society.
- Withdrawal from and unavailability of the drugs
- Preventing from the risk of overdose of drugs.
- Suppression of misbehavior under the intoxication of drugs.

2. De-intoxication of the patient: there are several ways of de-intoxication from drugs depending upon the level of addiction of the patient viz. total withdrawal from drugs, progressive reduction of the quantity of the drug or substituting less addictive drug and then gradually reducing the tendency of consuming drugs.

3. Medical measures: certain antibiotics and tranquilizers are really helpful for the patients to treat the infection caused by consuming drugs. Adequate dietary measures and adding supplements in the diet can really help improving deficiencies caused by the intake of drugs.

4. Psychological treatment: Love, affection, patience and time play a big role in the treatment of the drug addict. Psychotherapy and socio-therapy are necessary to rebuilt confidence in the patient and motivating him to make adjustments and face problems of life with courage.

5. Long term therapy and rehabilitation: the long term therapy is also essential. It may be achieved through the following ways:

- Re-personalization: the drug addicts should be helped to form a proper relationship with therapists, doctors and nurses before they can re-establish any personal identity.
- Specific therapy: withdrawal reactions and complications should be well guarded against with the help of specific drugs. For e.g. Epileptics may need anti-convulsants or schizophrenics may need phenothiazine's.
- Re-socialization: the drug addicts must learn to socialize and adjust without the aid of drugs.
- Re-occupation: Once cured, the drug addicts should be helped in seeking employment and occupational adjustment. They need to be trained in the job skill and in persistence so that they may be accepted by their employers.
- Re-housing: they should be helped in getting adequate family adjustment and re-establish themselves by learning to accommodate and fend for themselves.

6. Yoga is an effective way to get rid of drug addiction. Also watch this video to know more <https://www.youtube.com/watch?v=dmdeouhGF18>

Summary: This module is an attempt to explain the meaning of behavioural problems. It also deals with some of the behavioural problems like Truancy, Tantrum, Stealing and Lying by explain their meaning, causes and suggestions for cure. Further it also explains the meaning of drug addiction, gives information regarding the types of drugs, causes of drug addiction and its treatment.

EDU502

Understanding the Learner

Module: UTL016

Quadrant-III - (Learn More / Web Resources / Supplementary Materials):

Books, articles, research papers, journals, case studies etc.:

1. Heward, W.L. & Orlansky, M.D. (1980). *Exceptional Children*, Columbus: Charles E. Merrill Publishing Company.
2. Martin, M. & Greenwood, C.W. (1995). *Solve Your Child's School- Related Problems*, New York:Harper Perennial.
3. Santrock, J.W. (2011). *Educational Psychology*, 4th ed., New Delhi: Tata McGraw Hill.
4. Sharma, S.P. (2005).*Fundamentals of Mental Health Education*, New Delhi: Kanishka Publishers.
5. <https://education.findlaw.com/student-conduct-and-discipline/truancy-the-extent-of-the-problem.html>
6. <http://www.healthofchildren.com/S/Stealing.html>
7. <https://www.healthline.com/health/stealing>
8. <https://www.merriam-webster.com/dictionary/lying>
9. <http://www.ccbd.net/about/ebddefintion>
10. <https://childmind.org/article/why-do-kids-have-tantrums-and-meltdowns/>
11. <https://www.dictionary.com/browse/stealing>
12. <https://en.oxforddictionaries.com/definition/tantrum>
13. <https://www.merriam-webster.com/dictionary/tantrum>
14. <https://dictionary.cambridge.org/dictionary/english/tantrum>
15. <https://www.drugrehab.org/definition-drug-addiction/>
<https://www.healthyplace.com/addictions/drug-addiction/what-is-drug-addiction-drug-addiction-information>
17. https://www.google.co.in/search?rlz=1C1CHBD_enIN814IN814&biw=1366&bih=657&tbm=isch&sa=1&ei=xgQyXI3UPJevyAP_x7g4&q=pictures+of+different+kinds+of++stimulant+drugs&oq=pictures+of+different+kinds+of++stimulant+dru gs&gs_l=img.3...105064.109727..110153...0.0..0.237.2141.0j8j3.....1....1..gws-wiz-img.....0i24.hGYjwNMcjxc#imgrc=6KKywRjhL2hs6M

Links to web sites giving additional readings, Wikipedia, blogs, open source content etc.:

- <https://education.findlaw.com/student-conduct-and-discipline/truancy-the-extent-of-the-problem.html>
- <http://www.ccbd.net/about/ebddefintion>
- <https://childmind.org/article/why-do-kids-have-tantrums-and-meltdowns/>

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- <https://www.healthyplace.com/addictions/drug-addiction/what-is-drug-addiction-drug-addiction-information>

Glossary:

- **ADHD:** Attention deficit hyperactivity disorder
- **Autism:** neurobehavioral condition that includes impairments in social interaction and developmental language and communication skills
- **Behavioururur problem:** symptomatic expression of emotional or interpersonal maladjustment
- **Constructivist learning:** learning by and for the learner according to learner's pace
- **Counselor:** a person trained to give guidance on personal or psychological problems
- **Euphorigenic:** giving rise to a feeling of well-being.
- **Kleptomania:** compulsive stealing
- **Lying:** Untrue statements
- **Prosocial:** behaviour which is positive, helpful, and intended to promote social acceptance and friendship
- **Self-esteem:** your opinion of yourself
- **Tantrum :** uncontrolled outburst of anger and frustration
- **Truancy:** children being absent from school regularly without permission
- **Anxiety:** feeling of worry, nervousness, or unease about something
- **Depression:** feelings of severe dejection

Quadrant-IV: (Self-Assessment)

Description: In self-assessment Question No. 01 to 10 consist of multiple choice questions in which learners are required to select the correct one out of the four alternatives.

- 1.** Compulsive stealing disorder is known as
 - a. ADHD
 - b. Autism
 - c. Kleptomania
 - d. Phobia

- 2.** Symptomatic expression of emotional or interpersonal maladjustment especially in children is known as
 - a. Drug addiction
 - b. Truancy
 - c. Tantrum
 - d. Behavioral Disorders

- 3.** The problem or situation of children being absent from school regularly without permission
 - a. Tantrum
 - b. Truancy
 - c. Lying
 - d. Stealing

- 4.** Which is not a type of drug?
 - a. Stimulant drugs
 - b. Sedative drugs
 - c. Deliriant drugs
 - d. Soft drugs

- 5.** A fit of bad temper is
 - a. Tantrum
 - b. Truancy
 - c. Lying
 - d. Stealing

- 6.** A chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences is known as
 - a. Tantrum
 - b. Drug addiction
 - c. Truancy
 - d. Lying

- 7.** Which of the following is the cause of tantrum?
 - a. Autism
 - b. Learning problems
 - c. Anxiety
 - d. All of the above

Answer: d. all of the above

8. Which of the following is a kind of lying?

- a. *Instrumental lying*
- b. Non-instrumental lying
- c. Prosocial lying
- d. All of the above

9. Which is not a treatment for drug addiction?

- a. Hospitalization
- b. Beating
- c. Psychological treatment
- d. De-intoxication of the patient

10. Rehabilitation includes-

- a. Re-housing
- b. Re-occupation
- c. Re-socialization
- d. All of the above

Answers: -

1 C, 2 A, 3 B, 4 D, 5 A, 6 B, 7 D, 8 D, 9 B, 10 B