



## Study of Abnormal Behaviors in Teenagers and Young People

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### ABSTRACT

*Distinguishing normal and abnormal behaviors is one of the most important issues in abnormal psychology. This issue is very important for coaches, parents and officials also recognize normal and abnormal behavior in teenagers and young. Behavioral disorder rather than an absolute concept is a relative issue and is related to different cultures and communities. In other words, abnormal behavior has changed from one society to another, even when normal behavior in one culture may be considered, at another time considered abnormal. On the other hand, when abnormality is discussed, homicide, suicide, depression, alcoholism, etc. are concerned. Although such behavior shows the standard deviation of what is accepted in society model, but all unusual behaviors are dangerous or unusual. Most people who have abnormal behavior, in many areas of behavior are normal. In fact, it can be said that behavioral abnormalities are behavioral patterns range in which the disease state are just some of them. In other words, normality and abnormality are not concepts of white and black, but any normal person can be somewhat aberrant or abnormal individual can be normal.*

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## INTRODUCTION

Although according to the social pathologists, all forms of social anomalies such as robbery, murder, gambling, smuggling, suicide, prostitution, drug addiction, alcoholism, vandalism and the like are affected by the relation between person and society., disabled amenities that govern the relationship between the individual and society. Nevertheless, it should be noted that in all historical periods, according to the nature of the structures, organizations, institutions and social relations of production, forms, shapes and certain types of distortions and anomalies occur in communities. Thus, some behaviors have been defined in some historical periods, dejected or deviant behaviors. New dejected behavior which has also given a new society has been proposed. In other words, with the structure and social relations, not only new forms and types of anomalies have emerged but the prevalence and the meaning they have changed.

Maybe Durkheim (1964, p. 94) is evidence that vandalism and criminality among those deviations is that the new society emerging, and. Zhanorn (1963), Vilinsen (1995), Huber (1991) and Gladstone (1998) believe them as modern and emerging social problem until half a century ago.

### Definition of Abnormal Behavior

According to the opinions of psychologists and psychiatrists, abnormal behavior is a behavior that is significantly different from a cultural standard or norm group. When the term anomaly negative or ironic sense is used, and maladaptive behavior that leads to failure. Such behaviors are often very uncomfortable for yourself or others (Weber, 1985).

According to Zavabeti (1365), any society to achieve its objectives selection determines criteria for the diagnosis of abnormal and normal behavior that is monitored by moral and religious rituals, laws, rules, group, and organizational and family rules. The standards and criteria that are derived values, norms represent the community, organizations, groups and family. When a person with family or social norms do not conform or adapt him seem sufficient, In such a situation he considered problematic that the problem may be manifested as following:

- 1 – Maladjustment: like laziness and lying on them, even though the person does not have to comply with the norms of family and school, but norms cannot be broken.
- 2 - Inconsistency, such as running away from home or school break, in which compliance with the norms of the family was not enough and he rests on the verge of breaking the norm.
- 3 - Wrongdoing such as fraud and damage to persons or objects; they are not the only person who does not adapt to the norms, but some of the social norms of family and school may be broken. Hence, the family and the school was liable to capital punishment, but not severe social punished.
- 4 - Crimes such as drug and theft; they are not the only person who does not adapt to the norms, But also legal and ethical norms are broken, the punishment is legally binding.

### Theoretical framework of rhetoricians about behavioral abnormality in Teenagers

#### The theory of differential link

Edwin Sutherland's theory of differential link is the most famous theory of socialization or learn theories of social behavior tilt issues. Sutherland's theory is the main point that people are due to the number of calls deviant behaviors than their non-diversion of their contacts. The interaction between people with those ideas are repetitive behavior than those who are guilty only of ideas (ie most of them back by tilting behavior or ideas behaviors) the main reason for their behaviors. Summary of Sutherland's approaches to problem behaviors due to its great importance is quoted:

1. Misbehavior cab learned not hereditary or as a product of low IQ or brain damage, etc.
2. Misbehavior cab learned in interaction with others.
3. The main part of the learning misbehaviors occur within groups in the ring and press and mass media play a secondary role.
4. Learning misbehaviors include learning the techniques of wrongdoing and toward specific motivations, and attitudes that stretch.

#### The theory of differential Identity

Gelizer believes that the communication with those who have abnormal behaviors is not problematic, if they are not modeled. The main reason of misbehavior is the involvement of the third variable which is identity.

#### The theory of differential reinforcement:

Berges and colleagues believe that strengthening the theory in psychology that continue or stop the behavior of any kind, depends on the incentives or penalties, namely to encourage certain behavior and punishment would continue to stop it.

#### Control theory:

The main theme of this theory is behavior, not the result of social control. The underlying assumption of this theory is that as Freud said, people naturally tend to tilt behavior, and if they do not control (Gals, 1973: 57-55) and tilting of individuals, rather than driving forces of the anomaly is caused by the product's lack of inhibition (Nay, 1958: 9-3).

#### Social bonding theory

Traves Hershi, the owner of this approach, knows social bonds as the reason of conformity with the social norms, but he claims that the link between the individual and society is the most important cause of conformity and the main factor controlling individual behavior and the weakness of the link or deviance is not the main cause.

#### Shaming theory

Berituit argues the control of individuals by society through various ashamed, Berituit speaks two types of shaming: 1) Separator ashamed of where deviance, punishment, stigmatization, rejection and therefore be banished from the community choir 2) feel ashamed of linking the express understanding deviance, abuse and neglect, and even expressed his respect for him, he created a sense of guilt and (assumed to be) eventually prevented him from continuing deviancy and welcomes his return to the choir.

#### The doctrine of deterrence

While Berituit theory considers shying mostly informal kind of social control by relatives, friends, neighbors and colleagues, deterrence doctrine insists on formal social control by judges and other law enforcement agencies may apply. The underlying assumption of this theory is that

human beings are basically rational act and the commission of any deviance that input-output analysis, and if the benefit is more than the cost of making, it will refrain from deviance.

### **Behavioral disorder**

It's a term that is used in the works of psychologists, psychiatrists, and other scientists who deal with the human sciences.

Herbert (1975) behavioral problems is divided into two distinct dimensions.

1. The agency problems
2. Recognition problems

His conduct problems include: 1. Turmoil, 2. restlessness, 3. Profane, 4. Hyperactivity, 5. Impatience, 6. Defiance, 7. the attention-seeking 8. Irritability 9. Fight 10. Envy 11. Fulminate, 12. Lack of coordination 13. Tantrums, and 14. Negativity,

In his view, diagnostic problems are as follows: 1. preparation, 2. Humiliation, 3. anxiety 4. Depression, 5. Social isolation, 6. Extreme sensitivity, 7. Distraction, 8. Drowsiness, 9. Shy, 10. Avoidance, 11. Quiet, 12. Lack of self-confidence, 13. Inability to enjoy.

Herbert believes these problems bother in case of individual or community. The term "inconsistency" is another synonym, according to the International Congress of Psychiatry in Paris from 1960 was used instead of the unusual (Milanifar, 1990).

Behavior "not compromise" sometimes minor and sometimes unique or special environment generally and with respect to all people and different environments even incompatible despite having normal or higher IQ unusual or abnormal behavior and normally is not able to maintain relationships with other people. Some such people due to the following features "difficult" is called for; 1. Socialize and have contact with these people and tolerate their behavior is difficult for others. Such people cannot easily express your needs and concerns. 2. Follow the rules and respect the rules of social common for these people is hard. Such people can make a balance between their personal needs and the needs of others. 3. train these people for parents, teachers and educators in comparison with others creates problems. 4. Medical and psychiatric diagnosis of the nature and cause of the disagreements in our problem and therefore such people a lot of problems with it. 5. Estimate the number contrarily to a particular behavior is not incompatible because the phenomenon is a combination of different behaviors which may vary in different societies and cultures, is not easily possible.

The problems of young people and quoted Cole Hall:

- 1 - social maturity
2. Emotional Maturity
3. The maturity of intellect
4. Sexual Maturity
5. Stay away from family and independence
6. Depression
7. Self-knowledge
8. Choose Job
9. Entertainment

Brown problems as young adults and Hal Cole mentioned, with the exception that the problems such as:

- 1) family and parents and their involvement

2) the right choice would primarily add the problem. The results of reviews of written expert are based on several factors contribute to the problems of teenagers that some of them are: 1 - Physical need 2 - Individual differences 3 - Psychological needs 4 - Individual and social motivation 5 - Economic, social, cultural and political 6 - Social Deviances 7. The physical and psychological damage 8. Environmental conditions 9. Family disputes 10 - school crackdown 11. Peers

Normal and abnormal experts evaluated based on different perspectives that are outlined below:

1. the statistical perspective: the view of psychopathology and abnormal embracing a mathematical investigation and traced the curve is detected. So that about seventy to seventy-five percent of the studied groups that make up the middle curve normal and abnormal people who are labeled at both ends of the curve.

2. Cultural point of view: In this view a person's behavior according to the social environment in which we live, may be normal or abnormal; because the other person in the social life may have a limited degree of freedom and on the other hand, society will not tolerate deviations from the conventions of society.

3. Pathology perspective: According to this view, abnormal behavior is a disease state or disorder that is diagnosed based solely on clinical symptoms.

In other words, in this view indicates abnormal symptoms and due to the lack of symptoms is considered normal.

4. Goal-oriented view: In this view, normal through the use of a hypothetical model which requires accepting a system of perfect normality is defined. Perhaps based on the ideal that demands leaders, politicians, educators and parents for teenagers and young people.

According to Navabinejad (1983), abnormality can be defined and described in three categories: 1) statistical criteria 2) theoretical criteria 3) clinical criteria.

### **1. Statistical methods**

This method works often for diagnosis of abnormal clinical criteria to be benefited by its use.

This method is a bit abnormal to the terms in the process, has advantages as follows:

- A) helps us more accurately identify abnormal behavior act.
- B) Enables us to measure behavior
- C) Normal standards for abnormal behaviors help us to create alternatives.
- D) Allows us to learn about the natural behavior of the statistical deviation is tolerated know, take the appropriate decision.

### **2. Theoretical method**

In this way, the process of adaptation and not a lot of anomalies on the quality of statistical anomaly judgment and an inability to adapt is considered. The major advantage of theoretical methods, this is where the concept of a purely statistical frequency abnormal when abnormal behavior is considered individually and that reflects an unfavorable adjustment is odd. Thus, in this way a positive and desirable features such as high intelligence, signal is normal or healthy person, although its prevalence in the general population is negligible.

### **3. Clinical method**

In this way, abnormal behaviors are known by signs and symptoms. The experts have divided signs of abnormal

behavior into two groups.

A) The new mental symptoms b) objective symptoms.  
A) Subjective symptoms: Symptoms are caused by the patient and the clinician report expresses concern, discomfort and distress for the patient. For example, anxiety, depression and feelings of inferiority among the subjective symptoms of the patient to a specialist reports.

B) Objective symptoms: Symptoms are caused by clinical experts as are the major symptoms of the disorder. Such as anger, bitterness, strange behavior and enuresis, are all examples of concrete symptoms. According to experts, the abnormality is often associated with symptoms of objective and harmonica, but in some cases, one of these two symptoms can be seen.

Human needs are numerous and those who are not satisfied leading to tension in person. Since the stress is unpleasant, in search of a goal that comes with it to be able to reduce stress and achieve balance. Not satisfy needs or conflict causes the teenagers or young adult in a state of imbalance and stress spent. In such a situation a person is forced, by circumstances of the compromise. If unconscious defense mechanisms act. In fact, the adjustment applied to different situations.

Defensive mechanisms are instruments to defend "I". Any threat to "I" threat is to threat the existence of an individual and anxiety. Defensive mechanism protects the person against anxiety and failure. Thus, any healthy person's natural defense mechanisms resorts, but they are continuous and prolonged use can lead to psychopathology. In fact, defense mechanisms perform two different functions. On the one hand, these mechanisms serve individual needs and reduce anxiety and on the other hand prevent a person known their basic problems and seek to solve the problems. In fact, the mechanisms are the "dummies".

According to Shapourian (1977), defense that is often used by teens include: aggression, either directly or indirectly, compensation, compliance, rationalization, blaming others, reaction, self-centering, cynicism, isolation, deny, fantasize, displacement, mitigation and return that each is discussed below:

1. Aggression: aggression defense, either is directly done in the form of profanity and physical attacks. But sometimes aggression can also be done indirectly in stylish sports activities.

2. Compensation: Compensation strategy is defense against feelings of inferiority and inadequacy of the real or imagined violations and juvenile weak stems. Compensation has been often constitutive that leads to overcome the deficiencies.

3. The adaptation or identification: the unconscious desire to be like with another person and internalize the characteristics of his personality. As patterns in adolescence may be transferred out of the family, the young people are validated. They modeled teachers, clergymen, and the authorities. According to this model, the role of psychologists in the training of young emotional maturity and character development is undeniable. Important point for parents, educators and authorities in the field of defense replication is possible that young people have an abnormal and wicked replication; and the deviations in the culture of

some countries, especially industrialized countries are injected through the mass media and propaganda and cause corruption in the society.

4. The rationalization: It's a kind of defense which helps to identify what the teenagers do or discomfort that caused him thus unreachable goals to accept with good reason.

5. Blaming others is to ascribe thoughts, feelings, motivations and aspirations of his absurd to others, because they bear the shortcomings and failure makes people uneasy, so they ascribe to others.

6. Reaction (backlash): In this kind of defense real desires are repressed person and it tends unconscious behavioral reaction is shown as an example teenager who flattery, flattery and cajolery's founding. In fact, it has aggressive tendencies, destructive and hostile tendency.

7. Self-center: insecurity takes away the person from center of attention. For example: talking loudly, wearing strange, inappropriate behavior or sudden, it is possible to draw the attention of the teenager who goes unnoticed others.

8. Cynicism: This method is also used to attract the attention of others. The teenagers opposed with everyone and everything. In this regard, an adult may refuse to do group work or school with teachers and parents opposed or angry parents and show animosity to the legal authorities.

9. Isolation: if the teen fails to actively ways to overcome your problems, may be the passive tone to submit to them. Such a strategy makes disgrace to your people and small counts.

Also taking refuge in sleep is a passive way, although sometimes efficient acts, but if that is to be applied can be detrimental.

10. Refuge to the disease: The teenagers who suffering from conflict or are faced with problems in his daily school life and not being able to fix them. The patient may have physical reactions such as headache, nausea, gastrointestinal and nervous tics.

11. Deny: The teenagers in the defense reject the problems or factors that cause stress. Deny indicates lack of acceptance of the fact that frequently takes place to escape from understanding the truth such as ignoring academic weakness by tearing up the letter.

12. Fantasize: in avoiding the truth, the teenagers may fantasize to achieve what they couldn't achieve in reality. While appealing to fantasize successful is effective in relieving the problem, indulge in it without trying to solve the real problem is very harmful.

13. Displacement: It's a defense mechanism used by young teen more than any other age group. The teen use this way to transfer emotions towards a certain person or subject. The teenage don't show them because of fear, respect or y certain norms, instead, they show their emotions on their brothers or sisters or neighbors.

14. Mitigation: use of this reaction causes the desired aim may be replaced by desires that may break the norm. Therefore, parents and teachers can guide the teenagers in sexual tension and emotions related to the functions of the mechanism.

15. return: In this reaction, the teen choose a particular pattern of behavior that is appropriate for younger age and thereby retreat in the face of pressures to choose their behavior appropriate to an earlier age periods and is not

worthy of adult behavior. Nail-biting, thumb sucking, baby talk, throwing objects or crying are all effects of this defense mechanism.

### **Conclusion**

The underlying causes of deviance in society are not the same, and in any society and the environment a range of factors such as geographic, climatic, social, economic, family status, education, occupation and attitudes that govern certain are involved. Unbridled urbanization, the spread of marginalization and poverty, waste of resources and energy to follow marginalization in urban areas is directly related to the crime. Diversity and luxury, gross disparities between social classes living in big cities, inflation and the high cost of living expenses make the non-functioning individuals whose incomes do not cover their lives. To meet their needs even if illegal, other environmental factors include poverty, crime, unemployment, inflation and economic conditions that affect all people mentioned, people, groups and institutions are involved.

The sanctity of home and family is something that we all have to respect it. In an environment that parents' relations are friendly, children will be healthy and this leads to a healthy society. Zhan Bourne in the definition of family writes: the family is a small community consisting of father, mother, children and servants and the integration of the common property. In his opinion the root of the rest of society is the family in a natural society and the first unit is composed of state and government (Arastehkhou, 1990, p. 327). So if family members have close emotional ties, of course it leads to development and growth of the community and the country.

Abnormal and traumatic deviations in social and behavioral factors as causes and predisposing can be effective:

- Personal factors: gender, age, appearance and countenance, weakness and power, disease, genetic factors, and ...
- Psychological factors: vital, hate, fear, anxiety, mental retardation, fantasy, power, shyness, aggressiveness, jealousy, mental illness and ...
- Environmental factors: weather conditions, city, village, street, heat and cold ...
- Social factors: family, divorce, poverty, culture, economy, unemployment, jobs, media, immigration.

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