

Reattach Treatment Implementation for Developing Coping Skills among Maladjusted Teenagers

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Abstract

Reattach treatment is a good process of solving major issues and this therapy is included under the section of rehabilitation treatment. This study aims to develop this study by mentioning all the needed therapy that makes this paper authentic. A Secondary data collection method is used here for collecting accurately from other resources such as Google scholar journals and articles. Additionally, all data are authentic most and reliable also that makes this study proper. After evaluating the review, this study has implemented speech therapy for sorting out the communications problems from maladjusted teenagers. Parents and teachers have a significant role in developing the skills of teenagers effectively. SAGE recovery framework is enlisted here as a big solutions of some issues about teenagers.

Keywords: Maladjusted Teenagers, Reattach therapy.

1. Introduction

There are several experiences in childhood that have been connected to neglect and abuse in different forms of psychopathology lifespan. The disorders of mental health often emerge among the co morbidity rates for the treatment of counterparts that are non-maltreated. For the purpose of identifying resilience and risks that are present among the individuals, there is the prevention of bolster in the population of high risk. Exposure to stress is the primary risk factor for psychopathology in the period of adulthood, childhood, and substantial research that helps in suggesting certain effects. The models of cumulative risk highlight the stress exposure among the adolescence that predicts the mental health problems in those individuals that have experienced maltreatment that includes sexual abuse, physical neglect, and emotional neglect [1]. There are certain stressful situations that could be avoided in preventing the maladjustment of the potential against amplifying the risk factors. There are certain adolescents that have certain cognitive reappraisals and are more likely to internalize feelings that are negative. There are previous studies that have examined the responses of stress as a factor of risk that helps in regulating the strategies of individuals. It further provides the meta-analysis that helps to regulate emotions at the domain levels in childhood. Emotional and coping regulations have been defined as the empirical and theoretical frameworks among the responses to controlled stress. In the main section of this study, the results of the meta-analytic are associated with the neglect and abuse of emotional regulations. Critique of the present state has been offered for proposing the future research of this study. The regulation of emotion and coping at the level of broadcast helps to refer to the strategies of behavior in employing responses to external experiences. The purpose of coping has been defined as an effort that is volitional in regulating emotions and physiology present in the environment.

2. Literature Review

Conceptualization in the regulation of emotion and coping

The regulation of emotion often includes both the process of automatic and control that helps in encompassing the effortful process. The process of coping often includes the goals that have been directed in the regulatory efforts that focus primarily on an individual's emotional experience. There are individual constructs that help in providing an entire picture of different patterns that are responsible among the teenagers. The controlled process in the strategies of behavior and cognitive reflection has been employed purposefully. There is several conscious awareness that is improving the self-report validity of an individual teenager. The emotion and coping regulations are examined on a large amount that is present between the separate work bodies. The process of controlling isolation could be integrated based on the framework maltreatment impact among the intentional responses [2]. There is a meta-analysis that is quantitative and provides a foundation for the risk management of different psychological problems among adolescents and children. A review of meta-analytic often represents the empirical assessment thereby coping with the regulation of emotion during the teenage period. The primary aim of this study is to identify the findings for the purpose of elucidating the patterns between the childhood neglect and abuse of stress responses [3]. There are previous studies that have been done for the purpose of teaching the regulation skills of emotion and coping. This investigates the abuse effects and neglect on certain categories in regulating emotion of the prevention efforts.

Description and explanation of maltreatment among teenagers

The process of experiencing maltreatment and thereby witnessing the events that is violent in resulting consistent symptoms of post-traumatic stress disorders. It helps to avoid the stimuli that are associated with the behavior and play of repetitive traumas. Maltreatment has led to the development of a child's abilities in processing certain social information and problem-solving [4]. This discriminates between negative and positive emotions which help in developing accurate perceptions. There are certain cases that have been exposed to the witness and maltreatment of community violence in maladaptive ways. The theories of trauma explain the emotional and psychological behaviors that have been adapted to the stressful lives of an individual [5]. This process helps in producing certain methods that could be used for treating several children. It helps to facilitate transactions among the ecological contexts for the purpose of their development. There are several emphases that have been put forward for the structural treatment of certain modules in the self-efficacy of victimization. An approach of psycho education has been used in providing the skills for the purpose of restructuring four recovery stages [6]. The framework of treatment recovery has been embedded in a philosophy of therapeutic community for promoting the development of individuals as members of the community. The implementation model is a formal training of staff that trains the basic principles of the

In the treatment programs. A major approach has been put forward for the purpose of providing residential units that will translate the philosophy of the Sanctuary Model into daily programming, treatment planning, and community meetings. Community notion is reinforcing daily meetings of a community that aims to teach community members in becoming responsible and caring. Different protocols have been followed among the members of the community that share their feelings, identify their primary goals, and share their success at the end of the day. An environment of the therapeutic community helps to set the psychoeducation programmes that will help to discuss the framework of SAGE recovery [7]. There are primarily four stages involved that are safety, regulation affecting, empowerment, and grieving. Terminologies that have been used in describing the above framework help in facilitating the youth in understanding their stages' meanings. Physical safety that often includes environmental safety where the individuals have been provided within their comfort. There is psychological safety that encompasses the safe feeling that does not hurt others, including family members and peers. Safety of society refers to the safe feeling of having trust in other people thereby knowing the process of choosing trusted friends. This often means managing times that are rough and safe situations and avoiding any fighting that can lead to dangerous problems among individuals.

Mainly, the sanctuary model is one of the major models that are enlisted under the section on reducing trauma in communities. This is generally a system-changing framework that is worked for people to support them in recovering from various aspects of mental health. Additionally, this model has four aspects and these involve trauma theory, the sanctuary tool kit and the S.E.L.F model and seven commitments. Thus, these four principles serve the accurate knowledge, language and values also to make a sanctuary community in society. Maladjusted

students have faced several kinds of problems in the present society and these are constant daydreaming and abnormal fears and so forth. This study has forecasted on presenting all vulnerable aspects which are enlisted in this context respectively.

3. Methodology

The methodology is one of the major parts of executing any paper with collecting the relevant data about the selected topic. In this study, this paper elected the secondary data collection method for receiving all information regarding this significant content. Additionally, most of the data are collected from previous studies. Those are the exact data mentioned in their paper. In support of these, it has been seen that this major paper followed the positivist philosophy for elaborating this paper in detail [8]. The descriptive approach is picked up here for showing all aspects properly and that is an appropriate way of establishing the paper efficiently [9]. Besides it, this entire process also addressed the proper data which are reliable. No misconduct data's are not enlisted here and this nature is defined by the authentication of the paper. Majorly, this study forecasted collecting data on the context of those teenagers who are suffering from maladjusted. On the other hand, this study also followed the indicative way of making a perfect conclusion for this proposed article. Previous various studies have been conducted to take this topic in a deep way yet all are not mentioned accurate data in their study. Therefore, through the inclusion and exclusion way, this study has elected all previous studies' information that helped this paper to produce a clear concept of elected study.

4. Findings and Discussion

According to the overall context, it has been examined that teenagers have suffered from various kinds of mental issues. Extreme restlessness, abnormal fears and absent-mindedness all are involved in the term maladjusted teenagers. Maladjustment is a method in which a person is not capable of meeting all needed biological and social success. Therefore, this is one of the major aspects that impact badly on an individual's mind. The timid and withdrawn issue is another major subject that defines a maladjusted person [10]. In this case, these categorized persons could not meet any real-life situations. Therefore, the person would not be able to solve any issues at the time of occurrence. In this case, some rehabilitation treatment is used for solving this kind of vulnerable problem. According to this study, it has been seen that self-consciousness and shyness are other major aspects that are connected with teenagers appropriately. Additionally, shyness is normally connected to self-consciousness and focus by other people. When other people provided extra focus to other children that time those affected children felt down for this reason. Fearful is another one that is enlisted here as a key aspect of this maladjusted child. Generally, some children have some fear of the dark and danger. In that case, some rehabilitation treatment is included here and this is mentioned here in an accurate manner [11]. Such as, speech therapy is an essential part of serving knowledge to solve these vulnerable issues. Additionally, through the support of speech therapy, teenagers can learn some good tactics of conducting better communication. In the form of communication issues, shy categorized Childs have faced various issues related to expressing their problems in front of people and their close persons. Therefore, this paper has focused on providing the speech therapy that helps these categorized Childs to sort out their expression anxiety accurately. On the other hand, those teenagers have faced the issues associated with fear. At the moment of occurring any issues, this speech therapy helps to solve these problems effectively. In addition, it has been seen that from this overall study, delusions are another major aspect that is also listed here properly and these kinds of problems are seen naturally inside the teenagers. For example, some students could not study all year. Before the exam, they thanked God for a better result. This has acted as a major issue in this generation and for solving these issues, teachers and parents both play a crucial role. Most of the cases, it has been seen that when teachers served proper focus on these categorized students. Through this process, this problem can be solved easily, and this is also helpful for students to get actual results based on their performance. In other words, emotionally disturbed is another problem that is presented in the middle of teenager. Due to having the reasons for emotional disturbance, they have suffered problems from depression and anxiety also. Besides these aspects, parents have some roles in sorting those issues from the teenager generations.

At first, they need to provide actual social skills to their children's for learning accurate behaviors. They have to provide actual knowledge of communication skills to their Childs for expressing their feelings in front of any

individuals. On the other hand, to solve issues of teenager's fear about capabilities, teachers need to provide extra concentration to students and that helps the students to clear their confusion with teachers. Therefore, these are the major implements that have been enlisted in this study properly. Apart from that, teenagers need to embrace their self regulation skills for developing their knowledge about solving any problems. Through enhancing the skills of self regulation, Childs can make accurate decision-making solutions for solving any critical situations. In order to solve their delusions problems, they need to focus on their study to increase their knowledge capability as well. Additionally, those teenagers who have some problems with aggressive parents and teachers need to concentrate on their expected needs. A pleasant communication is needed to conduct among these types of teenagers and their guardians. In this study, the SAGE framework is involved to make this paper resourceful. SAGE framework is one of the best recovery processes that helped the mentally affected teenagers to solve their issues by following some stages such as maintaining safety, empowerment and grieving, regulation affecting. In other words, it has been seen that above mentioned points are elaborated deeply in the literature review section of this major paper. Additionally, physical safety is another key aspect that is enlisted under the environment study. Mainly, these aspects suggested a good and proper environment that supports the teenagers to grow them smoothly. Therefore, physical therapy is a key process of serving actual benefits to the teenagers. This therapy is needed by their parents on a daily routine basis. According to this entire paper, it has been evaluated that Reattach therapy is one of the major solutions that helps the present teenager generation to maintain their mental stability actively.

5. Discussion

As per the entire paper, it has been discovered that in the current situation, the number of maladjusted teenagers is increasing in a rapid way. Therefore, this paper has tried to show all points with full competence and this study also generated some major ways of sorting those vulnerable issues respectively. In contrast, previous papers have to contain all key contexts in their study properly. Therefore, this is one of the significant studies that help to solve all confusions regarding the topic context. Such as, this study has turned head on in the context of the role of parents and teachers in solving these vulnerable issues. In that case, this study has shed light on showing the role of teachers also, generally, teachers have to focus on concentrating on those teenagers who are facing the issues regarding fears and many more also included here. In support of these, other studies have not included these two major roles in their studies about sorting the problems of children. In other words, this study also sheds light on showing the key aspects of giving therapy such as speech therapy and physical therapy. Speech therapy is one of the best solutions that help teenagers to embrace their communication skills actively and this is needed to provide by their parents or teachers. Through increasing the communication skills, teenagers are able to sort out their problems through hosting an excellent conversation. In other words, previous lots of studies have shed light on mentioning the term only in the middle of their study. Therefore, this paper plays a major role in solving the problems which are listed accurately. Physical therapy is another one that is included here properly and this therapy supported the teenager to meet their basic needs actively. On the other hand, other papers have failed to develop these components in their study effectively. SAGE recovery framework is another one that is also enlisted here to serve the knowledge of problem-solving for teenagers [12]. Additionally, psychological needs are also included here prominently and these needs are most accurate in helping the parents and teachers to maintain their child's needs respectively. Therefore, it has been seen that this study has mentioned all important parts in this study with the comparison of other studies.

6. Conclusion

According to the overall context, it can be concluded that this study has forecasted on showing the role of Reattach therapy in solving the issues of maladjusted teenagers. Based on the current scenario, it has been seen that maladjusted teenager's number is increasing widely respectively day by day. A huge amount of teenagers are faced with social issues, depression, fear and so forth. Therefore, this study has tried to show all the key solutions for recovering those major faults. Speech therapy is one of the major processes of developing the communication skills of any teenager [11]. In addition, physical therapy is another big process of rehabilitation treatment and this therapy also helps teenagers to meet their actual needs by maintaining their daily routines. In support of these, it has been seen that through the practice of speech therapy, teenagers can learn lots of social norms that help widely

in their development.[14] On the other hand, it has been observed that this study also addressed a major recovery process and this is the SAGE framework [12]. This framework has four peers and these four pillars are actively interconnected with teenagers. In support of this, this study also assessed a major theory and the theory called the sanctuary model. Besides that, this study also forecasted collecting data through the support of secondary data collection methods. This data collection method is one of the finest methods that helped the study to grab data from various previously conducted researches. Additionally, this study also shed light on the need of providing a good environment for growing the child in a perfect manner. Therefore, it has been proved that this paper has met all components which are connected with topic context actively. Lastly, in the discussion section, this study also focused on showing the major comparison with others studies.

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