

Research Article

An Examination of Positive Youth Development Instrument among Students in Public Sector Universities and Its Relation to Risk Behaviors

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ABSTRACT

Positive youth development is equipping the social, basic resources for the healthy sustainable development and a productive adulthood. These resources are comprised of intellectual capacity, physical strength, psychological well-being and social capital. The study aimed to assess the level of positive youth development by using the PYD (Positive Youth Development) instrument among students of two public sector universities in Pakistan. The variables for measuring positive youth development included level of caring, confidence, connection, character and competence. Descriptive statistics evidenced that except competence, other variables fell into range of moderate level of positive youth development. Pearson correlation produced negative relationship between positive youth development and use of drugs, however that was not significant. By controlling the effect of demographic variables, the results of Regression analysis showed that confidence, connection, and competence emerged as strong predictor of character which was used as defendant variable. However, the caring variable did not produce significant relationship with character.

Keywords: Positive youth development, risk behaviors, public sector universities.

I. INTRODUCTION

There is no universal definition of youth development, according to Commonwealth youth program (CYP) Youth is defined by as anyone between the ages of 15 to 29 years old. The conceptual definition of youth development as: improving the status of young people,

enabling to build their capabilities and proficiencies for the life. It will assist them to participant and useful from the politically stable, economically sustainable, legally supportive environment, confirming their fully participation as active citizen in their countries. Youth

development is an epitome of getting education, be healthy, have access to decent employment and attain civic and political environment.

University, college or schools are main institution in the society that develops the personality of the students. The future performance of the students depends upon the university education and correlated with the past success stories. Each student has its own personality after getting/ completed education he/ she want to start their professional life but faced a lot of problems to getting a handsome professional life.

PYD student questionnaire has been used in short form version in different studies to assess the Positive level among school students [1]. Many theses and dissertations have been done on this PYD scale in the different countries. [2] Lerner's PYD measure focusing on high school students. The present study also focused on the measurement of PYD in public sector universities students in Pakistani culture.

A. Objectives of the study

- 1) To measure the positive youth development (PYD) among youth in public sector universities
- 2) To examine the relationship between positive youth development and risk behaviors

II. LITERATURE REVIEW

According to [3] the main objective of the positive youth development is equipping the social, basic resources for the healthy sustainable development and a productive adulthood. These assets comprised of intellectual, physical, psychological and social paradigm. Hence [4] notion that Positive youth development might differ across cultures as the significance and scope of the subjective positive experiences that were conceptualized by precise set of norms, values and morals within society. However [5] focused on the practices of the development that lead to positive activities instead of negative youth consequences. Consensually, said the positive youth development approach aimed to understanding, educating and indulging youth in the creative activities rather than rectifying, or treating them

for maladaptive tendencies or so-called disabilities. Fagan [6] supported that it is also linked to the reduction of crime rates, drug usage, and health issues. It is also believed that tendency toward religion increased for the benefit of individual, families and communities. The practice of religion might discourage risky attitudes and improved academic achievement and health. Lerner [7] stated that PYD perspective operationalized by the youth strengthen and capacity to develop the positively growth. This approach ultimately reveals the completely capable of learning skills and exploring the creative or innovative ideas. In this research paper the focused of the researcher to measure the PYD and exploring its relation to risk behaviors activities. Researcher claimed that youth is deeply involved in the risk behaviors activities like crime and usage of drugs relatively adulthood. [8]. Physical fighting which is form of interpersonal violence among university students or youth leads to assaultive behaviors, where fight is common among youth ultimately disorder creates, resulted to academic failure and injuries. [9] It is associated with many high risk factors activities came into view like bullying, crime, smoking and alcohol. [10]. Negative psychosocial outcomes occurred when a person abused by forced sex and intimate partner, ultimately it's resulted to mental disorder and risk behaviors among youth [11] to [13].

According to Dryfoos [14] risk is categorized in two risk behaviors: physical violence and usage of substances. Violent behaviors and usage of substances directly leading to cause of death that depicts the less positive youth activities as well as more criminal activities and rustication from the universities. The gap was founded that increasing risk factors like involve in physical fight, ethnic groups, Smoking are also hindrance among students learning activities ultimately lead to the failure or dropout students. Usage of alcohol is primary factor among youth that cause of homicides and sexual assaults [15] heavy drinking has been associated with highly risky behaviors included crash mortalities due to motor vehicle, attempt to suicide, disturbance with legally administration, smoking and other

illegal activities. [16]. Past studies and research has been done among adolescences and youth to [17] measures of PYD.

A. CONCEPTUAL FRAMEWORK OF PYD

According to [15] & [17] PYD is compliance of the 5C components that are the building blocks of this concept. These 5C) Competence, 2) Confidence, 3) Connection, 4) Character, and 5) Caring were developed based upon the review of literature, and experiences.

Competence is defined as having positive attitude of one’s own actions in particular areas comprising social, cognitive, academic, health and vocational realms. Further, Social Competence refers to the conflict resolution and interpersonal skills. Cognitive competence is refers to decision making power that show the cognitive abilities. Academic competence refers to school performance like school grades, attendance, test scores and regularity. Health competence as shown physical fitness, exercise and rest to keep own fit. Vocational competence comprised on innovative ideas, work habits and carrier consciousness [14]. Confidence defined as self-efficacy and self-worth of a young person who exhibits positive sense overall [14]. Connection is manifested through strong positive bonds and encouraging relationship with family, peers, and people. These relationships lead to the constructive and optimistic between individual and community associations [14]. According to [15] Character is defined as respect for rules, cultural and societal norms, sense of right and wrong moralities and truthfulness. According to [14] Caring is refer to feelings of consideration and empathy the other people.

B. THEORETICAL FRAMEWORK

Development System Theory (DST) is a modern human development theory beneficial in exploring the youth development [18]. Developmental Contextualism is essential feature of DST, indicate the reciprocal relations between an individuals and their circumstantial aspects [2]. It is clearly said, that DC focused on the reciprocally persuasive relations between an

individual and their contextual factors that modified the individual across the lifetime. DST model is supporting the youth development process by the DC because essential process of positive youth development as contained of conjoint interaction between individuals and many circumstances in which they live. Developmental Contextualism also speculates that an individual shaped their life according to their context, its vice-versa.

Individual ↔ Context relationships

III. MATERIALS AND METHODS

The current study was intended to assess the positivity among youth by using the instrument PYD. . The study sample was comprised of 250 students from two different public sector universalities of Pakistan 1) Quaid-i-Azam University Islamabad (n=125), and 2) PMAS-Arid Agriculture University Rawalpindi, (n=125) Pakistan. Sample was taken by using simple random sampling techniques. Research instrument PYD (positive youth development) used in the present research was developed by Lerner et al. 2006 which was consisted of 5C Model. Internal consistency was examined by using Cronbach alpha which was found ($\alpha=.846$) showing high level of reliability of the tool. Quantitative research method was used to accomplish this study. Interview schedule was developed to gather information from the respondents. Data was analyzed by using SPSS (V. 20). Pearson correlation and Multiple Regression analysis was used to examine the association between different variables.

IV. RESULTS

Descriptive statistics was used to measure the minimum and maximum level of PYD.

Table 1: Descriptive statistics

Variables	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
Caring	250	3.75	1.25	5.00	3.7210	.75983	.577
Competence	250	2.75	2.25	5.00	3.2990	.66793	.446
Confidence	250	1.83	2.83	4.67	3.5900	.53337	.284
Connection	250	3.00	2.00	5.00	3.9170	1.01488	1.030
Character	250	3.33	1.67	5.00	3.6633	.87524	.766

Table no 1 demonstrate using the descriptive statistics among different variables as Caring, Competence, Confidence, Connection and character. In this table descriptive statistics show the maximum and minimum level of different variables. The maximum scored observed on the caring, competence, connection and character. The minimum score indicate in the table in confidence level among students. These variables were analyzed after computing in the SPSS software. The minimum score was in the caring among students that indicate the lowest score form the other variables.

Table 2 Multiple Regression analysis for determinants of character

Predictors	Character		
	β	R ²	ΔR^2
Step 1			
Control Variables		.077	
Step 2			
Caring	-.021		
Connection	.217**		
Confidence	.233*		
Competence	.717***	.673	.596***

In the Table 2 Multiple regression analysis output shows that Residential pattern, Education, Gender, Family type and Monthly income are control variable that have effect .077 on the dependent variable. As per above said in the table after controlling the effect of demographic variables, it is depicted that connection, confidence and competence is significantly and positively associated with character with the value of .217**, .233*, .717*** whereas caring is non-significant and negatively associated with the character with the value of -.021. There is 67% impact of independent variables with significant value of change in R square. R square change at the level .596*** highly significance and positively associated with the variables.

Table 3 Pearson Correlation Analysis

Relationship between positive youth development and Usage of Drugs		PYD	Usage of Drugs
		Pearson Correlation	1
Positive youth development	Sig. (2-tailed)		.007
	N	250	250
Usage of Drugs	Pearson Correlation	-.169**	1
	Sig. (2-tailed)	.007	
	N	250	250

In the Table 3 We tested the association between positive youth development and Usage of drugs among students using Pearson correlation. It depicts that there is negative relationship between positive youth development and usage of drugs with value: $r = -.169^{**}$ and $P = .007$.

DISCUSSIONS and CONCLUSION

The present study concluded that level of positivity among youth was found moderate level and negatively correlated with the risk behaviors. Past studies also support these results like [19] was conducted study in India among youth to evaluate the 5C Model and checked the relationship with risk behaviors activities at school level. The results were significantly negative correlated with the risk behaviors. Those students secured the excellent scores and highly grades and having positive attitude, they were less involved negatives activities

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