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**PREVALENCE OF CONDUCT DISORDER IN THE RELATIONSHIP WITH SOCIAL
EXCLUSION AMONG CHILDREN IN PESHAWAR-PAKISTAN**

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ABSTRACT

OBJECTIVE: To assess the association of prevalence of conduct disorder with social exclusion among children.

METHODS: The study was conducted in District Peshawar Khyber Pakhtunkhwa at the Psychiatry Ward of children in Khyber Teaching Hospital. A sample size for the present study was stood at 100 patients parents for the collection of primary data. Data was collected through face to face interview over a well-designed interview schedule; along with Chi-Square test was used to ascertain the association between the study variables.

RESULTS: Conduct disorder was significantly found associated with; discipline of children with conduct disorder require more parental attentions ($P=0.000$); problem of conduct disorder children are more prone to abuse ($P=0.000$); children of illiterate parents are more at risk to conduct disorder ($P=0.000$); and broken family is responsible for conduct disorder ($P=0.000$).

CONCLUSIONS: The extent of social exclusion among children suffering from the very disorder creates alarming situations. Children with Conduct Disorder were found very anxious

when they were socially isolated and stigmatized by their family members and close friends. It is recommended that the government should establish a department of counseling in each hospital for conduct disorder children to cope with the menace at an early stage.

Keywords: Prevalence, Children, Conduct Disorder, Social Exclusion, Peshawar

INTRODUCTION

Conduct disorder (CD) is psychiatric disorder which is characterized by repetitive and anti social behavior in children. It is also defined as continues form of behavior that effect the rights of others and major age-appropriate social norms or rules. Conduct disorder is associated with criminal behavior, and it is also related to a crowd of other social, emotional, and academic problems [1]. Conduct disorder refers to childhood and the teen's violation of social norms, rules, rights of others, and persistently violation of behavioral arrangement. Children of conduct disorder are aggressive, glutting, cruel and also defined as careless and thoughtless about social norms. It is that type of antisocial behaviors such as exploitation in universal, damage, theft, and cruelty [2]. Several studies have pointed out those parental observed differences of individual procedure of parental direction that compares antisocial behavior among the children. The behaviors associated with conduct disorder commonly direct a child to be expelled by his peer and excluded from school [3]. Conduct disorder is expected in childhood, the

problem including educational, mental health, professional, legal problem [4] [5]. Conduct disorder fall into main four classes. (1) Aggression against people and animals, (2) Thoughtful violations of rules, (3) Destruction of property (4) Running from home. There are number of reasons for mental health problems of conduct disorder. It is highly associated with criminal behavior, involves aggression and it is also associated with other social problems like educational and expressive [1].

The term social exclusion typically analyzes the condition of being excluded or socially isolated from social sphere of society due to attached stigmatized status [6]. Social exclusion generally pertains to a condition, whereby an individual suffers from cluster of problems i.e. poor health, unemployment, poor housing, low income, exposed to crime environment, other combined factor to trap individuals/areas in a distortion of disadvantage. Social exclusion helps the society in improving its performance especially with the reference of social cohesion and individual's prosperity [7].

RATIONALE OF THE STUDY

Conduct disorder in children is one of the burning issues of the children of Pakistani society. There are various factors that contribute to increasing the rate of conduct disorders among children. In the proposed study area during the pilot survey (meetings with key informants) it was noted that the problem of conduct disorders have been has reported more as compared to previous decades because of the worst events in the country like the flood in 2010 in Swat, militancy and war against terrorism at Malakand Division especially in swat and federally Administrated Tribal Areas (FATA). It was found by the experts that the social exclusion of families at risks in society, this study would be beneficial to find association of conduct disorder with social exclusion; also, the study will focus upon to investigation the extent of conduct disorders among children. This study will be helpful to explore the areas of conduct disorder as well as to help policy makers to formulate such policies and measures that effectively contribute towards the reduction of the conduct disorder among children so that they may lead a prosperous and socially healthy life.

MATERIALS AND METHODS

The Khyber Teaching Hospital (KTH) of Peshawar was selected as universe of the study purposively and the sampling unit was the psychiatry ward of children. As it is one of the well-equipped hospitals with reference to medical facilities and psychiatry ward for children. The conduct disorder children patient parents are the study respondents. A sample size of 100 patients was interviewed through purposively sampling procedure. A sample size between 30 and up to 500 are considered an appropriate for unknown population. In this, regard 100, respondents were chosen according to formula. Interviews schedule, encompassing each and every aspect of the study was used as an instrument for collection of primary data from the universe, in order to get information about social exclusion leading to conduct disorder among children. Data was collected through face to face interview from the study respondents; along with the data was analyzed through Chi-Square test as recommended by the founding statistical significance between variable (Dependent and Independent variables). Chi-Square test used to found the association between variables i.e. conducts disorder with social

exclusion. For measuring association, the value was indexed and was cross-tabulated then.

RESULTS & DISCUSSIONS

This section describes the frequency and percentage analysis regarding the study variables and also the association among variables i.e. conducts disorder and social exclusion. The findings of the study are given as under.

Frequency and Percentage Distribution on the Basis of Social exclusion

Table No.1 portrays the perception of target respondents regarding social exclusion in the study area. It reveals that majority of the respondents 86.0% agreed that conduct disorder is the cause of social exclusion. While 4.0% negated the statement and 10.0% were uncertain about it. Social exclusion, it is extremely helpful part of the exchange to know a similar time, expand concentrate distant from money related neediness, it gives power on grief procedure contrast and common relationship as the running power of life [8]. Likewise, the term social exclusion typically analyzes the condition of being excluded or socially isolated from social sphere in society due to attached stigmatized status [6]. Further the result shows that majority 86.0% of the respondents disclosed that the children of the nuclear families were

suffer more from the conduct disorder than the joint families, 4.0% negated that the children of minority were suffer from conduct disorder. The result shows that 10.0% of the respondents were uncertain the social exclusion. Furthermore, a high proportion 83.0% about the respondents opined that the children of low-income families suffer more from conduct disorder as compared to the high income families. Low income families have no proper resources and treatment. They ignored their children but with the passage of time the ratio of conduct disorder increased. The 3.0% of the respondents disagreed to the statement and only a small proportion 14.0% were is undecided about it. Similarly, majority of 79.0% the respondents agreed that the children with conduct disorder are usually ignored by parents and family members, while 3.0% disagreed to the statement only 18.0% remained undecided. Mostly that type of children gives full attention of parents. Similarly, a high proportion 80.0% of respondents agreed that the children of the conduct disorder were happier in the state of isolation; while 3.0% negated the statement and 17.0% were uncertain about this statement. These findings were supported by [6] opined that the social exclusion typically analyzes the condition of being excluded or

socially isolated from the social sphere of society due to attached stigmatized status indicated by [6].

Majority of the respondents 80.0% opined that the proper socialization of children with conduct disorder require more parental skills, and 16.0% were neutral about it. Social exclusion is about paying attention of parents. Parental skills are very necessary for those children who are prey of conduct disorder. Therefore, it is very difficult to get rid of the situation they are hanging with. Neglected children are more prone to social exclusion. Social exclusion is the failure to take an interest in, and seriously be perceived by society. In the definition of society that much and more grounded adjustment will also include that the term of such contribution and acknowledgment. There is research evidence to support the effectiveness of Cognitive Behavioral Therapy for treating youth with conduct disorder, especially Problem-Solving Skills Training [7].

Majority of the respondents 80.0% opined positive that the children parents were more exposed to physical and mental health problems while 3.0% were disagreed and 17.0% were unaware. It is that type of antisocial behavior such as exploitation in universal damage, theft, cruelty [2]. In the

same manner 81.0% respondents were of the view that problem of conduct disorder leads to different kind of abuse of children, while 2.0% negated and only 17.0% were neutral regarding it. The tendency of those children who are effected from conduct disorder and come from large, low-income, urban families which is lead by a single mothers. Similarly, majority of the 79.0% respondents supported the idea that children of illiterate parents are more at risk to conduct disorder, while 4.0% negated the idea and only 17.0% remained neutral about the idea. Illiterate parents have no idea that how to treat their children. They ignored their children because they understand that they were children. Those Parents who have lack of education and conduct disorder in order to promote inclusion, and give full concentration to those children who are socially excluded and also generate and to understand the perception of that children and how they can compare and balance about the equality and welfare with concerns their peers group functioning. How the children know about that the social exclusion of peers with academic or behavior problems. Furthermore, majority of 74.0% the respondents supported the statement that broken families are responsible for conduct disorder, while 9.0% did not support the

statement and only 17.0% remained neutral about the statement.

Association between Conduct Disorder and Social Exclusion

Table No 2 reports that a highly significant association was found between dependent variable (conduct disorder) and various statement such as Social exclusion, to discipline of children with conduct disorder require more parental attentions ($P=0.000$), Problem of conduct disorder children are more prone to abuse ($P=0.000$), Children of illiterate parents are more at risk to conduct disorder ($P=0.000$), Broken families are responsible for conduct disorder ($P=0.000$). Children with conduct disorder are usually ignored by parents and other family member ($P=0.001$), Children with conduct disorder are happier in the state of isolation ($P=0.001$), Children are more exposed to physical and mental health problems ($P=0.001$). In contrast, a non-significant association was found between a conduct disorder that nuclear family children suffer more than the extended families ($P=0.110$), Children of the low-income families suffer more from conduct disorder as compared to the high income families ($P=0.086$).

Social exclusion is a dissatisfaction from one of social, economic, political and culture system. Social exclusion plays an important

role to adjust individual to this environment. Social exclusion is a theoretical concept, a lens through which people look at reality and not reality itself [7]. Children of social exclusion need further consideration. Social exclusion is that problem and those children who are able for their own rights, and it is accepted in the conference of the rights of children and also legislation existing the rights of children [8] [9]. Those children who have lack of education and conduct disorder in order to promote exclusion, and give full concentration on those children who are socially excluded and also generate and to understand the perception of that children and how they can compare and balance about the equality and welfare with concerns their peers group functioning.

The term social exclusion typically analyze the condition of being excluded or socially isolated from social sphere in society due to attached stigmatized status [6]. Low income families have no proper resources and treatment, they ignored their children but with the passage of time the ratio of conduct disorder increased. Parental skills are very necessary for those children who are more prone to conduct disorder. Therefore, it is very difficult to get rid of the situation they are hanging with. Neglected children are more prone to social exclusion. Social

exclusion is the failure to take an interest in, and seriously be perceived by society.

Table 1: Frequency and Percentage Distribution on the Basis of Social exclusion

S. NO	Statement	Yes	No	Don't Know	Total
1	Children and minority families were more suffer from conduct disorder than majority families	86(86.0)	4(4.0)	10(10.0)	100
2	Children of low-income family were more suffer from conduct disorder as compared to high income family	83(83.0)	3(3.0)	14(14.0)	100
3	Children with conduct disorder are usually ignored by parents and members	79(79.0)	3(3.0)	18(18.0)	100
4	Children with conduct disorder were more happy in state isolation	80(80.0)	3(3.0)	17(17.0)	100
5	Disciplining of children with conduct disorder require more parental attentions	80(80.0)	4(4.0)	16(16.0)	100
6	Children of parents were more at risk to conduct disorder who are more exposed to physical and mental health problems	80(80.0)	3(3.0)	17(17.0)	100
7	Problem of conduct disorder leads to different kind of abuse of children	81(81.0)	2(2.0)	17(17.0)	100
8	Children of illiterate parents are more at risk to conduct disorder	79(79.0)	4(4.0)	17(17.0)	100
9	Broken family is responsible for conduct disorder	74(74.0)	9(9.0)	17(17.0)	100

Table 2: Association Between Conduct Disorder and Social Media Violence

Social Exclusion	Perception	Conduct Disorder			Total	Chi-Square (P-Value)
		Yes	No	Uncertain		
Children of nuclear families were more suffer from conduct disorder than extended	Yes	76(76.0)	4(4.0)	6(6.0)	86(86.0)	(7.538) (P=0.110)
	No	3(3.0)	0(0.0)	1(1.0)	4(4.0)	
	Uncertain	6(6.0)	2(2.0)	2(2.0)	10(10)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Children of low-income families were more suffer	Yes	74(74.0)	4(4.0)	5(5.0)	83(83.0)	(8.162) (p=0.086)
	No	2(2.0)	2(2.0)	1(1.0)	5(5.0)	
	Uncertain	9(9.0)	0(0.0)	3(3.0)	12(12.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Children with conduct disorder are usually ignored by parents	Yes	72(72.0)	3(3.0)	4(4.0)	79(79.0)	(19.857) (p=0.001)
	No	1(1.0)	0(0.0)	2(2.0)	3(3.0)	
	Uncertain	12(12.0)	3(3.0)	3(3.0)	18(18.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Children with conduct disorder are more happy in state isolation	Yes	74(74.0)	3(3.0)	3(3.0)	80(80.0)	(19.696) (p=0.001)
	No	2(2.0)	0(0.0)	1(1.0)	3(3.0)	
	Uncertain	9(9.0)	3(3.0)	5(5.0)	17(17.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Discipline of children with conduct disorder require more parental attentions	Yes	74(74.0)	3(3.0)	3(3.0)	80(80.0)	(20521) (p=0.000)
	No	3(3.0)	0(0.0)	1(1.0)	4(4.0)	
	Uncertain	8(8.0)	3(3.0)	5(5.0)	16(16.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Children of parents were more at risk to CD more exposed mental, physical problem	Yes	74(74.0)	3(3.0)	3(3.0)	80(80.0)	(19.696) (p=0.001)
	No	2(2.0)	0(0.0)	1(1.0)	3(3.0)	
	Uncertain	9(9.0)	3(3.0)	5(5.0)	17(17.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Problem of conduct disorder leads to different kind of abuse of children's	Yes	75(75.0)	3(3.0)	3(3.0)	81(81.0)	(21.698) (p=0.000)
	No	1(1.0)	0(0.0)	1(1.0)	2(2.0)	
	Uncertain	9(9.0)	3(3.0)	5(5.0)	17(17.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Children of illiterate parents more at risk CD	Yes	75(75.0)	2(2.0)	2(2.0)	79(79.0)	(31.515) (p=0.000)
	No	1(1.0)	1(1.0)	2(2.0)	4(4.0)	
	Uncertain	9(9.0)	3(3.0)	5(5.0)	17(17.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	
Broken family is responsible for conduct disorder	Yes	72(72.0)	2(2.0)	0(0.0)	74(74.0)	(37.783) (p=0.000)
	No	4(4.0)	1(1.0)	4(4.0)	9(9.0)	

	Uncertain	9(9.0)	3(3.0)	5(5.0)	17(17.0)	
	Total	85(85.0)	6(6.0)	9(9.0)	100(100.0)	

CONCLUSIONS

On the basis of study findings it is concluded that Conduct Disorder (CD) is psychiatric disorder with serious implications. The extent of social exclusion among children suffering from the very disorder creates alarming situations. Children with Conduct Disorder were found very anxious when they were socially isolated and stigmatized by their family members and close friends.

RECOMMENDATIONS

1. Government has to take initiative in favor of counseling children with conduct disorder.
2. Training families of children with conduct disorder specially parents to adopt the allowable social interaction with their children to remove their sense of social exclusion.
3. Non-Governmental Organizations (NGOs) should also establish counseling centers for therapy of conduct disorder patients.

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