

Psychosocial Impact of Puberphonia

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The persistence of adolescent voice even after puberty in the absence of an organic cause is known as puberphonia. This condition is commonly seen in males. Voice plays an important role in the socialization process. The psychosocial effects of puberphonia has not been explored extensively. Aims of the study were to identify psycho-social challenges faced by young adults with puberphonia and coping strategies used to overcome these challenges. The study was carried out as a descriptive cross-sectional study. A self-administered questionnaire consisting of 20 questions was used. The first part of the questionnaire inquired about functional communication and social participation and second part focused on emotional responses. All participants filled out the General Health Questionnaire (GHQ 30) and also took part in individual interviews to gather in depth information. Conversing over the telephone was a problem for 87% while 73% experienced difficulties when talking to same age girls. 60% reported difficulties in work place or place of education. 77% had difficulties in social situations. Only 20% experienced difficulties when interacting with family members. More adolescent participants reported that puberphonia was a problem than the young adult participants. When considering the coping strategies, 73% didn't talk to others when they are in a group. 60% avoided talking to strangers while 20% communicated using gestures and signs. 10% communicated by writing on paper and 87% used text messages to communicate. 70% of the participants showed psychological distress in the GHQ. Psychosocial difficulties are common in people with puberphonia. Different coping strategies are used to overcome these difficulties. Adolescents are more affected than young adults. It is important to identify these issues and provide psychological counseling for those who need support.