

Problems of Adolescence Changes amongst the Students and Test the Effectiveness of Communication to Resolve

Sunil K Bhakare

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ABSTRACT

A group of adolescents of standard IX was selected. The average age of the students was 14 to 15 years including 50% each of male and female sex. Then pre-test was conducted to test the knowledge regarding adolescence changes before pretest the selected adolescence group was taken in to confidence and they were given introduction of the subject to be tested. Then the test was conducted and evaluated. it was found that the adolescence students have very less knowledge about puberty, secondary sexual characters, behavioral changes menarche, menstrual cycle and wet dreams in their body of both male and female adolescence. It was observed that adolescence stage needed right scientific knowledge of about inadequate. As per the results obtained in the pretest it was found that, average score of the selected group was 8.6 and for pretest and post-test it was 18.2 respectively. Whereas, the selected group was given right scientific knowledge of puberty, secondary sexual characters, behavioral changes menarche, menstrual cycle and wet dreams in details using charts, clips, lecture and power point presentation. the students were also allowed to ask doubts and questions they had in their mind. There after a post test of same questionnaire was conducted and students answer paper was evaluated and analyzed to formulate the data score it was found that the results of post test score were 18.2 and it was obviously improved 2.5 times as compare to the pretest hence it was concluded that the standard IX students of age group 14 to 15 from rural semi urban and urban India perform very well as compare to the pretest., and the evaluation data is 49.5 %. Hence the impact of adolescence education was very necessary and important for the teenagers.

Keywords: Adolescent, menses, puberty, estrogen, testosterone, menstrual cycle, smagma, scebun, wet dreams and hormones.

1. INTRODUCTION

In human life while sustaining there comes many more stages such as infant, childhood, adolescent, adult and old age. Every human being has to come through all these stages in his/her life. Each of this stage has its own significance and importance in human life. This is in relation to growth and development of the human body both physically and psychologically.

The physical growth of human body takes place gradually slowly and naturally. During the various phases of growth and development many more changes take place in human body internally and externally. All these changes are clearly noticeable in certain stages those which are in physical form but certain changes also takes place internally. When a child grows eventually into an adult the intermediate stage of teen age is very important in life and it is important the most sensitive stage of life. This intermediate stage is called as "Adolescent Stage". In short this may be called as "teenager" because the age generally ranges from +13 yrs. to +19 years. But, in certain cases it is also found that the adolescence character may start appearing earlier or even late also. As this totally depends on biological structure and function of every person and it differs from person to person. Some hormonal changes also play important and vital role is the development and appearance of secondary sexual characters on the body.

1.1 Who are Adolescents?

It is described in the Adolescents Education Program book that, "Adolescence is conceptualized as a positive stage of life, full of possibilities and potential. It should not be labeled as problematic and traumatic and adolescents (and the 'peer group') should not be stereo typed in negative ways". (AEP, National Population Education Project, NPET). This is

described so as to generate the information about changes in the behavior, thinking dealing with others typically. This period of Adolescents is variously defined as a period of transition from childhood to adulthood. It involves rapid change in many aspects including the Biological, Psychological and Sociocultural of the WHO (world health organization) had defined adolescence progression from the onset of secondary sexual characteristics for sexual and reproduce maturity development of adult mental processes and adult identity and transition from socio - economic dependence to relative independence (WHO, 1975 listed in population Report 1995 : 3) Biologically an individual's entry into puberty is the most widely accepted indicator of beginning adolescence. Since these are no meaningful biological marker to denote the end of adolescence social factors are usually used to define entry into adult hood.

The age range of adolescence varies according to culture and the purpose for which they are used. In different countries many studies on adolescent reproductive health define adolescent as young people aged 15-24 (YBK, 1993; Utomo, 1997 'LD FEUI, 1999; Situmorgan, 2001). This is because many parents believed that children who are still in primary school are too young to be interviewed about issues related to sexuality.

In their program, The Ministry of Health defines adolescences are those aged 10-19 years (Irdjati S.A ; 1997 : 24) while BKKBN'S program defines adolescents as those aged 10-24 yrs. In daily life, adolescents are commonly referred to those who single and aged around 13-16 yrs. or those who are junior or senior high school. In this report, adolescents and young people refer to those aged 10-24 yrs. but due to available

literature, adolescents and young mostly refers to those age 15-24 yrs.

Similarly recent researches and studies have shown that due to some of the internal as well as external factors the range of adolescence stage has been continuously shifting. As a result the young children are reaching early adolescent these days. This stage could be referred as pre-adolescent stage.

During adolescence stage it is necessary to bring awareness among the students about changes that take place, the effects the care and concern about their body, mind, behavior, control and limits. They should learn to protect themselves from sexual violation and evils in the society. General awareness is very essential in this aspect time to time guiding, counseling, helping them remove and clear doubts and miss conception is found to be very necessary and essential.

If ever the adolescent is not well prepared and aware about all these happenings which are very new and unknown the adolescents may remain depressed, under pressure and not open. Therefore, it is very necessary to get proper guidance, correct scientific information, help, redressal of their problems from a proper trained, knowledgeable and supportive person. This is needed because as far as India population is concerned it is a very cultured, morally strong and respectful and having rituals.

Therefore, the children are not free, frank and open neither to the parents nor to their teachers to speak and about these issues generally and get redressal to the problems, quarries, doubts, misconceptions they have in their mind. They cannot find a way for it when needed.

Therefore, this is an effort to find out a suitable, concrete, facilitating, easy way to forward their problems, doubts quarries, and get right scientific information to esteem them with correct knowledge, confidence, skills to avoid, tackle and skip their problems. This will surely be helpful and useful for the adolescent in all possible way. This will surely help them to face and deal with various problems arise before them.

They can easily cope with different physical, psychological, emotional, physiological problems every adolescent has to go through correct scientific knowledge will build their confidence and keep away from ill situations that arise. As every child has to go through this stage it is a must to have stock of high knowledge and information.

2. MATERIALS AND METHODS

The present research work was carried for school students in adolescent age group i.e. 10 to 19 years. This research study was found to needful and necessary because the adolescents are found to be very much puzzled, depressed, jumbled and sometimes directionless about their own body changes, behavioral changes, mental emotional feeling. Therefore, there is a true need of proper guidance, counseling, support and make them self-esteemed and self-reliant with right scientific knowledge.

2.1 Objective of Adolescent education

Following are the objectives of adolescent education to be implemented:

2.1.1 Identification

To enable the children to identify the situation which make them uncomfortable and express to a trusted adult.

- i) To identify different body parts.
- ii) To enable them to adopt healthy hygienic practices.
- iii) To enable children to understand and elementary concept of body changes and admiration.
- iv) To develop among the children an ability to express their feelings and experiences.

2.1.2 Understanding and acceptance

To understand accept the various physical and physiological, psycho-social changes and development during adolescences and be comfortable with them.

- i) To understand the physical and psychological changes during adolescence.
- ii) To be aware of nutritional needs during adolescence to enable adoption of healthy eating practices.
- iii) To understand and be prepared for the various psycho - social changes.
- iv) To enable adolescents to make informed decision related to their sexual and reproduction health choices.
- v) To enable adolescents to clarify the myths and misconceptions related to growing up.

2.1.3 Awareness

To enable adolescents to be aware to implication of child Marriages adolescent pregnancy or parenting.

- i) To enable adolescents to make informed decisions related to their sexual and reproductive choices.

2.1.4 Avoiding Violation and exploitation

To build awareness of various kinds of violations and develop skill to counter / seek redressal.

- i) Nature and forms of discriminations, disability gender and sexuality.
- ii) Awareness about sexual harassment, exploitation and violence.
- iii) Students activities to help share feelings or experiences of discrimination with peer, teachers and parents.
- iv) Students activities to build confidence to overcome fear shame, self – flame hesitation.
- v) Gender based violence including sexual harassment sex selective abortion, domestic violence, coercive or forced relationship and redressal mechanisms.
- vi) Reporting violations.
- vii) Adolescent friendly services, counseling, health services, legal and other facilities.
- viii) Skills to identify trusted sources of help and seek redressal in case of violation or exploitation.

3. EXECUTION OF MESSAGE COMMUNICATION TO THE SELECTED ADOLESCENT GROUP

As the subject of the present research work is very important from the point of view of the adolescents, it need do to executed very carefully and sensibly as the issue is very sensitive socially and emotionally as it is related to the sex organs of boys and girls. While the actual execution of the message need a careful attention of the facilitator. The adolescents should be handled and manipulated very delicately and watchfully. The message should not be conveyed in a wrong or improper way.

3.1 Method

The method used to carry out the research work is experimental method. First the knowledge of the students is tested to know the level of knowledge and information they have, the misconceptions, wrong information, dilemma in the mind etc. the easily noticed from the pretest conducted.

3.2 Selection of Adolescents Group

For the present research project work the research was carried out by experimental method, it way necessary to select a group of adolescent student of age group 10 to 19 years. Therefore a criterion was used to select student who could respond properly to the experiment to be carried out. So students of Std. IX were decided to select a group of 50 students including boys and girls were selected. The adolescent group of 50 students including both boys and girls was selected from Eklavya Residential School, Kambalgaon, Tal. Palghar, Dist.Thane.

3.3 Introducing session

In the beginning the students were introduced to the topic by some activities and facts. Slowly the students were directed and taken in to confidence, a free frank and suitable environment was created and slowly, gradually the topic was introduced to the selected group. Its scientific view and importance was explained very clearly. Once the students were found ready to accept the concept and tool of information, about their body changes internal as well as external they realize the facts, and co-relates the adolescence character they were going through or gone through they were soon seen curious to know more about it. Some simple questions were asked to them orally.

3.4 Pretest

Once it was seen that they are ready for the experiment, soon a pretest of a questionnaire of twenty questions. Which was prepared by the researches, rectified by some experts and doctors, was introduced to the selected group to answer. It included various type of questions related to adolescence changes, secondary sexual characters, physical, psychological, physiological changes was given to the selected group. This test was in the form of some basic questions related to male female hygiene of adolescence body. The test consists of 25 objective type questions that were framed as per the knowledge and practical experience and were asked to answer any one of the three options. The time allotted was 45 minutes. They were given time to think on it and answer very naturally and freely. They were asked to leave no question without answering. A trust worthy reply was

expected from the group so as to correctly analyzed their knowledge so that effective measures could be framed and communicated effectively and the output could be verified through a posttest after conveying the knowledge.

3.5 Actual Execution and Enforcement of the Test

As the test paper of 20 questions of objective type the students properly wrote the answers as per their knowledge sometimes the selected group found some terms unknown and knew to answers. The difficult unknown and knew scientific terms were explained and told in simple and common language the researcher works as a facilitator to resolve minute difficulty and problems arising. The selected group then completed the pretest within 45 minutes. All the test papers were then collected for the assessment and formulation of data.

3.6 Evaluation and assessment of pretest

The answer papers were then evaluated for analysis by the researcher carefully and keenly. while evaluation it was found that the adolescent did not know secondary sexual characters ,development of body parts, internal organization, hormonal ,behavioral, changes, myths, misconceptions, needed proper redressal, along with support scientific information. Then the reason behind this was discussed and analyzed , the overall prediction in this pretest was that Teenagers are considered sexually matured , about sex it is rarely discussed with the teenagers by their parents, teachers and other elders. This may be due to some traditional costumes, generation gap between teenagers and parents as well as teachers and society. In fact generally sex is rarely discussed openly in the rural as well as urban areas family and the society. (KoenlgaraNingrat, 1985; Husny 1986; 83, Sitgarinbum 1978: 48). Given these facts, it is little surprising to find that both parents and young people are today uncomfortable talking about sex issues (Augustina Situmoragan, Sep. 2003: 3).

The prediction showed that there were many questions unanswered, some questions put them in dilemma in their mind. The third option to answer somewhat given deliberately and purpose fully given so that the real condition and status, knowledge could be replicated. This was an attempt to find out suitable remedy and perfect solution to all the possible problems arising in the young minds. On the contrary actually there is a dire need to discuss all these problems with either their parents, whom so ever it is comfortable that is either their mother or father. But as per the Indian family status of relationship it is hardly possible and children adolescence are found not to be that free and frank to share discussed such sensitive and delicate issues. As there is the respect and relation gape between the children and parents. It is usually considered that the adolescent will naturally and gradually know all the things about adolescence changes care, hygiene, and behavioral changes on their own as they grow. They feel there is no need to introduce about anything as it comes generation to generation.

4. CONCLUSION

But today's fact is that it has become more necessary and essential to focus, share these issues preferably as the adolescence do not get proper and correct guidance from

anywhere else. They have their own presumes and predictions about adolescence. As far as Indian social condition, system is considered the first and fore most close persons to discuss about the adolescence issues, doubts is found to be there classmates or friends (Adolescences ed. Pro. 2010). But it is sure that this is neither right source of information nor reliable as the friends need not have right scientific knowledge nor capability to resolve and redress the problems ,on the contrary this may be possibly misleading and harmful to the adolescents they might go on a wrong path. They Develops wrong habits, fear and frightening in their young mind. Actually studies in developed countries have noted a menarche. Among girls have declines over the times. (Wyss and Fish 1982 cited in Bongaerts and Cohen 1998) there may be many reasons but the prominent reason could be substantial improvement in the nutritional status. A similar trend can be expected in developing countries for both males and females (A. Situmoranj 2003:2).

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