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**INVESTIGATING THE AWARENESS OF
ADOLESCENCE EDUCATION AMONG
ADOLESCENTS IN KERALA**

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Investigating the Awareness of Adolescence Education among Adolescents in Kerala

Ms. Ponath Abhimanyu Maya^{1*} Dr. Wayne Bottiger² Dr. G. D. Singh³

¹Principal Christel House India

²President of KEISIE University-South Korea

³Founder & President of IMA-Gujarat

Abstract – This research aims to determine the knowledge and attitude about Adolescence Education awareness among Secondary school students in Kerala.

The sample population for the study is the stage. In this stage a sample 120 students are selected to using stratified random sampling technique by giving importance to factors such as rural and urban Secondary School students.

We observed poor baseline adolescence education awareness among secondary school students. Adolescents have poor baseline knowledge about growing-up changes and a health education intervention programme improves the knowledge and attitude among adolescents. Literature also shows that today's adolescents have improper knowledge about their growing up which is obtained largely from inadequately informed friends, internet or movies. Most of the studies done on adolescents are about sexuality in girls or knowledge regarding HIV /STD.

Keywords: Adolescence Education

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INTRODUCTION

Adolescents are young people between the ages of 10 and 19 years. Adolescence is a challenging and dynamic period due to hormonal, physical, emotional, cognitive and social changes. In India, adolescents form a major chunk of population. The pubertal changes are not only physical but also mental, warranting proper guidance and support, erroneous beliefs and imperfect knowledge can lead to severe mental aberrations, which will become detrimental to a normal adulthood or marital life, it is well recognized that childhood and adolescence are periods of intense psychological growth and development. Such phases would understandably involve many crises, such as instability, inner turbulence and behavioural deviance. Because of many misconceptions, ignorance and social taboos about sex, sexuality, conception and contraception; along with their peculiar developmental stage, adolescents form a vulnerable group. The habits formed during this period tend to last for lifetime. Also, most of the lifestyle diseases such as diabetes, hypertension and coronary disease which present themselves during adulthood have their foundations laid during this period of growing up. A good nutritional, social, psychological and emotional

support given to adolescents will go a long way in preventing the disease burden on the society. The main components of Adolescence Education are the physical aspects which include a) the anatomy and physiology of the human reproduction, b) Physical, emotional and psychological changes during puberty, and c) Conception, pregnancy and birth.

METHOD:

The present study collected data through a questionnaire on the level of knowledge and attitude towards Adolescence education from 120 who belonged to the rural and urban Secondary School students particularly in the cities of the Indian state Kerala. The present study focuses on :

1. Adolescents being aware of male/female reproductive anatomy and functions.
2. Attraction towards the opposite sex during adolescent stage being highly immoral.

3. Awareness of Adolescents about marriage, pregnancy and birth.

Table 1: Respondents Response about Adolescents Being Aware Of Male/Female Reproductive Anatomy and Functions

Sl. No.	Particulars	Frequency	Percentage
1	Strongly agree	30	25
2	Agree	32	26.67
3	Undecided	32	26.67
4	Disagree	20	16.67
5	Strongly disagree	6	5
Total		120	120

4.13 Respondents response about Adolescents being aware of male/female reproductive anatomy and functions

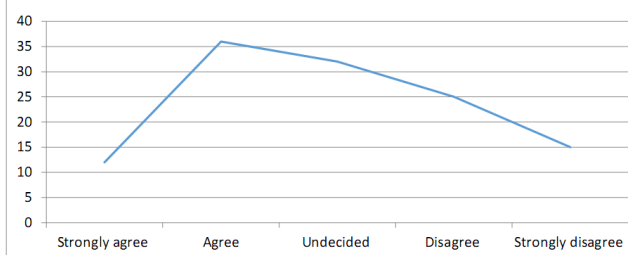


An overall 52% of the respondents agree to the statement that the adolescent group must be aware of the reproductive anatomy and functions of a male and female. However 26.67% are undecided and not sure whether there should an awareness of male and female reproductive anatomy. Only 16.67 % disagree and 5% strongly disagree the statement.

Table 2: Respondents Response about Attraction towards the Opposite Sex during Adolescent Stage Being Highly Immoral

Sl. No.	Particulars	Frequency	Percentage
1	Strongly agree	12	10
2	Agree	36	30
3	Undecided	32	26.67
4	Disagree	25	20.83
5	Strongly disagree	15	12.5
Total		120	120

4.18 Respondents response about Attraction towards the opposite sex during adolescent stage being highly immoral



30% of the respondents agreed that attraction towards the opposite sex during adolescent stage is highly immoral and 10% strongly agreed to it. 26.67% were not sure whether attraction to the opposite sex during adolescence is a highly immoral act. Out of the total 20.83% of the respondents disagreed while 12.5 % strongly disagreed to the opinion that attraction towards the opposite sex is an act of being highly immoral.

Table 3: Respondents Response about the Statements Whether True or False On Marriage, Pregnancy and Birth

Sl. No	STATEMENT	TRUE	FALSE
1	The sex of the baby is decided at birth.	85	35
2	Unwanted girl babies are killed by parents.	40	80
3	Amnio Centesis means finding out the sex of the unborn baby.	68	52
4	Marriage is the most important goal for a girl.	38	82
5	Career or job is a must for boys.	86	34
6	Dowry is a social evil.	76	44
7	Mother is responsible for the sex of the baby.	55	65
8	The age of a boy at the time of marriage is legally 21 years.	78	42
9	Only mother can take care of the child.	34	86

85 respondents felt that the sex of the baby is decided at birth while 35 of them felt otherwise. 80 of the respondents did not feel that unwanted girl babies were killed by parents. 68 of the respondents were aware that amniocentesis means finding out the sex of the unborn baby. A good 82 of the respondents were not of the opinion that marriage is the most important goal for a girl. 76 of the respondents were of the opinion that Dowry is a social evil while 44 of them felt otherwise. 55 of the respondents felt that the mother is responsible for the sex of the baby while 65 of them felt otherwise. 78 of the respondents were aware that the age of a boy at the time of marriage is legally 21 years while 42 of them were not aware about it. A good 86 respondents out of 120 respondents were against the opinion that only mother can take care of the child.

CONCLUSION:

Adolescence is one of the most rapid phases of human development. The characteristics of both the individual and the environment influence the changes taking place during adolescence. The unique nature and importance of adolescence mandates explicit and specific attention in health policy and programmes. Adolescents have specific characteristics that need to be taken into consideration in policies and programmes and in the strategies to reach this section of the population with health promotion, prevention, treatment and care. To provide the support that is needed, the significant adults in their lives, including parents, teachers, service providers and other duty-bearers, need to understand the changes taking place during the adolescent years and extend their due support throughout the adolescent period of their lives. This is because most adolescents are undecided and confused about their reproductive and sexual growth, understanding about the relationship between boys and girls and knowledge about marriage, pregnancy and birth.

RECOMMENDATION:

Adolescents should be given awareness by their schools or colleges by conducting effective Adolescence Education programs. Parent awareness programs should be conducted for parents of adolescents to give them a clear understanding of the problems faced by their teenage children and how to be there as a support system for their children during times of difficulties they may face. Teachers should be sensitized through training programs of the expected behaviour mechanism of their students and how to guide their children in the most effective way. Specific adolescent related education programs can be initiated within the communities by the local authorities. Health care centres for the special care and rehabilitation of adolescents need to be established.

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Corresponding Author

Ms. Ponath Abhimanyu Maya*

Principal Christel House India

E-Mail – operations@ima.edu.in