

To Assess Various Health Problems among Adolescent Age Group in Gwalior

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Background

Adolescents constitute a large percentage of population, 21.3% of the total population of India is of adolescent age group. A wide range of issues and concerns faced by adolescents in India include nutritional deficiency, reproductive health problems, sexually transmitted diseases and mental and physical stress related problems. Many adolescent girls and boys are sexually active but lack information and skill for self protection. Communication gap exists with parents and other adults (lack of family connectedness). Habit and behavior picked up during adolescence have a lifelong impact. Adolescence is the last chance to correct these mal-habits.

Aims & Objectives

To assess various health problems among adolescent age group in Gwalior.

Materials & Methods

This is a community based cross-sectional study comprising of 400 students from 9th to 12th standard from the three schools of Gwalior conducted during a period of September, 2012 - November, 2012. After taking permission from the school authorities a briefing was done narrating the purpose of study, maintaining confidentiality regarding the study participants. A pre-designed, pre-tested questionnaire was presented to the study participants after sighting the verbal informed consent and they were given option to leave the study at any point of their own free will. None of the participants declined the participation. Data was analyzed using Microsoft excel.

Results

Study comprised of 400 students with 250 boys and girls. The age group of the participants ranged from 12-18 years with 83.25% (333) of participants in 13-15 year age group. Majority of the students 96% (384) were Hindu by religion. 40.75% (163) participants' fathers were running their own business while 33.50% (134) were government employee and 91% (364) of the participants' mothers were homemakers. 68.50% (274) participant's fathers were having maximum education of graduate to post graduate level while only 46.75% (187) of mothers comprised this group. Participants owned to threatening at school by their class mates or seniors were 227(56.75%) & related to partiality in school were 150(37.50%). 107(26.75%) were having tendency to commit suicide and those having violent behavior among friends were 125(31.00%). 350(87.50%) were having problem of disorientation in studies and 46(11.50%) were having feeling of jealousy among siblings. 169(42.25%) were attracted towards opposite sex and those who had had sex were 27(6.75%) and 21(5.25%) used contraceptive measures.

Conclusions

The present study concludes that a large no of study participants showed a tendency of violent behavior with their peer groups and a large no of them were having suicidal tendency. This unwanted and risky behavior could be a reason for their distraction from their studies, seen in majority of participants and could be a reactionary protective mechanism towards the threats gained from their peer groups in the school. Study concludes that it's time for appropriate intervention among these adolescent to prevent any future mis-happening owing to the generated protective mechanism and the seen risk behaviors among them.