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Attitudes towards puberty among adolescents girls

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Abstract

The present study was conducted on attitudes towards puberty. With the aim to assess the attitudes towards puberty among adolescents girls of different strata. Self-constructed questionnaire was used in the present study. Random sampling was used to select ten girls schools and 10 students was selected from each schools belonging from 8th to 12th standard. So finally the sample was 500 students. The data was analyzed by using mean, standard deviation, one way Annova. The result of the study revealed that there was a significant difference found in attitudes towards puberty by girls in religion, age group, SES, community while class wise there was no significant difference found in attitudes towards puberty among adolescents girls.

Keywords: Adolescents girls, attitudes, puberty

Introduction

Adolescence is the period of transition from childhood to adulthood during which many life patterns are learned and established. The World Health Organization (WHO) defined adolescence as the age group of 10-19 years. During this stage, adolescents experience a change in their physical, psychological and social aspects of life.

The origin of the word Adolescence is from Greek Latin word, 'Adolescere' which means to grow or to grow to maturity. Adolescence is a process- a series of varied, rapid and extensive changes as well as period of life. Today approximately 1/5th of world's population is constituted by adolescents (12-18 years) out of which more than 4/5th residing in developing countries. Adolescents represents 22.8% of population of India.

Puberty is the developmental stage during which a child becomes a young adult, characterized by the maturation of gametogenesis, and development of secondary sexual characteristics. Onset of puberty and secular trends in timing of puberty are different in relation to ethnic, geographical, and socioeconomic background. The onset of puberty in girls starts from 8 to 13 years of age. Adolescents require information and guidance about what their bodily changes will be, in order to help them deal effectively with transition from childhood to adulthood and to minimize their feeling of guilt, ambiguity and confusion.

Puberty is an important phase in women's reproductive health, and it is considered as a sensitive issue in our community that might lead the adolescent girls to get information from improper sources e.g. peers. It is assumed that better outcome of adolescent health can be achieved by increasing their awareness on puberty related issues that could pave the way for safe healthy motherhood practices.

The first apparent indication of puberty among girls is menarche or the first flow. These internal changes are known as primary sex characteristics such as maturation and activation of fallopian tubes, ovaries and vagina whereas secondary sex characteristics are in the form of changes in body shape such as rounding of hips, enlargement of the pelvic bone, enlargement of the breast, appearance of pubic hair and development of subcutaneous fat.

Along with these physical changes puberty also brings changes of young girls. Desire for isolation, boredom and in-coordination, social antagonism, heightened emotionality, loss of self-confidence excessive modesty are common in puberty. Although changes of puberty are biological rooted but they have their own social and ecological implication. These pubertal changes are usually accompanied by some physiological discomforts, problems and with typical attitudes of society. Therefore it is a period in which a girl needs time for transition. The way transition take place will influence her future adjustment self-esteem and health status. In order to effectively deal with this transition phase they require proper information

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about changes taking place in their body. In this phase of life mental preparation is required so that girls can overcome this stress effectively.

Statement of the problem

“Attitudes towards puberty among adolescents girls”.

Objectives

To assess the attitudes towards puberty among adolescents girls of different strata.

Delimitations

The study was delimited to the adolescent girls of 12 to 18 yrs.

Methodology

The chapter contains relevant information pertaining to research design. It includes the methodological aspect such as selection of tool, techniques of statistical analysis in order to achieve the objectives.

- **Locale:** The study was conducted in amroha district of Uttar Pradesh.
- **Size and selection of sample:** The researcher was randomly selected 10 students from each class (8th to 12th) from ten schools. So finally the total sample size undertaken for the study was 500 students.
- **Tool used in the study:** self-constructed questionnaire was used for data collection.
- **Description of the tool:** This questionnaire was developed by the researcher to analysis the attitudes of girls towards puberty/ menstruation.
- **Scoring:** the questionnaire was has 23 statements. The tool included both positive and negative statement with the option always, sometime, rarely. The positive question were given three marks for the option always, two marks for some time, one marks for rarely. The reverse was done for the negative questions. Ranges was divided under three category i.e negative attitude (23-38), average attitude (39-54), positive attitude (55-69)
- **Statistical Analysis:** The mean, standard deviation, one way Anova was used for the analysis of data regarding the present investigation.

Results and discussion

In order to achieve at certain conclusions and to achieve the objectives of the study, a systematic treatment of raw data is being done by using statistical techniques such as mean, standard deviation, one way Anova. Statistics analysis and interpretation of data regarding attitudes towards puberty among adolescents girls of different strata.

ANOVA (One-Way) and P –values of attitudes towards puberty among girls of different strata

Different strata	Mean (SD)	F-Value	p- Value
Religion	48.90 (7.28)	6.90	0.00**
Age group	48.90 (7.28)	13.95	0.00**
Class wise	48.90(7.28)	0.11	0.97 ^{NS}
SES	48.90(7.28)	12.75	0.00**
Community	48.90 (7.28)	9.03	0.00**

**Significant at 0.05 level and NS (non-significant)

The above mention table 4.2.1 shows that the factor analysis (One way ANOVA) among girls attitudes towards puberty of different strata.

The F value for all the factor of different strata such as religion, age group, class wise, SES, community were 6.90, 13.95, 0.11, 12.75, 9.03 respectively the p value were 0.00>0.05% in religion, age group, SES, community attitudes towards puberty among adolescent girls while 0.00<0.05% in class wise There was a significant difference found in attitudes towards puberty by girls in religion, age group, SES, community.

Conclusion

The result of the study revealed that there was a significant difference found in attitudes towards puberty by girls in religion, age group, SES, community while class wise there was no significant difference found in attitudes towards puberty among adolescents girls.

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