

Institutionalized adolescent girls: A socio-economic study

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Abstract

Background: Adolescence is the phase usually between 10-20 years, in which children undergo rapid changes in body size, physiological, psychological and social functioning. All body dimensions, development and maturation are completed. This is the net result of hormones and social structures designed to foster the transition from childhood to adulthood.

Aim and Objectives: (1) To assess the awareness level of adolescent girls about developmental changes during adolescence. (2) To examine the socio-economic factors associates with the awareness level of adolescent girls.

Method: Present study was a cross sectional study amongst the adolescent girls of age group 12-18 years. Non-probability method of purposive sampling was used to recruit adolescent girls from Children's Home, Delhi. Qualitative and quantitative methods were used to analyze data.

Results: The study found that 69.2 percent of respondents were aware about menstruation. More than fifty percent (63.1%) of the study respondents were aware about all the signs of adolescence but they had low level of awareness about sex and sexuality and sex hygiene i.e. 55.4 percent to 29.2 percent. The study revealed that adolescent girls had an average level of self-care and menstrual hygiene, even though age and educational status did not significantly impact on the effect of self-care practice and menstrual hygiene.

Conclusion: Adolescent girls need extensive and supportive education program to improve their awareness and well being.

Key Words: Adolescent, Psychosocial wellbeing of adolescents, Institutional care (Children's Home), Socio-economic profile.

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Introduction

Adolescence is the most troublesome period during the time spent human development and development. With changes occurring in their bodies, young boys and young girls got puzzled and humiliated at the things transpiring. Many are excessively bashful, making it impossible to make inquiries from their folks don't try to disclose to their youngsters about the unavoidable truths that apply to everyone, society into which people are conceived.

The world is home to 1.2 billion adolescents who form more than one-fifth of the world's population. India has the largest national population of adolescents (243 million) forming 21.4 percent of the total population.

Guardians' accessibility may fill in as a pointer of direction and structure to the adolescent however without components of more express parental control that are regularly connected with negative adolescent results. A positive standard of mental prosperity in adolescence incorporates both the development of an autonomous feeling of personality and the support of cozy associations with guardians (Bulanda and Majumdar, 2008). Thus support, observing, and discipline are focal measurements of parental practices that are connected with the adolescent's change and prosperity (Mullik, 1995). Along these lines the home and the family give a defensive and animating medium for the child's physical, mental and otherworldly development and thus it is thought to be the perfect place for each youngster. Be that as it may, not all kids are honored with such proceeded with care and security from earliest stages to adulthood. Different passionate, social and monetary causes, for example, the nonattendance of one or the two guardians because of either obscure or demise, partition or separation, marital disagreement, being conceived without any father present, unending or infectious disease, single parent families, removal, fiasco, common mobs, outrageous neediness, joblessness, work of the mother, relocation, separating of joint families, manhandle and abuse by the family and so on., make circumstances where kids can't live with their folks. Under these conditions elective types of consideration like, youngsters' homes and treatment for the kid winds up inescapable.

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Caring about stranded, deserted, and abused youngsters through casual family care and appropriation has a long history (Boswell, 1988, Hrdy, 1999). Formal administrative frameworks to manage these youngsters, for example, halfway houses legislative supported encourage autos, perception/shield homes, developed all the more as of late. The dependence on various frameworks of consideration after some time has been affected by social and political components and changing point of view on youngster development. "foundation" implies a perception home, or an uncommon home, or a youngsters' home or an asylum home set up, confirmed or perceived and enlisted under areas 8, 9, 34, sub-segment (3) of segment 34 and segment 37 of the Act individually; Indian Juvenile Justice (Care and Protection of Children) Act, 2000 "Children's home" set up by a State Government or by deliberate association and affirmed by that Government under segment 34. (1) i.e. for the gathering of kid needing care and security amid the pendency of any request and in this manner for their consideration, treatment, instruction, preparing, development and restoration. The revision of segment 34 subsection embedded in 2006 as without bias, all foundations whether State Government run or Voluntary associations for kids ought to be enrolled under the Juvenile Justice Act 2006. In the present study adolescent girls (age between 12 to 17yrs) from Children's homes were included.

Socio-economic status (SES) refers to an individual's or group's position within a hierarchical social structure. It depends on a combination of variables, including occupation, education, income, wealth, and place of residence. Researchers often use socioeconomic status as a means of predicting behavior. It is evaluated as a combination of factors including income, level of education, and occupation. It is a way of looking at how individuals or families fit

into society using economic and social measures. These factors have been shown to impact individuals' health and well being. This paper present the socio-economic profile of adolescent girls of children's home, Delhi and factors affecting adolescent's knowledge and awareness level on developmental changes during adolescence.

Review of Literature

Thomas, T. et.al. (2017) conducted a study on worry among short and long haul stay kids in remedial setting. The point of the study was to survey the individual and socio-statistic back ground of the detainees to comprehend the level of pressure and adapting example of prisoners in restorative settings. They utilized Descriptive research outlines and took the example size of the study is 30 kids' every one of here and now and long haul from adolescent home. They endeavored to study the psychosocial factors related with adolescent in struggle with the law by the sixty examples taken from Government Children's home Thiruvananthapuram. Study additionally accentuation the statistic information of the respondents while studying the psychosocial factors related. In the wake of talking about the outcomes, the study likewise recommend having different measures to study and grow a greater amount of inspirational state of mind in the reprobate youngsters.

Mohamed, A. et.al. (2012) conducted a study on mental dismalness among an example of halfway house kids in Cairo. The point of study was to recognize the predominance of passionate and behavioral issues and related factors in shelter youngsters. They conducted a cross-sectional study in three private halfway houses in Cairo and took test size of two hundred sixty-five offspring of ages running from 6 to 12 years in their study and found that youngsters living in halfway houses are more inclined to experience the ill effects of different mental disorders.

Alger, V.S. (2012) conducted a study on psychosocial problems of young girls with the social work perspective. The point of the study was to comprehend the situation and found the main factors behind psycho-social issues of a adolescent girl in changing with pre-adult stage in the organizations i.e. family, school and wellbeing through the social work viewpoint. She took test size of juvenile young ladies of the age between 13-19 years. The study uncovered that these defenseless issues are disturbing and should be handled direly.

Sodhi, M.K. et.al. (2012) conducted a study on psycho-socio-statistic relates of school issues in pre-adult guys in Amritsar locale of Punjab. The point of the study was to evaluate pervasiveness of school issues in male teenagers and to study job of psycho socio-statistic factors. They conducted cross-sectional study in schools and universities situated in provincial and urban field hone territories of Department of Pediatrics, Sri Guru Ram Das Hospital, Amritsar. A sum of 500 male immature understudies from age 12-18 years were chosen by fundamental arbitrary testing (250 guys were from provincial zones and 250 were from urban territories). This could be because of the way that most understudies originating from bring down socioeconomic strata having next to zero access to private educational costs and furthermore, guardians of these youths are not sufficiently qualified to help them in their examinations. The study recommend that the strategy producers and wellbeing experts need to work together to address the need

of our objective gathering including country young men having a place with more distant families of low socioeconomic status

Kumar,S. et.al (2012) conducted a study entitled on, "Children's attitude and behavior towards at home learning: A Case Study at Children's Home Taiping" The aim of study was to identify learning attitudes and behaviors among children living at Children's Home Taiping. They took sample consist of 39 children residing at children's home Taiping and used structure interview together data from the respondents regarding their attitude and behavior towards at home learning. The study indicates the result that most of the children accommodated in children's home, display negative attitude and behavior towards various aspects of learning.

Goel,M.K. et.al.(2011) focused on psycho-social behavior of urban Indian adolescent girls amid feminine cycle. The point of study was to survey information and psycho-social behavior identified with monthly cycle among immature young ladies in urban Haryana (state), India. They took test size of 478 youthful young ladies in the age gathering of 15 - 19 years from three instructive establishments of Rohtak city which were chosen arbitrarily. They completed a network based, spellbinding, cross-sectional survey-based study, and they utilized a pre-tried, pre-coded, shut finished poll for the study. The study findings recommend that school experts should take up something like a week after week session on the issues identified with period with the guardians. They can welcome different specialists on occasion to address the imperative issues.

Sudharshan, H.L.(2010) conducted the study on stress and coping pattern among adolescent Residing in Slums", featured the idea of stress and the adapting design among the juvenile in ghettos. The information was gathered from 5 ghettos in the city of Bangalore with the assistance of an NGO which is working for the welfare of the ladies and kids in ghettos. He recommended that It is desirable over have an instructor in each ghetto to address the psycho-social issues that they would confront. With the assistance of different experts, a proficient intercession must be young ladies are more feeling centered which is substantiated by trusts in lay open.

Karalam, S.R. (2010) conducted an exploration study on psychosocial prosperity of juvenile young girls. An intercession study" To survey the viability of mediation on psycho social prosperity of pre-adult young ladies in the eight youngsters' homes of Thrissur District of Kerala State he received semi test look into outline The dependant factors under study were the psychosocial well - being estimated as far as mindfulness on formative changes in pre-adulthood, emotional prosperity, self-regard and modification. The study accentuated that the job of social specialist, the developing of a mediation bundle and furthermore altogether positive adequacy of the intercession program in helping the immature young ladies of kids' home to adapt to life circumstances.

Hunshal, S.C.et.al (2008) conducted a study on adjustment of institutionalized children and they contemplated the social, passionate and instructive modification of systematized kids amid 2003-05. The example for the study involved 148 youngsters in the age gathering of 10-14 years living in four adolescent foundations in Belgaum division, Karnataka state. The study uncovered that lion's share of the institutional youngsters had inadmissible social, passionate and instructive alteration and not very

many of them had great modification.

An overview of existing researches indicates that, most of the studies on adolescents conducted in schools and communities are either explorative or descriptive and covered the components of bio- socio- psycho aspects of adolescence separately. Majority of these studies emphasized importance of family life education for girls and social work intervention for mental health of children and adolescents.

Several studies on institutional setting conducted in foreign countries, few of them conducted in Indian context and focused on correctional setting. The Analysis highlighted the negative impact of institutional care on infants and young children, less is known about the fate of adolescent girls currently living in institutional settings in Delhi. The researcher felt that There was a need for improving the well being status of the children who are forced into the set up. Thus it becomes imperative to look at the problems and needs especially focus on reproductive health of adolescents in institutions and to initiate activities for betterment accordingly. In other words, Intervention in the form of reproductive health education can help to increase the awareness level among adolescent girls especially in institutional setting where majority of them belong to maladjusted families. As a result, they would be able to take care of their own health as well as protect themselves from possible health problems like unwanted pregnancies, risk of STI/STD and HIV/AIDS in their future life.

A need was felt to dissect this much discussed developmental stage more closely in the context of Indian culture by revisiting the issues concerned to adolescents at present. There is also a need felt for analyzing the relationship between knowledge, attitude and coping skills during adolescence and scope for social work interventions in the field of adolescent development. The developmental problems and coping skills among adolescents may be the result of various socio-cultural factors like gender, age, geographical background, education, income, parenting style and exposure to awareness services which will be the supportive knowledge provider at need and crises for adolescents. Therefore, a thorough understanding of adolescent development in contemporary society depends on being familiar with numerous perspectives on adolescence.

Review further suggests that to overcome the gap between current studies there is a need to be focused on institutional care of adolescent and explore the social work intervention for their betterment.

Objectives of the study

- To study the socio economic profile of the adolescent girls in the children's home.
- To assess the adolescent girls' awareness on developmental changes in adolescence.
- To understand the socio economic factors affecting the level of awareness on developmental changes during adolescence of adolescent girls in children's home.

Material and Methods

A sample of adolescent girls was selected by using non-probability method of purposive sampling. Detailed information was collected through primary sources of data collection included both quantitative methods and qualitative methods. In quantitative methods self-

administered inventory was used as a tool for data collection. In qualitative methods interview schedule was used as a tool for data collection. Data will also be collected through secondary sources, internal sources including records available in children's home to prepare a list of respondent, fact-finding reports, annual reports etc.

The researcher measured socio-demographic variables like age, place of residence, educational status, religion, household income, and awareness level about developmental changes and reproductive health during adolescents. The interview schedule was tested on 65 adolescents selected from a children's home in Delhi.

Results

Socio-economic status (SES) alludes to the gathering of individuals with comparative word related, instructive and economic attributes. The imbalances in the socio-economic status deliver unequal open doors for development of youngsters (Santrock, 2004). The families, schools and neighborhood of kids have socio-economic attributes. In social work research personnel characteristics of respondents have a very significant role to play in expressing and giving the responses about the issue. Keeping in mind, this investigation an arrangement of personal characteristics in particular, age, sex, instruction, occupation, family income and so forth. The samples in this examination were taken from children's home of Delhi; diverse socio-economic status groups are represented.

The samples in this research were taken from children's home of Delhi; different socio-economic status groups are represented. Total 65 respondents have been examined and presented in this paper.

Table 1: Socio-economic profile of respondents

S.No.	Attributes of SES	Number of respondents	Percentage
1	Age		
	10-12	8	12.3
	12-14	12	18.4
	14-16	35	53.9
	16-18	10	15.4
	Total	65	100
2	Religion		
	Hindu	48	73.8
	Muslim	10	15.3
	Sikh	3	4.7
	Christian	4	6.2
	Total	65	100

3	Caste		
	Upper caste	20	30.7
	SC/ST	17	26.3
	OBC	18	27.6
	Other	10	15.4
	Total	65	100
4	Place of living		
	Rural	25	38.4
	Urban	14	21.5
	Slum	26	40.1
	Total	65	100
5	Type of family		
	Joint family	12	18.5
	Nuclear family	40	61.5
	Extended family	3	4.6
	Total	65	100
6	Education		
	Illiterate	5	7.7
	Literate	8	12.3
	Up to primary	12	18.4
	Up to middle	23	35.4
	Up to metric	13	20.1
	Up to post metric	4	6.1
	Total	65	100
7	Socio-economic class-family income (monthly)		
	>5000	23	35.4
	5001-10000	12	18.5
	10001-15000	9	13.8
	15001-20000	6	9.2
	20001-25000	3	4.6
	< 25000	2	3.1
	Don't know	10	15.4
	Total	65	100

Age implies the time span that a living being has lived. Age is a significant component in determining the social ethos, values and ambitions of the person. Age of respondents are additionally a standout amongst the most decisive attributes in understanding their perspectives about the specific issues; all things considered age shows level of

development of people in that sense age turns out to be more essential to analyze the reaction. Thus the age of the individual is important to study in research. Table no. 1 shows that among 65 respondents, majority of the respondents i.e. 53.9 percent were 14-16 years of age, 18.4 percent of them were in the age between 12 to 14, 15.4 percent were in between 16-18 and 12.3 percent were in between 10-12 years old. The study shows that age group of 14-16 faced more problems related to maladjustment. The study found that in children's home most of respondents were placed there due to run away from home in love affairs, early pregnancy and early (love) marriages, rest of them were placed there due to poverty, broken families (divorce, single parents, separation).

The term 'religion' refers to both the personal practices related to communal faith and group, rituals and communication stemming from shared conviction. India is a secular country. People of different religion and caste live here. Among Hindus, there are numerous castes which have been divided into four varnas-Brahmana, Kshatriya, Vaishya and Shudra. Apart from Hindus, there are Muslims, Christians, and Sikhs etc. Religions and Caste determine the values, life style, morals of the individual. Thus, religion and caste of the respondents is essential as it helps to analyse their behavior, beliefs and attitudes. As per the above table majority of respondents' i.e. 73.8 percent belonged to Hindu religion whereas 15.3 percent came from the Muslim religion. Apart from them 6.2 percent were from Christians and 4.7 percent were Sikh. Whereas 30.7 percent of respondents were belonged to upper caste, 27.6 percent were belonged to OBC category and 26.3 percent of them were belonged to schedule caste and scheduled tribes. The study found 6.2 percent of respondents were orphan in the institution. It was observed that the study respondents had stereotypes' thinking about reproductive health and suffer from problems of unhygienic sexual problems like infection during menstruation, itching burning pain during urination and lower abdominal pain etc.

The above table shows that majority of respondents i.e. 56.9 percent belonged to urban area and 43.1 belonged to rural area. The study reflects that people migrated from rural to urban cities to earn bread, to get more facilities and development, as results the concept of joint families have dissolved and nuclear families are increasing day by day. The study subjects belonged to nuclear family i.e. 76.9 percent and 23.1 percent were from joint families.

Education is the key variable to the development of people and makes them stronger to live a healthy life. Above table presented that most of respondents' i.e. 35.4 percent had studied up to middle level of education, 23.1 percent of respondents were educated at primary level, 18.4 percent had attended school and studied up to metric (class VII to IX) and they were more aware about physical and psychological changes during adolescence and able to cope up with difficulties. 15.4 percent were literate and 7.7 percent respondents had never been gone to school. An illiterate person would not be able to understand the importance of self awareness. It has been observed that they were not interested in studies and they have no expectations from their life.

Income of an individual plays an imperative role in molding the economic states of a person which thusly is probably going to have bearing on the responses about an issue posture to him. Monthly income of the family gives data about the aggregate income which a family has amid a time of multi month. Family income affects the wellbeing and nourishment, education and generally speaking development status of the families,

particularly on adolescents. Family income is additionally an essential variable that reflects SES (Socio-economic Status) of the respondents. As per the results from the above table one can understand that, 34.0 percent of the respondents family income was less than or equal to Rs 5000 per month while remaining 29.2 percent of the respondents family income was in-between Rs 5001 to 10,000 followed by 17 percent of the respondents whose monthly family income was slight higher i.e. Rs 10,001 to 15,000. However, 12.3 percent were under category of monthly income in between 15,000 to 20,000, rest of the 7.5 percent of the respondents' monthly family income was 25,000 and above. The primary providers of the families were employed as rickshaw puller, labor (agriculture labor/non agriculture labor), and shopkeeper; work at different shops, house maid, parlors etc.

Knowledge about developmental changes and problems of adolescent girls

A clearer contrast is frequently made among 'mind' and 'body', however while thinking about psychological well-being and physical wellbeing, the two ought not to be thought of as discrete. Poor physical wellbeing can prompt increment danger of creating emotional well-being issues. Additionally, poor emotional well-being can contrarily effect on physical wellbeing, prompting an expanded danger of a few conditions. A report of World Health Organization reflects that youngsters are not influenced similarly by reproductive health problem. Vagrants, young girls in rustic regions, youngsters who are physically or mentally impaired, manhandled or have been mishandled as children and those relocating to urban territories or being trafficked will probably have problems.

It tends to be said that reproductive health education is extremely basic to adolescents. Most importantly there is a need to comprehend the reproductive health state of the inmates of children's home.

Table 2: Awareness level about developmental changes during adolescence

S. No.	Variables	Frequency		Total
		Yes	No	
1	Physical changes	41 (63.1%)	24 (36.9%)	65 (100%)
2	Menstruation period	45 (69.2)	20 (30.8%)	65 (100%)
3	Sexual behavior	39 (60.1%)	26 (40.0%)	65 (100%)
4	Side effects of early marriage	36 (55.4%)	29 (44.6%)	65 (100%)
5	Pregnancy	30 (46.2%)	35 (53.8%)	65 (100%)
6	Abortion	29 (44.6%)	36 (55.4%)	65 (100%)
7	Knowledge about contraceptives	19 (29.2%)	46 (70.8%)	65 (100%)
8	Knowledge about HIV/AIDS	28 (43.1%)	37 (56.9%)	65 (100%)

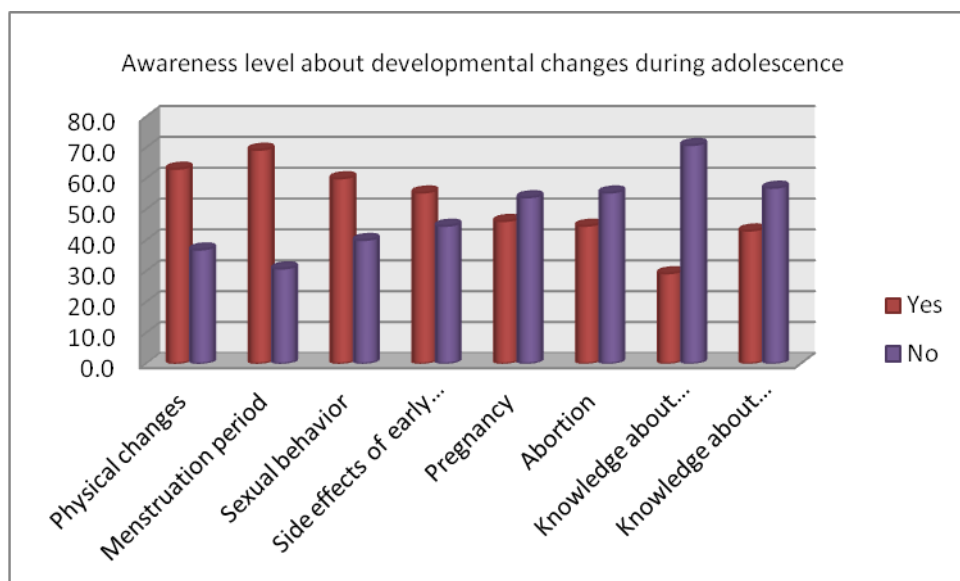
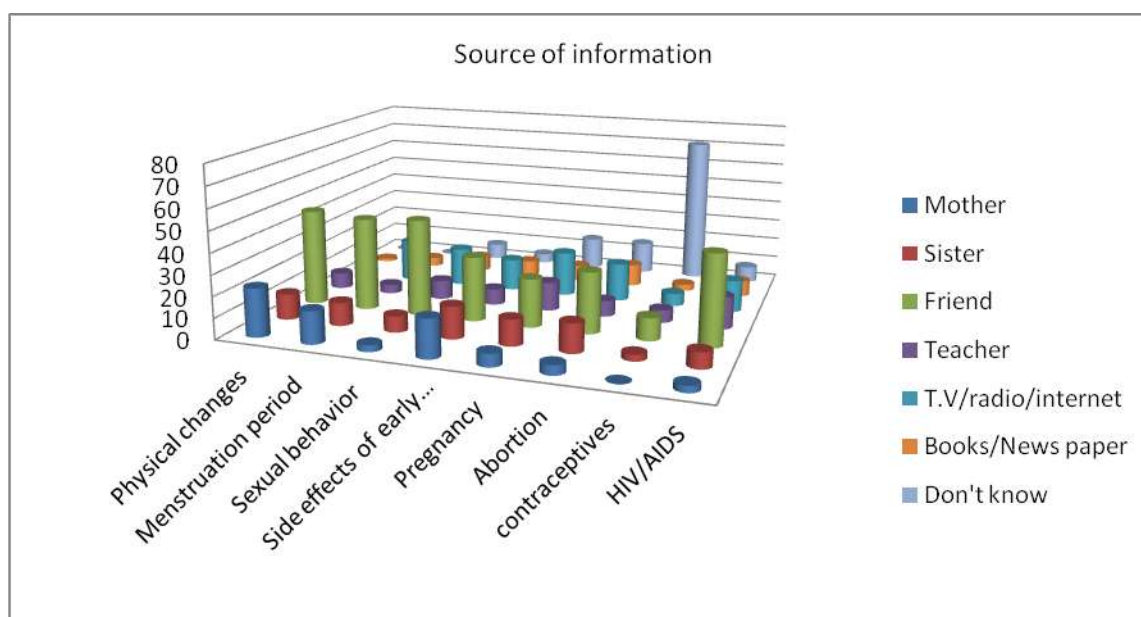


Table no. 2 shows that out of 65 respondents 63.1 percent of them were aware about physical changes in girls during adolescence i.e. rapid gain in height and weight, growth of hairs in under arms, white discharge from private parts, change in voice, development of breast, 69.2 percent were aware about onset of menstrual period and became disturbed during this time period. 60.1 percent respondents gave their opinion about sexual behavior that the act of sexual intercourse should be done only after marriage. 55.4 percent of respondents were aware about the right age of marriage and believed that early marriage will affect health. 46.1 percent respondents were believed the right age of pregnancy is above 18 before that infants will get affected. 44.6 percent of them were aware about abortion and gave their opinion that abortion should be done in case of pre-marriage pregnancy and when risk is involved in carrying pregnancy for health of mother and fetus, and qualified doctor is the appropriate person for abortion. Nearly fifty percent i.e. 43.1 percent respondents had heard about HIV/AIDS but not have complete knowledge and had lots of myths and misconception in their mind. They were not fully aware about it. Whereas 29.2 percent respondents had knowledge about contraceptives. Most of the respondents hesitated to talk about sex and sexuality; they were not open about sharing their views/experiences regarding this.

Table3: Source of information about developmental changes during adolescence

S. No.	Determinants	Mother	Sister	Friend	Teacher	T.V/radio /Internet	Books/News paper	Don't know
1	Physical changes	23.1	12.3	46.1	7.7	9.2	1.5	0
2	Menstruation period	15.5	11.1	44.4	4.4	20.1	4.4	0
3	Sexual behavior	3.1	7.7	46.1	9.2	18.5	7.7	7.7

4	Side effects of early marriage	18.4	15.4	30.8	7.7	15.4	7.7	4.6
5	Pregnancy	6.1	12.5	23.1	13.8	21.5	7.7	15.4
6	Abortion	4.6	13.9	29.2	7.7	18.4	10.8	15.4
7	Knowledge about contraceptives	0	3.1	10.8	6.1	6.1	3.1	70.8
8	Knowledge about HIV/AIDS	3.1	7.7	43.1	15.4	15.4	7.7	7.7



Since ours is a conservative society, youngsters are less informed about the physical changes that are occurring during puberty. Lack of scientific information about sex hygiene and philosophy make them satisfy with crude and perverted knowledge about sex related matters. It creates guilt feeling and so many complexes in the minds of the children which makes them introverted and secretive. Table no. 3 highlights the majorities of respondents were involved with friends and gained knowledge about developmental changes and sex education. Because they hesitated to talk on sex and sexuality, they were not open to sharing their views/experiences regarding this with their elder ones and teachers etc. They feel comfortable with their same age group friends to discuss and share their views/experiences but due to lack

of scientific knowledge they had wrong information and developed many myths in their minds. As a result sexual maladjustment creeps in and affects the quality of life in adolescents.

Discussion

Every adolescent has more or less difficult task of adjusting to somatic variation which may occur in connection with puberty. The flow of blood during menstruation in girls and nocturnal emission in boys creates worries and give birth to so many fears and anxieties. Youngsters are less informed about the physical changes that are occurring during puberty. It creates guilt and many complex feelings in the minds of the children which makes them introvert and secretive. The knowledge of reproductive health is an indicator of present awareness of female health condition. Although the girls suffer from several healths related problems, they do not come forward to see the doctor as it is a shameful affair for them. Moreover, the situation worsens at the sight of a male doctor. Adolescent girls are always faced with two lines of discriminations one of age and another of gender. Reducing their situation to either of the two does not do justice to their lives.

It has been observed that the fulfillment of needs of girls with diverse socio-economic background is not the same. The extent and intensity of the problems are also not the same and the ways and means by which these problems are solved also vary. The findings shows that, the development of adolescent girls were differ with regard to the socio economic variables like, age, religion, place of living, educational background and health conditions. Although the results suggest that these socio-economic variables with regard to their effect on functional status. Most of the respondents were belonged to urban slums and they had a high level of awareness about developmental changes but not completely aware about reproductive health. It was observed that they are facing problems related to sexuality and sex hygiene. It was found that they gave their opinion as scientifically desired but practically they were different.

Most of respondents placed in children's home due to running from home in love affairs, early / pre marriage pregnancy and early (love) marriages. It is also noted that during adolescence, girls require some specific needs such as biological, emotional and social to be fulfilled adequately. Inadequate fulfillment or non-fulfillment of these needs give rise to a number of biological, social and psychological problems. If the social and psychological needs of these girls are identified, they can be instrumental in knowing their social and psychological problems and then a help can be planned to solve them.

Education had a significant effect on the well being of adolescent girls with lower education associated with low level of awareness and facing more problems. The statistical analysis shows that majority of respondents had knowledge about developmental changes during adolescence but awareness level about sex, sexuality and sex hygiene were low, and the percentage (Table no.2) was in between 41-61. Most respondents liked to discuss these topics only with friends circle and there was lack of scientific knowledge.

The present research was an opportunity to understand the targeted group that is adolescents. The available literatures had guided in constructing a foundation of knowing various aspects of adolescents of various cultures and also had helped in developing assumptions towards the causes for developmental problems and the relationship between developments, problems and coping skills of adolescents. A few literatures had supported the findings of the present study and few more could not be accepted and that may be due to various limitations of the study skills. Not many exclusive literatures could be found related to the study. Therefore, the study had to be developed with the help of existing literatures on adolescence.

Conclusion

The sudden awakening of sex instinct during adolescence results in intensification of sex consciousness. Adolescents are curious to know about sex related topics and are seeking answers to their innumerable doubts in sexual matters. In our country most of the parents are illiterate and they do not have scientific knowledge of sex problems. Moreover, our social values are different from that of western countries, and hence parents hesitate to discuss sex problems with their children. So the adolescents resort to socially unacceptable ways to quench their curiosity and to satisfy their sexual needs. There is also the misguiding of print and electronic media and friends that finally result in sexual maladjustment in adolescents. The multidimensional changes of adolescence put tremendous coping stress on adolescents. Psychological and physiological changes cause greater turmoil in adolescent lives than the preceding or subsequent stages of life.

Social work profession is based on certain ethical foundations such as, social justice, social equality, protection of vulnerable and human dignity etc. There are several methods to help carry out the profession in a desired ethical manner and social work research is one of them which enables social work practice in planning effective interventions to solve challenges of total development of human kind. In the present study adolescent girls need extensive and supportive education program to improve their awareness and well being. The study suggests that a social work research helps us in differentiating social work research from other social science researches. In this section, through suggesting the view points, researchers get the freedom to express their views for further steps required in bringing intended changes. Similarly, the present study suggests that systematic and effective counseling procedures and intervention programs can help adolescents deal effectively with the sudden and abrupt changes in their lives.

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