

AWARENESS OF ADOLESCENCE AMONG POST BASIC SCHOOL STUDENTS

Dr. Nilesh Kapadia*

Abstract

The main purpose of this study was to examine the awareness of Adolescence among Post Basic School Students. The participants of the study were 777 students of Post Basic School of Gujarat State. Self-constructed Three Point Likert type tool was used for data collection. In this study, the random cluster sampling method was adopted. The main objective of this research was to examine awareness of Adolescence among Post Basic School students in the context of their gender, area of residence and social category. The findings of the study revealed that most of the students had average awareness of adolescence. There was no significant difference in Post Basic School Students' awareness of adolescence in the context of their area of residence and social category but there was a significant difference in the context of their gender.

Keywords:

*Awareness,
PostBasicSchool,
Adolescence*

* Assistant Professor, Department of Hindi Education, Faculty of Education (IASE), Gujarat Vidyapith, Ahmedabad.

A child grows from infancy through childhood to adulthood. The transition from childhood to adulthood is called adolescence. But these few years are very eventful in one's development. The term 'Adolescence' is derived from the Latin word *adolescere*, which literally means, "to grow to maturity". This is a transitional period with the journey beginning from pubescence and terminating with adulthood. Pubescence refers to biological changes that precede sexual maturity, a period of transformation from a stage of reproductive immaturity to a stage of full reproductive competence. Alongside it also encompasses a number of physical, emotional and psychological changes. Adolescent Reproductive Health (ARH) is a major area of concern as adolescents do not have scientific knowledge and awareness. The chances of teenage pregnancy, unsafe abortions and drug abuse are much among adolescents.

There are mainly six stages in human life like infancy, toddler, preschool, school age, early adolescence and late adolescence. Each stage plays an important role in the growth and development of the individual in the areas of physical, psychosocial, psychosexual, intellectual and moral development (Marlow & Redding; 2010).

Kaur, Sorte and Sharma (2014) investigated on adolescents' healthy lifestyle in the selected school of Dehradun. The result showed that the health awareness programme resulted in significant improvement of knowledge and practice about healthy lifestyle among adolescents.

Rani and Rao (2015) revealed poor knowledge about reproductive issues among adolescent girls in both urban and rural areas, which concluded that there was an urgent need to intervene in early adolescent period by imparting knowledge on reproductive health. Rahmawati and Wantiyah (2016) conducted a study and found that adolescents in the urban residential area know more about reproductive health than those in the rural area.

Thakur and Patnaik (2017) studied the effect of activity-based adolescence education on awareness of secondary school students. Result revealed that there was a significant difference between experimental and control group on awareness and no significant difference between boys and girls as well as rural and urban adolescents with regard to awareness on reproductive health.

There were many research conducted on the issue of awareness and its relationship with a different variable. But the researcher did not find any research, which studied Post Basic School students' awareness of Adolescence. The researcher also did not find any tool in Gujarati language to measure students' awareness of Adolescence. Thus, the researcher conducted the present research.

Objectives of the Research

1. To measure Post Basic School Students awareness of Adolescence.
2. To examine awareness of Adolescence of Post Basic School Students in context of their gender, area of residence and social category.

Hypotheses of the Research

1. There will be no significant difference between the mean scores obtained on Adolescence awareness scale by boys and girls of Post Basic School.
2. There will be no significant difference between the mean scores obtained on Adolescence awareness scale by Post Basic School Students of rural and urban area of residence.
3. There will be no significant difference between the mean scores obtained on Adolescence awareness scale by Post Basic School Students of reserved and unreserved social category.

Operational definitions of the term

Adolescence Awareness Total score obtained on 'Adolescence awareness scale' by the students is considered as adolescence education awareness of the students.

Post Basic School The Government recognized secondary schools managed by Gandhi's principles of Nai Talim.

Delimitation of the study

The study was delimited to Post Basic School Students of Gujarat only.

Population and sample

All the student studying in std 9th in Post Basic Schools of Gujarat State were population of the study. First of all, the list of Post Basic School was prepared. The whole class was selected for the sample using the lottery method. All the students, who were present at the time of data collection in the selected class, were included in the sample. Total 777 students, who were present at the time of data collection in the selected school was the sample. There were 452 girls and 325 boys in the sample. Thus, the random cluster sampling technique was used. Table-1 shows the characteristics of the sample.

Table-1

Characteristics of the sample

No	Characteristics		Total	Grand Total
1	Gender	Girls	452	777
		Boys	325	
2	Area of residence	Rural	766	777
		Urban	11	
3	Social Category	Reserved	635	777
		Unreserved	142	

Tool of the study

The researcher applied the self-constructed Adolescence Awareness Scale. It was applied as a tool in this research. It was a Likert type three point rating scale. There were 15 items of measuring some factors of Adolescence. Each item had three options indicating the degree of agreement. The degree of agreement was 'agree', 'disagree' and 'undecided'. The respondent had to tick mark (✓) in one of the suitable options. Marks were allotted for positive sentence as Agree=2, Disagree=0 and Undecided=1 and for negative sentence Agree=0, Disagree=2 and Undecided=1. In this scale, students can obtain maximum 30 marks. The reliability of the tool was established using two methods. The Cronbach's Alpha value was 0.56 and Guttman Split-Half Coefficient value was 0.52.

Data Collection and Analysis

The Adolescence Awareness Scale was administered to collect data in a normal classroom condition. The respondents were given guidance regarding responding the items. There was no time limit for responding. After data collection, the researcher proceeded to data analysis according to objectives and hypotheses. Descriptive analysis and t-test were employed to analyze the data.

Results

Calculation of descriptive statistics based on the scores on Adolescence Awareness Scale is given in Table-2.

Table-2

Descriptive statistics based on the scores on Adolescence Awareness Scale

N	777	Minimum	0
Mean	16.45	Maximum	28
Std error of mean	0.143	Skewness	-.273
Std deviation	3.99	Std error of skewness	0.088
Median	16.00	Kurtosis	.547
Mode	16	Std error of kurtosis	0.175

Table-2 shows that the Mean, Median and Mode were respectively 16.45, 16.00, and 16; Std error of mean was 0.143 and Std. Deviation was 3.99. The value of skewness was -.273. It shows a slightly negative skewness of the data. It means the frequency of high scorer students were more than low scorer achiever in respect of mean score of the data on Adolescence Awareness scale. So it was concluded that the Adolescence Awareness of students was good and higher than average score. The standard error of skewness was 0.088 and kurtosis was 0.175. This indicated that the frequency of distribution was normal. Histogram of obtained scores frequency distribution on Adolescence Awareness Scale is presented in Figure-2.

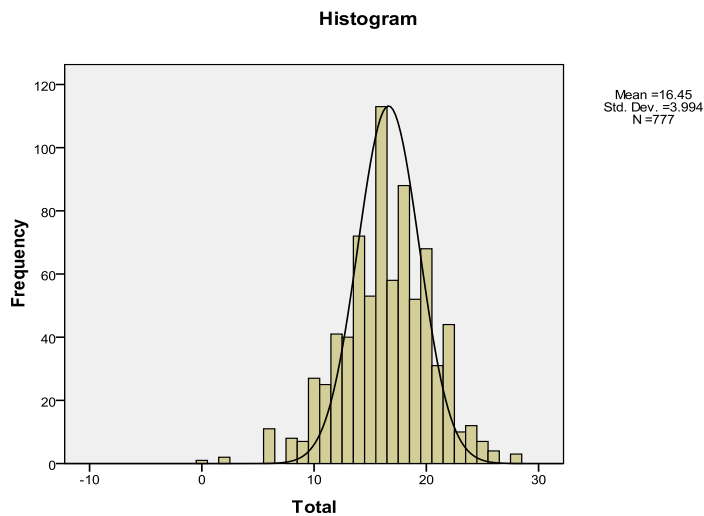


Figure-2
Histogram of obtained scores frequency distribution on
Adolescence Awareness Scale

Hypotheses Testing

The results of the first, second and third hypothesis testing is presented in Table-3

Table-3

Adolescence Awareness and the relationship of Variables

Variables	N	Mean	S.D	t-value
Girls	452	16.16	3.79	2.43
Boys	325	16.86	4.22	
Rural	766	16.45	3.99	0.15
Urban	11	16.27	4.36	
Reserved	635	16.47	4.10	0.21
Unreserved	142	16.39	3.46	

Table-3 shows that there were 452 girls and 325 boys. Mean were 16.16 and 16.86; standard deviation were 3.79 and 4.22 respectively for girls and boys students. The calculated t-value was 2.43. It was significant at 0.05 level. Therefore the null hypothesis was not accepted. There was a significant difference found in students' awareness of Adolescence in the context of their gender. Boys had significantly more awareness of adolescence than girls.

There were 766 and 11 students from rural and urban area respectively. Mean were 16.45 and 16.27; standard deviation were 3.99 and 4.36 respectively for rural and urban area students. The calculated t-value was 0.15 is less than the table value 1.96 at 0.05 level of significance. Therefore the null hypothesis was not rejected. There was no significant difference found in students' awareness of Adolescence in the context of their area of residence.

There were 635 and 142 students from the reserved and unreserved category respectively. Mean were 16.47 and 16.39; standard deviation were 4.10 and 3.46 respectively for reserved and unreserved category students. The calculated t-value was 0.21 is less than the table value 1.96 at 0.05 level of significance. Therefore the null hypothesis was not rejected. There was no significant difference found in students' awareness of Adolescence in the context of their social category.

Findings of the study

The findings emerging from the present study are as under:

1. The mean of scores on adolescence awareness scale obtained by students of Post Basic Schools shows that the adolescence awareness of students was average.
2. There was a significant difference in students' adolescence awareness in the context of their gender.
3. There was no significant difference in students' adolescence awareness in the context of their residential area and social category. The difference between means was accidental and not real.

Discussion

The level of adolescence awareness of students was assessed in the present study. The findings showed that the adolescence awareness of Post Basic School students was average. There was no significant difference found in adolescence awareness of students in the context of their residential area and social category.

As a part of the present study, it was known that the gender of students is related to adolescence awareness and the girls were lacking behind in adolescence awareness as compared with boys. This implies that the girls' need to be imparted special training during future training

programmes and other academic programmes. Girls' awareness of adolescence is like sowing the seed because today's girl child will be the mother of tomorrow.

References

- Kaur, S; Sorte, D; & Sharma, M. (2014). Effectiveness of planned school health awareness programme about healthy lifestyle on knowledge and practice of adolescents. *IOSR Journal of Nursing and Health Science*, 3(3), 82-85.
- Marlow, D. R; & Redding, B. A. (2010). Textbook of Pediatric Nursing: Stages of Human Development (6th ed.). India: Elsevier Private Limited.
- Rahmawati, S. T; & Wantiyah. (2016). A community based friendly health clinic: an initiative adolescent reproductive health project in the rural and urban areas of Indonesia. *International Journal of Nursing Sciences*, 3(4), 371-378.
- Rani, G. S; & Rao, B. B. (2015). Study on reproductive health awareness among adolescent girls in urban and rural field practice areas of Osmanai medical college. *International Journal of Current Research and Review*, 7(18), 15-18.
- Thakur, N; & Patnaik, S. (2017). Effect of activity based adolescence education on awareness of students related to adolescent reproductive health at secondary level. *IOSR Journal of Humanities and Social Science*, 3(3), 43-48.