

## **Health status of rural adolescent girls residing in Peripheral villages of Ajmer district**

**BHARTI JAIN\*<sup>1</sup> AND NAVITA SRIVASTAVA<sup>2</sup>**

<sup>1</sup>Professor &Head and <sup>2</sup>Research Scholar

Department of Food Science and Nutrition

Maharshi Dayanand Saraswati University, Ajmer (Rajasthan) India

### **ABSTRACT**

Adolescence represents an opportunity for encouraging healthy choices and prosocial behaviors that will continue in adulthood. By investing in adolescent health today, we invest in the workforce, parents and leaders of tomorrow. The present study “Health Status of Rural Adolescent Girls residing in peripheral villages of Ajmer district” was carried to assess the health status of rural adolescent girls. The sample selected for this proposed research consists of 154 adolescent girls randomly selected from periphery villages located in Ajmer District of Rajasthan. Results of Health Status of rural adolescent girls residing in peripheral villages of Ajmer district showed that maximum per cent of adolescents were in the score range of 40-45. The physical health status of rural adolescent girls was maximum in the score range of 15-20. The mental health status was maximum in the score range of 30-35.

**Key Words :** Adolescence, Health status, Physical health status, Mental health status

### **INTRODUCTION**

Adolescence is a period of transition when the individual changes physically and psychologically from a child into adult. Adolescence in contrast to puberty is not a single stage but a range of 13 to 18 years. Adolescents girls aged between 13 -18 years account for more than one fifth of the world's population (Sajjan, 2011). In India, this age group needs a special attention because of the turmoil of adolescence which they face due to the different stages of development and in relation to different needs and diverse problems (Hanson *et al.*, 2006). Health is one of the major issues revolving the various stages of adolescence. Healthy and good parent child relationship in the family greatly influences the mental health of adolescents in various aspects (Sharma *et al.*, 2009). Education for women is the best way to improve the health, nutrition and economic status of household. The Socio-Economic Status offers great opportunities for improving the health, quality of life and well being of adolescents. The present study “Health Status of Rural Adolescent Girls residing in peripheral villages of Ajmer district ” was carried to assess the physical and mental health status of rural adolescent girls.

### **METHODOLOGY**

The sample selected for this proposed research consists of 154 adolescent girls randomly

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selected from periphery villages located in Ajmer District of Rajasthan. The periphery villages selected in the present research are Chourasiawas, Ghughra, Rasulpura, Bhunabhai and Lohagal from eight Panchayat Samities situated in Ajmer district (Table 1). The population under study was selected through purposive sampling in which samples were chosen on the basis of their age group. School going girls from school and drop out girls from school were selected. From the periphery villages 128 school going girls were selected and 26 drop out girls from school were selected.

Name of village	School going girls	Drop out girls	Total girls
(1) Chourasiawas	26	4	30
(2) Ghughra	28	2	30
(3) Rasulpura	25	9	34
(4) Bhunabhai	27	3	30
(5) Lohagal	22	8	30
Total	128	26	154

The study was based on collection of primary data. A well framed questionnaire on health related issues includes general wellbeing, physical and mental health of rural adolescent girls were administered to respondents. In-depth discussion method and interview schedule is used as the tool for data collection from parents and community members. This interview schedule was prepared to fulfill the objectives of the present study. To study the health status standard tool by Verma *et al.* (1985) was used. Post Graduate Institute Health Questionnaire (PGI-HQ N-1) precedes the development of a completely indigenous tool. It is based on Cornell Medical Index (CMI) Health questionnaire. It consists of 38 items divided into A (physical health) and B (mental health) sections with 16 and 22 items, respectively. The responses were collected on a two point scale indicating 'Yes' and 'No'. The weightage given to items answered 'Yes' was '2' and 'No' was '1'.

## RESULTS AND DISCUSSION

Health Status of rural adolescent girls residing in peripheral villages of Ajmer district were categorized by score into six groups *i.e.* 35-40, 40-45, 45-50, 50-55, 55-60 and 60 and above according to their total health score. Out of 154 girls studied 25.97 per cent were in the range of 40-45, 24.03 per cent in the range of 55-60, 21.43 per cent in the range of 50-55, 20.78 per cent in the range of 45-50 and very few belongs to 1.30 per cent and 6.49 per cent in the health score range of 35-40 and 60 and above, respectively (Table 2).

The physical health status of rural adolescent girls residing in peripheral villages of Ajmer district were categorized by score into four groups *i.e.* 15-20, 20-25, 25-30 and 30 and above. 47.40

Health score	No. of adolescent girl	%
35-40	2	1.30
40-45	40	25.97
45-50	32	20.78
50-55	33	21.43
55-60	37	24.03
60 and above	10	6.49
Total	154	100.00

per cent were in the range of 15-20, 40.91 per cent in the range of 20-25, 11.04 per cent and 0.65 per cent in the range of 25-30 and 30-35, respectively (Table 3).

**Table 3 : Physical health status of rural adolescent girls residing in peripheral villages**

Physical health score	No. of adolescent girl	%
15-20	73	47.40
20-25	63	40.91
25-30	17	11.04
30 and above	1	0.65
Total	154	100.00

The mental health status of rural adolescent girls residing in peripheral villages of Ajmer district were categorized by score into five groups *i.e.* 20-25, 25-30, 30-35, 35-40 and 40 and above according to mental health score. 35.71 per cent were in the range of 30-35, 33.12 per cent in the range of 35-40, 16.88 per cent in the range of 25-30 and very few belongs to 9.09 per cent and 5.19 per cent in the range of 20-25 and 40-45, respectively (Table 4).

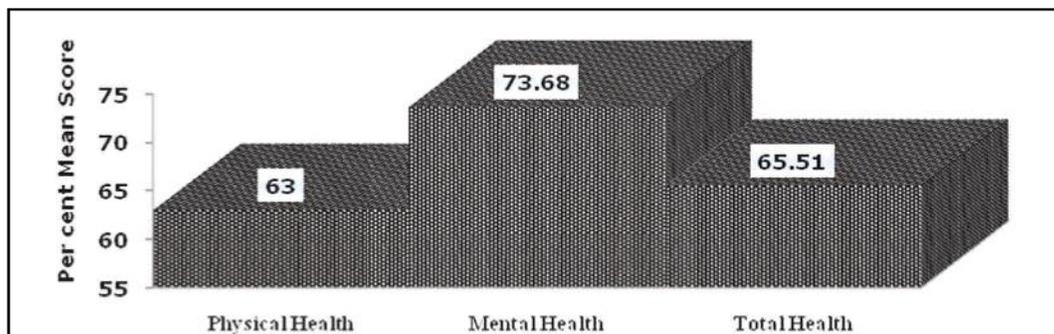
**Table 4 : Mental health status of rural adolescent girls residing in peripheral villages**

Mental health score	No. of adolescent girl	%
20-25	14	9.09
25-30	26	16.88
30-35	55	35.71
35-40	51	33.12
40 and above	8	5.19
Total	154	100.00

The average health score of the study sample of 154 adolescent girls residing in peripheral villages was 49.79+6.69 with per cent mean score of 65.51 per cent (Table 5).

**Table 5 : Mean health score and S.D. of rural adolescent girls residing in Peripheral villages**

Health score	N	Mean score	Per cent mean score	Std. Deviation
Physical health	154	20.16	63	3.27
Mental health	154	32.42	73.68	4.58
Total health	154	49.79	65.51	6.69



**Fig. 1 : Per cent mean score of health status of rural adolescent girl residing in Peripheral villages**

**Conclusion :**

From the study it can be concluded that the mean per cent score of mental health of rural adolescent girls residing in peripheral villages of Ajmer district was higher as compared to mean score for physical health. But the score for both the health was less than 75 per cent.

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