



A STUDY OF PROBLEMS FACED BY ADOLESCENT GIRLS DURING DEVELOPMENT STAGE AND IT'S IMPACT ON EDUCATION

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1.1 Introduction

Adolescence is a time of turbulence, when youths go through biological, psychological, and social changes as they grow from childhood to adulthood. For many youths, rapid physical changes often outpace their social and emotional maturity, yet social expectations increase because they are viewed by some as more like adults than like children. Teenagers live in a state of ambiguity. They are usually held responsible for their actions and sometimes treated as adults, yet legally in most situations they are considered children with few rights.

The development of the adolescent female has been seen until recently as not being any different than the development of the adolescent male. The advent of feminist thinking and the beginning attempts at defining the social, physical, and emotional development of young women as different from young men has begun to change this knowledge base. Physical development has always been clearly different; however, other areas have not been well understood. In 1976, Jean Baker Miller put forth a new theory about women's development. It is called self-in-relation and has as its premise the concept that all infants start life as a being-in-relationship who is connected to the primary caregiver and sensitive to this person's emotional state (Miller, 1991)

Adolescents strive for autonomy and self-identity, try to define their values, and increasingly rely on peers for advice, yet they are still dependent on adults. All adolescents have mood swings as they struggle with strong feelings that reflect a desire to define their goals and confusing expectations because of their conflicting needs for dependence and autonomy. The problems adolescents experience is exacerbated by the invasion of drugs, violence, and AIDS into their homes, schools, and social environments. Many live in poor families and unhealthy

environments and have no access to health care. Many are abused or neglected. Two-thirds of all runaways, for example, have been abused by a parent. Many lack exposures to appropriate role models. Youths who have been abused, neglected, unloved, or have low self-esteem for other reasons have difficulty achieving emotional and social maturity. Most young people become competent adults who are able to function effectively in society. They are motivated by caring adults and peers who help them to develop the knowledge and skills that they need. Of particular concern to social workers, however, are those adolescents who are at risk due to a harmful or non-supportive environment and behaviors such as dropping out of school, using drugs and alcohol, committing status offenses (activities that would not be against the law for an adult), engaging in delinquent activities, having unprotected sexual activity, and attempting suicide.

1.2 Objectives of Research

1. To assess the relationship between overall development of adolescent girls and its impact on their education
2. To find out the roles of the educator, parent, psychologist, health care system in providing an environment that enriches the strengths of adolescent girls in their education
3. To cull out the methods for adolescent girls best be prepared for the best of education without disturbances.

1.3 Hypothesis

1. The fact that many adolescent girls are showing remarkable strength, resiliency, and "hardiness" during the stressful time of adolescence needs to be explored.
2. There must be a focus on what is working for adolescent girls, and why to assist adolescent girls in navigating these risks during their development.

1.4 Scope of Research

1. The study is designed in such way that it would help the adolescent girls to be free and discuss more about their issues freely.
2. The group discussion helps to enhance the impact of peers in understanding of issues and their social lives.
3. The study also helps to relate and develop the understanding of girls by correlation with their peers.
4. The finding can be shared if the parents wish to take responsibility of working on the issues of their adolescent child for her better educational support.

5. The questionnaire is covering the important physical, emotional, sexual issues related to their development stage which can be identified easily through study.

1.5 Limitations of Research

1. This research includes only a small set of girls in the society of middle class community, hence the findings may not be relevant to the adolescent from rural area or even in metros with the adolescents from poor socio economic strata.
2. In-depth interviews are recommended to further explore the generalized most efficient findings for the larger set of group.

1.6 Research Methodology

The study and survey point out some of the stressful events adolescent girls experience, describe how girls deal with stress, and indicate the risk factors for girls most vulnerable to stress, depression and self-destructive behavior. This research project provides data on adolescent stress, depression faced by girls.

Methodology here done in this project is by **SURVEY METHOD.**

Data collection tool: Questionnaire.

1.7 Data Analysis Tool

Data analysis is done by finding percentage. Questionnaire is distributed among students & survey is conducted by asking them questions related to the topic chosen for conducting Action Research. On the basis of the survey, students are asked to answer the questions either "Yes" or in "No" & mixed responses. On the basis of the answers given by students, percentage of majority of girls who gave several responses is found out. As a result, we come to know the percentage of girls giving variety of mixed responses. We find the percentage by using Data Analysis Tool.

1.8 Sample

1. The total sample size is 20 adolescent school going girls from age group 12-17 years
2. The 50% of the total sample size is taken from 100% adolescent girls living in the residential society from Parel region.
3. 25 % of the total sample size is taken from adolescent girls living nearby Parel region.
4. 25% of the total sample size is taken from adolescent girls living in different areas of Mumbai.

RESULTS & MAJOR FINDINGS:

Relation with Family and Friends

1. 55% of girls are perfectly happy & 45% of girls are happy & unhappy with their mother but no one is unhappy.
2. 55% of girls are perfectly happy & 45% of girls are happy & unhappy with their father but no one is unhappy.
3. 50% of girls are allowed to mix with boys of their age in society and school that means half percent of population are allowed to mix.
4. 30% of girls are scolded if they laugh loudly in public & 40% are sometime scolded that means majority don't have freedom to laugh.
5. 45% of girls are allowed to involve in family decision but 55% think that they can involve in family decision but it depends on topic.
6. Majority of girls are allowed to take their decision independently but 45 % have not tried.

Health (Mental, Physical, Sexual)

1. 65% of girls are worried about sexual abuse, but 35% of girls are never realized about it.
2. Majority of girls that is 45% & their parents are happy with their diet habits.
3. 90% of girls are never thought or attempted suicide but 10% of them think about it because of family & education pressure.
4. 60% of girls get information on sexual and reproductive health and alcohol/tobacco/drug from friends, newspaper & TV.
5. Maximum girls are feel comfortable to go with their parents & friends when they are sad & depressed but no one goes for teachers.
6. Maximum girls are think that they are FAT/SHORT/SLIM/DARK/PALE but 35 % of girls never think about it.
7. 65% of girls feel awkward if strangers give them comment on their figure or looks that means maximum girls don't like if someone comment on them.
8. 65% of girls think that menses is something good or right thing happening to their body. they know that is good for them but some girls don't like because they have pain in their stomach during menses.
9. 55 % of girls they get harassed in crowed areas like train/bus/bus stops/railways bridges that harassment is like bad touch, but 45% girls are not realized.
10. Majority of girls are knowing about such kind of eve teasing & they experienced it.

11. Majority of girls i.e. 55 % are perfectly happy with their school performance and their relation with their classmates and teachers.
12. Majority of girls use computer & internet but no one use computer and internet without parent's knowledge on phone.
13. It is interpreted that majority of girls having pressure to get good marks in exam but 30% of girls have not too much pressure to getting good marks.
14. 55 % of girls are career oriented they have a goal in their life to achieve it.
15. Maximum girls having problem to understand their school subject. and about their career what they choose for making their career.

CONCLUSIONS

1. Most of the girls are having good relation with their family & friends & they have the freedom to take their own decision independently
2. Most of the girls are worried about sexual abuse, physical harassment & change in the pattern of their diet & are diet conscious
3. Most of the girls feel that getting menses is a good thing but most of the girls feel that it's not good thing that should occur because they suffer from pain in their stomach
4. Almost all girls have good relation with their teacher and friends
5. All girls are confident enough of achieving their goals.
6. Parents should motivate their child don't shout every time.
7. Teacher should treat softly and friendly with every girl.