



## ADOLESCENCE HEALTH TRAINING & ITS IMPACT ASSESSMENTS

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### **Abstract**

*The Adolescence Health Training is an important initiative that aims to empower young girls with accurate, age appropriate and culturally relevant information, promote healthy attitude, and develop skill to enable them to respond to real life situation in positive and responsible ways. The girls in India carry a disproportionate burden of health and social risks. Early marriage & pregnancy, superstition related to menstrual hygiene, awareness about AIDS and Sexually Transmitted Diseases (STD). This paper presents a study on pre and post evaluation of adolescent Health Training programme for girls of Burdwan district of west Bengal which was conducted by Bardhaman Science Center, functioning under the Administrative control of Birla Industrial & Technological Museum and a constituent unit of National Council of Science Museums, Ministry of Culture, Govt. of India.*

### **Background**

Bardhaman Science Centre with collaboration of Sarva Siksha Mission, Burdwan, West Bengal, India & Bardhaman Medical College and Hospital conducted a 25 days training programme **from 11/02/2013 to 25/03/2013**, in which around 5000 girls student age between 12 to 15 years from class IV to IX participated. The centre conducted a pre and post evaluation of the girl's student regarding adolescence health and hygiene.

Each day 200 girls especially from village school participated in this program. Each day two popular lecture & interaction session on adolescent health was delivered by the doctors from psychiatry and gynaecology department of Burdwan Medical College & Hospital. The duration of lecture was two hours including the interaction session. The lecture and interaction was targeted specially towards early marriage problem, pregnancy related problem, menstrual hygiene & superstitions related to it. Around five thousand girls was participated in this programme, apart from this training girls student visited Life Science, Fun Science and Human Performance gallery and Science Park of Bardhaman Science Centre. A Science Demonstration Lecture and Taramandal (Astronomy show) show was also performed by Centre.

### **Introduction**

Adolescents are most productive member of the society, due to their immense capacities. But it is sad to know that most of them are unable to utilize their potential due to lack of awareness and proper guidance. This situation becomes worse in case of girls especially in our country. Menstrual hygiene

### **Goal of Adolescent Health Training Programme**

1. Whether they visited Bardhaman Science Centre or any other Science Centre or how they feel after coming over here.
2. Whether they have any idea of evils of early marriage/risk of premature pregnancy.
3. Their knowledge about AIDS, how it spread, and how it can minimise.
4. Whether they know how to protect pregnancy.
5. Their awareness regarding menstrual hygiene.
6. To whom they are consulting when adolescent related problem arise. i.e. parents, relative, friend, teacher.

### **Methodology**

Methods followed In this Adolescent camp the was simple and straight forward. The work was carried out in a systematic and effective manner, steps of which are discussed below:

Each day two popular lecture on adolescent health will be delivered by the doctors from psychiatry and gynaecology department of Burdwan Medical College & Hospital. The duration of lecture was two hour including the interaction session. The lecture and interaction was targeted specially towards early marriage problem, pregnancy related problem, menstrual hygiene & superstitions related to it. Before the popular lecture started an interactive and pre evaluation session was conducted about the pre knowledge of Adolescent among the participating girls. In this session few question were asked and the answer were recorded. The questions are as follows:



**Pre evaluative Interview question for students participating in Adolescent Health training Program**

Date-

Place-

Name of the School-

Location- Rural/Semi Urban/urban-

Q1. Have you visited Bardhaman Science centre or any other Science Museums, Centre earlier?

Ans.

Q2. Do you know about deadly disease AIDS? Whether it is curable or not?

Ans.

Q3. Do you about effect of early marriage? What?

Ans.

Q4. Do you know menstrual hygiene?

Ans.

Q5. To whom are you consulting while adolescent related question arise in your mind. i. e. parents, friend, doctor, teacher and relative.

Ans.

Further analysing the data we get a clear idea about knowledge of adolescent among the participating girls and what level of awareness program they actually required. We also attempted find the popularity and acknowledgement of Bardhaman Science Centre among the rural and urban teenager girl.

After delivery the popular lecture an interactive and post evaluation program was conducted. It also a question answer session and the answer date are carefully recorded and analyzed. The following questions were placed.

**Post evaluative Interview question for students participating in Adolescent Health training Program**

Date-

Place-

Name of the School-

Location- Rural/Semi Urban/Rural-

Q1. Do you know about AIDS, how it spread, & how can you protect?

Ans.

Q2. Do you know early marriage/pregnancy is risky?

Ans.

Q3. Do you know menstrual hygiene? What measure are you taking for it?

Ans.

Q4. Whether this lecture/training areuseful?

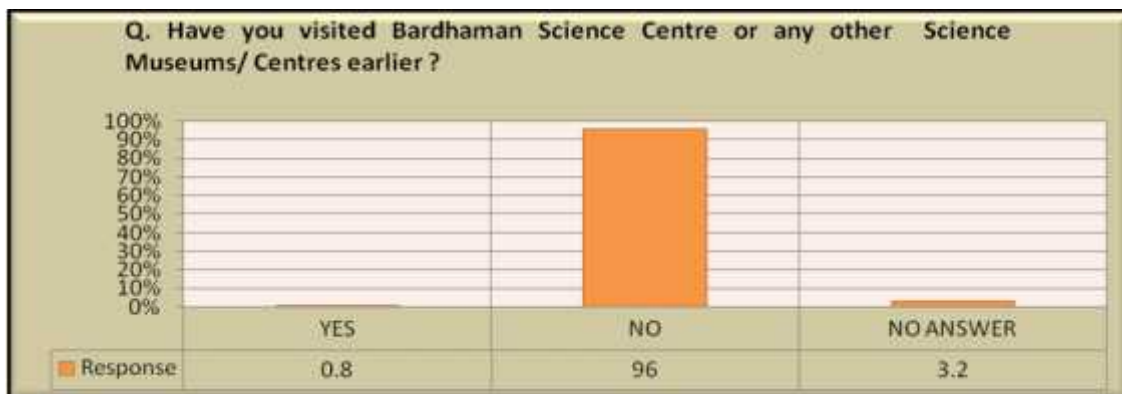
Ans.

Q5. To whom will you consult now while adolescent related question arise in your mind?

Ans.

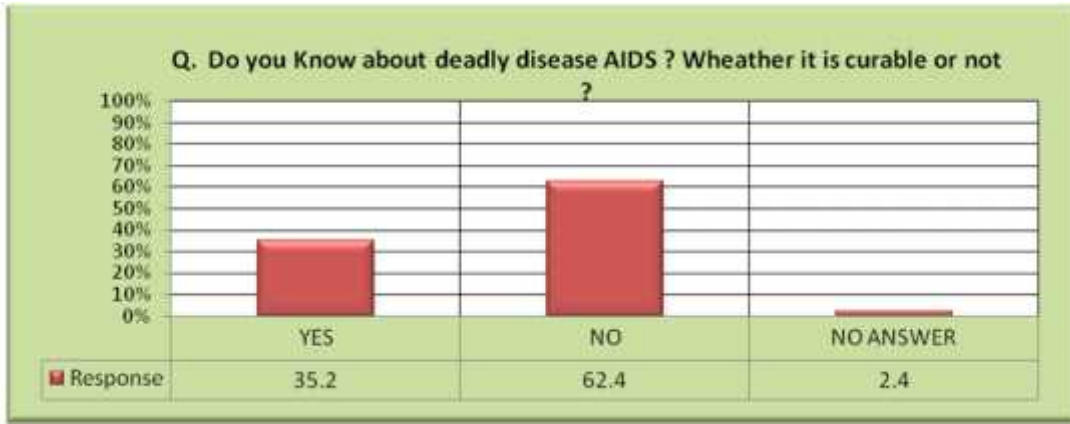
**Result & Discussion**

In the first session i.e. pre-evaluation interview, the fact reviled that out of all the student only 0.8% student only visited science centre earlier where as 96% student’s answer that this there first visit & 3.2% student given no answer.

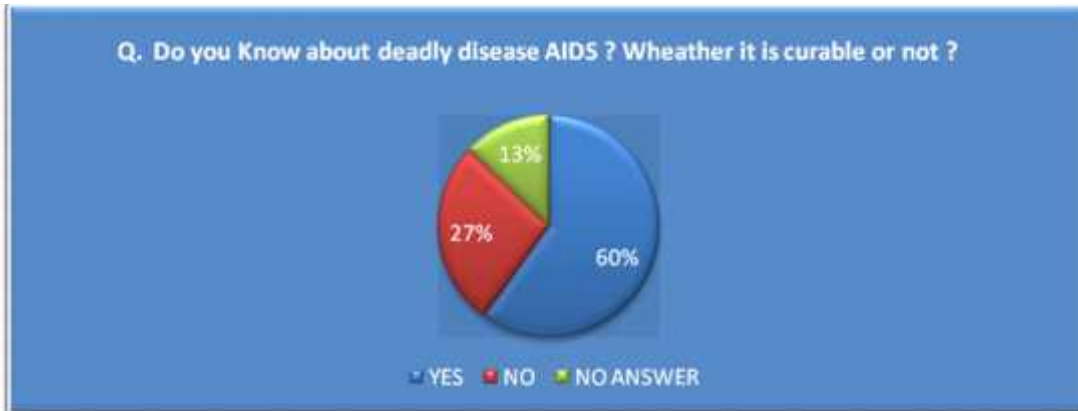




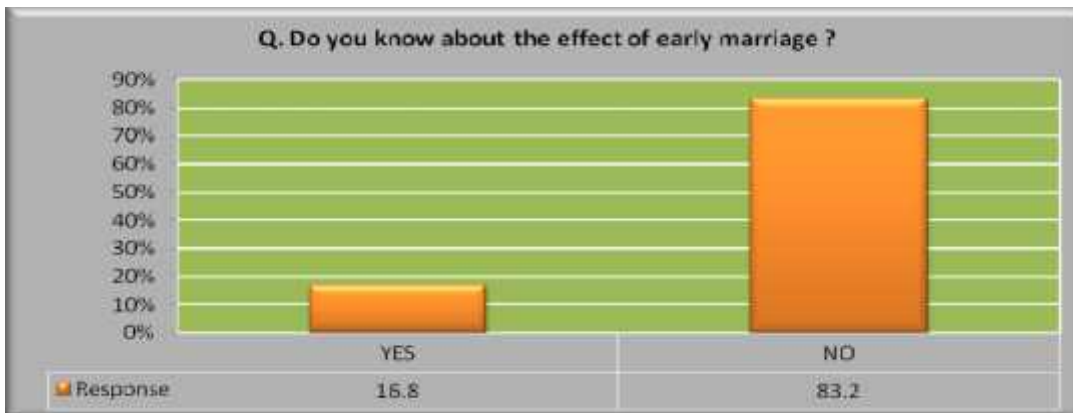
In the response of the question “Do you know the deadly disease AIDS?” in the pre evaluation interview 35.2% student answer is yes and 62.4% told that they don’t know where as 2.4% of student has not given any answer.



but when the same question was asked after the lecture session i.e. in post evaluation interview the 60% student told yes and now they aware about the deadly disease AIDS and 27% student told no answer where as 13% of student has not given any answer.



We asked the question about early marriage i.e. do you know the effect of early marriage? near about 16.8% student only told that they know the effect of early marriage further we asked what are the effects most of students told weakness in the body early death in the pre-evaluation session but 83.2% of student do not aware about the effect of early marriages.



Same question was asked after the lecture session i.e. in post evaluation session with same students 90.4% student told now they aware about the effect of early marriage and further we asked what they replied death of new baby, weakness & malnutrition but surprisingly 2.4% has not given any answer.



Further we asked the next question in pre evaluation session that “do you know menstrual hygiene?” and very good response revealed about 72% student told they aware about the menstrual hygiene but simultaneously 16.8% told they do not aware about the menstrual hygiene 11.2% of girl student has not given any answer.



When we asked the question “to whom will you consult for adolescent related question during the pre evaluation session and 59.2% girls student replied they will consult with parents simultaneously 3.2% told they will consult with friend, 31.2% will consult with doctor, 4% consult with teacher, surprisingly no told they will consult with their relative. 2.4% of girls student has not given any answer.





When same question was asked in the post evaluation session there is marginal increase in percentage while consult with parent and that is 62.4% but marginally decrease in other cases and they replied 1.6% consult with friend, 22.4% consult with doctor 13.6% will consult with teacher and again same no body i.e. 0% will consult with relative.



In post evaluation question when we asked whether this training is useful then around 72% of girl student replied in “yes” and “16.8%” replied in no but near about 11.2% of girl student has not given any answer.



### Summary/Conclusion

From the above study this has been observed that such kind of training is required more for creating awareness level of girl’s student. This training was very much helpful for uplifting the awareness level regarding deadly dieses AIDS. Since girls are most in danger condition for receiving HIV infection so such type of training will be very much useful. Pregnancy death due to early marriage in India is still in very high thus such kind of training will help to reduce such kinds of death. Science centre/Science Museums can take this responsibility also because the science centre /museums are also apart of media for aware the student and common masses and more and more training ,workshop will help to provide better understanding among the student specially our girls student.

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