

ADJUSTMENT STRATEGIES REGARDING PHYSIOLOGICAL CHANGES DURING PUBERTY AMONG ADOLESCENT GIRLS

Khushpreet Kaur¹, Sunil Kumar Garg², Satish Chand Bansal³

¹M.Sc. Child Health Nursing,

²Associate Professor, SINPMS, Badal, Punjab

³Assistant Professor, SINPMS, Badal, Punjab

Corresponding Author

Khushpreet Kaur

Nurse, MPHWS (F) Training School, Bathinda, Punjab

Email: shergill.khushi.ralla9@gmail.com

Received 2022 December 25, Accepted 2023, 2 January, Published - 2023 January 3

Abstract

Introduction & Aim: Adolescence girls are the individuals maturing physically and emotionally, growing from childhood towards adulthood and seeking to be grown up. Sometimes adjustment with these changes becomes difficult and can further lead to developmental issues. The present study is aimed to assess the knowledge on adjustment strategies regarding physiological changes during puberty among adolescent girls.

Material And Methods: Non-experimental descriptive design was used among 100 adolescent girls aging 13-15 years, studying at Senior Secondary School Village Badal District Sri Muktsar Sahib, selected with convenience sampling technique.

Results: The results revealed that only 19% adolescent girls had adequate knowledge, whereas 81% had inadequate knowledge on adjustment strategies regarding physiological changes during puberty. The study also shown significant association of knowledge with educational standard of adolescent girls and their father's educational status at the 0.05 level of significance.

Conclusion: The study concluded and recommended educational programs for adjustment strategies for adolescent girls

Keywords: Adjustment; Strategies; Physiological Changes; Puberty

INTRODUCTION

Growth & development usually referred to as a unit which expresses the sum of the numerous changes that take place during the lifetime of an individual. These terms are often used inter-changeably. Each depends upon other, & in a normal child they parallel each other but are not same. Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 8 years of age to as late as 13 years of age. The sequence of puberty from breast development to complete physical maturation may take a year and a half or last as long as 6 years.

It all happens in adolescent period. Menstruation is a normal physiological impact of each girl's life; menstruation is monthly uterine bleeding for 3-5 days, after 28 days from puberty till menopause. Menstrual problems are common in adolescents. Women will be still growing & changing between 12-18 years of age. Early puberty and friends' deviance may increase the risk of problem behavior in young adolescent girls.

Although many of these associations dissipate over time, early-maturing girls are at risk of persistently higher delinquency and stronger negative peer influences.

STATEMENT OF THE PROBLEM

“A study to assess the knowledge on adjustment strategies regarding physiological changes during puberty among adolescent girls studying in selected schools of district Sri Muktsar Sahib”.

OBJECTIVES OF THE STUDY

1. To assess the knowledge on adjustment strategies regarding physiological changes during puberty.
2. To find out association of knowledge on adjustment strategies regarding physiological changes during puberty with selected demographic variables.

MATERIAL AND METHODS

Research approach and research design: Quantitative Non Experimental Descriptive research design and approach was used for the present study.

Research variables

Study variable: Knowledge on adjustment strategies regarding physiological changes during puberty among adolescent girls.

Demographic variables: It includes selected demographical variables of study participants like Age, Educational standard (studying in), Religion, Habitat, Type of family, Total family monthly income, Educational status of mother, Educational status of father, Occupational status of mother, Diet, Source of information regarding physiological changes during puberty, and Age of achievement of menarche.

Research setting

The present study was conducted at government senior secondary school of village Badal district Sri Muktsar sahib. This school is situated in village Badal, Sri Muktsar Sahib.

Target population

The target population of the present study was the adolescent girls aging 13-15 years studying in Senior Secondary School of Village Badal District Sri Muktsar Sahib.

Sampling technique and sample size

Non Probability Convenience sampling technique was used.

Criterion for selection of study subjects

Inclusion criteria:-

The study includes the adolescent girls who are:

- aged between 13-15 years.
- studying in selected government schools of district Sri Muktsar Sahib.
- able to read and write English and Punjabi language.

Exclusion criteria:-

The study excludes the adolescent girls who are:

- not willing to participate.
- on leave, sick, absent or not available on the day of data collection.

Selection and development of tool(s)

Tool was prepared after extensive review of Literature, consultation and discussion with experts of Nursing, Medicine, Obstetrics and Psychology department.

Description of tool(s)

The tool planned for data collection consists of two sections:

Part-A:- It includes demographic variables of study participants.

Part-B:- Structured knowledge questionnaire related to knowledge on adjustment strategies regarding physiological changes which contains multiple choice questions in four sections as follows:

- 1) General questions related to adolescent girls & puberty
- 2) Questions Related To Physical & Physiological Changes during puberty
- 3) Questions related to psychological, social & behavioral changes during puberty
- 4) Questions related to adjustment strategies during puberty

DATA ANALYSIS

Analysis and interpretation were done in accordance with the objectives laid down for the study by using descriptive and inferential statistics.

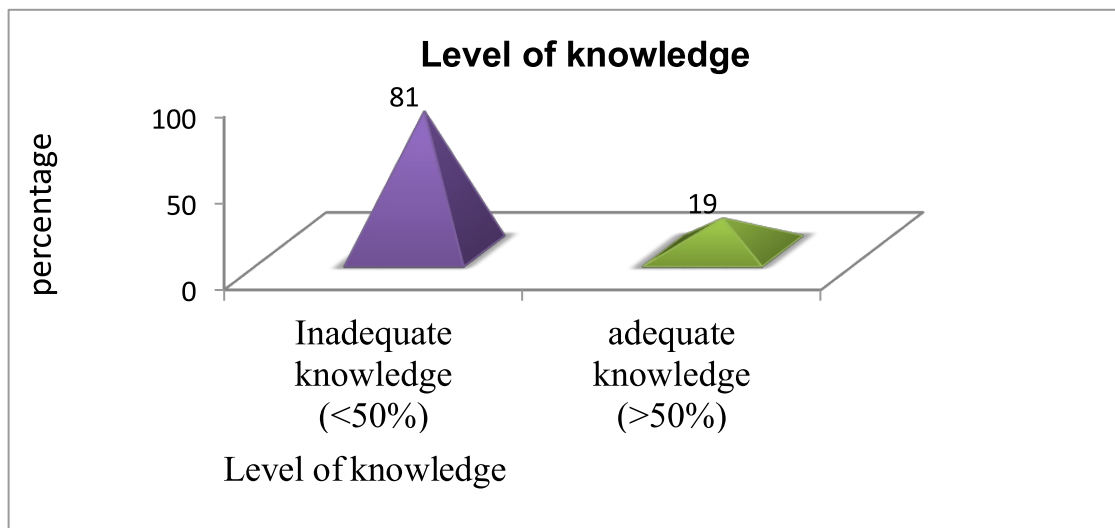


Figure 1: Bar diagram showing percentage distribution of adolescent girls according to their level of knowledge.

Figure 1 depicts that 81% adolescent girls possess inadequate knowledge and 19% adolescent girls were having adequate knowledge.

Table 1: Association between levels of knowledge with demographic variables.

N=100

Sl. No	Demographic variable (s)	f	Level of knowledge		Chi square value	Table value
			≤Median	≥Median		
1	Educational standard				10.82* df=3	7.82
	Below 7 th	4	2	2		
	7 th	13	11	2		
	8 th	43	25	18		
	Above 8 th	40	14	26		
2	Educational status of the father				16.54* df=4	9.49
	Illiterate	43	26	17		
	Middle	29	16	13		
	Secondary	23	7	16		
	Senior secondary	3	1	2		
	Graduate	2	2	0		
	Post graduate and above	00	00	00		

The above Table depicts the chi square test was used to assess the association between the levels of knowledge on adjustment strategies regarding physiological changes among adolescent girls with selected socio demographic variables. The calculated chi square value for the educational level 10.82, $df=3$, found significant (S^*) at 0.05 level of significance and calculated chi square value for educational status of father of adolescent girls was 16.54, $df=4$, found significant (S^*) at 0.05 the level of significance. The other demographic variables did not show any significant association with level of knowledge of adolescent girls on adjustment strategies regarding physiological changes occurring during puberty.

DISCUSSION:

For objective 1 the findings revealed that 81% of adolescent girls were having inadequate knowledge and only 19% adolescent girls were having adequate knowledge. These findings were supported by: **Sakineh M et al. (2014)**, who conducted a cross sectional study to assess the knowledge regarding menstrual practice on randomly selected 1017 adolescent girls from 2nd-3rd grade of schools of Tabriz. Demographic and practice questionnaire were used. The study concluded that the study participants had moderate practices and education was needed. Based upon the criteria it was interpreted that adolescent girls had inadequate knowledge on adjustment strategies regarding physiological changes during puberty.

For another objective, the results revealed that the socio-economic and cultural characteristics have an influence on the self care practices of middle adolescent girls. The calculated chi square value for the educational standard of adolescent girls 10.82, $df=3$, found significant (S^*) at 0.05 level of significance. Calculated chi square value for educational status of father of adolescent girls was 16.54, $df=4$, found significant (S^*) at 0.05 the level of significance. The above findings were supported by: **Jaiswal V et al. (2013)**, who conducted a study to assess the socio-economic and cultural characteristics on self care practice among 30 middle adolescents selected by purposive sampling technique in government higher secondary school, Muniyappankoil, Namakkal district using a checklist for collection of data.

CONCLUSION

Adolescence is the phase of multiple adjustments especially among females. Although in the present study, the researcher has made an effort to watch the problems related to adolescence puberty and its knowledge among adolescent girls. But, the facts will remain undisclosed if the strategies and practices are not checked. So, the recommendations are made for similar type of studies and long term effective practices among adolescent girls by the various scholars.

Author Contributions: Conceptualization, Methodology, validation, formal analysis, investigation, resources, writing—original draft preparation, writing—review and editing, supervision, project administration—Khushpreet Kaur, Sunil Kumar Garg; Satish Chand Bansal. All authors have read and agreed to the published version of the manuscript.

Funding: No funding was received for the conduct of study.

Acknowledgments: Sincere gratitude is conveyed from the researchers to all the research participants.

Conflicts of Interest: Authors submit no conflict of interest.

REFERENCES

1. Hockenberry MJ, Wong DW. Essentials of Pediatric Nursing. 8th ed. New Delhi: Elsevier; 2010. p. 513-9.
2. Marlow DR, Barbara RA. Text book of Pediatric Nursing. 6th ed. New Delhi: Elsevier; 2008. p. 1114-24.
3. Yadav M. A Textbook of Child Health Nursing with Procedures. Jalandhar: Pee Vee; 2013. p. 82.
4. Kevin Maddison David. Psychiatric Nursing. 5th ed. Churchill Livingstone: p.58-5.
5. Brown N. Influence of Puberty on Female Behavior. Plato Alto Medical Foundation Sutter Health. [Online]. 2014 [2014 may 5]; available from URL: <http://www.pamf.org/teen/health/puberty/girlsbehavior.html>
6. Precocious Puberty. Plato Alto Medical Foundation Sutter Health. [online]. 2014 [2014 May 5]; available from URL: <http://www.pamf.org/teen/health/puberty/precocious.html>
7. Selvanayaki V, Verghese BP. Adolescent girls' knowledge of menstrual problems. Nightingale Nursing Times 2011 May;7(2):45-7.
8. Puberty Changes for Females. Plato Alto Medical Foundation. [online]. 2014; [2014 may 5]; available from URL: <http://www.pamf.org/teen/health/puberty/girlschanges.html>
9. Adolescents. [online] 2014; [2014 May 7]; available from URL: <http://en.wikipedia.org/wiki/Adolescence>