

Problems Related to Health and Physical Development of Adolescents

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Abstract: The present study entitled 'Problems Related to Health and Physical Development of Adolescents' was carried out on the selected 600 adolescents from Beed District 300 adolescent from Urban and 300 from rural background are selected. They were given the questionnaire to fill in. The data collected in the present study was first put to the testing for scoring with the help of key of the test. The scores were calculated and tested separately the find out the significance of difference.

Keywords: Problems Related, Adolescents, questionnaire.

1. INTRODUCTION

Adolescence is the age when the individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders but equal society has many effective aspects, more or less linked with puberty.

As is true of every important, period during the life span. It is a very sensitive period as compared all other period.

Growth is far from complete when puberty ends or is it entirely completed at the end of early adolescence. Body changes during adolescence are more in the girls. For many girls menstruation is a serious concern.

This is because they suffer a physical discomfort which is a serious concern and as such as well as cramps, weight gain, breast tenderness and they experience emotional changes such as mood swings, depression and tendency to cry without any reason apparent.

The beginning of biological growth and development during adolescence is signified by the onset of puberty, which is often defined as the physical transformation of a child into an adult. Biological changes occur during puberty include sexual maturation. The succession of these events during puberty is consistent among adolescents, however there may be a great deal of deviation in this age regarding on onset, duration and tempo of these menstruation between and within individuals.

Hence the study was undertaken to know the physical problems of adolescents with following objectives.

Objectives:

- * To study the health and physical Development of adolescents Boys.
- * To study the health and physical Development of adolescents Girls.

2. MATERIAL AND METHODS

For this study researcher studied 600 adolescents from Beed District 300 adolescents from Urban and 300 from rural background are selected.

150 adolescents are girls and 150 adolescents are boys total 300 from Urban and likewise from rural area were selected. They were given the questionnaire to fill in. The name of test is problem check list that Dr.M.C.Joshi and Dr.Jagdish Pandey.

The investigator approached the respondents personally. To start with, the adolescents were contacted through some of the private coaching classes and schools of Beed district.

The data collected in the present study was first put to the testing for scoring with the help of key of the test. The scores were calculated and tested separately the find out the significance of difference.

The problem check list covers the health and physical Development (HPD), finance living condition and employment (FLE), social and recreational Activities (SRA) courtship- Sex and marriage (ESM), social relations (PPR), moral and religion (MR) home and family (HF). The future vocational and educational (FVE) adjustment to school work (ASW) curriculum and teaching procedures (CTP).

3. RESULTS AND DISCUSSION

Table.1 Comparison of Health and physical Development of between Urban Area & Rural area Boys

Sr.No.	Boys in Urban area	Boys in Rural Area	Total	P Value	't' calculated	't' tabulated at 95%
1	300	300	600	0.102	1.27	1.645

***Significance level at 0.05**

According to score of Health and physical development area calculated "t" 1.27 and tabulated "t" 1.645 of 0.05 significance level is above. This is comparison between adolescent's Urban area and adolescents Rural area.

So it can be said that Health and physical development problems are more in Rural area than Urban area.

It may be because of the fresh nutritious food taken by adolescents in Urban area as compared to Rural area.

Table.2 Comparison of Health and physical Development adolescent Girls in Urban area & Girls and Rural area Girls

Sr. No.	Girls in Urban area	Girls in Rural Area	Total	P Value	't' calculated	't' tabulated at 95%
1	150	150	300	0.047	1.68	1.645

***Significance level at 0.05**

According to score of comparison of Health and physical Development between adolescent girls in Urban Area and adolescent Girls in Rural area calculated "t" 1.68 and tabulated "t" 1.645 at 0.05 significance level above. This is comparison between adolescent girls in Urban area and adolescent girls in Rural area.

So it can be said that health and physical development problems in adolescent girls in Urban area is more than adolescent Girls in rural area.

Household work farming work is more done in rural area than Urban area by adolescent girls. It is a type of exercise as such for girls. Also they get fresh air and food and no habit of eating fast food results in more health and physical development.

4. CONCLUSION

The Health and physical development problems of adolescent boys have similar problems in both Rural & Urban where as in girls, this problems is more in rural adolescents as compared to Urban adolescents. Health and physical development problems are more in rural area than Urban adolescents.

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