

A Descriptive Study to Assess Perceived Psychosocial Stress among Adolescent Girls Regarding Pubertal Changes in Selected Schools of Doraha, Punjab.

*Ms.Jaspreet Kaur Sodhi¹, Prof.(Mrs.)G.K Walia², Ms. Jaspreet Kaur³

¹Vice Principal, Sidhu College of Nursing,

²Principal, Sidhu College of Nursing,

³Lecturer Sidhu College of Nursing

Corresponding Author: Ms.Jaspreet Kaur Sodhi

Abstract: Adolescence comes from the Latin word meaning ‘to come to maturity’ it is a period of transition between childhood and adulthood. It is a crucial and dynamic time. A descriptive study was conducted on 60 adolescent girls, in selected schools of Doraha and Kaddon, Distt. Ludhiana, Punjab. Systematic sampling technique was used to select the study sample. Data were collected by using socio demographic profile sheet and Rating scale. The present study revealed that out of 60 adolescent girls, majority (51.6%) of students had moderate level of psychosocial stress, (33.3%) students had mild level of psychosocial stress and (15%) of students had high level of psychosocial stress. It was concluded that all adolescent girls were having some level of psychosocial stress among which maximum were having moderate level of stress. Hence there is felt requirement for creating awareness about managing stress. So as to enhance their quality of life. An IEC Pamphlets on management of stress was developed and distributed to adolescent girls.

Keywords: Level of stress, puberty, adolescent girls, psychosocial stress

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I. Introduction

‘Adolescence’ comes from the Latin word meaning ‘to come to maturity’ it is a period of transition between childhood and adulthood. It is a crucial and dynamic time. When most of a person’s biological, cognitive, psychological and social characteristics are changing. WHO defined adolescence at the age group of 13 to 16 years. Puberty (begins between 13 to 16 years) refers to the maturational, hormonal and growth process and also changes with emotional, cognitive and behavioral changes. The transition from childhood to adulthood attaining sexual maturity and the girl’s first experience and related problems about this natural phenomenon.¹

II. Need Of The Study

Adolescence in girls is a turbulent period, which includes stress full events like menarche, considered as a land mark of female puberty. One might expect young girls to react positively to their menarche; however, negative responses such as shame, fear, anxiety and depression are more common. Both mental and physical development put great stress on adolescent girls. WHO estimate shows that up to 20 % adolescent have one or more mental or behavioral problems. Studies conducted in different parts of the world show that prevalence of behavioral and emotional problem in adolescent’s ranges from 16.5 percent to 40.8 percent and in India it is in the range of 13.7 per cent to 50 per cent as adolescents from one fifth of India’s population. According to WHO estimate shows that up to 20 % adolescent girls have one or more mental or behavioral problems. As physical changes occur in adolescent girls, alteration in hormones may affect girls by adding stress that influences interaction with peer, parents, boys or others. As a result, social consequences arise.²

III. Objectives

1. To assess perceived psychosocial stress among adolescent girls regarding pubertal changes in selected schools of Doraha.
2. To find out the relationship between the perceived psychosocial stress among adolescent girls regarding pubertal changes with their selected socio-demographic variables.
3. To develop and disseminate IEC (Information Education and Communication) material for management of stress among adolescent girls regarding pubertal changes.

IV. Review Of Literature

Following aspects of review of literature related to this study:

- I. Review related to psychosocial stress among adolescent girls.
- II. Review related to psychosocial stress among adolescent girls regarding pubertal changes.

I Review related to psychosocial stress among adolescent girls:-

A descriptive study was conducted to assess the level of pubertal anxiety among early adolescent girls. The findings of the study revealed that out of 240 early adolescent girls, 66.3% early adolescent girls were moderately anxious and 26.7% early adolescent girls had severe anxiety regarding puberty. The Fisher's exact test for association showed that there was a significant association between level of pubertal anxiety and the educational status of the mothers of early adolescent girls and previous exposure to source of information regarding puberty. ($p=0.000 < 0.05$). (Merlin Daniel, 2016)³.

II Review related to psychosocial stress among adolescent girls regarding pubertal changes:-

A descriptive study was conducted on psychological changes during puberty in adolescent school girls findings revealed that among 170 school adolescents. Majority 154 (90.58%) had moderate anxiety during puberty of which 83 were girls and 71 were boys. The data also showed that 16 (9.41%) had severe anxiety of which 8 were girls and 8 were boys. (M. Reena, 2015)¹

V. Research methodology

Research Approach

A Quantitative research approach was adopted to assess the perceived psychosocial stress among adolescent girls regarding pubertal changes in selected schools of Doraha, Punjab.

Research Design

The research design for the present study was descriptive design.

Research Setting

The present study was conducted in Senior Secondary School of Doraha & Senior Secondary School of Kaddon, Punjab.

Target Population

The target population of the study was school going adolescent girls of 13 to 16 years in selected schools, Punjab.

Systematic random sampling technique was used in this study to draw sample from target population (Adolescent school girls in age group of 13 to 16 years). Total 60 students in Senior Secondary School of Doraha & Senior Secondary School of Kaddon, Ludhiana, Punjab.

Inclusion and Exclusion Criteria:

Inclusion Criteria:

Adolescent school girls:

- Adolescent school girls in age group of 13 to 16 year.
- Studying in selected School of Doraha and School of Kaddon.
- Able to communicate in English, and Punjabi.

Exclusion Criteria:

Students excluded from study were those who were:

- Adolescent girls those who were absent on the day of data collection.
- Those who were not willing to participate in the study.

Description of Tool

A self-structured rating scale includes various events questionnaire was used. The tool was divided into two parts as follow: -

Part A- Socio-Demographic Profile of subjects.

It is a self-structured questionnaire. It consists of socio demographic characteristics and clinical profile of subjects such as age, birth order, type of family, type of residence, dietary habit, monthly family income, father's and mother's educational status, father's and mother's occupation, religion, sources of information.

Part B- Rating scale to assess perceived stress regarding pubertal changes

Data collection Procedure

Formal written permission was obtained from Principal of Sidhu College of Nursing. The procedure of data collection was carried out in the month of March, 2017. Systematic random sampling was done for the selection of sample and self-reporting method used. The total sample consisted of 60.

Validity and Reliability:

The experts were request to give valuable suggestions for the purpose of developing appropriate and relevant tool for data collection. As per their suggestions, changes were made into the tool after consultation with research supervisor. The reliability of tool was $r = 0.83$.

V. Results

Findings related to perceived psychosocial stress among adolescent girls regarding pubertal changes, (51.6%) of students had moderate psychosocial stress followed by (33.3%) students had mild stress and (15%) of students had high stress. The mean score of psychosocial stress found to be higher among those who were residing in rural area (43.58 ± 17.30), were who had dietary habits non-vegetarian (55.16 ± 12.93), and were having source of information mass media (69.33 ± 4.04). These findings were found to be statistically significant at $p < 0.05$ level of significance.

VI. Conclusion

It was concluded that majority (51.6%) of students had moderate psychosocial stress followed by (33.3%) students had mild stress and (15%) of students had high stress. Hence, it can be revealed that majority of the adolescent girls had moderate psychosocial stress.

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