

## A Study to Assess the Knowledge of Adolescent Girls Regarding Kishori Shakti Yojana in the Selected School of Palampur with the View to Develop Information Booklet

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### Abstract

A descriptive study was conducted on 60 adolescent girls of selected school of Palampur regarding Kishori Shakti Yojna with the view to develop information booklet. The objectives of the study were to assess the knowledge of adolescent girls regarding knowledge, to find out the association between knowledge of adolescent girls with the selected demographical variables and to develop and disseminate information booklet on Kishori Shakti Yojna. The conceptual framework used for the study was based on "Ludwing Von Bertalanffy's (1980) General System Model. Sample were selected by systematic random sampling technique. The data were collected through structured knowledge questionnaire.

The study finding revealed that majority of the subject 63.3% had previous knowledge about Kishori Shakti Yojna and only 36.7% had no previous knowledge regarding Kishori Shakti Yojna.

It was concluded that knowledge of adolescent girls regarding Kishori Shakti Yojna was not significantly associated with the residence, type of family, religion and family income at  $p$  level  $\leq 0.05$  and there were significant association of age and resources of knowledge with knowledge level of adolescent girls regarding Kishori Shakti Yojna at  $p$  level  $> 0.005$ . Information booklet on Kishori Shakti Yojna for adolescent girls was developed and disseminated.

**Keywords:** Knowledge; Adolescent Girls; Kishori Shakti Yojna; Information Booklet.

### Introduction

In the life of hominid organism, adolescent is a period of transition from childhood to adulthood. True adolescent is characterized by rapid physical, biological and hormonal changes resulting into physiological, psychological behavioral and sexual maturation between the age of 10 to year in an individual.

Main health issues include early pregnancy and child birth, HIV, other infectious diseases like diarrhea, mental health, violence, alcoholism, malnutrition obesity. According to World Health

Statistics (2014) two million adolescent were living with HIV. Although the overall number of HIV related deaths is down 30% since the peak eight years ago, estimates suggest that HIV deaths among adolescent are rising. Violence, poverty, humiliation and feeling devalued can increase the risk of developing mental health problems among adolescent. An estimated 180 adolescent die every day as a result of interpersonal violence. Globally, 30% of girls aged 15 to 19 experience violence by a partner. Effective and empathetic care for adolescent survivors of violence and ongoing support can help and deal with physical and psychological consequences. Harmful drinking among adolescent is a major concern. It reduces self control and increases risky behavior such as road accidents, drowning, unsafe sex. In 2002 approximately 1,20,000 adolescent died as a result of road traffic

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accidents and 60,000 died because of drowning. Many boy and girls in developing countries are undernourished which makes them more vulnerable to disease and death. Available survey data indicates that fewer than 1 in every 4 adolescent meets the recommended guidelines for physical activities.

For welfare of adolescent girls government has launched various schemes, services and programs. Kishori Shakti Yojna was launched by Govt. of India for the welfare of adolescent girls. The coverage of scheme with content enrichment, strengthen the training component particularly in vocational aspect aimed at empowerment and enhanced self perception and bring about convergence with other program with similar nature of education, rural development and health sector. The objective of this scheme are to improve the nutritional and health status of adolescent girls, provide the require literacy and innumeracy skills from the non formal streams of education to stimulate a desire for more social exposure and knowledge and help them to improve their decision making capabilities, to train and equip the adolescent girls to improve/upgrade home based and vocational skill, and promote awareness on health hygiene, family welfare, home management and child care.

A cross sectional study was conducted to assess the awareness about reproductive and adolescent change among school girls of different socio economic status. The study was conducted by Gupta Sadhna, Sinha Achala in 2006. The study was done 1700 school going adolescent girls. Result show majority of girls have incomplete knowledge on this topic ( $p=0.10$ ). Major sources of information was television in both the group without any significant difference ( $p=0.05$ ). The concluded that socio economic factor significantly influence source of information and level of awareness on menarche and reproduction among adolescent girls.

### Material and Method

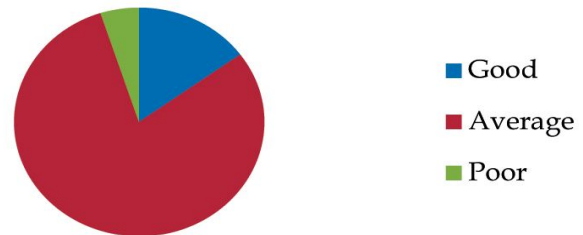
A descriptive cross sectional research design, with an quantitative research approach was used for the study. The study was conducted on 60 adolescent girls which were selected by systematic random sampling technique. Structured knowledge questionnaire was developed to assess the knowledge regarding Kishori Shakti Yojna. Tool consist of two section one is demographic Performa section two consist of 21 structured knowledge questionier. Reliability of tool calculated by Karl Pearson's correlation co-efficient formula. Calculated 'r' value was found to be 0.97 which was statistically highly

significant. The pilot study confirmed the feasibility of the study. The data obtained was tabulated and analyzed in term of objectives of study descriptive and inferential statistics.

### Result

The finding of the study were Percentage distribution of previous knowledge of Adolescent girl

Knowledge Score of Adolescent Girls



This table reveal that 09(15%) of adolescent girls have good knowledge, 48(80%) have average knowledge and 03(5%) have poor knowledge regarding Kishori Shakti Yojna.

### Conclusion

On the basis of total mean score, the finding reveals that knowledge regarding Kishori Shakti Yojna among adolescent girls was average and finding reveals that adolescent girls have highest mean percentage. It was also concluded that knowledge of adolescent girls regarding Kishori Shakti Yojna was not significantly associated with residence, type of family, religion and family income at  $p$  level  $<0.05$  and there were significant association of age and source of knowledge with knowledge level of adolescent girls regarding Kishori Shakti Yojna at  $p > 0.005$  level.

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